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A descriptive study to assess the knowledge of environmental sanitation and it's relation to community health among nursing students of desh bhagat university school of nursing, mandi gobindgarh district fatehgarh sahib, Punjab with a view to develop information booklet

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Abstract

Objectives: To assess the knowledge of environmental sanitation and it's relation to community health among nursing students in Desh Bhagat University School of Nursing, Mandi Gobindgarh District Fatehgarh Sahib, Punjab.

To determine and association of knowledge of environmental sanitation and it's relation to community health with their demographic variables among nursing students in Desh Bhagat University School of Nursing, Mandi Gobindgarh District Fatehgarh Sahib, Punjab.

To develop and provide information booklet regarding environmental sanitation among nursing students in Desh Bhagat University School of Nursing, Mandi Gobindgarh District Fatehgarh Sahib, Punjab

Methodology: A quantitative study by using descriptive design was used, a sample size of 120 nursing students were selected by using simple random Sampling technique, Semi structured questionnaire were used to assess the level of knowledge among nursing students on environmental sanitation and it's relation to community health and an information booklet was provided.

Results: The study revealed that among 120 nursing students, 55(45.84%), had average level of knowledge 41 (34.17%), had good level of knowledge, 1 (0.83%), had excellent level of knowledge 2(1.66%), had poor level of knowledge 21(17.5%) had fair level of knowledge.

Keywords: Environmental sanitation, nursing students, knowledge

Introduction

Water supply, environmental sanitation and health are closely related. Poor hygiene, inadequate quantities and quality of drinking water and lack of sanitation facilities cause millions of the world's poorest people to die from preventable diseases each year. Women and children are the main victims. It is one of the determinants of quality of life and human development index. It is a fundamental health service without which there cannot be any improvement in the state of community health. It is both public and private elements, and the individual's hygiene can affect the whole community. Improving the sanitation within a community leads to an improvement in health. Thus sanitation is an integral component of environmental protection which ensures a productive life.

The World Health organization (WHO) defines environmental sanitation as "the control of all those factors in man's physical environment, which exercise or may exercise a deleterious effect on his physical development, health and survival." In general, sanitation covers arrangements for drainage of rain water and effluents, collection and disposal of garbage, and removal of human excreta. Proper sanitation is a necessary prerequisite for improvement in general health standards, productivity of labor force and good quality of life. The practices with regard to body cleanliness vary according to seasons.

About 2.4 billion people globally live under highly unsanitary conditions and have such poor hygiene behaviors that their exposure to risks of incidence and spread of infectious diseases, are enormous.

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Water stored at home is frequently contaminated by inadequate water management in the home. These issues are receiving increasing attention, but considering the huge backlog within the sector there is still a need for greater mobilization of resources and involvement of decision-makers at all levels.

Excreta disposal is an important part of overall environmental sanitation. Faecal borne diseases and worm infestations are the main cause of mortality and morbidity where they go for indiscriminate defecation transmission of all the endemic diseases can be controlled or prevented through good sanitation barriers and sanitary technology for safe human excreta disposal which is nothing but construction and use of sanitary latrine which prevent the access of the pathogens. Disposing of excreta safely, isolating it from flies and other insects, and preventing faecal contamination of water supplies would greatly reduce the spread of disease. Environmental hygiene are activities aimed at improving or maintaining the standard of basic environmental conditions affecting the well-being of people. These conditions include, clean and safe water supply, clean and safe ambient air, efficient and safe animal, human, and industrial waste disposal, protection of food from biological and chemical contaminants, and adequate housing in clean and safe surroundings.

The quality of life of people can be improved by safe disposal of human excreta. It is the paramount important for health and welfare and also for the social and environmental effect it may have in the community involved.

Problem statement

A Descriptive study to assess the knowledge of environmental sanitation and it's relation to community health among nursing students of Desh Bhagat University School of Nursing, Mandi Gobindgarh District Fatehgarh Sahib, Punjab with a view to develop information booklet.

Objectives

1. To assess the knowledge of environmental sanitation and it's relation to community health among nursing students in Desh Bhagat University School of Nursing, Mandi Gobindgarh District Fatehgarh Sahib, Punjab.

2. To determine and association of knowledge of environmental sanitation and it's relation to community health with their demographic variables among nursing students in Desh Bhagat University School of Nursing, Mandi Gobindgarh District Fatehgarh Sahib, Punjab.
3. To develop and provide information booklet regarding environmental sanitation among nursing students in Desh Bhagat University School of Nursing, Mandi Gobindgarh District Fatehgarh Sahib, Punjab.

Materials method

A descriptive research design was used to conduct the study in Desh Bhagat University School of Nursing, Mandi Gobindgarh District Fatehgarh Sahib. A sample size of 120 nursing students was selected by using random Sampling technique. Permission was obtained from the research committee of Desh Bhagat University School of Nursing, Mandi Gobindgarh. The informed consent was taken from the nursing students who willing to participate in the study. Semi structured questionnaire were used to assess the level of knowledge among nursing students on environmental sanitation and it's relation to community health and an information booklet was provided.

Tools for data collection

The tool consists of 3 parts

1. Demographic data profile sheet:-Demographic data profile sheet was used for assessment of demographic variables such as age (years), gender, marital status, religion, residence, education, source of information.
2. Self- structured Questionnaires:- Self-structured questionnaires was used to assess the knowledge of environmental sanitation and it's relation to community health among nursing students of Desh Bhagat University School of Nursing, Mandi Gobindgarh District Fatehgarh Sahib, Punjab.
3. Information booklet on Environmental sanitation and it's relation to community health.

Data analysis

S. No.	Data Analysis	Method	Objectives
1	Descriptive statistics	Frequency and percentage distribution, Mean, Median, Mode and Standard deviation.	Distribution based of demographic variables To assess the Level of knowledge on environmental sanitation and it's relation to community health among nursing students.
2	Inferential statistics	Chi-square test	To associate level of Knowledge on environmental sanitation and it's relation to community health among nursing students with their selected demographic variables.

Results

Table 1: Frequency and percentage Distribution of Socio-Demographic characteristics of Nursing Students, N=120

Characteristics of Nursing Students		Frequency(f)	Percentage (%age)
1.	Age(years)		
a.	17-19	37	30.84
b.	20-22	67	55.83
c.	23-25	10	8.33
d.	26or above	6	5
2.	Gender		
a.	Male	20	16.67
b.	Female	100	83.33
3.	Religion		
a.	Hindu	46	38.34

b.	Muslim	7	5.83
c.	Sikh	65	54.17
d.	Christian	2	1.66
e.	Other	-	-
4.	Marital status		
a.	Married	4	3.33
b.	Unmarried	116	96.67
c.	Widow	-	-
d.	Divorced/ Separated	-	-
5.	Place of residence		
a.	Rural	31	25.83
b.	Urban	70	58.33
c.	Slum	17	14.17
d.	Semi Urban	2	1.66
6.	Education Status		
a.	GNM 1 st year	30	25
b.	GNM 2 nd year	30	25
c.	GNM 3 rd year	30	25
d.	GNM Interns	30	25
7.	Source of information regarding environmental sanitation		
a.	Newspaper	24	20
b.	Internets	25	20.83
c.	Friends (club friends and collegues)	14	11.67
d.	Medical Personnel	13	10.83
e.	All of the above	44	36.67

Table 1:- In relation to age greater number of nursing students (55.83) were in the age group of 20-22 years and lesser number (5%) were in the age group of 26 or above. Whereas majority of female (83.33%) out of 120 Nursing students. Most of nursing students (54.17%) was Sikh or lesser number (5.83%) was Muslim and least (1.66%) was Christian. Majority of nursing students was Unmarried (96.67%) and least (3.33%) were Married. According to place of residence most of nursing students in urban area (58.33%) and least (1.66%) were Semi urban and lesser number (25.83%) were Rural area or (14.17%) were slum.

30 Nursing Students were taken by simple randomization sampling from each GNM stream (GNM1, GNM2, GNM3 and GNM Interns). According to Source of information regarding environmental sanitation in which greater Number of nursing students had gained information from all of the above (36.67%) and least (10.83) had gained information from Medical Personnel. (20.83%) had gained information from internets. (20%) had gained information from newspaper or (11.67) had gained information from Friends (club friends and collegues).

Table 2: Mean, median, mode and standard deviation was used to assess the knowledge of environmental sanitation and it's relation to community health among nursing students of Desh Bhagat University School of Nursing, Mandi Gobindgarh District Fatehgarh Sahib, Punjab.

Knowledge score	Mean	Median	Mode	SD
Nursing Students of Desh Bhagat University School of Nursing	18.82	19.00	24.00	5.21

Table-2:- The data reveals that the mean knowledge score of nursing students of mean was (18.82), median was 19.00, mode was 24.00 and standard deviation was 5.21.

Table 3: Frequency and percentage distribution of level of knowledge regarding environmental sanitation and it's relation to community health among nursing students of Desh Bhagat University School of Nursing Mandi Gobindgarh, N=120

Level of knowledge regarding Environmental sanitation	Frequency (f)	Percentage (%)
Excellent(29-35)	1	0.83
Good(22-28)	41	34.17
Average(15-21)	55	45.84
Fair(8-14)	21	17.05
Poor(0-7)	2	1.66

Maximum score- 35, Minimum score- 0

Table no 3: It shows that majority of nursing students 55(45.84%) had average level of knowledge regarding environmental sanitation followed by 41 (34.17%) had good level of knowledge, and 1 (0.83%) had excellent level of

knowledge and 2(1.66%) had poor level of knowledge, 21(17.05%) had fair level of knowledge regarding environmental sanitation.

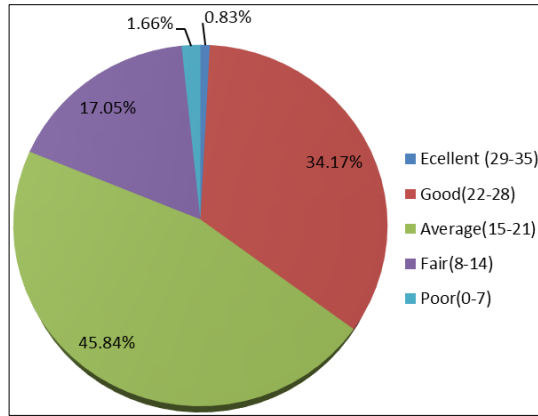


Fig 1: Pie Chart Showing the level of knowledge regarding environmental sanitation and it’s relation to community health among nursing students of Desh Bhagat University School of Nursing Mandi Gobindgarh.

Table 4: Chi square showing the Association of Knowledge Regarding Environmental Sanitation and it’s relation to community health Among Nursing Students with Selected demographic Variables of Desh Bhagat University School of Nursing Mandi Gobindgarh, N=120

	Demographic Variables	Level of knowledge					df	Chi square	P value
		Poor	Fair	Average	Good	Excellent			
1.	Age (years)								
a.	17-19	1	7	15	14	0	12	21.16	0.05*
b.	20-22	0	10	35	22	0			
c.	23-25	1	3	3	3	0			
d.	26 or above	0	1	2	2	1			
2.	Gender								
a.	Male	1	2	13	4	0	3	18	0.001*
b.	Female	1	19	42	37	1			
3.	Religion								
a.	Hindu	0	4	20	22	0	16	27.48	0.05*
b.	Muslim	0	2	5	0	0			
c.	Sikh	1	14	30	19	1			
d.	Christian	1	1	0	0	0			
e.	Other	0	0	0	0	0			
4.	Marital status								
a.	Married	0	2	2	0	0	12	5.8	0.97 N
b.	Unmarried	2	19	53	41	1			
c.	Widow	0	0	0	0	0			
d.	Divorced/separated	0	0	0	0	0			
5.	Place of residence								
a.	Rural	1	11	14	5	0	12	42.21	0.001*
b.	Urban	0	10	38	22	0			
c.	Slum	1	0	2	13	1			
d.	Semi urban	0	0	1	1	1			
6.	Education status								
a.	GNM 1 st year	1	10	15	4	0	12	36.5	0.001*
b.	GNM 2 nd year	1	3	10	15	1			
c.	GNM 3 rd year	0	2	15	13	0			
d.	GNM interns	0	6	15	9	0			
7.	Source of information regarding environmental sanitation.								
a.	Newspaper	1	8	6	9	0	16	35.76	0.005*
b.	Internets	1	2	15	7	0			
c.	Friends (club collegues)	0	5	6	3	0			
d.	Medical personnel	0	1	5	7	0			
e.	All of the above	0	5	23	15	1			

Table no 4: Hence it was concluded from the table that the H₁ hypothesis is accepted that there was association of knowledge score of nursing students with selected demographic Variables. The data revealed that age years (0.05), gender (0.001), religion (0.05), place of residence (0.001), education status (0.001) and source of information regarding environmental sanitation (0.005) of nursing students were found statistically significant at 0.05 level of

significance. Whereas marital status (0.97) were not found statistically significant.

Conclusion

It was concluded that there was no significant association of demographic variable Marital status of the knowledge of environmental sanitation and it’s relation to community health among nursing students in Desh Bhagat University

School of Nursing, Mandi Gobindgarh District Fatehgarh Sahib, Punjab.

Conflict of interest

There was no such conflict and bias during the study.

Source of Finding

It is self-funded research study.

Ethical clearance: No ethical issue exist.

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