

# Awareness of Swachh Bharat Swachh Vidyalaya and Hygiene Practices in Rural School Children

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**Abstract:** *Introduction:* Good health is the prerequisite for the development of nation. Swachh Bharat Swachh Vidyalaya, a National campaign to promote safe water, sanitation and hygiene in school. *Aim and Objectives:* (i) To assess the awareness of Swachh Bharat Swachh Vidyalaya among school children. (ii) To assess the hygiene practices among school children. *Methodology:* A cross sectional study was conducted among students of Rajyakrit Madhya Vidyalaya, Ormanjhi, Jharkhand during first week of October 2019. Total 54 students of class VII & VIII were enrolled. Data was collected using pretested questionnaire and was analyzed. *Result:* All the participants were aware of Swachh Bharat Swachh Vidyalaya and 72% of them agreed that it was because of their school teacher. All participants had personal toilet at home and are using it and they wash their hand with soap after defecation. All the participants participated in rally and 81% took part in painting competition related to Swachh Bharat Swachh Vidyalaya. *Conclusion:* Involvement of school in the national health program is definitely going to be fruitful. Healthy behavior and lifestyle inculcated during childhood will result in sustainable development which is still a big challenge for developing country like India.

**Keywords:** school children, hygienic practices, Swachh Bharat Swachh Vidyalaya

## 1. Introduction

Health and education are the fundamentals for the development of a nation. The physical environment and cleanliness of school facilities can significantly affect the health and well being of children. (1) An estimated 1.9 billion school days could be achieved if Millennium Development Goals (MDGs) related to safe water supply and sanitation are achieved and incident of diarrhoeal illness is reduced. (2) Improving sanitation facilities has also been associated with decreased gastrointestinal diseases. Washing hand with soap is another important barrier to transmission and has been cited as one of the most cost effective public health interventions. (3) School is a unique institution where children spend their maximum active hours. It provides a unique platform where apart from academic learning, children get various type of knowledge, develop attitude and get suitable environment to cultivate new habits. Hygienic practices learnt in the school and practiced regularly for a long period not only becomes the habit of the individual children, but somehow it has a positive influence over his family and surroundings. Teachers can be effective advocates for hygiene, through hygiene education and through role models for school children. (4)

Swachh Bharat Swachh Vidyalaya (SBSV), a largest ever cleanliness campaign in schools, launched in October, 2014 with aim to teach young learners about the use of clean drinking water, promoting a sense of hand washing habits, basic sanitation and to perform Swachh Bharat activities in their schools by various means. (5) The current study was conducted to assess the awareness of Swachh Bharat

Mission among school children and to assess the hygiene practices among school children.

## 2. Methodology

This cross sectional study was conducted among the students of Rajyakrit Madhya Vidyalaya, Ormanjhi, located in the rural area of district Ranchi, Jharkhand. This study was a part of community visit made by the post graduate students in the rural field practice area of Rajendra Institute of medical sciences, Ranchi. This study was carried out over a period of one month in October 2019. All the students studying in class VII & VIII were enrolled in this study. Prior to this study we met the school Principal, discussed the study purpose and requested for the support. After that a covering letter along with an informed consent form for the enrollment of the children in the study was sent to the parents through the principal.

## 3. Data Collection and Analysis

Data was collected during school hours in the class room. A pretested structured questionnaire in Hindi language was distributed among students. After data collection, we had a brief discussion on Swachh Bharat Mission and hygienic practices. All the doubts and queries made by the students were cleared. Data was entered in the MS Excel sheet and was analyzed using SPSS software version 20.

## 4. Result

Out of total 54 participants, 38 (70.3%) were female. Participants were of age (11-16) years. Detail of the age

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groups is presented in Table.1. Almost 100% were aware of Swachh Bharat Swachh Vidyalaya and 37 (68.5%) agreed that they got the information from their school teacher, followed by 16.2% (9) by their parents, 5 (9.3%) by the Sevika and only 5 (5.6%) by their friends. Every participant had personal toilet at their home and they are using them regularly. All the participants also agreed that they use soap for hand washing after toilet. However their response regarding knowledge about Swachh Bharat Swachh Vidyalaya varied, as depicted in Table.2. We also collected information about their regular cleaning activities they perform, presented by Table.3. Activities related to Swachh Bharat Swachh Vidyalaya, conducted in the school at regular interval were collective hand washing with soap, painting competition and raily around the school. All the participants (100%) took part in raily and students participated in painting competition were 44 (81.5%). However only 32 (59.2%) were aware of importance of hand washing with soap and all the participants agreed that they were not practicing the correct method of hand washing.

**Table 1:** Age distribution of the participants

Age in years	Frequency	Percentage
11	2	3.7
12	9	16.7
13	24	44.4
14	14	25.9
15	2	3.7
16	3	5.6
Total	54	100

Mean age (SD) -13.26 (1.085)

**Table 2:** Response of the participants about SBSV\* activities (n=54)

Activities included in the SBSV	Yes Frequency (%)	No Frequency (%)
Safe drinking water	41 (75.9)	13 (24.1)
Use of toilet	42 (77.8)	12 (22.2)
Hand washing	45 (83.3)	9 (16.7)
Cleanliness	45 (83.3)	9 (16.7)

\*SBSV- Swachh Bharat Swachh Vidyalaya

**Table 3:** Hygienic practices of the participants

Activities	Frequency	Percentage
Brushing teeth	45	83.3
Trimming nail	32	59.2
Cleaning hair	42	77.8
Wearing clean clothes	32	59.2
Cleaning necessary things at home	31	57.4
Hand wash with soap before meal	44	81.4
Hand wash with soap after toilet	54	100
Use of toilet	54	100

## 5. Discussion

The current study revealed that most of the participants 47 (58.9%) were of age group 12-14 years which is normal for class VII & VIII. More than half of the participants were female 38 (70.3%) which indicates towards social change. All the participants (100%) are aware of Swachh Bharat Swachh Vidyalaya and most of them acknowledged the source of information to their teachers. More than two third of the study participants 42 (77.8) are aware of components of Swachh Bharat Swachh Vidyalaya. Moreover almost 54

(100%) participants are using toilet and washing hands with soap after defecation. The results indicate towards the positive change in the participants. Similar positive impact was noticed in the previous studies. (6, 7) However it is worth concerning that the participants are not using correct methods. Implementation of preventive interventions mainly depends on the availability of well trained and motivating staff. (8) As the data collection was by self administered questionnaire and there was no time constraint, response given is likely to be their own. The limitation of this study was as it was conducted in a single school, result obtained cannot be generalized.

## 6. Conclusions

Motivating and demonstrating hygienic activities at regular interval in the school is an investment in school children to make their future healthy and indirectly creating health ambassador in every family. So involvement of school in the national health program especially for the preventable diseases may be planned. However, more research work needs to be done at a big scale to assess the school health program.

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