
Sanitary Practice of Public Schools in Nepalgunj Sub-Metropolitan City

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Abstract

The study was conducted in Nepalgunj Sub Metropolitan of Banke District. The objective of this study was to find out the problems faced by schools in sanitary practice such as water supply, toilet, waste dispose and school physical plant as well as role of headmaster and community people in sanitary practice of school. This descriptive type of research was based on primary data collected through questionnaire applying simple random sampling method. The population of the study were 505 (500 students and 5 headmaster) headmaster and students of Nepalgunj Sub Metropolitan. After collecting data it was checked, verified manually to reduce possible errors. The collected data were processed and placed in different table and analyzed in terms of percentage and frequency table. The status of sanitary practice of public school of Nepalgunj Sub Metropolitan were satisfactory but not well managed. They had no preplan or ideas regarding physical plant. The source of drinking water was satisfactory but 80 percent have financial problem to manage pure drinking water. The study reveals that 100 percent schools have toilet facility but lack of interest or facilities inside toilet is very poor and dirty. There is no any proper management of the waste disposal system in the school. Separate toilet for boys, girls and teacher is must. Pipe line drinking water is essential for permanent solution of the water in the school. To avoid this miserable condition, the government should strongly include regular program on sanitary facilities and its practice in the curriculum and school should apply the curriculum properly.

Key Words: Disposal, Management, Practice, Waste

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Introduction

The sanitary is the key of the well being of any society of school because small children are like a blank sheet. They must be studied from different angles. They can be moulded in desired shape, if they are studied from page to page. It has been already mentioned that the status of health of a child affects his/her achievements and status of health is determined by the status of sanitary facilities that the child has. So, there is mutual relationship between sanitary facilities and good achievements. It is the same issue that the researcher wants to explore. To give the study a defined shape; the researcher has tried to study different schools, educationists, and organization views theoretical literature. Some of them as follow:

"Sanitary is as a way of life. It is the quality of living style that is expressed in the clean home, the clean farms, the clean business, the clean neighborhood and a clean community. Being a way of life, it must come from within the people. It is nourished by knowledge and grows as an obligation and an idea in human relation"(Park, 2007). WHO-Geneva (1986), "Water supply and sanitary decade international action from health". An adequate supply of clean water is fundamental of individual family and community health statistic shows that about half of the world population without reasonable access on and adequate supply of water and that even more people are without proper means of sanitary. These two factors poor sanitary facilities, personal hygiene and household and directly responsible for in number causes of preventable disease. The most seriously affected are people living in rural areas and poverty stricken part in urban areas. The main obstacle to use and maintain the improved water supply and sanitary system is not quality of technology but the failure of unqualified human resource and management and organizational techniques including a failure to capture community interest.

Lamichhane (2010) conducted a research on role of physical environment in creating healthful school living in public secondary school of Udaypur District. He found that only 20 percentage school had proper ventilation and lighting system, most of the schools (80%) were used window for ventilation purpose. In the study area 50% of school used incineration method, 40% school used dumping and composting and 20% schools used landfill site method to dispose the wastage. In that study area it was also found that 80% school were not managed drainage facility, 70% school had used raw water from, Tubel, 25% school used tap water. In that study most schools had been facing the problem of pure drinking water and supply of water in toilet.

Koirala (2012) Conducted a research on sanitary facilities and management in public secondary schools of Biratnagar Sub Metropolitan of Morang District found that the public secondary schools have not boundary wall and 75% school have not own sources of water, they (87.50) depends on public tap or well, they collect water through clay pot, bucket and tank; which was directly distributed to students without purification. Most school had their own toilet having schools 12.50% schools had good condition and remaining 87.50% toilet were very poor physical facility. The condition of student toilet was found very unsatisfactory

and about 75% schools were found throwing waste haphazardly whereas only 12.50% use incineration for appropriate management of school's wastage.

Neupane (2005) on his study healthful environment in public and private schools of Dhankuta district found that 33% of public and 80% of private schools indicate the area of land is not sufficient, 19% of public and 10% of private secondary school have less rooms than other, 20% private school have their own building, 40% of private and 17% public school had canteen facility and 60% private and 83% public schools had not canteen facility 83% public and 70% private school applying in incineration as waste disposal system.

Sapkota (2014) conducted a study on sanitary facilities and their management on secondary school at Jhapa District. She found that the public secondary schools were found to have more land than private secondary schools. The waste disposal system and frequency of sanitary activities were found unsatisfactory. Both private and public schools used tap water but the taps were insufficient to the total number of students. The handling system of water was found better in private schools. The adequate numbers of toilets were found in both types of schools. All the public and private schools were generally satisfactory regarding the condition of classrooms. Comparatively private school's sanitary facilities were found slightly better than the public schools.

Chaudhary (2067), conducted comparative study on sanitary facilities between government and private school in Dangdeukhuri valley found that all schools used filter for purification of teacher's drinking water only. It was found that most of the headmaster (57.14%) of the government school and all private school principal responded that they lacked the land field side for disposal of waste materials. Majority of the government and few of the private schools were found in poor condition that they had a lot of dust, stone, paper, plastics and unwanted herbs in to the school complex.

Baral (2000) had done study on sanitation facilities and their management in public primary school of Ilam municipality reported that the cause of not proper supply of water lack of toilet, lack of waste disposal area. In this study he found that they are carelessness to composting the waste materials. Out of total 58.33% school were dump below the mount and rest were found to have thrown the waste materials haphazardly.

Devkota (2014) conducted comparative study on health environment of public and private school in kirtipur municipality found that most of school had not been following scientific method for disposing waste. They had been incinerating and throwing the waste haphazardly in public area. They reported that the problem of waste disposing were land field, drainage facilities.

Mahato (2013) studied on sanitary practices and their management in university campus, T.U. Kirtipur. The main objective of the study was to find out the condition of sanitary practices and their management in University Campus T.U. the population comprises chief of the central department of the education. Random sampled procedure had applied for the collection of

the study 100 students. Chairman of HPE and Department of education were selected as respondent's questionnaire and observation chart were main tools applied for the collecting necessary information. In this study the researcher found that the cleanliness condition of the classroom was found very poor ventilation and lightening of classroom was satisfactory but the campus had very poor water supply facilities. Latrine facilities were not properly managed. The condition of the building was satisfactory, campus had practiced waste removal classroom cleaning, toilet cleaning, keeping water clean etc. for sanitary management but due to lack of budget campus had not been able to provide better sanitary management.

Adhikari (2013) studied on sanitary facilities and its management in public secondary school of Khandabari municipality. He found that maximum (80%) schools are made by mud and stone; boundary wall of the school is very poor. Only 20% of the schools have their own sources of water also not found satisfactory although 40% of the school have more or less using filter. 60% schools have financial problem to manage pure drinking water and 40% have problem of water sources. The study reveals that 80% schools have toilet facility only one school has facilities in to the toilet. There is no any management of the waste disposal system in the school. There should be toilet facility in the school. One toilet for each 50 students should be made. Separate toilet for boys, girls and teacher is must.

Methodology

Research design is the plan, structure and strategy of investigation conceived so as to obtain answers to research questions and to objective of this study. To achieve the objective of this study, descriptive research design has been used. This study is limited 5 public schools on Nepalgunj Sub- Metropolitan City. One hundred students were selected from each school. The sampling process of this study was being carried in two stages. At first the researcher selected five public schools out of 30 located in Nepalgunj Sub- Metropolitan City by simple random sampling method. Automatically five headmasters are selected as respondent according to the nature of study. Total 100 students (out of 20 Students, 10 male and 10 female) from each school was selected randomly. Data about the physical facilities and its sanitary practice of schools are collected from the questionnaire which includes the water supply, school physical plant, waste disposal and latrine etc. Separate structure questionnaire for headmaster and students are used to obtain the information about physical facilities and sanitary management practice condition of the schools. After collecting the whole information through questionnaire, it was checked, verify manually to reduce possible errors and questionnaire be categorized in different relevant headings and sub headings. The collecting data be process and place in different tables and will be analysis in terms of percentage and frequency table. After data analysis, the interpretations were making accordingly with the help of review literature and observe facts.

Result and Discussion

Waste Disposal Practice System

Waste is an unnecessary as well as unwanted thing emerges from different kind of household and other activities. In Nepal a grange of 0.25 to 4.5 kg waste produced per person out of total waste 75% organic (MoLD, 2003) some waste we can destroy by different method such as composting, burning etc. If the waste is not disposing properly different health problems would be seen. Wastage is produced from various activities of the human activities of the human activities. Production of the wastage can be reduced although it cannot be eliminated. Management is the term which indicates the whole system and process of appropriate disposal of wastage.

On the basis of observation during data collection it was found that peon was responsible to clean classroom and surrounding area of the school. During observation of the classroom rarely dustbin were found into the classroom although such dustbin were made by plastic (Cartoon of the various goods were used as dustbin). Sometimes students were also mobilized to clean school environment. Especially after long vacation like Dashain and summer vacation students and helper of the school clan the environment otherwise nothing was found as wastage practice system.

Practice System of Water Supply

Water is life if it is pure and drinkable to health. So water supply practice system is very important for healthy school environment and for the creation of sound, safe and healthier body for brighter future. The researcher observed all five secondary school in the study area. It was found that most of the schools had poor water practice system. Though there was availability of water by different sources. Only few schools had managed the filtration of water but it was not enough for all member of the school, it was managed only for teachers. More schools had not facility of drinking water for the student; that they were compelled to go out of the school to drink water. It was matter of worried that there was no provision of bringing water by students on bottle or other types of pot.

Toilet Practice System

The researcher found that the number of toilet in school was satisfactory. But there was lack of water in toilet. Mostly student toilets were very dirty. Most schools complained that they have not budget to build toilet. Lack of economic source and helper is another problem to manage toilet in appropriate way. The researcher had asked questions about toilet practice system as well as importance of it to school personnel; most of them were unknown about it. The student toilet ration was not maintained. Most of the toilet had not door, ventilation, sufficient lighting system. Some girls reported that it created great. In menstruation time they had to go bushes instant of toilet. It is due to the poor management system of the schools administration. It affects the schools as well as surrounding environment. There was lack of water inside the toilet in most of the schools and the pan of toilet found jammed due to use of paper and leafs to weep anus.

School Plant Management/Condition

The school management should create better environment in the classroom. Classes should small ventilated, well-furnished door and windows, clean environment and availability of teaching learning materials. In the Nepalgunj Sub Metropolitan City public school have such types of facilities.

Role of Headmaster on Sanitary Practice

Headmaster is the master of the master. Headmaster plays the most important in a school. Headmaster is the teaching personality although he has to do as administrator and manager also. Headmaster is taken as executive head of the school. Teaching learning activities, administration, account, exam-curricular, activities are the major activities of a school. A headmaster should be able to handle these activities. Headmaster himself doesn't involve in sanitation practice but being manager and head of the institution he has to manage sanitary condition into the school. Table 1 shows the role of headmaster to manage sanitary.

Table 1

Role of Headmaster to Sanitary Practice

| Description | No of Schools | Percentage |
|---|---------------|------------|
| Proper use of resources | 2 | 40.00 |
| Take support from any agencies | 1 | 20.00 |
| To mobilization student and peon to sanitary practice | 1 | 20.00 |
| To inform problem with DEO | 1 | 20.00 |
| Total | 5 | 100.00 |

The above mentioned table 1 shows that the role of headmaster for proper use of resources was 40%, take support from any agencies was 20%, to mobilization student and peon to sanitary practice was 20% and to inform problem to district education office was 20%. Headmaster has dual role as teacher and administrator. As an administrator he should manage sanitation into the school.

Role of Community People on Sanitary Practice System

School is a part of any community wherever it is established. School is taken as mini society. School and community have mutual understanding between each other. Students come from school and learn more knowledge and skill from there and they came back to the community and practice whatever knowledge and skill they learn from the school. Always school provides knowledge and skill according to the demand of the society. School plays vital role to change the society through knowledge. School is run under the supervision and management of community people. To run school in appropriate way school management committee is formed; the member of that committee are from the same community. Sanitation practice is one of the most important tasks for management committee. Whenever community people show interest and affection towards school; it canot run in appropriate way. School is the common property of the community so all community people should protect it then

sanitation will be mentioned into the school. Table 2 shows the role of community people on sanitary practice.

Table 2

Role of Community People to Sanitary Practice

| Description | No of Schools | Percentage |
|---|---------------|------------|
| To conduct sanitary program in school | 3 | 60.00 |
| To coordinate school and community on sanitary practice | 2 | 40.00 |
| Total | 5 | 100.00 |

Above given table 2 shows that the role of community people was 60% to conduct sanitary program in school and 40% to coordinate school and community sanitary practice. It is known that instead of community support school cannot run in its own pace. School is learning centre and community is a practical field where students practice whatever they learn in the school. So, relation between school and community is must.

Main Problem faced by School for Sanitary Practice

Sanitary practice is one of the most important factors to create healthful school environment. Lack of adequate personnel in the school, lack of budget and interest of the school personnel are common problem faced by school for its improvement. Keeping dustbin, construction of toilet and provision of pure drinking water are the common activity of sanitary practice. Community support, reduce political influence and motivation for the school personnel are the common solutions for better practice of any school. The main problems faced by school to sanitary practice are as below in table 3.

Table 3

Main Problem faced by School for Sanitary Practice

| | Description | No. of School | Percentage |
|---|---|---------------|------------|
| 1 | No. of toilet facilities | | |
| | No. water facilities | 3 | 60.00 |
| | No. Boundary wall | | |
| | No community help on sanitary practice | | |
| | Government has not managed sufficient fund to sanitary management | 2 | 40.00 |
| | Total | 5 | 100.00 |

Table 3 shoes that 60% schools had been facing problem toilet facilities;, water supply, boundary wall student as well as teacher coordination and remaining 40% had been facing the problem of no community help on sanitary practice. Government had not provided sufficient fund to sanitary practice. According to the findings we can conclude that additional support from various agencies is required for appropriate management of the wastage.

Conclusion

After the research on sanitary facilities and its practice, the overall condition of sample schools building, boundary wall, toilet facilities and water source were found satisfactory but not well managed of these things. There was lack of land for garden and playground so some sports like, long jump, volleyball, football and running had not played. Water supply system were satisfactory but purification practice was very poor of study area. The researcher found condition of toilet facilities were satisfactory because there were water seal toilet in all sampled schools but inside facilities of toilet were very poor and dirty there were had not tap/water, soap and any other facilities.

Finally, classroom sanitation and condition of source of water in sampled schools were found satisfactory after observation; classrooms were seen being cleaned by students; so students and school family were found a bit conscious about classroom sanitation. But waste disposal practice system and cleanliness of toilet were very deteriorating as waste materials were thrown haphazardly and toilet were not cleaned properly; this condition indicates the carelessness in sanitation practice in general.

Thus, few of sanitary facilities and its practice were satisfactory, but most of the practices were discouraging and this fact easily proves that they had low level of conscious on importances of sanitary facilities and its practices. Existing policies about school health program should be amend and implement strictly by Ministry of Education.

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