

Non-Hygienic Practices and Its Implication on Students' Health In College Of Health Sciences, Niger Delta University, Wilberforce Island, Bayelsa State, Nigeria

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Abstract:

Hygiene refers to conditions and practices that help to maintain health and prevent the spread of diseases. It is important to live in an environment that is free of incidence of hazardous waste, its impacts is usually felt in all aspects of life of the individual having contact with that environment. This research examines non-hygienic practices and its implication on students' health in College of Health Sciences, Niger Delta University, Wilberforce Island, Amassoma, Bayelsa State, Nigeria. Three research specific objectives were used alongside three research questions which have been raised with the aim of achieving the objectives. The main purpose of this study is to find out the effect of non-hygienic practices and its implications on the students' health based on refuse disposal in Niger Delta University, College of Health Science, Wilberforce Island, Bayelsa State, Nigeria. The specific objectives are: to ascertain the level of awareness of non-hygienic practices among students of College of Health Sciences; to determine the reasons for non-hygienic practices among students of College of Health Sciences; and to assess the effects of non-hygienic practices among students of College of Health Sciences. The related literatures were reviewed. The researcher made use of Health Beliefs Model for which this study was based on. The target population of this study was obtained from the total population of students in the College of Health Sciences which was 2,083. Considering the population, a sample size of 336 was generated using the Taro Yamani's formula. A descriptive cross sectional research design was used to incorporate a total of 336 respondents across the faculty of Nursing Sciences, departments of Biochemistry, Medical laboratory Sciences and Medicine and surgery. A four stage sampling technique was used in selecting respondents for this study. Also to ensure sample representativeness, the proportionate sampling was adopted in the final selection of respondents. Stage 1: Identification of the total number of faculties and departments in college of Health Sciences, a total of one faculty and three departments were made; Stage 2: Stratification of faculty and departments based on different levels; Stage 3: Proportionate sampling technique was used to select respondents from the faculty and departments; Stage 4: Systematic random technique was used to select respondents for the study. A semi-structured self-administered questionnaire was used for data collection. The questionnaire was divided into four sections (A-D). Section A was designed to document the socio-demographic variables of the respondents; Section B was designed to document the knowledge on Non-Hygiene among the students; Section C was designed to identify the Practices Reasons for Unhygienic Practices among Students while section D was on the Health Implication of Poor Hygiene Practice among the students. In

order to ensure validity of the study instruments for data collection, six subject matter experts assessed the extent to which the questionnaire measured the variables of interest. Eighty-eight percent of the subject matter experts agreed that the questionnaire was a valid tool. The questionnaire was pretested among homogenous sample to the study population and the reliability was established using the test retested method and a retest coefficient of 0.84 was arrived at; hence the instrument was regarded reliable. Respondent's consent were obtained after some explanations about the nature and purpose of the research. After which, the researcher administered the questionnaire to the respondents using the face to face system of administration. The respondent filled the questionnaires as appropriate and they were retrieved immediately by the researcher for data analysis. Approval letter was collected from the state ministry of Education and from the Ethical Committee for Research Niger Delta University, Wilberforce Island, Bayelsa State, Nigeria before embarking on data collection. The letter was presented to the head of research and ethical committee of the ministry, then to the gatekeepers of the selected hospitals (Provost, Deans, and HODs of the selected Faculties and Departments) that were used for the study. This was done in order to seek consent and cooperation from the respondents. The respondents were made to understand that participation is voluntary, and information provided was treated with utmost confidentiality. Data were analyzed with descriptive statistics in the form of frequency distribution tables, percentages. The result revealed that almost half of the respondents are within the age range of 21-25 years, and more than half of the respondents are single. More than one-quarter of the respondents are nursing students. The result further revealed that more than three quarter were able to stay that delay in dumping refuse is a form of unhygienic practice; the study further revealed that lack of proper waste disposal system, lack of waste disposal bin and lack of instruction for clearing and disposal of waste are the main reasons stated by more than half of the respondents to be responsible for non-hygiene practice. Poor hygiene is associated with increased incidence of diarrhea disease as state by three-quarter of the students. Poor hygiene is associated with contamination of food and water gathering of insect and other vector of diseases. About half of the respondents associated hand hygiene with obstetric complication with abortion. The result revealed that students have very good knowledge on hygiene; lack of proper toilet system and waste bins contributed to unhygienic behaviors. It is important to address this issue to avoid infection. It was recommended that Hygiene and sanitation should be a routine for every college student and a day should be set aside for sanitation and hygiene promotion among students. It is of great importance for all health care students and providers to have excellent

knowledge and practice of hygiene in order to avoid diseases associated with poor health such knowledge is also important in the course of educating patients at hospitals and those who may seek for counseling, Good hygiene prevents disease transmission and therefore protects health it should therefore be encouraged at all levels and curriculum should emphasize on the needs to uphold hygiene at home, hospital community environment. Finally, the students should be taught to understand and cultivate the habit of keeping clean environment which will enable them to have a sound health.