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Social Media as a awareness of Sanitation

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ABSTRACT

Sanitation refers to public health conditions related to clean drinking water and treatment and disposal of human excreta and sewage. Preventing human contact with feces is part of sanitation, as is hand washing with soap. Sanitation systems aim to protect human health by providing a clean environment that will stop the transmission of disease, especially through the fecal–oral route. For example, diarrhea, a main cause of malnutrition and stunted growth in children, can be reduced through adequate sanitation. There are many other diseases which are easily transmitted in communities that have low levels of sanitation, such as ascariasis (a type of intestinal worm infection or helminthiasis), cholera, hepatitis, polio, schistosomiasis, and trachoma, to name just a few.

Key words: Definitions, Type of Sanitation, Importance of Sanitation, How Social Media Platforms Can Create Awareness Of Proper Sanitation And Hygiene

Sanitation refers to public health conditions related to clean drinking water and treatment and disposal of human excreta and sewage. Preventing human contact with feces is part of sanitation, as is hand washing with soap. Sanitation systems aim to protect human health by providing a clean environment that will stop the transmission of disease, especially through the fecal–oral route. For example, diarrhea, a main cause of malnutrition and stunted growth in children, can be reduced through adequate sanitation. There are many other diseases which are easily transmitted in communities that have low levels of sanitation, such as ascariasis (a type of intestinal worm infection or helminthiasis), cholera, hepatitis, polio, schistosomiasis, and trachoma, to name just a few.

A range of sanitation technologies and approaches exists. Some examples are community-led total sanitation, container-based sanitation, ecological sanitation, emergency sanitation, environmental sanitation, onsite sanitation and sustainable sanitation. A sanitation system includes the capture, storage, transport, treatment and disposal or reuse of human excreta and wastewater. Reuse activities within the sanitation system may focus on the nutrients, water, energy or organic matter contained in excreta and wastewater. This is referred to as the "sanitation value chain" or "sanitation economy". The people responsible for cleaning, maintaining, operating, or emptying a sanitation technology at any step of the sanitation chain are called "sanitation workers".

Several sanitation "levels" are being used to compare sanitation service levels within countries or across countries. The sanitation ladder defined by the Joint Monitoring Programme in 2016 starts at open defecation and moves upwards using the terms "unimproved", "limited", "basic", with the highest level being "safely managed". This is particularly applicable to developing countries.

The Human Right to Water and Sanitation was recognized by the United Nations (UN) General Assembly in 2010. Sanitation is a global development priority and the subject of Sustainable Development Goal 6. The estimate in 2017 by JMP states that 4.5 billion people currently do not have safely managed sanitation. Lack of access to sanitation has an impact not only on public health but also on human dignity and personal safety.

Definitions

There are some variations on the use of the term "sanitation" between countries and organizations. The World Health Organization defines the term "sanitation" as follows:

"Sanitation generally refers to the provision of facilities and services for the safe disposal of human urine and faeces. The word 'sanitation' also refers to the maintenance of hygienic conditions, through services such as garbage collection and wastewater disposal."

Sanitation includes all four of these technical and non-technical systems: Excreta management systems, wastewater management systems (included here are wastewater treatment plants), solid waste management systems as well as drainage systems for rainwater, also called stormwater drainage.[citation needed] However, many in the WASH sector only include excreta management in their definition of sanitation.

Another example of what is included in sanitation is found in the handbook by Sphere on "Humanitarian Charter and Minimum Standards in Humanitarian Response" which describes minimum standards in four "key response sectors" in humanitarian response situations. One of them is "Water Supply, Sanitation and Hygiene Promotion" (WASH) and it includes the following areas: Hygiene promotion, water supply, excreta management, vector control, solid waste management and WASH in disease outbreaks and healthcare settings.

Hygiene promotion is seen by many as an integral part of sanitation. The Water Supply and Sanitation Collaborative Council defines sanitation as "The

collection, transport, treatment and disposal or reuse of human excreta, domestic wastewater and solid waste, and associated hygiene promotion."

Despite the fact that sanitation includes wastewater treatment, the two terms are often used side by side as "sanitation and wastewater management".

Another definition is in the DFID guidance manual on water supply and sanitation programmes from 1998:

"For the purposes of this manual, the word 'sanitation' alone is taken to mean the safe management of human excreta. It therefore includes both the 'hardware' (e.g. latrines and sewers) and the 'software' (regulation, hygiene promotion) needed to reduce faecal-oral disease transmission. It encompasses too the re-use and ultimate disposal of human excreta. The term environmental sanitation is used to cover the wider concept of controlling all the factors in the physical environment which may have deleterious impacts on human health and well-being. In developing countries, it normally includes drainage, solid waste management, and vector control, in addition to the activities covered by the definition of sanitation."

Sanitation can include personal sanitation and public hygiene. Personal sanitation work can include handling menstrual waste, cleaning household toilets, and managing household garbage. Public sanitation work can involve garbage collection, transfer and treatment (municipal solid waste management), cleaning drains, streets, schools, trains, public spaces, community toilets and public toilets, sewers, operating sewage treatment plants, etc. Workers who provide these services for other people are called sanitation workers.

Type of Sanitation

Human excreta and wastewater are captured, stored, transported, treated, and disposed of or reused in a sanitation system. The nutrients, water, energy, and organic matter present in excreta and wastewater may be the subject of reuse activities within the sanitation system. The "sanitation value chain" or "sanitation economy" refers to this. Sanitation workers are those who are in charge of cleaning, maintaining, running, or emptying sanitation technology at any point along the sanitation chain." ?

Basic sanitation

JMP coined the phrase "basic sanitation service" in 2017. This is defined as using better sanitary facilities that are not shared with other homes. "Limited sanitation service" is a new term for a lesser level of service that refers to the use of improved sanitation facilities shared by two or more homes.

Container-based sanitation

Container-based sanitation (abbreviated as CBS) is a sanitation technique in which human excreta is collected in sealable, removable containers (also known as cartridges) and transferred to treatment facilities. This method of sanitation entails the use of a commercial service that offers specific sorts of portable toilets and distributes empty containers when full ones are picked up. The

service delivers and disposes of or reuses collected excrement in a safe manner. The users are normally responsible for the cost of excreta collection. CBS can be utilized to offer low-income urban areas safe collection, transportation, and treatment of feces at a lesser cost than establishing and maintaining sewers with the right development, support, and collaborations. CBS is based on the usage of urine-diverting dry toilets in the majority of cases.

Community-led total sanitation

Community-led total sanitation (CLTS) is a method of improving sanitation and hygiene practices in a community that is primarily employed in poor countries. The method aims to modify behavior in primarily rural populations through a “triggering” process that results in the spontaneous and long-term renunciation of open defecation practices. It focuses on an entire community’s spontaneous and long-term behavior transformation. The CLTS process revolves around the phrase “triggering”, which refers to methods of stimulating community enthusiasm in stopping open defecation, mainly through the construction of rudimentary toilets like pit latrines. CLTS entails taking steps that promote one’s self-esteem and pride in one’s community. It also includes feelings of humiliation and disgust over one’s own open defecation habits. CLTS uses a community-based approach to rural sanitation that eliminates the need for hardware subsidies and empowers communities to notice the problem of open defecation and take collaborative action to clean up and become “open defecation free.”

Dry sanitation

Dry sanitation is a word that isn’t widely used and isn’t fully defined. It usually refers to a system that transports excreta using a form of dry toilet rather than sewers. When people talk about “dry sanitation,” they usually mean a system that employs urine-diverting dry toilets (UDDTs).

Ecological sanitation

Ecological sanitation, often known as ecosan is a sanitation system that tries to safely reuse excreta in agriculture. It is a concept that is defined by a goal to “complete the loop” between sanitation and agriculture in a safe manner, primarily for nutrients and organic matter. One of the goals is to use non-renewable resources as little as possible. Ecosan systems, when correctly built and run, provide a hygienically safe mechanism for converting human excreta into nutrients and water that may be returned to the ground.

Emergency sanitation

The administrative and technical techniques required to provide sanitation in an emergency are known as emergency sanitation. During humanitarian relief activities for refugees, victims of natural disasters, and internally displaced individuals, emergency sanitation is essential. Emergency response is divided into three phases: Immediate, short-term, and long-term. The immediate focus is

on managing open defecation, with toilet technologies such as extremely rudimentary latrines, pit latrines, bucket toilets, container-based toilets, and chemical toilets being used. In the medium run, technology such as urine-diverting dry toilets, septic tanks, and decentralized wastewater systems may be used. Handwashing stations and fecal sludge control are also part of emergency sanitation.

Environmental sanitation

The regulation of environmental conditions linked to disease transmission is referred to as environmental sanitation. Solid waste management, water and wastewater treatment, industrial waste treatment, and noise pollution control are all subcategories of this category.

Onsite sanitation

This is a sanitation system in which excreta and wastewater are collected, stored, or treated on the plot where they are created. The level of treatment might range from non-existent to advanced. Pit latrines (without treatment) and septic tanks are two examples (primary treatment of wastewater). On-site sanitation systems are frequently linked to fecal sludge management (FSM) systems, in which onsite feces is processed at a remote location. Wastewater (sewage) is only produced when a piped water supply is present within or near the structures. A decentralized wastewater system is a related phrase that refers to the wastewater portion of on-site sanitation. Similarly, wastewater generated locally can be treated by an onsite sewage facility.

Safely managed sanitation

Sustainable Development Goal Number 6 envisions the highest degree of household sanitation: safely managed sanitation. It is measured as the “Proportion of population using safely managed sanitation services, including a handwashing facility with soap and water” under SDG 6. According to JMP’s 2017 baseline estimate, 4.5 billion people do not have access to properly managed sanitation. The proportion of the population using an improved sanitation facility that is not shared with other households and where the excreta produced is either;

- Treated and disposed of in situ.
- Temporarily stored and then emptied and transported to treatment off-site.
- Transported through a sewer with wastewater and then treated off-site.

To put it another way, securely managed sanitation is a basic sanitation service that includes excreta disposal, which can be safely disposed of on-site or transported and treated off-site. Furthermore, SDG 6 includes handwashing facilities with soap and water, which are monitored independently under SDG 6.

Sustainable sanitation

Sustainable sanitation is a sanitation system that is designed to satisfy particular requirements and work well over time. Sustainable sanitation systems look at the entire “sanitation value chain,” from the user’s experience to excreta and wastewater collecting methods, waste transportation or conveyance, treatment, and reuse or disposal. “Sustainable sanitation” is defined by the Sustainable Sanitation Alliance (SuSanA) as having five qualities (or criteria): Economically and socially acceptable, as well as technically and institutionally appropriate and environmentally benign, systems are required. For more knowledge on sanitation and sanitation solutions, register to study our Water, Sanitation & Hygiene (WASH) course today for a 10% discount!

Importance of Sanitation

Everyone should practise good hygiene since it prolongs life and helps maintain health. Children, however, should pay particular attention to it. Sanitation facilitates a healthier workplace.

Infestation by pests is avoided via sanitation.

Shelf life can be extended with sanitation.

Existing microorganisms are eliminated by sanitation.

Injury risk is reduced by sanitation.

Alternatives to Improve Water Sanitation

For individuals without sewage infrastructure, it is advised to install affordable on-site wastewater treatment systems to enhance sanitation and reduce the risk of waterborne illnesses. Human waste on-site sewage disposal systems include the following:

Septic Tanks

An underground concrete tank that is huge and covered and includes an entrance pipe at one end and an outlet pipe at the other makes up a typical septic tank.

The septic tank's inflow pipe is joined to the toilet seat. Through the inflow pipe, the toilet seat is connected to the septic tank.

Septic tanks are appropriate for locations without a sewage system. In villages, animal manure is used to create biogas.

A biogas plant can also create biogas from human waste.

Composting Pits

Composting toilets are provided using compost pits.

The components of a composting toilet are a toilet seat fastened to a composting chamber coupled with a drying chamber.

With the aid of aerobic microorganisms, the composting chamber breaks down human waste and turns it into compost.

The compost solidifies and loses moisture in the drying chamber. It is regularly removed and used as compost.

Where there is little or no water supply, compost toilets are used. These toilets have the added benefit of giving us compost (or manure), which aids in providing plants with essential nutrients.

Chemical Toilets

Directly beneath the toilet seat, a chemical toilet employs a container that has been chemically treated. Chemicals help to partially disinfect and lessen the smell of human faeces.

After a given amount of time, the storage capacity of chemical toilets for human waste lines is limited. Chemical restrooms only exist in transportable restrooms.

Chemical restrooms are used on building sites and at sizable outdoor events like weddings and music festivals since they are portable.

How Social Media Platforms Can Create Awareness Of Proper Sanitation And Hygiene

More people are getting involved with social media platforms with Facebook having the biggest percentage. Uganda's social media stats for 2019 indicate the number of people using social media platforms, Facebook at 57.4%, Pinterest at 25.09%, Twitter at 11.74%, youtube at 4.01%, and Instagram at 1.13%. With this number of users, social media can be used to create awareness of how to improve hygiene.

World Health Organization defines sanitation as the provision of facilities and services for the safe management of human excreta from the toilet to containment and treatment onsite or conveyance and eventual safe disposal.

A UNICEF (2019) study indicates how billions of people around the world continue to suffer due to poor access to water, sanitation, and hygiene. Some 2.2 billion people around the world do not have safely managed drinking water services, 4.2 billion people do not have safely managed sanitation services, and 3 billion lack basic handwashing facilities

Furthermore, Uganda's relief web indicates that bad hygiene and lack of adequate sanitation facilities in northern Uganda, a region still recovering from two decades of conflict, have fueled the spread of the Hepatitis E viral infection (which is a liver disease mainly transmitted through drinking water contaminated with fecal matter) in several districts, a senior official said. "The major challenges are inadequate access to safe water, unhygienic disposal of feces, poor personal and domestic hygiene" Steven Malinga, (former Health Minister) told IRIN on 7 August.

Inadequate sanitation is a major cause of infectious diseases such as cholera, typhoid, and dysentery worldwide. It also contributes to stunting, impaired cognitive function, and impacts well-being and school attendance; causes anxiety with lifelong consequences, especially for women and girls.

However, with the help of social media platforms, we can spread awareness on how to improve sanitation and hygiene. According to the "we are social" Digital yearbook, there are more than 2.3 billion active social media users on the internet. Social media are interactive computer-mediated technologies that

facilitate the creation and sharing of information, ideas, career interest, and other forms of expression via virtual communities and Networks. Social media has grown rapidly as a type of online communication tool wherever users make comments, share and put videos, photos, and posts on social networks at a remarkable rate. These platforms include Facebook, WhatsApp, Twitter, Youtube, Instagram, and many others.

WOUGNET has helped on improving sanitation through its partnership with M-omulimisa SMS services which uses its mobile and web-based platform that enables community members to exchange information with extension officers in indigenous languages on the issues affecting the community like poor service delivery, including poor water and sanitation. Information on these platforms is forwarded to duty bearers for ratification. For instance in 2017 Busia district Bukalika village in Buhatiba parish Mumutumba trading Centre, with the help of the SMS platform, their borehole was repaired. People were able to get clean and enough water. This improved their hygiene since they could access clean water.

Social Media can be used to support environmental campaigns by updating posts, videos, and photos about sanitation and hygiene. This also helps to connect people locally and cross-nationally on major environmental issues such as water conservation. This can teach us so many great lessons about turning ideas into movements and social media users will be able to view posts that will change the world.

Through the use of social media platforms, the public gets information on how to improve their hygiene. Sanitation and environmental knowledge have a positive correlation. By increasing environmental knowledge, Sanitation and hygiene awareness will be increased. Which will increase people's welfare?

Hardware and app development, geolocation and hashtags on social media platforms such as Instagram and Twitter have created a way for people to share stories about their local environment and the issues affecting it. Which connects them to larger environmental topics such as sanitation and hygiene. This attracts the attention of the public including the duty bearers and leads to solutions thus creating a better environment to live in.

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