

**KNOWLEDGE AND PRACTICE OF SAFE DRINKING WATER**

**By**

**Sarala Dahal**

**Exam Roll No: 2180091 (2070)**

**T.U. Registration No: 9-2-218-238-2007**

**A Thesis Submitted to Health Education Department  
in partial fulfilment of the requirements  
for the Master's degree in  
Health education**

**TRIBHUVAN UNIVERSITY  
FACULTY OF EDUCATION  
JANTA MULTIPLE CAMPUS  
DEPARTMENT OF HEALTH EDUCATION  
ITAHARI, SUNSARI  
2018**

## DECLARATION

I hereby declare that this thesis has not been submitted for candidature of any another degree.

.....

Sarala Dahal

M.Ed.2<sup>nd</sup> year

## RECOMMENDATION LETTER

This thesis entailed "**Knowledge and Practice of Safe Drinking Water**" submitted by Sarala Dahal in partial fulfilment of requirement for the Master's Degree in Health education is under my supervision. Therefore it is recommended for viva voice.

Mr. Manoj Kumar Chaudhary

Asst. Lecturer

Department of Health Education

Janta Multiple Campus Itahari, Sunsari

Tribhuvan University

.....

Supervisor

## APPROVAL SHEET

The thesis entitled "Knowledge and Practice of Safe Drinking Water" submitted to the department of Health Education by Sarala Dahal partial fulfilment of the requirement for the Master's Degree in Health Education has been approved.

**Thesis Evaluation Committee**

**Signature**

Mr. Sanjiv Kumar Yadav, lecturer

.....

Head Department of Health Education

Janta Multiple Campus Itahari, Sunsari

Tribhuvan Unirvisity

Mr. Manoj Kumar Chaudhary, Asst.Lecturer

.....

Department of Health Education

Supervisor

Janta Multiple Campus Sunsari

Tribhuvan Unirvisity

Prof. Dr. ....

.....

Viva Date.....

## ABSTRACT

The study is centred to safe drinking water. The main objectives of the study is 'knowledge and practice of safe drinking water among the people of Budhi Ganga Tole, Ward No. 4, Itahari Sub-Metropolitan City, Sunsari.

This study is based on descriptive research design. For the study only the primary data was used. 105 household were selected from the Census Method. This thesis is structured in five parts: the first part deals with the introduction of title and theoretical background, second part reviews the related literature of the relevant work , third part deals with the methodology of the study, fourth part deals with the analysis and interpretation of data, and fifth part deals with summary, finding conclusion and recommendations.

In this community of 105 household, where 525 total population were ( 39.04% male population and 61.53% female population. 69% literate and 28.57% were illiterate; 36.19% received information about safe drinking water from text-books, 28.57% have got information from TV, 20% have got information from the radio.

Among the respondents, 12.38% of them said the right meaning of water pollution, 18.09% of them told right meaning of safe drinking water. Of them, 75.23% use tube well water for drinking, 24.76% use tap water. Of them, 11.42% use public source and 88.7% use private source. Most of the respondents (51.14%) use plastic water pot, others (48.86%) use metal pots. 47.61 of them wash water pot only with water; 2.85% use unsafe water, and 42.47 boil, 19.8 don't know any idea, 62.29% say the source is 'clear', 13% say they drink 4-5 litre of water per day. 84.76% have pit toilet, and 15.23% have ventilated toilet, 14.28% told they protect water from germs. 31.42% have knowledge about arsenic and 13.33% don't know about arsenic. 1.90% says housewife to be responsible for safe drinking water and 48.57% say government should be responsible for safe drinking water, others (49.53%) say others (NGO/INGO, Community, etc.); 48.57% dispose dirty water in kitchen garden and 42.5 % dispose dirty water haphazardly.

Local government needs to aware them to improve disposal of dirty water, harms of dirty water, and practicable encourage water purification methods.

## ACKNOWLEDGEMENTS

First my sincere thanks go to my respected teacher and thesis supervisor Mr. Manoj Kumar Chaudary, Lecturer in the Department of Health education, Janta Multiple Campus Itahari Sunsari, for his scholarly guidance and suggestion during the process of completion of this thesis.

Similarly My gratitude extends to Mr. Sanjib Kumar Yadav Lecturer and Head of the Department of Health Education; and Mr. Birendra Karki, Assistant Lecturer of Janta Multiple Campus, Itahari, Sunsari and all of my teachers for their kind guidance and help during the research process.

I express my hearty thanks to all the people of Budhi Ganga Tole respondents of the community for content data collection and sharing ideas. I would like to express special thanks to Purna Bhadur Basent for his guidance and suggestions during preparation of this thesis. At last I mustn't forget to thank Editor Mr Dinesh Paudel and Mr. Santosh Rayamajhi, proprietor of Canvas Communication Centre Itahari, to design the thesis in this this format.

Sarala Dahal  
M.Ed.2<sup>nd</sup> year  
Janta Multiple Campus  
Itahari Sunsari

## TABLE OF CONTENTS

<b>Contents</b>	<b>Page no</b>
<b>TITLE PAGE</b>	<b>I</b>
<b>DECLARATION</b>	<b>II</b>
<b>RECOMMENDATION LETTER</b>	<b>III</b>
<b>APPROVAL SHEET</b>	<b>IV</b>
<b>ABSTRACT</b>	<b>V</b>
<b>ACKNOWLEDGEMENTS</b>	<b>VI</b>
<b>TABLE CONTENTS</b>	<b>VII</b>
<b>LIST OF TABLES</b>	<b>XI</b>
<b>LIST OF FIGURE</b>	<b>XII</b>
<b>ABBREVIATION</b>	<b>XIII</b>
<b>CHAPTER-I: INTRODUCTION</b>	
1.1 Background of the Study	1
1.2 Statement of the Problem	6
1.3 Objectives of the Study	7
1.4 Signification of the Study	8
1.5 Delimitation of the Study	8
1.6 Operational Definition of Key Terms	9
<b>CHAPTER-II: REVIEW OF RELATED LITERATURE</b>	
2.1 Theoretical Review of Literature	10
2.2 Empirical Review	11
2.3 Implication of the Review for the Study	13
2.4 Conceptual Framework	13

## **CHAPTER-III: RESEARCH METHODOLOGY**

3.1 Research Design	15
3.2 Population and Sample and Sample Strategy	15
3.3 Study Area and Field	15
3.4 Data Collection Tools and Techniques	15
3.5 Data Collection Producers	16
3.6 Data Analysis and Interpretation Procedure	16

## **CHAPTER- IV: ANALYSIS AND INTERPRETATION OF RESULTS**

<b>4.1 Demographic and Socio-Economic Characteristics</b>	<b>17</b>
4.1.1 Distribution of Population to Sex	17
4.1.2 Religion Types of Respondent	18
4.1.3 Types of Family	18
4.1.4 Occupation Status of Respondents	19
4.1.5 Major Income Sources of Respondents	20
<b>4.2 Knowledge about Safe Drinking Water</b>	<b>20</b>
4.2.1 Meaning of Safe Drinking Water	20
4.2.2 Sources of Receiving Information about Safe Drinking Water	21
4.2.3 Understanding about the Water Pollution	22
4.2.4 Understanding about Problems Raised by Dirty Water	23
4.2.5 Disease Mainly Appeared in the Society	24
4.2.6 Treatment Places of the Respondents	25
4.2.7 Understanding about Arsenic	25
4.2.8 Respondents Suffering from Water-Borne Diseases	26
4.2.9 Knowledge about Disease Caused by Contaminated Water	27
<b>4.3 Practice of Safe Drinking Water</b>	<b>28</b>
4.3.1 Sources of Drinking Water	28

4.3.2 Types of Water Pot	29
4.3.3 Method of Cleaning Water Pot	29
4.3.4 Medium of Getting Water from Pot	30
4.3.5 Knowledge on Reasoning of Covering Drinking Water Pot	31
4.3.6 Knowing about Unsafe Drinking Water	31
4.3.7 Knowledge about Method of Water Purification	32
4.3.8 Knowledge about Best Method of Water Purification	33
4.3.9 Knowledge about Time Duration of Boiling water	34
4.3.10 Reason not for Using any Method of Water Purification	34
4.3.11 Knowledge about Amount of Water Required to Drink Per Days	35
4.3.12 Types of Toilet	36
4.3.13 Knowledge about Distance between Toilet and Sources of Water	36
4.3.14 Knowledge Regarding Methods of Prevents from Water Borne Disease	37
4.3.15 Knowledge about Responsible for Safe Drinking Water	38
4.3.16 Knowledge about Time Duration for Clean Water Tank	39
4.3.17 Disposal Place of Dirty Water	40
4.4 Current Situation of Safe Drinking Water	41
4.4.1 Educational Status of Respondent	41
4.4.2 Using Source of Drinking Water	41
4.4.3 Knowledge about Ways of Using Drinking Water	42
4.4.4 Time Taken for Collecting Drinking Water	43
4.4.5 Observation Check List	44
4.4.6 Sources of Water	44
4.4.7 Availability of Water	44
4.4.8 Clean the Water Pot	44
4.4.9 Covering of Water	45

4.4.10 Disposal of Dirty Water	45
4.4.11 Summary/ Finding	45
4.4.12 Summary	45
4.5.13 Findings	46
<b>CHAPTER - V: CONCLUSION AND RECOMMENDATIONS</b>	
<b>5.1 Conclusion</b>	<b>48</b>
<b>5.2 Recommendations</b>	<b>48</b>
5.2.1 Practice Related Recommendations	48
5.2.2 National Policy Related Recommendations	48
5.2.3 Recommendations for Further Study	49
<b>Reference</b>	
<b>Questionnaire</b>	

## LIST OF TABLES

Table No.	Title Names	Page No
1.	Distribution of population according to sex	18
2.	Religion Types of Respondents	18
3.	Major Incomes Source of Respondents	19
4.	Understanding about Water Pollution	23
5.	Understanding about Problem Raised by Dirty Water	23
6.	Treatments Place of the Respondents	25
7.	Respondents Suffering from water Borne Disease	27
8.	Source of Drinking Water	29
9.	Types of Water Pot	29
10.	Mediums of Getting Water From pot	30
11.	Knowledge about Method of Water Purification	33
12.	Knowledge about Time Boiling water	34
13.	Reason not Use Any Method of Water Purification Method	35
14.	Knowledge About Distance Between Toilet and Water Sources	37
15.	Knowledge about Time for Cleaning the water Tank/Big pot.	39
16.	Educations Status of Respondents	41
17.	Time Taken for Collecting Drinking Water	43
18.	Observation Check List	44

## LIST OF FIGURES

Figure No.	Title Names	Page No
1.	Occupational Status of Respondent	19
2.	Type of Family	20
3.	Meaning of Safe Drinking Water	21
4.	Sources of Receiving Information about Safe Drinking water	22
5.	Disease Mainly Appeared in Society	24
6.	Understanding about Arsenic	26
7.	Knowledge about Disease which caused by Contaminated Water	28
8.	Method Clean Water pot	30
9.	Knowledge on Reasoning of Covering water pot	31
10.	Knowing About Unsafe Drinking Water	32
11.	Knowledge about Best Method of Water Purification	33
12.	Knowledge About Amount of Water Required to Drink Per Days	35
13.	Types of Toilet	36
14.	Knowledge Regarding Method of Prevents from Water Borne Disease	38
15.	Knowledge About Responsible for Safe Drinking Water	39
16.	Disposal Place of Dirty Water.	40
17.	Using Sources of Drinking water	42
18.	Knowledge About ways of Use Drinking water	42

## **ABBREVIATION**

A.N.M	:	Auxiliary Nurse Midwife
DOSH	:	Department of Health Service
EPA	:	Environmental Protection Agency
INGO	:	International Non -Governmental Organization
NGO	:	Non - Governmental Organisation
T.U.	:	Tribhuvan University
V.D.C.	:	Village Development Centre
WHO	:	World Health Organization