

**A STUDY ON HEALTH AND HYGIENE IN SLUM AREA NEAR PUMP HOUSE IN KURNOOL TOWN****Dr. Sravanthi Chittela\***

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for Women (A), Kurnool.**ABSTRACT**

The aim of the study was to get a better insight about the level of awareness and explore knowledge on health and Hygiene to the people leaving in Slum area near pump house, Kurnool Town. Health may be affected by environment, availability of quality food and other necessities. The Lack of awareness on Health and Hygiene to the people living in Slum area near pump house affect the health by causing diseases like malaria, typhoid and also causes the bacterial infections frequently. A survey containing questionnaire on health and hygiene was conducted near pump house area, Kurnool Town. Based on the analysis of the data we are suggesting interventions to improve hygiene, knowledge and practices of the people living in Slum area near pump house.

**KEYWORDS:** Health and Hygiene, Sample survey and Awareness.**INTRODUCTION**

According to the World Health Organization (WHO), health is a “State of complete physical, mental and social well being and not merely the absence of disease”. It means proper functioning of the body and the mind. People enjoying good health are more cheerful, energetic, full of life, more efficient at work and therefore more productive. You must be familiar with the famous saying “health is wealth”. When we are healthy, we enjoy our work and live our life to the fullest. To attain good health we need to develop certain habits.

Good health is an asset for individuals, their communities and the nation at large. A nation cannot progress without a healthy population. There are large numbers of factors which affect our health. Some of these are balanced food, clean water and clean environment which help

to remain healthy while others such as germs and stressful environment cause diseases and disorders.

Hygiene is an essential component of healthy living, integral to achieving health and preventing disease. Not just selecting the right food choices but also cooking & consuming them in a hygienic way is equally important in preventing the infectious diseases. Adopting hygienic practices and promoting hygiene in the community, schools and workplace prevents innumerable infectious disease. Hygiene is an integral part of healthy living and deals with cleanliness of our body and our surroundings. This study aims to guide public to live a healthy and positive life so that you can realize your potential.

### **Objectives of the present study**

1. The role of proper nutrition, physical exercise and healthy habits in maintaining health and explain the different positive and negative influences on health.
2. Discuss the role of immunity in preventing diseases.
3. Create awareness about the national immunization programme and how it prevents certain communicable diseases.
4. Explain disease, classify them and discuss the causes, symptoms and prevention of a few communicable and non-communicable diseases.

### **Methodology of the study**

A survey was developed in second week of July in 2022. The methodology of selecting the slum area near pump house was to prevent the health disorders. After receiving permission from the principal and parents of the students to participate survey the students collected the required information on social economic and health hygiene from the public through questionnaire. The age range of respondents was 12-80 years. Fifty sample data were collected from 50 respondents of Slum area near pump house, Kurnool town and data were analysed based on questionnaire on health and hygiene

### **Major findings from Students' survey on hygiene knowledge**

Most of the respondents expressed lack of education with regard to maintenance of good health as the major problem. Health agents conduct programmes regarding health education, the people are unable to attend due to lack of time, heavy work load at homes, traditions and restriction for mobility etc. Further increased cost of living also finds it different in

maintaining family with their available budget which might be the reason for expression of such difficulties.

Most of the people living in Slum area near pump house Kurnool Town, are not aware of diseases transmitted by dirty hands, and less than 50% of young people are aware of illnesses transmitted by dirty hands. More than half of young people in Slum area near pump house Kurnool Town wash their hands for 10-20 seconds. They are not aware of washing hands after using the toilet and before meals is more frequent than after returning home being in contact with a pet or a sick person, or visiting public places.

### Survey Results

The following results on health hygiene are presented on the basis of responses to questionnaire; the sample data result is presented as percentages below. The NA column represents the following

1. Response was not provided
2. Response is irrelevant

1.1: Are you doing physical activity daily for good health?

Every Day	Some times	Never	NA
5%	10%	80%	5%

Data in 1.1 clearly shows that the 5% of the respondents do physical activities for good health and 10% of the people do the exercise occasionally. 80% of the respondents never do any physical activities for health. 5% not responded.

1.2: Do you know the diseases come from dirty environment around your house?

Yes	No	NA
16%	80%	4%

**Data 1.2:** represents, majority of the respondents don't know that the diseases come from the dirty environment in their areas.

1.3: Do you use soap in your household for washing hands

Always	Some times	Never	NA
50%	25.5%	10.4%	4.1%

The data presented in above table was observed that majority of the respondents wash their hands with soap for good health.

1.4: What Type of toilet practices do your family use?

Personal toilet	Open toilet	Public toilets	NA
60%	15.5%	23.7 %	0.6%

Most of the families having personal toilets (60%), it is good sign for health hygiene and 23.7% peoples use public toilets.

1.5: How often do they wash their hands after using the toilet?

Always	Some times	Never	NA
22%	17%	54.4%	6.6%

Data 1.5 represents 22% of the responds wash their hands after using the toilets. 54.4% of the people are not washing their hands after using the toilets. 6.6% not responded.

1.6: How often do they wash their hands after visiting public spaces with soap?

Yes	No	NA
13.5%	85%	1.5%

Data presented in 1.6 shows that most of the respondents are not washing their hands with soap after visiting the public places.

1.7: Are you taking bath daily?

Yes	No	NA
70%	20%	10%

Data presented in 1.7 shows that most of the respondents are nit taking bath daily due to insufficient water supply and insufficient water storage facilities.

1.8: Which type of drinking water you are consuming?

Municipal water	Bore water	NA
96%	3%	1%

Data presented in 1.8 shows most of residents near pump house are drinking municipal water.

1.9: Are you wearing washed clothes daily?

Yes	No	NA
30%	60%	10%

Data 1.9 clearly shows that most of the respondents are not wearing washed clothes.

2.0: How are you preparing food?

Using LPG Cylinder	Using open burning sticks	NA
23.5%	75%	1.5%

Data 2.0 Shows that most of the residents near pump house are not having LPG cylinder.

The overall data depicted in table's suggested that there is a need of create awareness on health and hygiene to the people of Slum area near pump house to prevent the health diseases come from dirty environment surrounding area of the house holds.

### Recommendations

Health agents must Conduct awareness programmes on health hygiene through posters, presentations and distribute pamphlets to the people of Slum area near pump house, Kurnool town to prevent health disorders. There is a need to understand the reasons behind not having toilet. A possible intervention could be by discussing with municipal authorities and identify the cause. Involving people of local area in finding solutions to this can also encourage a participatory and solution oriented process among young people. Municipal authorities must ensure the supply of safe drinking water and the locals must be made aware about the benefits of boiling of water/chlorination of water before drinking. Municipal Authorities must maintain strict hygienic conditions in order to prevent the spread of diseases. Large overhead tanks must be cleaned regularly and check for coliform organisms regularly to check for contamination.

### CONCLUSIONS

Access to safe water, sanitation and hygiene is essential for the healthy growth and development of people around the Kurnool town. It has been demonstrated that adequate and safe wash facilities in houses and public places prevent waterborne diseases, contribute to a positive learning environment and outcomes, and promote life-long hygiene behaviour. Our findings show that only few people know about transmission of diseases by contaminated water. There is lack of awareness among people living in Slum area near pump house Kurnool Town regarding washing their hands after toilets and before meals. Disease spreads quickly in cramped spaces where hand-washing facilities or witty soap are not available, and where toilets are not functional. Considering all the above, it is fair to suggest that access to basic water and sanitation services in Slum area near pump house Kurnool Town prevents the transmission of disease to the people.

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