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KNOWLEDGE AND ATTITUDE OF HOSTEL SANITATION ACTIVITY AMONG THE STUDENTS OF OLABISI ONABANJO UNIVERSITY AGO-IWOYE

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ABSTRACT
This study examined knowledge and attitudes toward hostel sanitation activity among the students of Olabisi Onabanjo University Ago-Iwoye. Descriptive survey research design was used. A total of two hundred (200) selected students were participants used for the study using a convenient sampling technique. A self-structured questionnaire of knowledge and attitude (KAQ) was the instrument used to elicit information from the respondents. Test-retest reliability method was used to establish the reliability of the instrument and the questionnaire was administered to 20 respondents who were not part of the study. The result of the reliability was r=0.83 was used and validated before administration. Mean analysis was used to analyze the data. The findings revealed that there is a relationship between student's knowledge and attitude towards hostel sanitation practices among students of Olabisi Onabanjo University living in campus hostel is relatively low. The study recommended that university curricula should incorporate sanitation classes that will inform students of the value of cleanliness.

Keywords: Sanitation, Knowledge, Attitude, Cleanliness, Hostel.

Introduction

Being aware of someone or something is called knowledge. An individual's attitude is a psychological construct; it is a mental and emotional entity that either exists in or defines them. They are intricate and developed by experience (Abini, 2016). He also claimed that attitude is a predisposition that could be acquired. According to the study, kids develop attitudes based on how they feel about environmental events whether they like them or detest them, favorably or unfavorably. The student knowledge and attitude concerning dormitory sanitation can help influence the amount of safe sanitation procedures (Ozdemir *et al.*, 2011).

According to the World Health Organization (2018), sanitation is the provision of facilities and services for the safe disposal of human urine and feces. Sanitation is the degree of cleanliness of a location, a community, or a population, with a focus on aspects of human health, such as the quality of life affected by environmental, physical, biological, social, and psychological factors, sanitation may be seen as an intervention that lowers people's exposure to diseases by giving them a healthy environment to live in and by taking steps to stop the spread of disease

(Nwakile *et el.*, 2017). Similarly, Iheke (2010) referred to sanitation as the process of maintaining a location clean and hygienic, mainly by providing a sewage system and a clean water supply. Due to the voluminous number of students residing in the hostels, waste generation is a major contributor to the messiness of the facility. If improperly managed, waste generation could do more harm than good. Wastes are produced daily through a variety of human activities, and if they are not properly disposed of, they can stance serious harm to the health of the students living in the hostel and the environment at large (Earthwatch, 2012). Any solids, liquids, or gasses that are deemed to have lost their value to their owner and are subsequently dumped are referred to as wastes. Additionally, it can be described as substances and materials that are disposed of in accordance with national law. Hazardous wastes are those that are harmful, whereas non-toxic wastes are not. Almost every aspect of human production (economic activity) results in waste production.

Adaobi (2022) affirmed that there are hygiene facilities in the Nigeria University hostels but these facilities are not adequate, he further revealed that the hostel sanitation practices of undergraduates in university hostels are poor and unhygienic and these unhygienic sanitation practices have health implications for the students and the society if not managed. Poor sanitation practice is a public health problem, most especially in developing countries where simple environmental hygiene laws are not strictly adhered to by the majority of the public. According to the World Health Organisation (2021), approximately 2 billion people all over the globe still do not have basic cleanliness facilities such as toilets or latrines, out of these figures, 673 million people still defecate in openly, for instance in street gutters, open bodies of water and behind bushes. 827,000 people in low- and middle-income countries die as a result of inadequate water, and lack of proper sanitation and hygiene each year, Poor sanitation is linked to transmission of diseases such as cholera, diarrhea and typhoid (WHO, 2021). Similarly, open defecation spreads a brutal cycle of disease and poverty, countries where open defection is most common have the highest number of deaths of children aged under 5 years as well as the highest levels of malnutrition, poverty, and big disparities in wealth distribution (UNICEF, 2021).

According to Mensah-Kufuor and Gablah (2017), Hygiene and sanitation are among the powerful drives of human growth as they affect the quality of life at many levels including improved health and economic status. However, hygiene has to do with the treatment and disposal of human excretion, urine and sewage. This implies that hygiene has to do with how an individual disposes their waste. Hygiene refers to a process whereby people demand, effect, and sustain a hygienic and healthy environment for them by erecting barriers to prevent the transmission of agents of diseases. Such an attitude is needed not only to avert disease and promote health but also to lay the foundation for sustainable development. Good hygiene and sanitation practices are fundamental to the health, survival, growth and development of the society (Ikhioya, 2018).

Igudia *et al.* (2019) rated hygiene practices among undergraduate students at the University of Benin low and equally affirmed that age and gender influence hygiene practices among undergraduate students. Also, Kabir *et al*. (2021) found out that the sanitation and hygiene practices of the students were remarkably low in

Shahjalal University of Science and Technology, Bangladesh. Similarly, Hossain *et al.* (2020) found out that, the sanitation practice of students living in hostels differs significantly regarding variables of sex, residence, family, and socio-economic status of the students. Hostel sanitation refers to hygienic procedures carried out within the hostel environment, such as regular access to clean water, spotless restrooms, and tidy accommodations, among other things. Hostel sanitation is a crucial issue that the school administration must not ignore because it has a direct impact on the students' health and maybe their academic achievement (Coppens, 2012). Healthy students will benefit from good hostel sanitation procedures, while unhealthy students may suffer from bad hostel sanitation standards. Poor dormitory sanitary standards may have an impact on the institution's reputation as well as the students. Therefore, the administration of the school must make sure that proper and good sanitary procedures are followed in all of the dormitories located within the campus (Akiyiode. 2014).

Research Questions

Three research questions guided the study:

1. What is the knowledge level of students on hostel sanitation among OOU students in Ago-Iwoye?
2. Will attitude of the student's influence hostel sanitation among students of OOU in Ago-Iwoye?
3. What is the level of Sanitation activity among students in Ago-Iwoye.?

Research Method

The descriptive survey research method was adopted for the study, the population comprised the students living in Olabisi Onabanjo University school hostel. Two hundred (200) students were selected in this study using convenient sampling techniques. A self-structured questionnaire was used as an instrument to elicit information from the respondents on the attitude and knowledge of hostel sanitation practices among the students of Olabisi Onabanjo University Ago-Iwoye. The questionnaire was divided into two sections (A) collected demographic information of the participants, while (B) Knowledge and Attitude Questionnaire (KAQ, r=0.80) was used and validated before administration, the questionnaire link was sent out to the respondents electronically for their response and Two weeks was set aside for data collection. The responses obtained from the Google form were downloaded in an Excel format and uploaded to a statistical software called Statistical Packages for Social Sciences (SPSS) and descriptive statistics such as frequency counts, percentages and bar charts for demographic data were done. Mean analysis was used to answered the research questions at 0.05 level of significance.

Ethical consideration: An informed consent form was signed by the participants. The informed consent form spelled out the title of the study, the purpose of the study, the justification for the study as well as the benefit that will be derived from the study. Participation was considered voluntary and participants' status and other bio-data written on the questionnaire were not disclosed to keep their data confidential.

Result and findings

Table 1: Demographic Characteristics of the study Participants (N = 200)

Parameters	Frequency(f)	Percentage (%)
Gender		
Male	**76**	**37**
Female	**124**	**63**
	Age Group	
16-20 years	**35**	**17.5**
21-25 years	**128**	**64.0**
26 years above	**37**	**18.5**
	Academic Level	
100 level	**4**	**2**
200 level	**10**	**5**
300 level	**10**	**5**
400 level	**161**	**80.5**
500 level	**15**	**7.5**

Research Question 1: What is the knowledge level of students on hostel sanitation among OOU students in Ago-Iwoye?

Table 2: Mean Analysis testing the knowledge level of students on hostel sanitation among OOU students in Ago-Iwoye.

S/N	ITEMS	MEAN	SD	DECISION
1	UNSAFE WATER CAN CAUSE DIARRHEAL DISEASES	3.11	1.65	POSITIVE
2	I BELIEVE MY HANDS SHOULD BE WITH WASHED SOAP AND WATER ALWAYS	3.18	1.42	POSITIVE
3	PROPER DISPOSAL OF WASTE CANNOT PREVENT SICKNESS	3.33	1.23	POSITIVE
4	REGULAR SANITATION PRACTICES IMPROVE MENTAL HEALTH	2.99	2.34	POSITIVE
5	DIRT ENVIRONMENT MAY BE RESPONSIBLE FOR ACADEMIC FAILURE	4.99	0.78	POSITIVE
6	DIRTY ENVIRONMENT CAN CAUSE ILLNESS	3.06	1.68	POSITIVE
7	REGULAR HAND WASHING IS NOT IMPORTANT FOR GOOD HEALTH	3.24	1.21	POSITIVE
	GRAND MEAN	3.41		

Table 2 shows that the grand mean is 3.41 and all the statements have positive responses, this has answered research question 1. The knowledge level of sanitation among students in Ago-Iwoye. From the table, it can be deduced that the students' knowledge of sanitation is significantly high as most of the items have positive responses. Therefore, the amount of sanitation knowledge among students in Ago-Iwoye has a substantial impact on hostel sanitation.

Research Question 2: Will attitude of the student's influence hostel sanitation among students of OOU in Ago-Iwoye?

Table 3: Mean Analysis testing the Attitude of the students will influence hostel sanitation among students of OOU in Ago-Iwoye.

S/N	ITEMS	MEAN	SD	DECISION
1	I PREFER THROWING DIRT ON THE FLOOR THAN WASTE BIN	3.71	1.02	POSITIVE
2	I PREFER TO SLEEP DURING SANITATION HOURS	3.38	1.34	POSITIVE
3	HOSTEL SANITATION IS THE RESPONSIBILITY OF ONLY THE HOSTEL CLEANERS	3.83	0.98	POSITIVE
4	HOSTEL SANITATION PRACTICES SHOULD NOT BE DONE DAILY	4.98	0.45	POSITIVE
5	PROPER DISPOSAL OF GARBAGE AND WASTE WATER IS IMPORTANT TO MAINTAIN CLEAN ENVIRONMENT	5.99	0.31	POSITIVE
6	SANITATION PRACTICES SHOULD NOT BE FORCED ON STUDENTS	3.86	0.93	POSITIVE
7	I DO NOT MIND EATING IN A DIRTY ENVIRONMENT	3.56	1.24	POSITIVE
	GRAND MEAN	**4.19**		

Table 3 shows that the grand mean is 4.19 and all the statements have positive responses, this has answered research question 2. The attitude of students in Ago-Iwoye to sanitation activity is significantly low. Although the majority of the students have a good sanitation attitude but prefer to get done for them by a hostel cleaner. From the table, it can be deduced that the students' attitudes toward sanitation are positive as most of the items have positive responses. Therefore, the results demonstrate that Ago-Iwoye students' attitudes toward sanitation would significantly affect hostel sanitation among students in Ago-Iwoye.

Research Question 3: What is the level of Sanitation activity among students in Ago-Iwoye?
Table 4: Mean Analysis testing the level of Sanitation activity among students in Ago-Iwoye.

S/N	ITEMS	MEAN	SD	DECISION
1	I SWEEP MY ROOM DAILY	1.71	4.02	NEGATIVE
2	I LEAVE MY DIRTY PLATES UNWASHED TILL THE FOLLOWING MORNING	2.10	3.34	NEGATIVE
3	I DO NOT CLEAN THE TOILET PROPERLY BEFORE USE	2.93	0.98	POSITIVE
4	I CAN DEFECATE WITHOUT WATER	1.98	3.45	NEGATIVE
5	I THROW WASTE IN THE BIN DIRECTLY	1.99	3.31	NEGATIVE
6	I WASH MY HANDS WITH SOAP AND WATER IMMEDIATELY AFTER USING THE TOILET	1.86	3.03	NEGATIVE
7	I CLEAN MY PLATES BEFORE DISHING MY MEALS.	1.56	3.24	NEGATIVE
	GRAND MEAN	**2.01**		

Table 4 shows that the grand mean is 2.01 which is less than the decision mean. Also, all the statements had negative responses except statement 3 with a mean of 2.98, this has answered research question 3. Sanitation activities among students in Ago-Iwoye are significantly low. From the table it can be deduced that the students' activities of sanitation have negative responses, therefore, sanitation methods have an impact on the quality of the hostels for students in Ago-Iwoye.

Discussion of Findings

The findings of this study revealed that the knowledge level of sanitation among students in Ago-Iwoye is significantly high. To support this, Anna *et*

al. (2018) conducted a study on Knowledge, attitudes and practices of primary school pupils on sanitation and hygiene practices. The outcome indicated that younger pupils in lower school grades have poorer knowledge, attitudes and practices towards hygiene and sanitation than senior learners irrespective of their gender, school circuits, or location. This is a logical conclusion because, as learners become older, they become more aware and take precautions about hygiene and sanitation issues. Also, students' attitudes in Ago-Iwoye to sanitation activity are significantly low. However, the majority of the students have a good sanitation attitude but prefer to get it done for them by a hostel cleaner. Therefore, the attitude of students in Ago-Iwoye towards sanitation activities is significantly good.

Furthermore, it was discovered that Sanitation activities among students in Ago-Iwoye are significantly low. Similarly, Iguida *et al.* (2019) conducted a study on sanitation practices among university undergraduates. They discovered that sanitation practices are low, age and gender influenced sanitation practices. Most students engage in activities such as littering the environment with dirt, storing dirty plates for days, and poor personal hygiene among others. They also discovered that inadequate water supply, poor toilet facilities, insufficient toilets, insufficient waste disposal facilities, and poor drainage systems are significant causes of poor sanitation practices among the students.

Conclusion

The importance of education and attitude toward cleanliness should be a priority for both students and university administration. Cleanliness among students cannot be disregarded. Although students in Ago-Iwoye have a favorable attitude toward sanitation, it was found that there is room for development in the area's sanitation activities. As a result, the school administration has to implement efficient administrative management of the hostel's sanitation.

Recommendations

According to the study's findings and conclusions, the following recommendations were made:

1. Policies for hostel sanitation practices should be created and implemented. Defaulters should be punished appropriately.

2. University hostels with the best cleanliness standards should get quarterly prizes. This will encourage other students to practice good hygiene.

3. University curricula should incorporate sanitation classes that will inform students of the value of cleanliness.

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