

Relationship of Environmental Hygiene Practices with Perception of Health among People in Rural Community – A Systematic Review

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Abstract

Background: Environmental sanitation is highly preferred intervention over medical treatment of nutritional deficiencies; respiratory diseases; gastro-intestinal and dermatological issues. This study was an attempt to understand the relationship of Environmental hygiene practices with perception of health among people in rural community. **Methodology:** A systematic review was conducted using the popular PRISMA guidelines that allow us to categorically filter out the research articles giving us a clear picture of the issue under study. 138 research articles were selected out of which various filtering techniques were used and reduced to 6 articles. These articles were analyzed, paraphrased, and reported. **Results:** The studies revealed that environmental sanitation must be given utmost importance as it is the only way out to improve our health and well-being. Good sanitation practices are very much necessary in household, schools, neighboring areas, and all our surroundings. **Conclusion:** Environmental sanitation plays a very important role in uplifting our health status to a higher level. Each individual is responsible for his healthy practices to ensure cleanliness around him.

Keywords: Environmental sanitation, perception, health, rural community, systematic review.

Introduction

Environmental sanitation is the integral part of a healthy living. Healthy environment is possible only after proper planning and implementation of improved environmental sanitation practices. Poor practices have resulted in the development of vector born disease that become a hindrance to health and well-being.^[1]

Methodology

This review is conducted by reviewing articles using the selection criteria from Pubmed database from 2015 to 2020 on relationship of Environmental hygiene practices with perception of health among people in rural community. Data was collected using the online search engine. The articles were limited to full text articles. The search was conducted by using key words like Environmental sanitation, perception, health, and rural community. PRISMA Guidelines were used for analysis of data.

Inclusion criteria:

- Articles from Peer-reviewed journal
- Publications from 2015 to 2020
- Cross-sectional designs were included

The filtered articles were then reviewed by the reviewers for their content especially with the results. The Studies with irrelevant titles, unrelated abstracts and study designs were removed. Data was analyzed and results were reported using a narrative synthesis.

Result

Total 138 articles were identified by the review team using PRISMA Guidelines. A systematic review was conducted to find out the relationship of Environmental sanitation practices with perception of health among people in rural community. After a thorough review, six studies were extracted from the selected studies related

to Environmental sanitation practices with perception of health among people in rural community. These results of this study were reported using narrative synthesis and interpreted in the following table.

Fig 1: PRISMA guidelines

Table 1: Systematic Review on relationship of Environmental hygiene practices with perception of health among people in rural community

SN	Authors/ Years	Sample size	Outcome
7.	Andrade, E. L., Bingenheimer, J. B., Edberg, M. C., Zoerhoff, K. L., & Putzer, E. M. (2019).	480	A strong change in behavior is a must to embrace the positive attitude towards good sanitation practices like hand washing, personal hygiene and food hygiene. [2]
8.	Dey, N. C., Parvez, M., Islam, M. R., Mistry, S. K., & Levine, D. I. (2019).	4775	Unclean habits of use of latrine, unsafe disposal of faeces in nearby habitats has endangered the lives of small children and proper monitoring and training of people is much needed to improve the behavior of the people. [3]
9.	Gebremariam, B., Hagos, G., & Abay, M. (2018).	388	Community led total sanitation and hygiene had a positive impact on the behavior of the individuals in the community. Government has a major role to play in the upliftment of the rural community and to empower the people with right information and tight regulations.[4]
10.	Grover, E., Hossain, M. K., Uddin, S., Venkatesh, M., Ram, P. K., & Dreibelbis, R. (2018).	450	Environmental nudges like intense hygiene training has shown an outstanding result and also encouraging.[5]
11.	Shohel, M. M. C., & Howes, A. J. (2018).	70	Many students drop from the schools due to poor sanitation facilities like unhygienic drinking water and unclean toilets.[6]
12.	Lawrence, J. J., Yeboah-Antwi, K., Biemba, G., Ram, P. K., Osbert, N., Sabin, L. L., & Hamer, D. H. (2016).	67	Social taboos proved to be hindrances to use the toilets. Community empowerment is very essential to educate and improve the environmental sanitation.[7]

Looking at the above table it is clear that a set rules and regulations by the local and state governments must be led in order to control the unhealthy practices of the rural population. Over and above this, a reward for good habits can create a win-win situation for both the inhabitants as well as the government.

Discussion

According to a study, community led sanitation initiatives get affected by perceptions of rural population on use of latrine, beliefs of household cleanliness practices over community rather than practicing what is good.[8]

Conclusion

Despite of many benefits of good sanitation, the perceptions of various communities and their beliefs overpower the actual good thing about good sanitation practices. A detailed educational approach may be very much essential to refine the practices of rural population.

Conflict of Interest –Nil

Source of Finding -Self

Ethical Clearance – ethical clearance was obtained from IRC of Symbiosis College of nursing.

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