

Inventory Personal Health Amenities for Safe Students Habitation of University of Jos, Plateau State Nigeria

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Abstract - *This paper researched “an inventory of personal health amenities for safe students habitation of University of Jos”. The total population of the study comprises all the undergraduate students in the University. University of Jos is made up of 10 (ten) facilities with a total population of 12,855 students. Out of this population, 9773 were male and 4082 are female. The sample consists of 500 male and female students of the University. Cluster sampling method was used in selecting the sample from the ten facilities. The sample was distributed among five facilities with each faculty having 100 sampled representations. Questionnaire was used to collect the data which was analyzed. The results of the study shows that majority of the students responded positively that university buildings are well maintained, accept the hostels and classroom blocks. There are inadequate provision of safety devices, the windows and doors are not well protected against harmful insects with wire mesh, the sporting facilities are inadequate and the playground are not free from hazards. In addition, the electricity supply is not constant and there are inadequate standby electricity generators to ensure steady supply of light during interruption. Similarly, waste disposal systems are not given prior attention which leads to disposal of waste materials in every hook and corners of the hostels and classroom areas of the university. With regard to toilet facilities, it is concluded that the number of toilet facilities does not meet the needs of the growing population of the students in the campus. More so, the water supply on campus lack good quality and inadequate storage system to meet the health needs of individual’s student. The inadequacy of these health amenities may affect the physical, social, cultural, biological and emotional environment of the school that influences, habits, attitudes, comfort, safety and working efficiency of students and personnel.*

Keywords: *Amenities, Health, Habitation, Inventory*

INTRODUCTION

Personal health amenities is the aspect of school health that influences, habits, attitudes, comfort, safety and working efficiency of students and personnel. Samuel and Nwino [1] noted that it consists of physical, biological, social, cultural and emotional environment of the school, which has strong influence on children’s health for some reasons. In other words, a wide range of observable and tangible things in schools which have health implications for both school children and personnel. It is concerned with such provisions as school building which can affect the physical and mental health of school population. These provisions includes sanitation facilities, dirty hands, water quality, lighting, ventilation, dangerous structures, equipment and furniture, the playground, school compound and hazardous locations. Isyaku [2] added that personal health amenities are described as everything that is done to provide at school physical emotional and social condition which are benefit to the health and safety of the school children. He observed that, sanitary and cheerful environment has implication for healthful living, therefore proper lighting ventilation, health education, play areas, facilities and seating were taken into consideration.

A lot of hazards such as injuries from falls, electrical shocks, burns and diseases can be prevented with good design of hostels. School building should be fitted with appropriate safety devices such as temperature controls, fire extinguisher, fire exists and proper electrical installation [3]. He maintained that good housing should minimize physical and biological hazards in the environment and should promote the health of the inhabitants. Some of the problem confronting good housing in schools include among other, lack of sufficient classrooms which favour the

transmission of communicable diseases which affects the health of the individual child. Housing is not merely a shelter, but an abode with the basic facilities for healthful living [4].

Water supply is perhaps the most important factor in any human settlement, yet in some areas, water is not provided of adequate quality and quantity to meet the hygienic needs of the consumers. Sofwe and Bennet (1985) commented that all urban dwellers should be provided with portable water supply. The provision of adequate safe water supplies and satisfactory sanitation is essential, so the link between water supplies and sanitation must not be overlooked, if both services were not provided at the same time, the prevalence of waterborne diseases may be greatly curtail by ineffective waste disposal and poor sanitation which could put the health of school children in danger.

Building standards: space requirement is measured not only by areas but also by volume, and this will vary with such parameters as floor area, the height of the ceiling, the rate and means of the ceiling, the rate and means of ventilation, the thermal and illumination requirement, and structural standard. Value for these parameters must be selected so as to give maximum protection against the exterior climate and to promote and maintain the health and well-being of the house-hold [5]. When hostels and classrooms are over-crowded, students are subjected to suffocation and other health problems such as headaches, loss of senses or memory and related diseases. The rooms must be well ventilated, because ventilation serves as the basic function for providing health comfort, mechanical ventilation facilities should be provided in schools to ensure proper maintenance [6], [7] [8].

The problem of excreta, liquid and solid collection and disposal in rural and urban dwellings are many, proper management is necessary. Waste is now found concentrated in towns, where they are quite often literally strewn all over the streets and other places. Solid wastes from homes, offices hostels, classrooms areas and restaurants have high organic contents, and highly prescribe and may become offensive. The management of the proper collection, treatment and disposal of wastes have to be tackled with different ends [9], [10]. Toilet and shower facilities must be adequately provided and kept clean at all times.

On issues of general schools sanitation according to Fadamiro [11], Antonio [12] and Njodi [13] noted that insects and other vectors are best eliminated by

draining their breeding areas. Insecticides and sterilizations keep their number down, and the use of wire quaze in all windows and doors help to keep insects away from attacking people.

Abdussalam [14] and Mjodi (1998) observed that food borne disease or food poisoning is caused by contamination acquired during production storage and distribution of food. So to ensure safety of food, in other to keep people away from food poisoning, schools must intensify inspection of food handlers, education of food handlers about the cause of food-borne diseases and ensuring high standard of environmental sanitation.

Lighting must be sufficiently fitted in all classrooms, hostels, offices corridors and all over the school premises [10], [11].

Supported by Njodi (1991) and Isyaku [2] good lighting can decrease eye fatigue, headache, nervousness irritability and thereby enhance student health condition and reading atmosphere.

Abdussalam [14], Njodi [15] and Franklin (1993) expressed that, every child should be made to discover the sports or recreation or hobbies best suited to its physical and other capabilities. Therefore, appropriate and suitable playgrounds, gymnasium and play rooms facilities and equipment's should be provided in the school, as this will promote and maintain the physical fitness of the individual child while in school.

In nut-shell, to ensure good health promotion of school children, there should be proper location of school building to avoid noise, dust, odor, traffic dangers, drainage problems and to provide convenience and safe play ground:

Provision of buildings with suitable construction, fire protection, water supply, toilet and lavatories, health service rooms, classroom construction, lighting, heating ventilation, setting and up keep.

Provision of adequate and attractive space and facilities for food services.

Suitable playground, gymnasiums and play rooms in suitable locations with adequate space and appropriate equipment's supplemented by shower and dressing rooms. (Samuel and Nwino 2012).

Many studies exist to show direct association between school housing and health. Poor housing or accommodation correlating with poor health, better housing with better health.

STATEMENT OF THE PROBLEM

The school is charged with the responsibility of providing personal health amenities that will provide

physical, social, emotional and mental health of school children through adequate provision and maintenance of school buildings such as hostels and classrooms facilities, sanitations, facilities, water supply both in quality and quantity, lighting, ventilation, play grounds, school compound free from hazards good food services among others.

However, the observed trend in university of Jos shows that the school buildings lack good maintenance, sanitary disposal facilities, water supply, inadequate lecture rooms and seating, classrooms not enough, fewer play grounds, inadequate hostels accommodations which is overcrowded with poor lighting, and poor school plant.

SIGNIFICANCE OF THE STUDY

The result of the study will provide useful information to the school management on matters related to the health condition of students. It will reveal the standard and availability of physical facilities in the school that influences the habits, attitudes, comfort, safety and working efficiency of individual student.

It will further provide useful information to the federal government and encourage the assessment of student health amenities for safe habitation in Nigerian universities. It will also lead to the improvement of health status of students and in turn, facilitate good learning atmosphere, because the result of the finding will facilitate the provisions of personal health amenities for safe living. These will be done to provide at school physical, emotional and social condition which are beneficial to the health and safety of the school children.

PURPOSE OF THE STUDY

To assess the inventory of personal health amenities for safe student habitation in the university of Jos. This includes: the school building and maintenance, safe water supply, waste disposal, social foodservices and hygiene, lighting and ventilation as well as safety measures.

Research Questions

Are the buildings that constitute health amenity properly maintained in the university of Jos?

Are there adequate and safe water supply in university of Jos?

Are there sufficient lightings and ventilation in university of Jos campus?

the students were satisfied with the classroom seating arrangement, 75.4% were not.

Are there proper waste disposal systems in university of Jos?

Are there hygienic food services in university of Jos?

Are there enough safety measures in university of Jos campus?

MATERIALS AND METHOD

This paper researched “an inventory of personal health amenities for safe student’s habitation of university of Jos”. The total population of the study comprises all the undergraduate students in the University. University of Jos is made up of 10 (ten) faculties with a total population of 12,855 students. Out of this population, 9773 were male and 4082 were female. The sample consists of 500 male and female students of the University. Cluster sampling method was used in selecting the sample from the ten faculties. The sample was distributed among five faculties with each faculty having 100 sampled representations. The instrument used for data collection was researcher designed questionnaire with personal health amenities for safe student’s habitation inventory. The questionnaire consists of 30 items divided into 6 sections.

Section A – students building and safety, B – safety measures in the university C - Ventilation and lighting D - Quantity and Quality of water supply, E - waste disposal system F - social food services and hygiene,

The validity of the instrument was determined by three health experts. The validity was done through test-re-test in a pilot study. The data was administered and collected by the researcher and five (5) research assistants. The information gathered was analyzed using frequently count statistical method.

RESULTS AND DISCUSSIONS

Table 1 above shows building for safe student habitation. The first item revealed that 75.4% of the respondent responded that they were satisfied with the way university buildings are maintained, and 24.6% indicated back of satisfaction. The second item on the table inquired whether students are satisfied with how the hostel blocks are maintained 47.6% of them were satisfied while 52.4% were not, and 78.7% indicated that there are suitable sleeping accommodation in their hostels. The same table shows that only 18.3% of the students were satisfied with how the classroom blocks are maintained, while 81.7% were not. And 24.6% of

Table 1. Building for Safe Student Habitation

Variable statements items	Resp	Respondents					
		Male %	Female %	Total %			
1. Are you satisfied with the way university buildings are maintained?	Yes	252	51.2	119	24.2	321	75.4
	No	80	16.3	41	8.3	121	24.6
2. Are you satisfied with how the hostel blocks are maintained?	Yes	163	33.2	71	14.4	324	47.6
	No	169	34.3	89	18.1	258	52.4
3. Do you think there are suitable sleeping accommodation in the hostels	Yes	264	53.7	123	25.0	287	78.7
	No	68	13.8	37	7.5	105	21.3
4. Are you satisfied with how the classroom blocks are maintained?	Yes	57	11.5	33	6.7	90	18.3
	No	275	55.9	127	25.8	402	81.7
5. Are you satisfied with the classroom seating arrangement?	Yes	80	16.3	41	8.3	121	24.6
	No	252	51.2	119	24.2	371	75.4

Table 2. Safety Measures in the University

Items	Resp	Respondents					
		Male %	Female %	Total %			
1. Do you think they are free from hazards	Yes	76	14.8	47	9.6	118	24.0
	No	261	53.0	113	23.0	374	76.0
2. Do you think the windows and doors are properly fitted with wire mesh to keep out harmful insects	Yes	85	17.3	44	9	129	6.2
	No	247	50.2	116	23.6	363	73.8
3. So you think there are adequate protective equipment in university workshops and laboratories?	Yes	220	44.7	108	22.0	328	66.7
	No	112	22.8	52	10.5	164	33.3
4. Are you satisfied with the sporting facilities in the university?	Yes	71	41.8	47	9.6	118	24.0
	No	261	53.0	113	23.0	372	76.0
5. Do you think the playgrounds are free from hazards?	Yes	85	17.3	44	8.9	129	26.2
	No	247	50.2	116	23.6	363	73.8

Table 3. Ventilation and Lighting

Items	Resp	Respondents					
		Male %	Female %	Total %			
1. Are you satisfied with the ventilation in the classrooms and hostels?	Yes	259	53.0	127	25.8	386	7.5
	No	73	15.8	33	6.7	106	21.5
2. Are you satisfied with how the sources of ventilation are maintained on the campus?	Yes	251	1.9	122	24.8	373	75.8
	No	81	16.5	38	7.7	119	24.2
3. Do you think the electricity supply is constant?	Yes	93	18.3	52	10.6	145	29.5
	No	239	48.5	108	22.0	347	70.5
4. Do you think there are adequate standby electricity generators to ensure steady supply of light during interruption?	Yes	99	20.1	37	7.5	136	72.6
	No	233	47.4	123	25.0	356	72.4

Table 2: shows safety measures in the university. Item on the table one revealed that 24.0% of students indicated that they are free from hazards while 76.0% indicated they were not free. Item two shows that 26.2% of the students indicated that, the windows and doors of these buildings are properly fitted with wire mesh to keep out harmful insects, while 73.8% of the respondents responded negatively. The same table also shows that 66.7% of the students responded that there are adequate protective equipments in university workshops and laboratories, 24.0% of the students indicated satisfaction with the sporting facilities, while 76.0% revealed that sporting facilities are not rated satisfactory. 73.8% said, the play grounds are not free from hazards.

Table 3: shows ventilation and lighting amenities in classrooms and hostels. 78.5% of the respondents were satisfied with the ventilation in classrooms and hostels, and 21.5% were not. Also 75% of the students were satisfied with how the sources of ventilations are maintained but 24.2% were not.

On the issue of electricity on campus, 29.5% of the respondents responded that there is constant supply while 70.5% responded that, supply of electricity on campus is not constant. And 27.6% of them indicated there are adequate standby electricity generators while 72.4% of the students indicated standby electricity generators to ensure steady supply of light during interruption are not adequate.

Table 4 shows quantity and quality of water supply in the university. 53% of the respondents yes, that indicated that water supply is frequent and steady and 47% indicated No. In addition, 42.0% of them, said they are satisfied with the quality of water supply in the campus while 58% indicated lack of satisfaction. More so, 35.2% of the respondents responded that there are adequate safe water storage facilities and as much as 64.8% responded that safe water storage facilities on the campus are not adequate.

Table 5: shows the waste disposal system on campus. Item one, on the table, shows that 25.4% of the respondents indicated that they were satisfied with refuse disposal system in the university while; as much as 74.6% were not satisfied. 83.3% of the respondents indicated that toilet facilities in their hostels are enough compared to their population in hostels. Question on whether these toilets are kept clean and tidy. Only 18.5% of the students indicated yes while majority 81.5% of the students indicated no. and 86.4 of them indicated that toilet facilities in the lecture areas are not adequate.

Table 4 Quantity and Quality of Water Supply

Items	Resp	Respondents		Total %			
		Male %	Female %				
1. Do you think water supply is frequent and steady?	Yes	180	36.5	81	16.5	261	53.0
	No	152	30.7	79	16.1	231	47.0
2. Are you satisfied with the quality of water supply in the campus?	Yes	141	28.7	66	13.4	207	42.0
	No	191	38.8	94	19.0	285	58.0
3. So you think there are adequate safe water storage facilities on the campus?	Yes	111	22.6	62	12.6	173	35.2
	No	21	44.9	98	19.9	319	64.8

Table 5 Waste Disposal System

Item	Resp	Respondents		Total %			
		Male %	Female %				
1. Are you satisfied with the refuse disposal system in the university?	Yes	83	16.9	42	8.5	125	25.4
	No	249	48.6	48	24.0	367	74.6
	Total	332		160		492	100
2. Do you think the number of toilet facilities in your hostels are enough compared to the population of students in the hostels?	Yes	62	12.6	20	4.1	82	16.7
	No	270	54.9	140	28.4	410	83.3
	Total	332		160		492	100
3. Do you think the toilets are kept clean and tidy?	Yes	62	12.6	29	5.9	91	18.5
	No	270	54.9	131	26.6	401	81.5
	Total	332		160		492	100
4. Do you think there are adequate toilet facilities in the lecture areas?	Yes	46	9.3	21	4.2	67	13.6
	No	286	58.1	139	28.3	425	86.4
	Total	332		160		492	100

Table 6: Social Food Services and Hygiene

Item	Resp	Respondents		Total %			
		Male %	Female %				
1. Do you think the food services is of high sanitary standard?	Yes	220	44.7	108	22.0	328	66.7
	No	112	22.8	52	10.5	164	33.3
	Total	332		160		492	100
2. Do you think the environment where food is served is kept under hygienic condition?	Yes	286	68.1	139	28.3	425	86.4
	No	46	9.3	21	4.2	67	13.6
	Total	332		160		492	100
3. Do you think the food handles are cleans and maintaining good standard of personal hygiene?	Yes	211	42.9	92	18.7	303	61.6
	No	121	24.9	68	13.8	189	38.4
	Total	332		160		492	100

Table 6 shows social food services in the university. 66.7 of the respondents indicated that the food services are of high sanitary standard, but 33.3% indicated it is not. Also as much as 86.4% of the respondents said the environment where food are served is kept under hygienic condition, and 61.6% indicated that food handlers are clean and maintained good standard of personal hygiene.

DISCUSSION

The main purpose of the study was to access an inventory of personal health amenities for safe students habitation of University of Jos, Plateau State. The physical environment in which the individual lives has far reaching consequences on his/her health. For example, good lighting can decrease eye fatigue, headaches, nervousness and irritability [15].

In this study, it was revealed that majority of the respondents used of this study are of the indicated that the university buildings, hostels and classrooms were adequately maintained.

The research findings also revealed that buildings are not free from hazards. This result contradicts the view of Njidda (1983) who stated that buildings should be fitted with appropriate safety devices such as temperature control, fire extinguishers, fire exits and electrical installations. Good housing should minimize physical and biological hazards and should promote the health of the inhabitants. These problems may not be far from the total negligence of the university management towards the provision of appropriate safety devices.

The results of the study further revealed that majority of the respondents indicated that windows and doors are not properly fitted with wire mesh to keep out harmful insects. This finding do not confirm with Musa [4] who observed that housing is not merely a shelter, but an abode with the basic facilities for healthful living.

With regards to protective equipment in the workshops and laboratories, majority of the respondents were indicated that the protective equipment in the university are adequate. The result of this analysis coincide with Njidda (1985) who stated that the school is charged with the responsibility of providing the building with suitable construction, fire protection, protective equipment in the workshops, laboratories and gymnasium.

However, on the issue of ventilation and lighting, students are satisfied with the ventilation in the hostels and classroom and sources of ventilation on campus. It was also revealed that electricity supply is not constant and there is no adequate standby electricity generators to ensure steady supply of light during interruption.

This result contradicts Fadamiro [11] and Udo et al. [10] who mentioned that lighting must be sufficiently fitted in classroom, hostels, offices and corridors, and all over the school premises, and because regular power interruptions by the electricity corporations, standby electricity

generators should be made available to ensure continuity of school programmes.

Similarly, this finding shows that water supply on campus is frequent and steady and there are adequate safe water storage facilities but respondents are not satisfied with the quality of water supply in the campus and the storage facilities. This findings seem to solve the worries of Sofoluwe and Bennet [5] who maintained that water supply is perhaps the most important factor in any human settlements, that all urban dwellers should be provided with a potable piped water supply.

The findings revealed that a great majority of the students indicated that refuse disposal system in the campus is unsatisfactory and the toilet facilities are insufficient compared to the population of students, and also the existing toilets are not kept clean and tidy. The result of this finding failed to support Udo et al [10] who commented that toilet and shower facilities must be adequately provided and kept clean at all times. The problem encountered may not be unconnected, with the earlier, design of the hostel which make no provision for many toilets and bathrooms in view of possible population growth of students.

Also the respondents indicated that food handlers are clean and maintained good standard of personal hygiene. The study coincide with Njodi [13] who revealed that contamination could take place either during preparation or handling of food, food, handlers should therefore maintain good standard of personal hygiene.

CONCLUSION

Results of this research have revealed the inventory of personal health amenities for safe student habitation of University of Jos, plateau state. The researcher was guided in drawing the conclusion by majority of students used for this study, through their responses to the items in the questionnaire.

RECOMMENDATIONS

The following recommendations are hereby advanced based on the findings of the study.

The university authority should ensure proper maintenance of the entire University buildings most especially the hostels, lecture rooms and other important areas. More toilet facilities should be constructed in the student hostels and lecture areas to cope with the growing population of students. University management should provide appropriate safety devices in various building of the university.

The university maintenance department should as much as possible construct proper wire mesh on the doors and windows of all the hostels, workshops and other needed buildings. Adequate standby electricity generators should be provided to ensure constant supply of lighting the hostel, classes, offices, corridors and pathways. Good number of dustbins should be provided at every nook and corner of the university particularly at hostels and lecture areas. Quality

water supply should be ensure in the university to prevent scarcity of drinking water.

LIMITATION

Due to financial constraint, the research is limited to student's health habitation amenities. Study should be conducted on university staff habitational health amenities.

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