A study to assess knowledge and practice regarding The Proper Disposal of Refuse and Sewage among housewives in the selected rural area of Lucknow Uttar Pradesh with view to develop a Booklet.”

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ABSTRACT In rural areas the problems of refuse disposal are not of less concern. unregulated dumping grounds pose a serious risk to the health of the environment. Toxic chemicals can leak from hazardous products and eventually find some of the kids grow, even if they have learned the proper way of disposing the waste someday they will still forget about it. Big thanks to the people who make effort to spread the word and continue to be of service to other people. As a matter of fact, we can see to it that it’s not that easy to be in their situation because sometimes, most of them work voluntarily. A study to assess knowledge and practice regarding The Proper Disposal of Refuse and Sewage among housewives in the selected rural area of Lucknow Uttar Pradesh with view to develop a Booklet.” Findings of the study showed that 40% had average knowledge and majority 72% of the subjects followed unsafe practices on waste disposal. Majority 77.3% subjects had positive practice towards proper disposal of sewage. 82% of subjects admitted that they need more detail information about ill-effects and 71.7% accepts that mass media plays an important role in habit formation.

There was statistically significant association between knowledge and practice at p<.001. 23.5% of subjects having poor knowledge had positive practice compared to 6.9% of subjects having good knowledge. 35.4% subjects having average knowledge exhibits negative practice as against 3.4% subjects with good knowledge.

There is relationship between knowledge and habit formation. 94.1% subjects with poor knowledge were proper disposal of sewage as against 65.5% of subjects with good knowledge and 42.4% with average knowledge. There was highly significant calculated p=<.001 at level of significance.

CONCLUSION The study showed that after assessing knowledge and practice of college housewives regarding proper disposal of waste and sewage, there is an urgent need for the health care providers for developing programs for prevention and eradication of proper disposal of sewage from the housewives.

Keywords proper disposal, sewage, knowledge, practice.
INTRODUCTION

Properly disposing of waste and sewage is not just a personal responsibility; some kinds of waste, usually hazardous, must be properly disposed of according to law set forth by the Environmental Protection agency. Toxic waste can seep into the ground and contaminate our water supplies, and sometimes causes widespread diseases. Even non-toxic waste causes pollution that contributes to global warming and a general negative impact on the public health.

The United States has the dubious distinction of being the world’s biggest solid waste producer. With only 4.6% of the world’s population, Americans produce 33% of the world’s solid waste 11 billion tons each year. Every day each person in every American household tosses away an average of 4.3 pounds of refuse.

In India we produce 300 to 400 gms of solid waste per person per day in town of Normal size but exceptionally about 500 to 800gms of solid waste is generated per capita per day in metro cities like Delhi and Bombay. According to The Energy Research Institute (TERI), “Our limited analysis suggests that unclean air and water may be taking a toll in terms of over eight lakh deaths in the country each year and morbidity costs amounting to 3.6% of GDP,” the report said.

Some waste, such as yard trimmings and wood chips, can easily turn into vital part of garden or farm through composting. Composting replenishes soil nutrients and mitigates the need to purchase soil reclamation services. A sewage system may convey the waste water by gravity to a sewage treatment plant. Sewage can also be collected by low pressure pumps and vacuum system. A low pressure system uses a small grinder pump located at each point of connection, typically a house or a business. Vacuum sewer systems use differential atmospheric pressure to move the liquid to a central vacuum station. Typically a vacuum sewer station can service approximately 1,200 homes before it becomes more cost-effective to build another station.

NEED FOR THE STUDY

Going back to proper waste disposal, there are so many ways on how people can minimize the accumulation of waste for lesser job to be done in the future. One is through recycling. When you recycle at an earlier time, this will be very helpful. Aside from lessening your work load, you will also be earning. What I mean is that if you are not really that good in turning trash into something – at least you’ll be selling them which will add up to your income. The world is getting tough these days and we don’t still do something about it, more disasters will come.

Waste disposal is now the main problem being face by the world today. In third world countries, you can really see these problems. This year, the Philippines experienced floods here and there and a lot of people died. The main problem being blamed is the improper waste disposal. If we look closely, sometimes nature takes its turn on us and that’s what we should be concerned about. Sometimes even in the so called developed countries we can still see some trash scattered. We can also notice some people burning their trash in the backyard and they think it’s the easiest
way to get rid of waste but they are totally wrong because they are just making a faster way to destroy the nature.

The only thing us ordinary people can do in order to let the world know the importance of waste disposal is by teaching our own children. In this regard, we are nurturing a child to do what is right while we are also saving the future generations.

STATEMENT OF PROBLEM:

“A study to assess knowledge and practice regarding The Proper Disposal of Refuse and Sewage among housewives in the selected rural area of Lucknow Uttar Pradesh with view to develop a Booklet.”

OBJECTIVES OF STUDY:

1. Assess the knowledge regarding the proper disposal of refuse and sewage among housewives.
2. Assess the practice regarding the proper disposal of refuse and sewage among housewives.
3. Determine the association between knowledge and selected demographic variable such as age, educational status, type of family, number of family members, type of house, family income and source of information.
4. Determine the association between practice and selected demographic variables such as age, educational status, type of family, number of family members, type of house, family income and source of information.
5. Develop a Booklet regarding proper disposal of refuse and sewage.

SCOPE OF THE STUDY

➢ The scope of study will help increase the knowledge among housewives in the rural area regarding the proper disposal of refuse and sewage.

LIMITATIONS

➢ The study is limited to housewives in the selected rural area in Lucknow.
➢ The study is limited to selected rural area.

HYPOTHESIS:

➢ At the level of 0.05 significance
➢ H₁: There is a significant relationship between the level of knowledge and Practice of proper refuse and sewage disposal.
➢ H₂: There is a significant association between the level of level of knowledge and selected demographic variable regarding Practice of proper refuse and sewage disposal.
There is a significant association between the level of Practice and selected demographic variable regarding Practice of proper refuse and sewage disposal.

H4: There is a significant Correlation between the level of Knowledge and Practice of proper refuse and sewage disposal.

RESEARCH METHODOLOGY

RESEARCH APPROACH:

The selection of research approach is the basic procedure for the conduction of research enquiry. A research approach tells us so as to what data to collect and how to analyze it. It also suggests possible conclusions to be drawn from the data. In view of the nature of the problem selected for the study and the objectives to be accomplished, a descriptive survey research approach was considered as the best way to assess the knowledge and practice of housewives of Lucknow village regarding proper disposal of Refuse and Sewage. Descriptive approach with non-experimental research design was used in this study.

VARIABLES

Research variables: Knowledge and practice of housewives regarding refuse and sewage.

2. Independent variable: In this present study information booklet.

3. Dependent variables: In this study knowledge and practice of housewives.

4. Demographic variables: Age in years, Educational status, Types of family, Total number of family members, Types of house, Family income per month, Source of Health Information.

RESEARCH DESIGN:

A descriptive survey design is used as a research design in this study as there is a need to conduct generalized assessment of the knowledge and practice of housewives.

SAMPLE SELECTION CRITERIA :-

Sampling Technique

Sampling refers to the process of selecting the portion of population to represent the entire population. Subjects were selected from the sampling frame to achieve simple random sampling technique. In the present study purposive sampling technique was adopted for 60 housewives, rural area Lucknow village, Lucknow rural, Uttar Pradesh.
SAMPLING CRITERIA

Inclusive Criteria

1. Housewives who are willing to participate in the study.
2. Housewives who are able to speak and read English and Hindi.
3. Housewives who are between the age group of 20-52 yrs.

Exclusion Criteria

1. Housewives who are not willing to participate.
2. Housewives who are able to speak and read English and Hindi.
3. Housewives above the age group of 52 yrs.

SAMPLE:

The total sample size of the study consists of 100 housewives, from rural area Lucknow village, Lucknow rural, Uttar Pradesh.

SAMPLE SIZE -

Sample size is a term used in research for defining the number of subjects included in a sample.

The sample size was 100 Housewives.

DEVELOPMENT AND SELECTION OF THE TOOL

Selection of Tool

Tool is the instrument used by the researcher to collect the data. A structured questionnaire was selected based on the objective of the study as it was considered the best instrument to elicit the responses from the participants.

Development of the Tool

Based on the objectives of the study, a structured questionnaire was prepared in order to assess the knowledge and checklist was prepared to assess the practice of housewives regarding proper disposal of refuse and sewage. After extensive and systematic review, the investigator has developed the structured knowledge questionnaire and practice checklist.

PREPARATION OF BLUE PRINT

CONTENT OF THE BLUE PRINT A blue print was prepared to aid in the construction of tool. Two components were considered for the preparation of the tool and questions for the tool were distributed under the two components.

The components included in the blue print were
Knowledge questions on disposal of refuse and sewage.
Practice questions on disposal of refuse and sewage
Each correct response was assigned a score of 1 and wrong as 0.

The Sources of Tool Construction

- Review of literature from books, journals, newspaper and online source reports and other publications.
- Discussion with the experts, who included community health nursing, community medicine and statistician, and refined the investigator’s ideas about the tool preparation.

Description of the Tool

The tool consists of a structured knowledge questionnaire and checklist on practice. It is divided into 3 parts, they are as follows

Section A:

The investigator constructed the tool to collect the Socio-demographic data of the study subjects. It consists of 07 demographic variables.

Section B:

Investigator prepared structured knowledge questionnaire containing 30 knowledge questions regarding proper disposal of refuse and sewage.

Each correct response was given with score of ‘one’ and wrong answer was given a score of ‘zero’. The maximum score was 30 and minimum score is Zero. The respondents were asked questions through structured questionnaire and placed a tick (✓) mark by the investigator according to subject’s response.

Section C:

Investigator prepared checklist containing practice questions regarding proper disposal of refuse and sewage consisting of 25 questions. Each correct response was given with score of ‘one’ and wrong answer was given a score of ‘zero’. The maximum score was 25 and minimum score is Zero. The respondents were asked questions through structured questionnaire and placed a tick (✔) mark by the investigator according to subject’s response.

Testing of the Instrument:

Content Validity

The prepared instrument along with the objectives, blue print and criteria check list was submitted to 11 experts comprising of in the field of Community health Nursing(7), community medicine(2), statistician (1) and language expert(1) for establishing the content validity. The tool was modified as per suggestions of the experts and the final tool was constructed.
Later the tool was translated into the local language, Hindi, without changing the meaning of the tool and it was edited by a Hindi expert.

**RELIABILITY**

Reliability of the tool measured by the Karl Pearson Correlation Coefficient.

**PROCEDURE FOR DATA COLLECTION**

After obtaining formal permission from the concern authorities, the subjects were explained about the purpose of the study. Written consent was obtained from each student after giving assurance of confidentiality. Tool was administered to subjects and 30 min to complete it and the data were collected. The data obtained was analyzed by using descriptive and inferential statistics.

**FINDINGS AND DISCUSSION**

The study was undertaken to find out the knowledge and practice of housewives towards proper disposal of sewage, and the findings indicate that 57% of housewives had knowledge regarding proper disposal. Whereas only 40% had knowledge of ill effects of proper disposal of sewage. 45.5% had knowledge about the proper disposal of sewage. Hence H₁ is accepted since calculated $\chi^2$ value shows that there is significant at P=<.001.

Regarding practice towards proper disposal of sewage; 77% of housewives had health positive practice and only 16.5% had negative practice towards it. The chi² test(19.60) showed that there was statistically significant relationship (p<.001) between knowledge and practice of housewives regarding proper disposal of sewage. Calculated $\chi^2$ (17.83) showed that there is statistically significant relationship (p<.001) level between knowledge and proper disposal of sewage.

Majority 77.3% subjects had positive practice towards proper disposal of sewage. 82% of subjects admitted that they need more detail information about ill-effects and 71.7% accepts that mass media plays an important role in habit formation among youngsters.

There was statistically significant association between knowledge and practice at p<.001. 23.5% of subjects having poor knowledge had positive practice compared to 6.9% of subjects having good knowledge. 35.4% subjects having average knowledge exhibits negative practice as against 3.4% subjects with good knowledge.

There is relationship between knowledge and habit formation. 94.1% subjects with poor knowledge were proper disposal of sewages as against 65.5% of subjects with good knowledge and 42.4% with average knowledge. There was highly significant calculated p=<.001 at level of significance.

**CONCLUSION** The study showed that after assessing knowledge and practice of college housewives regarding proper disposal of waste and sewage, there is an urgent need for the health care providers for developing programs for prevention and eradication of proper disposal of sewage from the housewives.
RECOMMENDATIONS

1. A similar study may be conducted in large scale in order to draw generalization.
2. A comparative study can be done between Urban and Rural areas.

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