

Saarth

E-Journal of Research

ISSN NO: 2395-339X

Approach Towards cleanliness and community Health among the youth

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Abstract:

It is essential to understand the importance of hygiene and cleanliness in context to the personal health which leads to the health of the family and society. Various programs pertaining to the health, hygiene and cleanliness are arranged at colleges and school to make the students aware about this issue. Awareness among the youth is increasing and the effect is visibly seen at various levels which are in benefit to the community. Observing cleanliness and maintaining hygiene standards of course lead to the healthy personal life and ultimately it leads to the healthy society. Community health is very important subject and it is social obligation by any concerned citizen. Community health needs to be understood and explained to the youth in process to generate awareness in society and implement various programs at ground level for the benefit of society. Youth need to understand and by generating awareness among them definitely help to implement the awareness programs in community as the youth is the future of the country and responsible citizens of tomorrow.

Keywords: Cleanliness, Community Health, clean Environment.

1. Introduction:

Good personal hygiene is essential to promoting good health. Personal hygiene habits such as washing your hands and brushing and flossing your teeth will help keep bacteria, viruses, and illnesses at bay. And there are mental as well as physical benefits [1]. The importance of cleanliness in our lives cannot be denied. Maintaining a clean environment is for the health of all humans, as their health completely depends on the atmosphere. A bad environment is solely responsible for spoiling the health of the people around. Dirt and disease go together [2].

Community health tends to focus on a defined geographical community. The health characteristics of a community are often examined using geographic information system (GIS) software and public health datasets. Some projects, such as InfoShare or GEOPROJ combine GIS with existing datasets, allowing the general public to examine the characteristics of any given community in participating countries. Medical interventions that occur in communities can be classified as three categories: primary healthcare, secondary healthcare, and tertiary healthcare. Each category focuses on a different level and approach towards the community or population group. In the United States, community health is rooted within primary healthcare achievements [3].

A community is a group of people who might have different characteristics but share geographical location, settings, goals, or social interest. Examples of communities include people living in the same town, members of a church, or members of a sports team. Community health is a field of public health that focuses on studying, protecting, or improving health within a community. It does not focus on a group of people with the same shared characteristics, like age or diagnosis

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but on all people within a geographical location or involved in specific activity. Community health covers a wide range of healthcare interventions, including health promotion, disease prevention, and treatment. It also involves management and administration of care [4].

2. Components of Community Health:

Personal hygiene is a concept that is commonly used in medical and public health practices. It is also widely practised at the individual level and at home. It involves maintaining the cleanliness of our body and clothes. Personal hygiene is personal, as its name implies. In this regard, personal hygiene is defined as a condition promoting sanitary practices to the self. Everybody has their own habits and standards that they have been taught or that they have learned from others. Generally, the practice of personal hygiene is employed to prevent or minimise the incidence and spread of communicable diseases[4].

There is difference among the cleanliness and personal hygiene. The term cleanliness should not be used in place of hygiene. Cleaning in many cases is removing dirt, wastes or unwanted things from the surface of objects using detergents and necessary equipment. Hygiene practice focuses on the prevention of diseases through the use of cleaning as one of several inputs. For example, a janitor cleans the floor of a health centre using detergent, mop and broom. They might also use chlorine solution to disinfect the floor. The cleaning process in this example is the removal of visible dirt, while the use of chlorine solution removes the invisible microorganisms. Hygienic practice encompasses both cleaning for the removal of physically observable matters and the use of chlorine for the removal of microorganisms. The hygiene practice in this example aims at preventing the spread of disease-causing organisms. Cleaning is a means to achieve this task. A person with poor personal hygiene might be isolated from friendship because telling the person about the situation might be sensitive and culturally difficult. The success of a job application or the chance of promotion could be affected by poor personal hygiene; no company wants to be represented by someone who does not appear to be able to look after themselves [5].

Some of important components of Personal hygiene can be list out as [5]:

1. Body hygiene (skin care) The body has nearly two million sweat glands.
2. Oral hygiene (oral care)
1. 3.Hand washing (hand care)
3. Face hygiene.
4. Fingernail and toenail hygiene (nail care).
5. Ear hygiene.
6. Hair hygiene (hair care).
7. Foot hygiene (foot care)

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Nevertheless, vulnerable groups are increasing in our society, which means that hygiene is a crucial factor in the well-being of the many people involved. ... This indicates that important factors in daily life such as food preservation and preparation generally are far from hygienic [6].

3. Review about Hygiene and Cleanliness:

Need for Cleanliness : Cleanliness and Hygiene for a Healthy Life. Cleanliness is essential for all to lead a healthy life. It is an important ethic of sound living. ... It is the responsibility of each and every human being to maintain certain hygienic standards and cleanliness for a clean and healthy environment [7]. It helps in making a good personality and impression in the society as it reflects a clean character. We should maintain the environment and natural resources (water, food, land, etc) cleanliness together with our body cleanliness in order to make the possibility of life existence forever on the earth [8]. Garbage and waste when rotten creates gases, which are harmful for humans. This also helps water borne diseases such as diarrheal, cholera and etc. spread among humans. Water is a scarce resource, which we need to keep clean and away from infectious germs. Therefore rubbish disposal is essential in our day-to-day lives [9].

Community hygiene is of the life conditions in them and the influence of these conditions on the health and efficiency of the population. Several community development activities can be used to achieve this goal, including education and learning programmes, encouraging community management of environmental health facilities, and social mobilization and organization. Hygiene promotion is not simply a matter of providing information. It is more a dialogue with communities about hygiene and related health problems, to encourage improved hygiene practices.

In India, most people defecate outdoors, most along roadsides, in or next to communal water supplies and in common areas, due to lack of toilets. This is the cause of many health problems, and also of discomfort for many women, who often have to wait until it gets dark before looking for a safe place to urinate or defecate [10].

Some health measures can be undertaken only by the community as a whole. These include:

Water source protection

- Proper disposal of solid waste and excreta
- Wastewater drainage
- Controlling animal rearing
- Market hygiene.

Proper disposal of solid waste and excreta:

Solid waste is defined as any waste that is dry in form and is discarded by people as unwanted. You can describe the solid waste from general housekeeping as residential waste, refuse, household waste or domestic waste. Waste produced in other areas is defined as industrial, commercial, institutional or agricultural waste, or street sweepings, depending on its source. In urban settings, municipal waste refers to the solid waste that is collected by local government (the municipality) and may include household, commercial, industrial

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ISSN NO: 2395-339X

waste and street sweepings. The solid waste that is produced as a result of food preparation, or any foodstuff leftover after eating, is called kitchen waste or garbage [10]. Solid Waste Management can be classified into five main stages these are:

- Onsite handling, storage and processing
- Collection
- Transfer and transport
- Resource recovery and processing
- Disposal.

Source of Solid Waste

- Street refuse
- Market refuse
- Stable litter
- Industrial refuse
- Domestic refuse.

Collection of Solid Waste

- House to House collection
- Mechanical transport
- Dustless refuse collector

Methods of Solid Waste Management Insanitary Method:

- Hog Feeding
- Dumping

Sanitary Method:

Sanitary landfill/ Controlled tipping

- Composting
- Incineration
- Manure pits
- Burial
- Biogas plant

The waste or by product that is obtained from human digestion is called human excreta. Since human waste is unhygienic, it is often transferred as sewage through sewerage systems. It is also considered as bio waste which is very useful to plant. Human excreta are the cause

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E-Journal of Research

ISSN NO: 2395-339X

of many enteric diseases such as cholera, diarrheal, dysentery, typhoid, infectious hepatitis, hookworm etc.

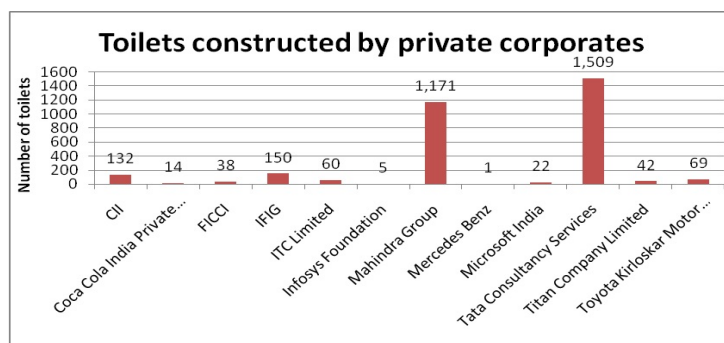


Figure-1 : Toilet constructions by Private corporate
[Source: Ministry of Human Resource Development, Govt. of India]

4. Summary:

Good hygiene is an important barrier to many infectious diseases, including the faecal–oral diseases, and it promotes better health and well-being. To achieve the greatest health benefits, improvements in hygiene should be made concurrently with improvements in the water supply and sanitation, and be integrated with other interventions, such as improving nutrition and increasing incomes. The next sections discuss how to improve personal and community hygiene practices that help to prevent the spread of faecal–oral diseases.

Personal hygiene involves those practices performed by an individual to care for one's bodily health and well-being, through cleanliness. Motivations for personal hygiene practice include reduction of personal illness, healing from personal illness, optimal health and sense of well-being, social acceptance and prevention of spread of illness to others. What is considered proper personal hygiene can be cultural-specific and may change over time. In some cultures removal of body hair is considered proper hygiene.

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In India, most people defecate outdoors, most along roadsides, in or next to communal water supplies and in common areas, due to lack of toilets. This is the cause of many health problems, and also of discomfort for many women, who often have to wait until it gets dark before looking for a safe place to urinate or defecate. Youth need to be trained at college and school level to practice this and spread this strong message among the society.

Domestic hygiene activities include all the work which is done to keep the house and people's clothes and bedding clean. These jobs include sweeping and washing floors,

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ISSN NO: 2395-339X

cleaning the toilet, washing clothes and bedding, and washing dishes and cooking utensils after meals. It is important that the house be kept clean so that it is a healthy place. If the house and everything in it are not cleaned often, moisture and dirt gather and it becomes an ideal place for germs, parasites and vectors (disease-carrying animals) to breed and multiply. These germs can cause the people living in the house to get sick. Personal grooming extends personal hygiene as it pertains to the maintenance of a good personal and public appearance, which need not necessarily be hygienic. It may involve, for example, using deodorants or perfume, shaving, or combing, besides other practices.

Domestic hygiene: domestic hygiene (sanitary preparation of food, cleanliness, and ventilation) means cleanliness in your home whereas personal hygiene (proper living habits, cleanliness of body and clothing, healthful diet, a balanced regimen of rest and exercise) means cleanliness of your person or your body.

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