



Need and Necessity of the hour A study of habits from fundamental Perspective

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Abstract:

This research focuses on the necessity of people where fundamental needs and behavioral changes go hand in hand in the new formation of habitual adoption. The basis of this study on the rituals of public down the ages with much hesitation to change their life pattern which is necessary for the healthy living and the welfare of society. The various schemes of Government target the certain behavioral changes that are necessary for the formulation of healthy surrounding with healthy living. The researcher acknowledges ICSSR-IMPRESS for the opportunity provided for studying the habits of people for the improvements healthy living.

Key Words: Toilet, habit, need, necessity, health.

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The growth of nation depends on the healthy living of human beings. Consequently, the health relies upon the behavior of people in generation after generation. The heritage of living style encompasses the form of healthy and unhealthy practices. Economic and health go hand in hand for the development of any nation. As men prefer to be comfortable and healthy in the pattern of living, the

fundamental behavior of people includes the interests, opinions, behaviors and behavioral orientations of an individual, group and culture. According to Sigmund Freud, 'the individual behavior is identical to the group behavior'. The behavioral changes have definite impact on the individual as well as the society. The efforts of changing the behavior of people depend on their traditional and cultural background of the individual and community. The deep-rooted disciplines and the routine habits take much time to involve in the changing practice. Despite of the awareness and the new schemes targeting the new pattern of living, people prevent from being aware of the expected change in their everyday routine. The lives of men encounter a lot of every day struggles. The problems have been encountered throughout their life span producing their solutions too. The normalcy of life seeks comfort in almost every walk of life. The basic survival priorities of man encompass food, shelter and water. The taboo relies on the natural calls of man and how do they respond to the natural compulsion. The reflect of their habit affects the individual and the society. Building the habit of an individual becomes responsible for the group behavior as it contributes to the development of the nation.

One such needed behavior adoption and necessity in the society is 'toilet'. Toilet facility was scarce especially in rural areas few years ago. The open defecation practice was in practice without the awareness of the consequences to them in turn. The habit was much rooted from the tradition and culture of the people. The usage of toilet became a habit of luxury and modernity which was considered as opposite to the habitual practice of the people especially in villages. The constant propaganda of the usage of toilets and the schemes enforcing the usage of toilet gradually changing the behavior of the villagers. The school children have been constantly given awareness on the hazards of open defecation and through them the change has been expected from the entire family members. Certain places in the outskirts of the villages have been utilized for the open defecation where health hazards are much welcoming. In some villages the either side of the roads have been used for the open defecation and the commuters find difficult to travel through that way. The prevention of economic condition from having toilet at home or the less usage of public toilets or

the mindset of the people of having open defecation practice curbing the 100% status of open defecation free areas.

Innumerable literature available on domestic safe water supply and sanitation. There is a gap available in the study of research on safe water supply, sanitation and toilet facilities in rural areas especially in remote villages. The main focus of this study is to bring out the gap between the research and the practicality of the villagers. The availability of safe water and sanitation facilities in all the places of human population is the main focus of this study. The problem of sanitation lies not only in the villages but also in the public places. As the Government of India has been initiated Swachh Bharat Mission (SBM), the persistence of the gap in the sanitation and the open defecation still remains. The basic health promotion of the community is directly linked to the safe water supply and basic sanitation requirements. Swachh Swasth Sarvathra (SSS) has been initiated in association with the Department of Safe water and sanitation for fulfilling the gap between the research and the reality. This research has noted that the due importance has not been given in rural areas. Hence, there is much necessity for providing awareness among general public on the aspect of cleanliness. It is also perceived from the study that despite the considerable enhancement in safe water and sanitation facilities in domestic life, there is still a considerable population remain inaccessible to the facilities.

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