

**SANITATION AND HYGIENE PRACTICE IN CAMPUS LEVEL
STUDENTS**

By

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DECLARATION LETTER

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

.....

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ABSTRACT

The present study is an attempt to find out the sanitation and hygiene practice of the college level students. The general objective of the study is to analyze the practice of the sanitation and hygiene in bachelor level student. The specific objectives are: to analyze the sanitation practice of the students, family and college of the participation of students in college, to assess the sanitation attitude.

The study focused on the behaviors of the sanitation and hygiene practice of college level students studying at bachelor level first year including 165 students is a small scale cross sectional study done at a college in the capital Kathmandu. The data were taken from the students provided by the observer's presence in the class hour at the campus premises only. The outcome of the results was carried out in three major categories of personal sanitation, family sanitation and college sanitation. In the case of the personal sanitation practice was little higher than the half of the normal behavior. In case of the family sanitation was observed less than the half of the measurement. It was seen that the students are not much aware of the family sanitation measures. Other measures to improve the sanitation for the family and for the nation was also assessed which turned out to be more emphasis on providing health education for the measures to improve family sanitation and management of the waste was the highest priority for the improvement of the sanitation in the country.

As sanitation has a great role in the health of the individuals, personnel and family that directly affects the learning ability of the students and every individual. So, it is to be assessed via the different measures for educational institutes and other criteria. The evaluation of this study showed the family sanitation is under the average, not good state of the personal sanitation and a bit satisfactory state of the college sanitation. Majority of the students focused to improve the family sanitation is by the provision of health education to provide the family, and improvement of the waste management to improve the sanitation of the country.

As the data have been categorized to the 3 types of sanitation personal, family and college sanitation. Personal sanitation outweighs more than half that is 57%. The condition of sanitation status indicates the wellbeing of the individuals. Students were

16%, B.A. students were 43%, BBS students were 35% and BSW students were in low having 6%. Out of 165 students, female were 71 % (117) and the boys were 29 % (48).

Personal sanitation and hygiene in which different questions from the knowledge about sanitation, combing of hair, brushing of teeth, wearing of shocks, having bath, washing of hand after latrine, washing of uniform, eating habit such as junk food, eating pattern of fruit, accessing sanitation information had been included. According to them, the data were arranged in the excel sheet and calculated their percentage. Total questions numbers were 11 for the assessment of the personal sanitation. That was found to be just satisfactory by 57% for the personal sanitation. In case of the family sanitation status assessment, the status was found just lower than the average that is 49%. This has to be more assessed. On the other hand the college sanitation status was to be found 63% which is more than average.

Other finding about the measures to improve the sanitation status in the country were waste management by highest 25%, providing awareness by 21%, proper education 16% and lesser extent in pollution control, improvement of the environment, discussion, management of transport, controlling of government, providing health education in the school etc.

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ACRONYMS

BA	:	Bachelor of Arts
BBA	:	Bachelor of Business Administration
B. Ed.	:	Bachelor of Education
BS	:	Bikram Sambat
BBS	:	Bachelor of Business Studies
CBS	:	Central Bureau of Statistic
SDG	:	Sustainable Development Goal
WaSH	:	Water, Sanitation and Hygiene
DDC	:	District Development Committee
Dr.	:	Doctor
FY	:	Final Year
HHS	:	House Holds
i.e.	:	That is
No.	:	Number
TU	:	Tribhuvan University
UK	:	United Kingdom
VDC	:	Village Development Committee