A STUDY ON HEALTH AND HYGIENE CONDITION OF THE PEOPLE UNDER DERGAON MUNICIPALITY BOARD OF GOLAGHAT DISTRICT

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Abstract: For every human being clean drinking water, sanitation and healthy hygiene practices are important to maintain healthy life. In many countries around the world, especially underdeveloped and developing countries, access to safe drinking water and hygiene sanitation facilities are not satisfactory till now. Health and hygiene status of a population group is one important indicator of human development. It is largely depends upon the physical quality of environment of a region. In this paper an attempt has been made to analyze the status of water supply, sanitation and hygiene practices among the peoples under Dergaon Municipality Board of Golaghat District of Assam.

Introduction: According to WHO (1948) defined Health as a state of complete physical, mental and social well being and not merely the absence of disease or infirmity. Health is the natural state of living organism. It means if a person is not in the least affected by any disease, he is called healthy. In other words, a man is said to be healthy when he has got bodily pain or disease (Deodhar, 1983).

Every year, due to diarrhea, around 8, 42,000 people are estimated to die. The main reasons of the diarrhea are unsafe drinking water, sanitation and health hygiene (WHO 2015). In 2015, 32% of the world's population (2.4 billion) lacked improved sanitation facility and 663 million people used unimproved drinking water (UNICEF 2016). According to the United Nations by the middle of this century between 2 billion to 7 billion people will be faced with water scarcity. So there is little wonder that water has been described as "the oil of the 21St century" (Schumacher 2005).

Approximately 37 % of world population i.e 2.5 billion people in the globe defecate in the open due to deficiency of adequate facility of sanitation (WHO 2014). To provide sanitation and hygiene to a growing population of more than 1.21 billion of India is a major challenge. Increase of population would further put pressure on sanitation, provision of people water, solid and liquid waste management (SACOSAN-V2013)

Objectives: The main objective of this study is to study the health and hygiene condition of the surveyed area. The surveyed area is the different wards under Dergaon Municipality Board.

Methodology: The aim of this study is to find the health and hygiene condition of the people of Dergaon Municipality Board under Golaghat District of Assam. This is aa very scattered aarea having 10 Wards under this municipality board. So it is quite difficult to survey the area by complete enumeration method. As sampling have more advantages than complete enumeration, therefore by applying sampling techniques 5 Wards viz. Ward No. 1, Ward No. 3, Ward No. 6, Ward No. 8 and Ward No. 10 were selected from the 10 wards by using lottery method. From each ward 20 households were selected by systematic sampling procedure through voter list.

During our survey, some important questions were asked to the individuals of the surveyed wards regarding health and hygiene. The related data are also collected through questionnaire because good health and good sanitary condition etc. are very much imperative in modern society. Health is defined as a state of complete physical, mental and social wellbeing and not nearly absence of disease. The most important factors for keeping good health are:

1. Surrounding environment
2. Food including balanced diet and pure drinking water.
3. Adequate physical activities and rest as per need of the individuals.

To study the health and sanitary conditions of the selected wards, data were collected based on the following heads.

(i) Drainage and garbage system
(ii) Sanitary latrine, toilet system
(iii) Source of drinking water
(iv) Separate kitchen facilities etc.

Results and Discussion:

Status of Sanitary condition including drinking water, sanitation, drainage system, garbage system, type of house etc.

Table-1: Drainage System

Heads	Ward No.	Condition	No. of Households	Percentage
Drainage System	1	Kacha	9	45%
		Pacca	11	55%
	3	Kacha	7	35%
		Pacca	13	65%
	6	Kacha	9	45%
		Pacca	11	55%
	8	Kacha	8	40%
		Pacca	12	60%
	10	Kacha	6	30%
		Pacca	14	70%

From table 1, it has been found that in Ward no.1, 45% houses are kacha and 55% are pacca houses. In ward no.3, 35% and 65% houses are kacha and pacca respectively. 45% of households in ward no. 6 have kacha houses while 55% of them have pacca houses. Regarding ward no. 8, it is seen that 40% of the households have kacha houses while 60% of them have pacca houses. Again in ward no. 10 there are 30% of the households who have kacha houses and 70% households have pacca houses.

Table-2: Sanitary Latrine or Toilet System

Head	Ward No.	Condition	No. of Households	Percentage
Sanitary Latrine or Toilet System	1	Sanitary	18	90%
		Pit	2	10%
	3	Sanitary	19	95%
		Pit	1	5%
	6	Sanitary	17	85%
		Pit	3	15%
	8	Sanitary	14	70%
		Pit	6	30%
	10	Sanitary	15	80%
		Pit	4	20%

From table-2, it can be observed that highest number (95%) of Sanitary Latrine users are found in Ward no. 6 while the highest number (70%) of Sanitary Latrine users is found in Ward No.8.

Table-3: Diet

Head	Ward No.	Condition	No. of Households	Percentage
Diet	1	Rich	3	15%
		Balanced	6	30%
		Poor	11	55%
	3	Rich	1	5%
		Balanced	5	25%
		Poor	14	70%
	6	Rich	2	10%
		Balanced	5	25%
		Poor	13	15%
	8	Rich	3	65%
		Balanced	5	15%
		Poor	12	25%
	10	Rich	2	10%
		Balanced	3	15%
		Poor	15	75%

Table-4: Drinking Water

Heads	Ward No.	Condition	No. of Households	Percentage
Drinking Water	1	Purified	16	80%
		Unpurified	4	20%
	3	Purified	17	85%
		Unpurified	3	15%
	6	Purified	15	75%
		Unpurified	5	25%
	8	Purified	18	90%
		Unpurified	2	10%
	10	Purified	12	60%
		Unpurified	8	40%

Table-5: Kitchen Facility

Heads	Ward No.	Condition	No. of Households	Percentage
Kitchen Facility	1	General	5	25%
		Modern	10	50%
		Most Modern	5	25%
	3	General	2	10%
		Modern	11	55%
		Most Modern	7	35%
	6	General	4	20%
		Modern	13	65%
		Most Modern	3	15%
	8	General	3	15%
		Modern	10	50%
		Most Modern	7	35%
	10	General	2	10%
		Modern	12	60%
		Most Modern	6	30%

Table-6: Type of House

Heads	Ward No.	Condition	No. of Households	Percentage
Type of House	1	Kacha	5	25%
		Pacca	13	65%
		Semi Pacca	2	10%
	3	Kacha	2	10%
		Pacca	14	70%
		Semi Pacca	4	20%
	6	Kacha	2	10%
		Pacca	12	60%
		Semi Pacca	6	30%
	8	Kacha	6	30%
		Pacca	11	55%
		Semi Pacca	3	15%
	10	Kacha	4	20%
		Pacca	10	50%
		Semi Pacca	6	30%

Findings of the Study:

1. Regarding drainage system, only the ward no. 10 has highest percentage of household which uses 70% pacca drain against 30% of kacha drain.
2. Regarding garbage disposal system it is seen that a large percentage of households ranging from 45% to 80% are found to be good.
3. Highest number of sanitary system of the latrine users are found in Ward No. 3
4. Regarding Drinking water it has been found that in all the wards, more than 75% households are purified drinking water. Only the Ward No. 10 has only 60% purified drinking water users. It is interesting to note that in Ward No. 8, only 10% households' uses unpurified water.
5. From the survey it has been found that Ward No. 3 and Ward No. 8 have 35% users of most modern kitchen having Chimney, Basin, L.P.G gas, exhaust fan etc. and in all the wards 10% to 25% household use general kitchens only having L.P.G gas but no any modern system.
6. Out of the surveyed wards, only Ward No. 3 has most number of pacca houses, i.e. 70% and only 10% to 20% houses are kacha in all the surveyed wards.

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