

Assessing Sanitation Conditions and Its Impacts on The Health Status of Hostellers in Ambrose Alli University, Ekpoma

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Abstract

This study was conducted to investigate the sanitation conditions and its impact on the health status of Hostellers in Ambrose Alli University, Ekpoma. Using a random sampling technique, 100 students were selected for the study. Data were collected with the aid of self – administered questionnaire and analysed using descriptive statistical techniques. The majority of the students (58%) were impressed with services rendered by the cleaners with respect to keeping the bathrooms and its environs clean. 62% of the students' respondents stated that the environments and the hotel toilets is cleaned on daily basis. Although from the research there were indications that the cleaners have issues in acquiring their materials for executing their duties. About 75% of the respondents who at one time had complaints with the conditions of the hostel experienced delayed responses; 69 percents of the student respondents reported that at one point in time they had suffered some health issues which includes malaria, typhoid, dysentery, although no case of food poisoning was recorded. It was concluded that there are few sanitation problems in the institution. Availability of cleaning materials has been a problem as well as other health related issues.

1.0 Introduction

Sanitation and hygiene are among the powerful drives of human development as it affects quality of life at many levels including improved health and economic status [1]. There is growing awareness among public health practitioners that, until proper hygiene is consistently practiced, both at home, in the community as a whole and institutions, the desired impacts of improved sanitation and hygiene infrastructure in terms of community health benefits cannot be realized [2].

Every year millions of Children die from diarrhoea related diseases which could have being prevented through good and proper environmental sanitation and hygiene. Poor sanitation of all forms has led to the infestation of over two billion people globally [3], largely children, with a variety of worm infections which has caused corresponding cost-related problems in health. Human excreta are also responsible for transmission of schistosomiasis, cholera, typhoid and many other infections [1].

Sanitation can be described as conditions and processes relating to people's health, especially the systems which supply water and deal with human waste. The Cambridge Advance learner's Dictionary (1995) also

defined sanitation as the system for taking dirty water and waste products away from buildings to protect people's health. In a nut shell, sanitation refers to a process whereby people demand, effect, and sustains a hygienic and healthy environment for them by erecting barriers to prevent the transmission of agents of diseases. Such an approach is needed not only to prevent disease and promote health but also to lay the foundation for sustainable development. Sanitation and good hygiene practices are fundamental to health, survival, growth and development.

Environmental Sanitation is a means to manage human waste at average cost, time and space. This will require the concern of many disciplines such as town planning, architecture, estate surveying, law, quality assurance and control, public health and human psychology. The involvement of many disciplines will amount to variants of agreements and disagreements which affects the beneficiaries without any exception [4].

1.1 Importance of Sanitation

According to Sanni (2015), the success and importance of personal and environmental sanitation are highlighted below:

- i. To reduce the occurrence of diseases and number of death tolls associated with poor hygiene.
- ii. To improve upon poor sanitation, inadequate toilets, lack of understanding about the importance of toilet and sanitation, current poverty level, and low level investment by all tier of governments and local communities.
- iii. To make government and the governed understand the concept of environmental sanitation and sustainability which is more of a journey rather than a stage to reach?
- iv. To bring a reversal to options of either you buy water or drink polluted one this can be done by having more toilets so that drinking water can be separated from waste water.
- v. To make sure that there is sufficient and regular supply of safe water to all houses, offices and student hostels without any stress to guarantee well- being of students and staff.

1.2 Ambrose Alli University, Ekpoma Hostels as a Case Study

The available sources of water are sachet and bottle, bore-holes and wells water. The usage of water cover areas like washing, laundry cleaning, watering flower, drinking, cooking, sewage disposal, flushing and sanitation, fire fighting, construction and renovation.

1.3 Research Objectives

The purpose of this study is to find out the implication of sanitation and hygienic practices on students health at the Ambrose Alli University Hostel. Specifically this study is to:

- a. Investigate the factors affecting the proper implementation of good hygiene and sanitation practices in the Ambrose Alli University Hostel.
- b. Evaluate the effects of poor sanitation practices on students' health at the Ambrose Alli University Hostel.

- c. Assess the impact of sanitation on development at the Ambrose Alli University Hostel.

2.0 Brief History of Ambrose Alli University Hostel

Ambrose Alli University, Ekpoma was established by the First Executive Governor of the defunct Bendel State – Professor Ambrose Alli University in 1982. The University was opened for full academic operations on January, 1982.

The idea of Ambrose Alli University hostel was to serve as an abode for the various students on long-term stay on the premises. The hostel which is allocated to students admitted into the institution has about Four hundred (400) rooms with utility facilities. It also has basic sleeping facilities such as a bed, storage facilities, wash hand basin, and toilet and bathrooms for everyone to use. In Ambrose Alli University, the hostel has an occupancy capacity of four (4) persons in each room and twenty (20) students for each of toilet and bath facilities.

The hostel is managed by the administration in conjunction with the hostel warden and supervisors. Each cleaner is also allocated to one block for proper cleaning exercise in order to maintain hygiene and sanitation.

Hostels are houses or halls of residence for groups who have specific needs, as students, young workers, tourists and organized parties. It was again said that, majority of the hostels came into existence in response to demand for safety.

2.1 Lists of Hostel Blocks in Ambrose Alli University Ekpoma

The following are the blocks of hotels (Boys and Girls included) as labeled present in Ambrose Alli University, Ekpoma;

- a. Emotan Female Hostel
- b. Kudirat Hostel (Male/Female)
- c. Onyealegbulem Male and Female Hostel
- d. Iyayi Male and Female Hostel
- e. Igbinedion Male and Female Hostel
- f. Big Joe Female Hostel
- g. Rev. Martins Male Hostel
- h. Marere Male Hostel

3.0 Methodology

3.1 Sampling Techniques

The target population which happens to be the students was relatively too large to successfully examine. The researcher therefore employed a survey technique in sampling the respondents and gathered

information about the importance of sanitation at the Ambrose Alli University hostel and its impact on their health. This technique provides feedback from the respondent’s point of view. This study adopted simple random methods of selecting samples. It was random in the sense that there was no certain structure followed in selecting students. It involved asking people questions about their attitudes and opinions about sanitation and hygiene in writing by having respondents complete a questionnaire. Total numbers of student sampled were hundred (100) randomly selected with fifty from the male hostels and Fifty from the female hostels of various hotel blocks in the institution.

3.2 Data Analysis

The questionnaire administered by respondents was recorded and coded. Microsoft Excel was used to analyze the data to obtain the descriptive statistics mainly in the form of frequencies and percentages.

4.0 Data of Demographic Characteristics of the Students

The study sought to describe the demographic characteristics of the sampled respondents used for the study.

The result of this analysis is shown in Table 1 below:

Students Sex	Frequency	Percentage
Male	50	50%
Female	50	50%
Total	100	100
Students Age	Frequency	Percentage
15- 20	39	39
21 – 25	32	32
26 and above	29	29
Total	100	100
Students Level	Frequency	Percentage
100 Level	40	40
200 Level	22	22
300 Level	20	20
400 Level	18	18
Total	100	100

Table 1: Demographic data of the students

Majority of the student respondents (40%) were 100level against all other levels which summed up to 60%, this because; at 100 level the students are still very much young and parents wouldn't want them to live alone on their own. Females were 50% as the Male respondents was also 50%, this is because equal numbers of students were selected from both male and female hostels. The age range of 25 and above constitutes about 39% of the total respondents whilst the other two ranges totaled 61%. This portrays that mostly the students still very young.

4.1 Findings

Majority of the students' respondents (58%) were impressed with services rendered by the cleaners with respect to keeping the bathrooms and its environs clean. 62% of the students' respondents stated that the environments and the hotel toilets is cleaned on daily basis. Although from the research there were indications that the cleaners have issues in acquiring their materials for executing their duties. About 75% of the respondents who at one time had complaints with the conditions of the hostel experienced delayed responses; only 10 % of them had their problems addressed promptly.

Statements	Frequency	Percentage
Students opinion of jobs performed by Cleaners		
Staff and the service they render	58	58
Cleaning of the rooms, bathrooms and environs	42	42
Total	100	100
Address of Students' Complaints		
Promptly	10	10
As and When	15	15
Delayed	75	75
Total	100	100
Frequency of how the hostel environment is cleaned		
Daily	62	62
Weekly	38	38
Monthly	0	0
Yearly	0	0
Total	100	100
Availability of cleaning materials for cleaning		
Yes	30	30
No	23	23
Not Sure	57	57
Total	100	100
Common Health Issues		
Malaria	50	50
Diarrhea	11	11

Dysentery	9	9
Typhoid	22	22
Others	8	8
Total	100	100

On assessing the health status of the student respondents, it was discovered that the prevalent health related issues included malaria and typhoid, while there were very low cases of diarrhea and dysentery recorded which is not unconnected to the environmental sanitation status of the hostels and its environs at certain times. About 69 percents of the student respondents reported that one point in time or the other they had suffered some health issues which includes malaria, typhoid, dysentery, although no case of food poisoning was recorded.

5.0 Conclusion/Recommendation

Based on the above findings from this research, there is an indication that there are few sanitation problems in the institution. Availability of cleaning materials has been a problem and other health related issues. It is advised that proper measures be taken to increase the availability of cleaning materials, also sensitization programs be encouraged on the importance of sanitizations but personally and environmentally.

6.0 Reference

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