



RESEARCH PAPER

Hygiene and common health related problems prevalent in slum area of Varanasi

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Abstract : In modern times, it has become so important to take care of one's health and hygiene. With the rising population levels, pollution levels, emission of harmful gases, it has to be a priority for everyone to maintain their health and hygiene. Health and hygiene is interrelated with each other. The present study was conducted on the hygiene and common health related problems in slum area of Varanasi. An interview method was used to collect the information regarding health and hygiene. In this study only 44 per cent respondents adopted handwash practices and 66 per cent women suffered from anaemia. 30 per cent of women had irregular menstrual cycle whereas 25 per cent of women suffered from urinary tract infection. Almost half of the women had inflammatory problems related to joints and abdomen.

Key Words : Hygiene, Interrelated, Anaemia, Emission

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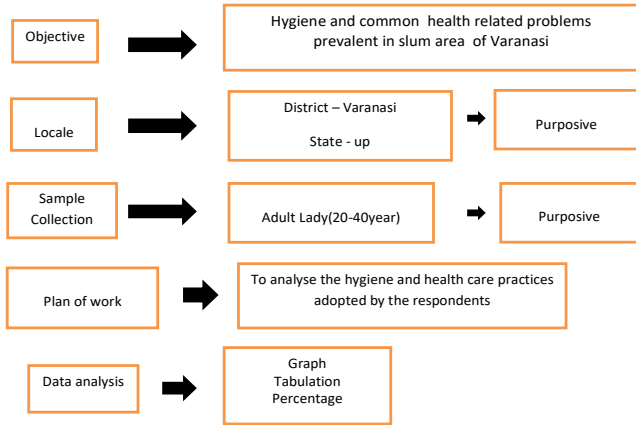
INTRODUCTION

Hygiene and sanitation is one of the basic needs of human beings. It has a direct relationship with health, nutrition and social wellbeing. Without sanitation or with poor sanitation our life will be cluttered with fatal disease and will create a havoc situation. In the absence of proper hygiene and sanitation people suffer from high level of infectious disease leading to high incidences of morbidity and mortality. Specially women are vulnerable to health hazards in slums as they spend most of their time at home and get affected by the unhealthy environment. If we look at the problems faced by the women who are living in slum, problems like bone pain, stomach pain,

knee pain are prevalent. Along with this, lack of hygiene and sanitation makes their life even miserable. Due to unavailability of clean water, they are unable to maintain basic cleanliness such as regular physical bathing. Also there is a shortage of water for cooking and women have to fetch it from faraway places. There are so many problems like this which makes it difficult to maintain hygiene and sanitation in this area. So in the absence of basic amenities such as electricity, clean drinking water, safe and healthy meal, it is impossible to maintain hygiene and sanitation in such places. Urinary infection was also seen among the slum dwellers. Health issues such as leucorrhoea was also present in some women. Their menstruation was also seen to be irregular due to

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insufficient food. Some of the hygiene practices were known to them like washing the hand before eating, washing the vegetables and fruits before cutting and soaking the pulses before cooking. So we can not say that these women are totally unaware of hygiene and sanitation. Anemia is one of the most common health problem among women of reproductive age in India, particularly in rural and urban deprived sections like slums.

MATERIAL AND METHODS

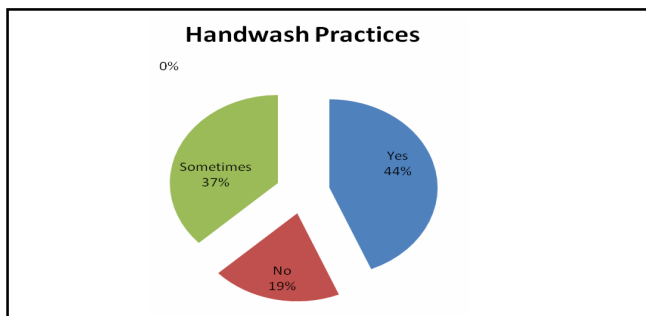
100 samples in the adult age group (20-40 year) residing in selected slum area of Varanasi were selected through purposive sampling. Obtained data was collected and analysed statistically by graph, tabulation and percentage.

RESULTS AND DISCUSSION

The experimental findings obtained from the present study have been discussed in following heads :

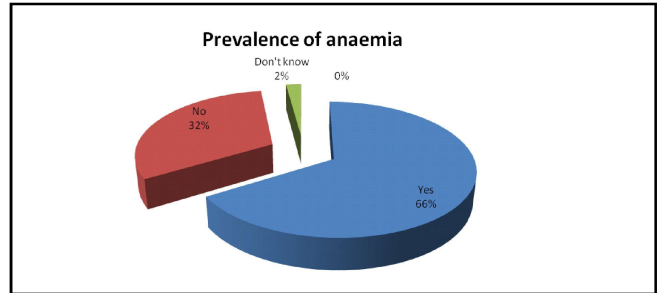
To analyze the hygiene and health care practices adopted by the respondents:

Categorization of respondents according to the hand wash practices adopted by them:



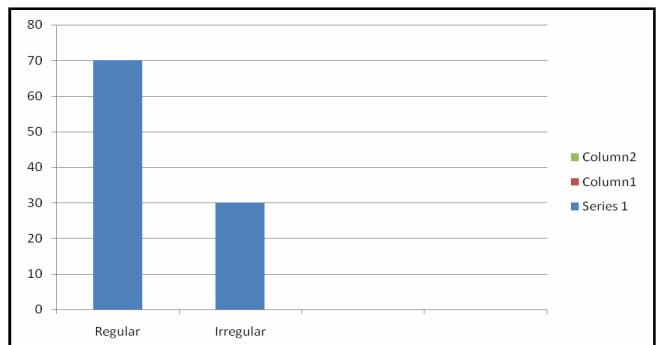
The above graph shows that majority of the respondents *i.e.* 44% washed their hands before eating, 37% washed their hands sometimes and only 19% of the respondents never washed their hands before eating.

Categorization of the respondents according to the prevalence of anaemia:



Above graph shows that 66 % of the respondents were suffered from anemia, 32% of the respondents had no risk of anemia and only 2% of the respondents did not have any knowledge about anemia.

Distribution of respondents according to the menstrual cycle:



The menstrual cycle is the monthly series of changes a woman body goes through in preparation for the possibility of pregnancy. Each month, one of the ovaries release an egg – a process called ovulation. At the same time hormonal changes prepare the uterus for pregnancy. If ovulation takes place and the egg is not fertilized the lining of the uterus sheds through the vagina. This is a menstrual period.

Above graph shows that majority of the respondents *i.e.* 70% had regular period and 30% had irregular period.

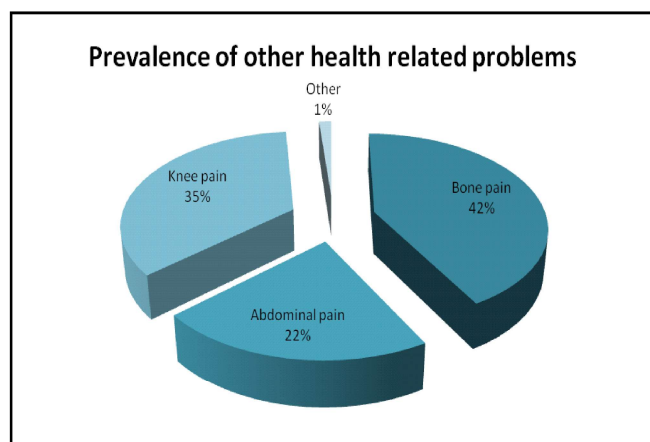
Distribution of respondents according to the prevalence of UTI and Leukorrhoea :

The table depicts that not a single respondents were

Sr. No.		Yes	No
1.	Leukorrhoea		100%
2.	UTI	25%	75%

suffered from leucorrhoea, only 25% respondents were suffered from urinary tract infection and majority of the respondents did not have any symptoms of UTI. Leucorrhoea And Associated Factors Of Leucorrhoea Among Women Of Reproductive Age Group (15-45 years). In Selected Slums Of LudhiyanaPanjab “and concluded that about 38 % of women reproductive age group(15-45 year) were in age group 15-20 year, were illiterate (96.67%) majority (86.67%) of women husband were illiterate. Further newly half (82%) of women were housewives, more than half (57.33%) were Muslim, majority (76.67%) were from joint family, majority (91.33%) were in 1501-3500 /- Rs. /months income group and nearly half (92%) of women had parity more than three. More than half (60%) of women had severe leucorrhea.

Distribution of respondents according to other health related problems:



Above graph shows that majority of the respondents (42%) had bone pain problem, (35%) had knee pain, (22%) had abdominal pain and only (1%) had other body related problem.

Categorization of respondents according to consumption of tobacco and alcohol :

The above table indicates that majority of the respondents (90%) were consumed tobacco, only (10%) of the respondents were not consumed tobacco while only (30%) of respondents drinks alcohol and (70%) of the respondents did not drink alcohol.

Sr. No.		Yes	No
1.	Tobacco		
2.	Alcohol	90%	10%
		30%	70%

Summary and Conclusion :

The present study was conducted on “Hygiene and common health related problems prevalent in slum area of Varanasi”An interview method was used to collect the general information and information related to health and hygiene of the respondent was also collected with the help of questionnaire. The health and hygiene practices adopted by the respondents shows that majority of the respondents 44%washed their hand before eating and 37% washed their hand sometimes. In the present study the overall prevalence of Anaemia was found to be higher i.e. 66%. The prevalence of disease like UTI was found to be 25% only. The problem of leucorrhoea was not present in any of the respondents. Prevalence of other health related problems indicates that majority of the respondents i.e. 42% had bone pain problem, 35% had knee pain and rest of them 22% had abdominal pain problem.

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