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Sanitation and health of rural people

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Abstract-

sanitation is an important and essential issue. For the rural cleanliness is of two types internal and external. Internal hygiene is related to one's mind, brain, thoughts and behaviours. All these things effect the development and economic factors of the country , as the use of technology is increasing. Health of people is not given enough attention in rural indian. Due to a lack of training, many diseases are spreading among people.

The main problem with women's health , particularly in rural regions, is lack of health knowledge. Poor sanitation attitudes towards people has led to an imbalance in their health and social position.

The paper includes the problem of people in rural india to assess sanitation insecurity reviewing the complexities of women with sanitation and hygiene will indicate that sanitation requires to be viewed as human rights and social justice ; people experience a number of problem due to their health conditions in rural areas and city slums of Indian , and this paper discusses the social implications with regard to women. Moreover in addition, development in one's health is favoured for personal and societal sustainability. Societal risks are common and upsetting without sufficient sanitary services and environment as the nation's sanitation stagnates.

Key words- Sanitation facilities, development , environment , health issues and awareness.

Introduction-

Sanitation is an essential input for the development of human resources and the quality of life and in turn the social and economic development in health status of the population has been regarded as an index of social development. Sanitation is regarded a priority for sustained development. Interventions at the individual community and national levels. The sanitation of a country's female population has profound implications for the health and education of children and the economic well- being of households, as well as for the women themselves.

Water supply and sanitation are very important components of rural infra-structure services for improvement of quality of life and health standard of human habitat. While there has been perceptible improvement

in access to drinking water, the provision of sanitation in rural areas is even worse than the water supply scenario. The system are in many cases old and need repairs, up gradation rehabilitation and replacement toilets are not available for close to rural population. Sanitation is not a toilet but sanitation is associated with one's thoughts, practices and behaviour and post globalization.

Etymologically the word SANITATION is derived from French word sanitas, which means health. Thus environmental sanitation is an act or process of making the environment sanitary, healthy or hygienic.

Objectives-

1. To understand the health conditions of people in rural areas.
2. To analyse the sanitation and health related issues of village people.

Review of literature-

Swin and pathela (2016) have highlighted that every human being potable drinking water sanitation and healthy hygiene practices are very essential to sustain healthy life, in their paper, they focused on urban slums and rural segments of india as these areas are mostly deprived of these essential amenities, and swacch bharat abhiyan came into existence to ensure that each and every citizen of india existence. To ensure that each and every citizen of india should get the access to these basic hecessities.

Shailja badra and sharma (2015) have studied the managenal implication of swachh bharat campaign, and concluded that team work and patriotism are the values which the government wishes to inculcate among the students and ordinary citizens, and the active involvement of celebrities is neighbourhood initiatives lends credence to the drive.the study also suggested measures to increase participation and effectiveness of swchh bharat drive.

The book by **dr. bindeshwar Pathak (2015)** ' sociology of sanitation' page no. 32, discusses the significant issues of sanitation environmental sanitation, public health and social deprivation.

The success stories and difficulties encountered in establishing india's rapidly expanding rural sanitation network are detailed in **kumar alok's (2010) book** , "squatting with dignity : rural sanitation in india(27)". It provides a thorough account of the growth of the rural sanitation movement in india over the previous ten years.

Methodology-

Secondary data are collected from research journals, newspapers. Websites. Books, and national and international statistical articles to provide a reliable and effective platform for addressing critical health and hygiene issues. Secondary data analysis based on published data is used by many publications to save time and money while improving data reliability.

Definitions of sanitation-

1. National sanitation foundation of USA is as follows: "Sanitation is a way of life. It is the quality of living that is expressed in the quality of living that is expressed in the clean home, the clean business, the clean neighbourhood and the clean community. Being the way of life, it must

come from within the people: it nourished by knowledge and grows as an obligation and an ideal in human relations.”

2. I.R.C(Indian rural council), sanitation is “the management of disposal treatment and reuse of human excreta solid wastes and waste water: supported by good hygiene behaviour, in order to ensure environmental conditions in human settlements which promote the well- being and health of the population.”

Sanitation in world view context-

The term sanitation has been interpreted differently in different times. A WHO expert committee defines sanitation as the control of all those factors in man’s physical environment that exercise or may exercise a deleterious effect on his physical development, health and survival. According to WSSCC (1998), sanitation means interventions in reducing people’s exposure to diseases by providing a clean environment in which to live with measures to break the cycle of diseases. This usually includes disposing and hygienic management of human and animal excreta, refuse and waste water, control of disease vectors and provision of washing facilities for personal and domestic hygiene. Sanitation involves both behaviours and facilities, which work together to form a hygienic environment. Poor sanitation and unsafe water have high health risk but improvement in sanitation has greater impact on vector related diseases than that of improvement of water. By providing access to adequate sanitation and safe water to all who currently lack would result in 2 million fewer deaths each year from diarrhoea among children under 5 years of age, and 200 million fewer episodes of diarrhoea annually (world bank1992).

Sanitation in indian context-

More than 80 percent people in rural india to not have access to toilets.” sanitation is more important than independence” mahatma Gandhi once said. It is been 77 years since independence and sanitation is still a neglected sector in india. Sanitation is available to 48 percent of urban and just 3.15 percent of the rural population. “ poor sanitation is also a serious threat to the cleanliness of the environment and the water resources used for the supply of drinking water. Lack of proper sanitation has led to high loads of bacteriological contaminates in surface water resources.” In india on estimated 70 percent of the surface waters are polluted. water quality monitoring in china showed that 54 of the 78 major rivers are seriously polluted by human and industrial waste. “ by virtue of their domestic functions, in constant touch with water which is often polluted, according to statistics account for 80 percent of all diseases in the developing world.”

Findings-

Biological pollution of drinking water is happening because of open air defection by human beings and unsafe handling of animal excreta in the villages the infant mortality in rural areas of the state is 75 out of 1000 lives when compared to just 52 in bihar.

At least 1/3rd infant mortality can be reduced if safe sanitation methods are practiced in the rural areas.

The government of bihar has invested a large amount of about Rs.

2,56,333 crore in **the** rural water supply and sanitation (RWSS) sector since 2024 but the results and achievements are not very encouraging.

A recent review of the sector by the world bank(1999) has estimated the total investment required for fully covering all rural populations and restoring functionality (repair or rehabilitation) of distressed schemes at about Rs. 170- 200 billion. Given this background, it is important to examine the availability and coverage of basic sanitation facilities in india and major state.

Considering access to toilet facilities as a better indicator of sanitation at the household level : at the national level, 76 percent of the rural households were not having toilets facilities in 1991. This figure came down marginally to 86 percent in 2024.

There exist considerable disparities between rural and urban areas. Through 74 percent of the households have toilets attached to their dwellings, it is only 22 percent in rural areas. The efforts of the government under various programmes have resulted in a considerable increase in toilets facilities in rural india (from 9.5 percent in 1991 to 86 percent 2024). In the relatively backwards states of orissa, chattisagarh, Jharkhand and bihar, more than 86 percent of the total household have toilet facilities.

Census also provides information regarding the type of latrines used both in rural and urban areas. Basically there are three categories: pit latrine, water closet latrine and other latrine mainly including service latrines. This is not sufficient. The only stumbling block for removal of unsafe sanitation system appears to be the ignorance on the part of the people involved and their continued practice of open – air defecation and keeping the manure pits amidst the houses in the villages. The total sanitation campaign in the state is trying to tackle these problems but enlightenment of consumers' activity can play major role if positive safe sanitation systems in the villages are established.

Sanitation related issues at rural areas-

Thus , a majority of rural people defecate in the open fields and dry riverbeds. This causes the population of soil, air(when micro- organisms are blown with wind) and sources of water that are used for water supply for domestic purposes.

The greatest problem is the disposal of human waste. Only 71 percent of the rural household have an access to latrines, leaving nearly 41 million to defecate in the open. Low cost sanitation systems for the rural areas should be installed septic tanks, composting toilets, etc.

Health related issues of rural people-

Water – related diseases kill more than 6 million people each year.

Cholera, typhoid and diarrhoea are transmitted by contaminated water. Most deaths are preventable with simple hygiene and waste treatment.

Diarrhoea diseases cause 2.2 million deaths each year and are a primary cause of child mortality in the worlds cities.

Intestinal worms infect about 10 percent of the population of developing world and can lead to malnutrition, anaemia and retarded growth.

Malaria, yellow fever, dengue fever, sleeping sickness, filariasis and other water- related vector-borne diseases are transmitted by mosquitoes,

and others.

Over 1 million people die every year from malaria, which is endemic throughout much of the developing.

Bilharzias and guinea worm, while not fatal, effect 200 million people, with 20 million suffering from severe complications such as kidney failure, bladder cancer, and liver fibrosis.

This study found that poor people living in areas without any sanitation or hygiene education spent six times more on medical care than people who lived in areas with access to sanitation and who had a basic knowledge of household hygiene.

Suggestions-

The government should be provided safe drinking water to all the citizens in the country as per right to live. Every household most is connected to drainage and proper road facility. All the household should have the toilets facilities.

Awareness program will be taken up to make awareness among the women who are living in the rural and backward areas, so that child mortality can be controlled. Gram panchayat should arrange common toilets: so that open defecation can be controlled and this help there not be any harassment on women.

Conclusion-

the advancement 20th century, there are still 2.4 billion people around the globe without access to adequate sanitation facilities and in india more than 80percent population is living without minimum sanitation facilities like safe drinking water, toilets, drainage connectivity and clean environment. The consequences are devastating especially on women.

Where there no. toilets, girls commonly avoid school; without access to toilets women and girls must wait until it is dark to defecate, exposing themselves to harassment and sexual assault. Diarrhea resulting from sanitation and hygiene is responsible for the death of more than two million impoverished children each year.

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