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## Research Article

### RURAL SANITATION AND HYGIENE

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#### ABSTRACT

Income inequalities among different regions, sectors and countries are a fact. Most empirical findings present that world wide divergence is increasing and the reasons for divergence are problems of governance, education, health and training etc. One of the main problems mentioned above is related to poor nutrition, poor hygiene and poor health care in developing and underdeveloped countries.

Sanitation and Hygiene literally means measures necessary for improving and protecting health and well being of the people. The modern sanitation concept consist of liquid and disposal of excreta, food hygiene, personal, domestic and environment hygiene, also include access to toilet facility, safe drinking water and connectivity to a proper drainage system determining quality of life and human development index.

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#### INTRODUCTION

#### LITERATURE REVIEW

1. An enlightened study was conducted by International Resource Centre (IRC), the Netherlands titled "Actions Speak: The Study of Hygiene Behaviour in Water and Sanitation Projects" in 1993 by Boot, M., & Cairncross, S. (1993).
2. The Millennium Development Goals (MDGs) have been framed by the United Nations with Environment and Sanitation as one of the goals. The targets are to reach to at least 50 per cent of the households that have no access to drinking water source and to improve sanitation facilities.
3. European Commission's (EC's) report emphasizes on the important role of sanitation and safe water in maintaining health. The 'sanitary revolution' in the 19th and early 20th century to played a vital role in reducing illness and death from infectious diseases in industrialized countries.
4. In the International Drinking Water Supply and Sanitation Decade (IDWSSD), 1977-87, a report was published by the UN, which talked about achieving cent percent sanitation by 1980s. The aim was clear to achieve 100 per cent coverage in water supply and sanitation.
5. The United Nations Educational, Scientific and Cultural Organization (UNESCO) released an interesting

document on "Women and Water: An ethical issue". This publication is concerned with the ethical issues arising from the special role of women in water use and from related social and environmental problems.

6. A strategy paper was issued by the United Nations Development Programme (UNDP), Stockholm Environment Institute (SEI) in 2006 on water and sanitation issues. This paper analyses the relationship between water management and poverty reduction.
7. An interesting study by Luby *et al.* (Lancet, 2005) suggests that hand washing with soap can reduce respiratory infections in children under five by 50 percent. Hand washing interrupts the transmission of disease agents and so can significantly reduce diarrhea and respiratory infections, as well as skin infections and trachoma.
8. The publication of Asian Development Bank in 2009, titled "India's Sanitation for All: How to Make It Happen", emphasizes on a few insights related to sanitation in India exclusively

Worldwide it has accepted that a safe and sustainable water supply, basic sanitation and good hygiene are fundamental for a healthy, productivity and dignified life. Poor Sanitation and Hygiene gives many infectious and chronic diseases like diarrhea, dysentery, cholera, typhoid, infectious hepatitis, polio, cryptosporidiosis, ascariasis etc. A study by World Bank report that Diarrhea and respiratory infections remain leading killers of young children in the developing world, and claim

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approximately 3.5 million young lives each year. Centre for Disease control and Prevention (CDC's) focusing on Global Water, Sanitation and hygiene Programs to prevent the spread of disease.

UNICEF's provides help to improving water supply, sanitation and hygiene to ensuring the rights of children. Adequate, well-maintained water supply and sanitation facilities in schools encourage children to attend school regularly and help them achieve their educational goals. Inadequate water supply and sanitation in schools are health hazards and affect school attendance, retention and educational performance. Finding from UNICEF report shows the need of urgent action require in the area of sanitation, water, hygiene.

### Sanitation

It is estimated that

- Only 31 per cent of India's population use improved sanitation (2008)
- In rural India 21 per cent use improved sanitation facilities (2008)
- One Hundred Forty Five million people in rural India gained access to improved sanitation between 1990-2008
- Two hundred and Eleven Million people gained access to improved sanitation in whole of India between 1990-2008
- India is home to 594 million people defecating in the open; over 50 per cent of the population.
- In Bangladesh and Brazil, only seven per cent of the population defecate in the open. In China, only four per cent of the population defecate in the open.

### Water

- 88 per cent of the population of 1.2 billion has access to drinking water from improved sources in 2008, as compared to 68 per cent in 1990.
- Only a quarter the total population in India has drinking water on their premise.
- Women, who have to collect the drinking water, are vulnerable to a number of unsafe practices. Only 13 per cent of adult males collect water.
- Sixty seven per cent of Indian households do not treat their drinking water, even though it could be chemically or bacterially contaminated.

### Hygiene

- According to the Public Health Association, only 53 per cent of the population wash hands with soap after defecation, 38 per cent wash hands with soap before eating and only 30 per cent wash hands with soap before preparing food.

- Only 11 per cent of the Indian rural families dispose child stools safely. 80 per cent children's stools are left in the open or thrown into the garbage.
- Only 6 per cent of rural children less than five years of age use toilets.
- WASH Interventions significantly reduce diarrhea morbidity; statistically it has been shown that:
  - Hand washing with soap reduces it by 44 per cent
  - Household water treatment by 39 per cent
  - Sanitation by 36 per cent
  - Water supply by 23 per cent
  - Source water treatment by 11 per cent.

Therefore recently Sanitation and hygiene has become more critical issues in developing countries and India is one of them. According to census 2011 rural sanitation coverage for India is only 31% and also it has high state variation. Few states are performing well in respect of to cover proper sanitation facility in rural areas like Kerala, Manipur, Mizoram and Punjab which covered 94.41%, 87.73%, 87.10 and 71.89% respectively. Where states like Jharkhand (8.35%), Madhya Pradesh (13.58%), Chhattisgarh (14.85%) and Odisha (15.32%) have poor performance to cover sanitation facilities in rural areas. This poor coverage of sanitation and lack of awareness about hygiene in rural India reflecting many terrible situations like, it has estimated that 1 in every 10 deaths in India in villages is linked to poor sanitation and hygiene, girls are often forced to miss school or even drop out of education due to lack of sanitation facilities in their school which really need to eradicate for development. Government of India has launched many programs to promote sanitation and hygiene like, Total Sanitation Campaign (1999), Nirmal Gram Puraskar (2005), Nirmal Bharat Abhiyan (2012), Swachh Bharat Abhiyan (2014) but our target to achieve 100% sanitation coverage and proper hygiene awareness to all is still very far from us. To achieve this target we need to focus more on this area and try to identify obstacles of this path and their remedies through research in this area.

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