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It is with great pleasure that we once again bring on board the second edition of the *Gadau Journal of Arts and Education,* a multilingual and multidisciplinary Journal produced by the Faculty of Arts and Education of the Bauchi State University, Gadau. It contains fifty three well researched and peer reviewed articles in the fields of Arts and Education, such as Arabic, Education, English Language and Literature, Nigerian Languages and Islamic Studies.

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PROFESSOR UMARU DAHIRU	Dept. of Arabic and Islamic Studies, UNIMAID
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NOTE FOR CONTRIBUTORS

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The Editor
Gadau Journal of Arts and Education,
Bauchi State University,
P.M.B 65, Gadau
Bauchi State.
gadaujournal@gamil.com

Note on Contributors

1- **Auwal Ibrahim Amba (PhD):** Department of English, Faculty of Arts and Education, Bauchi State University, Gadau, Nigeria.

2- **Bisong M. Tabang (Phd) And Usman Alkali Abubakar:** *Department Languages Federal University Kashere, Gombe.*

3- **Adewole Adigun Alagbe PhD:** Department of English Faculty of Arts Nasarawa State University, Keffi. And **Sarah Adamu Olawoyin:** Department of Language, Nasarawa State Polytechnic, Lafia.

4- **Yunusa Yusuf Ladan:** Department of English, School of Languages, A.D.R CLIS P.M.B 004 Misau Bauchi State, Nigeria.

5- **Mohammed Sani Ya'u and Shehu Mohammed Korau:** Department of English, Faculty of Arts and Education, Bauchi State University, Gadau.

6- **Dr. Alagbe, A. Adewole:** Department of English Nasarawa State University, Keffi Nasarawa State, Nigeria. **And Abashi, Attah Michael:** Department of English, Federal University Lafia, Nasarawa State, Nigeria

7- **Aworo-Okoroh,Joy Oghogho (PhD) And CLINTON- AGBOR ADELINE SHURI:** Department of English, Nasarawa State University,Keffi,Nasarawa state,Nigeria.

8- **Muhammad Kabir Yusuf, (PhD*):*** Mass Communication Department, Nasarawa State University, Keffi.

9- **Umezinwa, Jennifer:** Department Of English.Nasarawa State University, Keffi.

10- **Al-Bishak (PhD, M.O.N.):** Senior Lecturer, Department of English, Nasarawa State University, Keffi-Nigeria.

11- **Shehu Muhammad Korau and Mohåmmed Sani Ya'u:** Department of English, Faculty of Arts and Education, Bauchi State University, Gadau.

12- **Terhemba Shija (Ph.D):** Department of English, Nasarawa State University, Keffi.

13- **Tanimu Yusuf (Ph.D):** Department of English, Faculty of Arts, Nasarawa State University, Keffi.

14- **Musa' Galadima Toro:** Department of English, Aminu Saleh College of Education, Azare Bauchi State.

15- **Joy Aworo-okoroh (PhD):** Department of English, Nasarawa State University,Keffi &. **Ubaidullah Mohammed Bello:** Department of English Nasarawa State University,keffi.

16- **Muhammad Kabir Yusuf (PhD):** Department of Mass Communication, Nasarawa State University, Keffi, NIGERIA. **And Abubakar Farra'u** Department of Mass Communication, Kaduna State University, Kaduna, NIGERIA.

17- **Ijeoma Paulette Ezuruike:** Deparment of English and literature Studies Bayero University, Kano.

18- **DAVID, Stephen O. (PhD)** Department of English, Faculty of Arts, Nasarawa state University, And **Esther CichinGbenga:** Sokoga British School, Keffi.

EDUCATION

19- **DR. DABO, JACOB ITSE & YUNUSA ABUBAKAR:** DOCTORATE STUDENT, KENYATTA UNIVERSITY NAIROBI, KENYA, Education Department, Bauchi State University, Gadau.

20- **R. ABDULWAHAB:** Adult & Primary Education, Faculty Of Education, University Of Ilorin, Ilorin. And **Hauwa, L.I.** Department Of Early Childhood Care And Education, Federal College Of Education, Kano.

21- **Bilyaminu Bello Inuwa:** Department of Adult Education and Community Services, Bayero University Kano ***and*** **Al-Munir Abubakar:** Department of Education, Bauchi State University.

NIGERIAN LANGUAGES AND LINGUISTICS

22- **Isa AdamuHaliru (PhD):** Department of Languages and Linguistics, Taraba State University, Jalingo & **Isah, Abdulmumini (PhD)** Department of Nigerian Languages & Linguistics, Bauchi State University, Gadau.

23- **Muhammad Ammani:** Sashen Koyar Da Harsunan Nijeriya, Jami'ar Bayero, Kano.

24- **Nafisa Adamu Muhammad:** Sashen Harsunan Nijeriya Da Kimiyyar Harsuna, Jami'ar Jihar Bauchi.

25- **Isah, Abdulmumini (PhD):** Department of Nigerian Languages & Linguistics, Bauchi State University, Gadau.

26- **Jamilu Abdullahi:** Department of Nigerian Languages and Linguistics Bauchi State University, Gadau.

27- **Halima Umar Sani:** Sashen Nazarin Kimiyar Harshe da Harsunan Qasashen Waje Jami'ar Bayero, Kano.

28- **Nura Lawal:** School of Continuing Education, Bayero University, Kano.

29- **Dr. Yakubu Magaji Azare & Muhammad Sulaiman Abdullahi:** Department of Nigerian Languages, Bayero University, Kano.

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30- **Dr. Abubakar Ismaila Shika, Dr. Abdullahi Dalhatu & Dr. Mustapha Isa Qasim:** Department of Arts and Social Science Education (Islamic Studies Section) Faculty of Education A.B.U. Zaria.

31- **Danyaro Abdullahi And Dr. Abdullahi Dalhatu:** Department Of Arts And Social Science Education Ahmadu Bello University, Zaria.

32- **Mustapha Garba, Muhammad PhD.:** Bauchi State University, Gadau Faculty of Arts and Education Department of Islamic Studies Nigeria.

33- **Umar Sheikh Tahir:** Department of Islamic Studies Faculty of Arts And Education Bauchi State University, Gadau.

34- **Dr. Y.A.A. Wakili:** Department of Arts and Social Science Education (Islamic Studies Section) Faculty of Education, A.B.U.Zaria. & **Abubakar Sabo Yusha'u:** Department of Art and Social Science Education (Islamic Studies Section) Faculty of Education, A.B.U.Zaria.

35- **Shuaibu Musa Hardo (PhD)** and **Muhammed Sadiq Abubakar:** Islamic Studies Department Faculty of Arts and Education Bauchi State University, Gadau.

36- **Dr. Baba Tanimu:** Department of Islamic Studies, Bauchi State University-Gadau.

37- **Jamilu Bello:** Department of Islamc Studies Faculty Of Arts And Education Bauchi State University, Gadau.

38- **Dr. Ammar Nasir Muhammad:** Department of Islamic Studies Bauchi State University, Gadau,Nigeria and **Dr. Baba Tanimu:** Department of Islamic Studies Bauchi State University.

ARABIC

39- **Dr. Ali Abolaji Abdulrazaq:** Islamic University, Niger

40- **Dr. Alawiye Lukman Olateju and Dr. Murtala Abdulsalam Al-Aqiqi:** Bauchi State University, Gadau.

41- **Dr Abdulwahab Salahudeen:** Yobe State University.

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43- **Hamzat Sulyman Shola:** Kogi State University.

44- **Yakubu Muhammad:** Ahmad Rufa'I College of Legal and Islamic Studies, Bauchi State.

45- **Dr. Muhammad Garba Wali:** Usman Danfodio University, Sokoto.

46- Ahmad Hamid Ahmad and Sabo Alhaji Sani, Nasarawa State University, Keffi.

47- **Dr. Sani Abubakar Abdullahi and Dr. Adamu Alhaji Usman:** Bauchi State University.

48- **Bala Abdullah Azare and Dr. Ahmad Abubakar**: Bauchi State University.

49- **Dr. Ibrahim Ishaq Olayiwola:** Department of Arabic, Faculty of Languages, IBB University Lapai, Nigeria.

50- **Dr. Sulyman Salih Al-Iman al-Aqiqi:** Iman Solih College of Arabic and Islamic Studies, Tanke Ilorin, Kwara State.

51- **Dr. Sani Babayo Yane:** Bauchi State University.

52- **Idrees Khalid Mustapha:** University of Abuja.

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THE IMPACT OF HYGIENE EDUCATION ON BASIC SCHOOL PUPILS IN ILORIN METROPOLITAN SCHOOLS - KWARA STATE

R. ABDULWAHAB
ADULT & PRIMARY EDUCATION,
FACULTY OF EDUCATION,
UNIVERSITY OF ILORIN, ILORIN.
rakunagie@gmail.com
+2347034952944

&

HAUWA, L.I.
DEPARTMENT OF EARLY CHILDHOOD CARE AND EDUCATION, FEDERAL COLLEGE OF EDUCATION, KANO.
&
ABIMBOLA OYEDELE
KADUNA STATE COLLEGE OF EDUCATION,
GIDAN WAYA, KAFANCHA
KADUNA STATE.

ABSTRACT

The purpose of this study was to find out "the impact of hygiene education on basic school pupils in Ilorin metropolitan schools". Specifically, the study attempted to find out basic school pupils awareness of hygiene education and how pupils effectively use the knowledge of hygiene education at home and in the school. Three research questions were generated. The researchers adopted descriptive survey method using structured questionnaire tagged Questionnaire on School Sanitary Practices and Hygiene Education (QSSPHE) in carrying out the study. The target population consists of Upper Basic Seven pupils in basic schools in Ilorin metropolis. The sample size comprised 100 pupils. Four schools were randomly selected for this study comprising of twenty five (25) respondents from each school. Descriptive statistics using frequencies and simple percentages was used on the basis of the reaction of the respondents to the questionnaires while independent t-test analysis was used for the hypothetical testing respectively. The results showed that majority of the pupils had high awareness level of hygiene education. Also, gender and school type had no significant influence on the pupils' awareness level of hygiene. *The research work recommended that curriculum developers should take a critical look at the Hygiene education curriculum with a view of making amendments to improve on the subject. Teachers should also teach learners properly for them to be able to put what they are taught into practice, and also to adopt diversified methods of teaching and be friendly with students in the classes.*

Introduction

Cited from voice of Research, "Health is Wealth" is a well known saying. In simple words health means the physical well-being of an individual. Health education aims at bringing about behavioural changes in the individuals attitude toward health. WHO (1948), defined health as a state of complete physical, mental and social

wellbeing and not merely the absence of disease. According to Mosby's Dental Dictionary (2014): "hygiene is the science of health and its preservation. school is an important channel to promote healthy lifestyles not only to students but also to their families and communities school hygiene or school hygiene education is a healthcare science, a form of the wider school health education. School hygiene is a study of school environment influence; it explores affection of schooling to mental and physical health of students".

The primary aims of school hygiene education is to improve behavior through useful practices connected to personal, water, food, domestic and public hygiene. Also, it aims to protect water and food supplies and to safely manage environmental factors. Health education may be defined as "general education which is concerned with changes in knowledge, feelings and behavior of people". In its most usual forms it concentrates on developing about the best possible state of wellbeing". Moreover education concerning prevailing health problems and the method of preventing and controlling them is considered to be one of the first essential activities in primary health care. Health education is an active process of learning and doing by one's self and it may encompass various aspects like personal hygiene, home and environmental sanitation or nutritional hygiene WHO (1948).

Hygiene practices are preventive measures to reduce the incidence and spreading of disease and are parts of good personal grooming. Hygiene as a system includes not only personal hygiene related to food, clothing and exercise but also sciences such as engineering, bacteriology, public sanitation and waterworks. School teachers considered the major source of information for their students and would appear to be suitable as health educators. School teachers are expected to be role models so that students can emulate and adopt their behavior and attitudes Curits et'al (2009).

According to WHO (2009), "children pass on health-related knowledge and skills acquired from schools to parents and other members of the household". Thus, school - based health education programmes benefit not only students but family members and the community at large. A school child educated to the benefits of sanitation and good hygiene behavior is a conduit for ferrying those messages far beyond the school walls, bringing lasting improvement not only to his or her health and wellbeing, but also to that of the family and the wider community, Snel (2003) in Emmanuel et'al (2016). Sanitation and hygiene are therefore fundamental to good health and dignity, thus, improving sanitation and hygiene practices should not be underestimated. School Health and Hygiene Education (SHHE) is an integral package of school health education systems on water, sanitation and hygiene thus, needs to be recognized and endorsed by all stakeholders. Likewise, a joint strategy session at the World Education Forum held in Dakar in 2000 made a strong case that provision of effective school health services is an important strategy for achieving Education for all.

Provision of school health services not only responds to a need, but also increases the efficacy of other investments in child development, ensures better educational outcomes, achieves greater social equity and is a highly cost effective strategy (Integrated School Health Policy 2012).

Burgers (2000) opines that the main component of sanitation and hygiene is the provision of safe water and sanitation facilities in schools. To him, this is the first step towards a healthy physical learning environment, benefiting both effective learning and sound health. However, Burges is of the view that, the mere provision of these facilities does not necessarily make them sustainable or produce the desired impact. It is the use of toilet facilities and its related appropriate hygiene behaviour of people that provides health benefits. In schools, hygiene education aims to promote these practices that will help; to prevent water and sanitation-related diseases as well as encouraging healthy behaviour in the future generation of adults

In the view of the World Health Organization (2000), sanitation generally refers to the provision of facilities and services for the safe disposal of human urine and feaces; and inadequate provision of these facilities is a major cause of diseases worldwide. It has been realized that improving sanitation is known to have a significant impact on health both in households and across communities. The word sanitation also refers to the maintenance of hygiene conditions, through services such as garbage collection and waste water disposal.

UNICEF (1998) considers School Sanitation and Hygiene Education (SSHE) as the combination of hardware and software components that are necessary to produce a healthy school environment to develop or support safe hygiene behavior. They are of the view that hardware components include supply of drinking water and facilities for hand washing and safe disposal of excreta and solid waste in and around the school compound. The software components are the activities that promote conditions at schools and practices of school staff and children that help to prevent water and sanitation related diseases and parasites.

Snel (2004) in Emmanuel et'al (2016) indicates that health influences learning and education influences health. This is because poor sanitation causes diarrhea, which kills 1.5 million children each year. However, smart investments in sanitation can reduce disease, increase family incomes, keep girls and boys in school, help preserve the environment, and enhance human dignity. Increasing evidence also shows that school sanitation and hygiene education programmes offer high cost benefit. Unfortunately, the promises of school health and hygiene education programmes have not always been fulfilled by either the government or stakeholders in education especially in the rural communities. Many school environments in most rural communities are not safe for children due to neglect of the operation and maintenance of health facilities. It is believed that there has been a lack of hygiene education for the students. These schools often suffer from nonexistent or insufficient

water supply, sanitation and hand washing facilities, dirty and unsafe water supply; toilets or latrines that are not adapted to the needs of children particularly girls; non-existence and hygiene education, unhealthy and dirty classrooms and school compounds among others.

WHO (2000) estimates that 88% of diarrhea disease is caused by unsafe water supply and inadequate sanitation and hygiene. Many schools serve communities that have a high prevalence of diseases related to inadequate water supply, sanitation and hygiene, and where child malnutrition and other underlying health problems are common.

Personal hygiene is the practice of maintaining cleanliness of the body. Primary school days are the best time to learn healthful habits and practice them, because as the child grows older, these habits become permanent. The impact of poor sanitation and hygiene is known to be disastrous for small children. Poor sanitation and hygiene has an impact on the health of school-age children including adolescents. It is obvious that lack of sanitation and hygiene is a public disaster that deserves the highest priority. It is widely recognized that schools could play an important role in bringing about behavioral changes and promoting better health.

Statement of the Problem

One of the cardinal objectives of pre-primary and primary education is the inculcation and cultivation of good health hygiene on the school children as they grow in life. Therefore, the need for children to imbibe hygiene education right from their formative years cannot be over emphasized. This is because effective hygiene education under the watch of a surrogate mother at home and caregivers in schools serves as a veritable tool of producing a whole child that is physically fit devoid of any form of diseases. Most schools in Ilorin metropolis focus on construction targets leaving environmental and health issues unattended to. Yet facilities alone could not translate into health; there is the need to address this by integrating participatory hygiene education into practice.

Purpose of the Study

The major purpose of this study is to assess the impact of hygiene education in primary school pupils. Specifically this study intends to:

(a). Examine the level of awareness of basic schools pupils on hygiene education.

(b) Examine the effective use of the knowledge of hygiene education domestically.

(c) Identify how pupils make proper use of school hygiene facilities.

Research Questions

In order to give direction to work, this research would answer the following questions:

A. Are the pupils in basic schools aware of hygiene education?

B. Are the pupils in basic school responding to effective use of the knowledge of hygiene education domestically?

C. Can the pupils in basic schools make proper use of school hygiene facilities?

Research Hypothesis

The following hypothesis would be tested in this study:

- HO_1: There is no significant difference in the awareness level of hygiene education based on gender of the basic school pupils in Ilorin metropolis-Kwara state.
- HO_2: There is no significant difference in the awareness level of hygiene education based on school type in Ilorin metropolis- Kwara state.

Methodology

The researchers adopted descriptive survey method using questionnaire in carrying out the study. The target population consists of (Upper Basic) Seven pupils of some selected upper basic schools in Ilorin metropolis. Four schools were randomly selected for this study comprising of twenty five (25) respondents from each school, making the total of 100 respondents. The researchers make use of structured questionnaire tagged Questionaire on School Sanitary Practices and Hygiene Education (QSSPHE) consisting of two (2) sections. Section A deals with the personal data about the respondents while section B consists of Fifteen items on how pupils practice sanitation in their schools with YES/NO options. Descriptive statistics using frequencies and simple percentages was used on the basis of the reaction of the respondents to the questionnaires while independent t-test analysis was used for the hypothetical testing respectively.

Results and Interpretation

The results of the study gotten from the research questions interpretations and hypothetical testing are stated below:

Research Question 1: ***What is the level of awareness of basic schools pupils on hygiene education?***

In order to answer this research question, responses of the basic school pupils to items on the questionnaire that addressed the awareness level of basic schools pupils on hygiene education were collated. The output of the analysis reveals thus:

Table 1: Percentage Analysis of the Distribution of the Respondents by awareness level on hygiene education

Variables	Frequency	Percentage (%)
High	98	98
Moderate	2	2
low	-	-
Total		100

Source: Field work survey 2016

Table 1 shows that out of the 100 basic school pupils sampled for this study, 98 (98%) has high awareness level of hygiene education while 2 (2%) has moderate awareness level of hygiene education and none of the respondent has low level of awareness. Therefore, it can be deduced that basic school pupils (both boys and girls) in Ilorin South Local Government has high awareness level of hygiene education.

Research Question 2:*Are the pupils in basic school responding to effective use of the knowledge of hygiene education domestically?*

In order to answer this research question, responses to effective use of the knowledge of hygiene education domestically were collated: The output of the analysis reveals thus:

Table 2: frequency and percentage table showing the pupils in basic school responding to effective use of the knowledge of hygiene education domestically

S/N	ITEMS	N	YES		NO	
			F	%	F	%
1.	Do you clean your shoe before putting them on?	100	87	87.0	13	13.0
2.	Do you wash your cloth when they are dirty?	100	92	92.0	8	8.0
3.	Is it good to eat with dirty hands?	100	18	18.0	82	82.0
4.	Cutting ones longer finger nails is improper?	100	39	39.0	61	61.0
5.	Is it necessary to help your parents in general home cleaning?	100	91	91.0	9	9.0

6.	Can you use the school toilet without your teacher/caregivers' help?	100	89	89.0	11	11.0
7.	Is talking while eating an integral part of personal hygiene?	100	63	63.0	37	37.0
8.	Is taking shower after the day's work (if available) significant?	100	89	89.0	11	11.0

Source: Field work survey 2016

It can be seen from table 2 that hygiene education has positive impact on the pupils. This assertion was justified as thus: Out of the 100 respondents that answered the question on cleaning shoe before putting them, only 87 (87%) responded yes to it while 13 (13%) responded No. Also, question on whether the responded wash their cloth when they are dirty, only 92 (92%) responded yes as against 8 (8%) of the respondents. The table also revealed whether it is good to eat with dirty hands. On this note, 18 (18%) of the respondents responded Yes while 82 (82%) responded No. Question on cutting ones long finger nails is improper was attested to as Yes by 39 (39%) of the respondent while 61 (61%) of the respondent disagreed. The question on the necessity to help parents in general home cleaning, 91 (91%) responded Yes while 9 (9%) responded No. 89 (89%) of the respondents responded Yes to the question on the use of the school toilet without teachers/caregivers' help while, 11 (11%) responded No. In addition, the question on talking while eating is an integral part of personal hygiene was responded to Yes by 63 (63%) while 11(11%) responded No to it. Lastly, taking shower after the day's work (if available) is significant was responded Yes by 89 (89%) of the respondents while 11(11%) responded No.

With the response drawn from this question, it can therefore be concluded that hygiene education have tremendous impact domestically on the basic school pupils in Ilorin metropolis.

Research Question 3: ***Can the pupils in basic schools make proper use of school hygiene facilities?***

In order to answer this research question, responses of the basic school pupils to items on the questionnaire that addressed proper use of school hygiene facilities were collated: The output of the analysis reveals thus:

Table 3: frequency and percentage table revealing the pupils in basic schools making proper use of school hygiene facilities;

S/N	ITEMS	N	YES		NO	
			F	%	F	%
1.	Do you use your school wash hand basin expectedly	100	62	62.0	38	38.0
2.	Can you use the school toilet withouth your teacher/caregivers' help	100	89	89.0	11	11.0

Source: Field work survey 2016

It can be seen from the table above that the basic school pupils use hygiene facilities properly.

This assertion was justified by the response of the pupils to the questions asked: Do you use your school wash hand basin expectedly? On this note, 62 (62%) of the respondents responded Yes while 38 (38%) responded No. Also, 89 (89%) of the respondents agreed to the assertion whether pupils can use the school toilet without teachers/caregivers' help while 11 (11%) answered No. It can therefore, be deduced that basic school pupils in Ilorin metropolis use hygiene facilities properly and efficiently.

Hypotheses Testing

Three research hypotheses were postulated in the course of this study, and they were tested using the independent t-test at 0.05 alpha level.

H_{01}: *There is no significant difference in the awareness level of hygiene education based on gender of the basic school pupils in Ilorin metropolis- Kwara state.*

In order to test this hypothesis 1, primary school pupils' responses to items that addressed the impact of hygiene education were collated. The output of the analysis reveals thus:

Table 4: Summary Table of independent t-test Analysis of gender and impact on hygiene education

Variable	N	X	SD	DF	Cal. value	P. value	Decision
Male	37	3.92	0.547				
				98	1.110	0.270	Accept
Female	63	3.97	0.544				

Source: Field work survey 2016

Table 4 shows that the p. value of 0.270 is greater than the significance level of 0.05, thus, the null hypothesis H_{01} is accepted which states that, there is no significant difference in the impact of hygiene education on basic school pupils based on gender.

H_{02}: *There is no significant difference in the awareness level of hygiene education based on school type in Ilorin metropolis- Kwara state.*

In order to test this hypothesis 2, primary school pupils' responses to items that addressed the impact of hygiene education were collated. The output of the analysis reveals thus:

Table 5: Summary Table of independent t-test Analysis of school type and awareness level on hygiene education

Variable	N	X	SD	DF	Cal. value	P. value	Decision
Public	50	3.84	0.618				
			98	0.58	0.954	Accepted	
Private	50	3.84	0.468				

Source: Field work survey 2016

Table 5 shows that the p. value of 0.954 is greater than the significance level of 0.05, thus, the null hypothesis H_{02} is accepted which states that, there is no significant

difference in the awareness level of hygiene education based on school type in Ilorin metropolis Kwara state.

Summary of Findings

Below are the summaries of findings on research questions that were stated

1. The awareness level of primary school pupils in Ilorin metropolis towards hygiene education is high.
2. Basic school pupils use the knowledge of hygiene education domestically.
3. Basic school pupils properly use the school hygiene facilities
4. There is no significant difference in the awareness level of hygiene education based on gender of the basic school pupils in Ilorin metropolis- Kwara state.
5. There is no significant difference in the awareness level of hygiene education based on school type in Ilorin metropolis-Kwara state.

Discussion

It is clear that the basic schools pupils in Ilorin South Local Government level of awareness on hygiene education is high, this was shown with 98 (98%) of the respondent, 2 (2%) out of 100 respondents has high and moderate awareness respectively, with none of the respondent having low awareness. It is also evident that hygiene education has had tremendous impact on the domestic practice of pupils. This finding corroborate with the submission of Dongre et al. (2007), that after giving an Intervention of school health programme, there was significant improvement in the personal hygiene of the students. It was also found that with the implementation of the school health education programme with the emphasis on improvement of personal hygiene, the proportion of children with clean and cut nails, clean hairs and clean clothes increased significantly this was shown by larger percentage of pupils who respond positively to questions asked on the practice of hygiene education.

Under these conditions, schools become unsafe places where diseases are transmitted (WHO, 1997). Thus, children's ability to learn may be affected by inadequate water, sanitation and hygiene conditions. This can contribute to poor health which can affect children's ability to learn and may therefore influence their educational achievements and prospects in life Cairn cross et'al (2006). A study by Hastaning et'al (1999) for example, shows that children with worm infestations have lower marks in school than non-infected children. Basically this means that children with heavy worm infestations begin at a disadvantage and have a slower start in the learning process; these children have only a few years of opportunity to benefit from a formal education. An issue of sanitation and hygiene are of critical concern to every nation as a whole and to schools as far as education is concerned.

It was also revealed that Basic school pupils properly use the school hygiene facilities. Lastly, it is shown that there is no significance difference between the level of awareness on hygiene education and gender and school type.

Conclusion

Hygiene education had immense impact on the basic school pupils in the area of its awareness and the properly use of hygiene facilities. It is on this preference that the cardinal objectives of pre-primary and primary education as stated in NPE (2013) enshrined the development of a healthy, well-nourished adequately stimulated child able to achieve its fullest potential. This assertions is hinged on the premium of providing care and support that will ensure the right of the child to; good nutrition and health, protection and participation and healthy and safe environment.

Recommendations

In view of the findings of this research work, the following recommendations were made:

1. Hygiene facilities should be provided in quantity and quality to aid the accessibility of the pupils to it.
2. The teachers should complement teaching hygiene education with instructional materials.
3. Government should provide hygiene facilities to the needed schools to promote its awareness among the learners.
4. Health habit such as toilet training right from the transitional stage of the child should be attended to by parents and caregivers.
5. Lastly, sanitary day should equally be singled out as part of the school core weekly activities while the teaching of health education should be taken seriously.
6. In ensuring a total- healthy child requires a collective efforts of both the parents and caregivers in ensuring a child friendly environment.

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