

Assess the Knowledge and Attitude of Housewives Regarding Household Waste Management in Selected Urban Area of Himachal Pradesh: A Descriptive Study

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ABSTRACT

Household waste management in urban areas is a critical issue, particularly for housewives who often play a central role in managing household chores. Housewives as key managers of household activities are essential in implementing and maintaining waste and overall waste reduction practices. Effective management by housewives can reduce the burden on municipal waste management systems, minimize environmental pollution, promote sustainability and involves the systematic handling waste materials from their generation to final disposal. Aim of the study as to improve the knowledge and attitude of housewives regarding household waste management. Quantitative approach with descriptive research designs was used. Total 100 housewives were selected for sampling by using non probability purposive sampling techniques tool. Socio – demographic variables, self-structured knowledge questionnaire, likert scale were used to collect the data from the housewives. The result showed that housewives had 77% adequate knowledge and 100% highly positive attitude. The mean and S.D of knowledge score was found to be

(16.36±4.044) and mean and S.D of attitude score was found to be (20±2.51) of housewives. There was no significance association between the knowledge and attitude with the selective demographic variables at 0.05 level of significance. The study concluded that the study was effective in improving the knowledge and highly positive attitude regarding household waste management among housewives.

KEYWORDS: Housewives, household waste management, knowledge, attitude, urban area.

1. INTRODUCTION

Household waste management in urban areas is a critical issue, particularly for housewives who often play a central role in managing household chores. Effective waste management involves the systematic handling of waste materials from their generation to final disposal. In Urban areas, where population density is high, the volume of waste generated can be substantial, posing significant environmental and health challenges.

Housewives as key managers of household activities are essential in implementing and maintaining waste and overall waste reduction

practices. Their knowledge and attitude towards waste management directly influence the practices adopted within households. Waste generated from household activities such as the cleaning, cooking, repairing emptying, and use of bags. Their roles include segregating waste at the source, promoting recycling and composting, and ensuring the proper disposal of non-recyclable waste. Effective waste management by housewives can reduce the burden on municipal waste management systems, minimize environmental pollution and promote sustainability.

In many urban areas, housewives are increasingly aware of the importance of waste segregation, where organic waste is separated from recycling like paper, plastic and metal. They also engage in composting organic waste to produce nutrient-rich soil for gardening, thus reducing the amount of waste sent to landfills.

Improper household waste management lead to negative environmental impacts and poor waste disposal practices contribute to pollution, which affects soil, water and air quality. Health risks due to improper waste management can lead to proliferation of pests and pathogens, resulting in health issues like respiratory problems, gastrointestinal problems and infections. This can have far-reaching effects on ecosystems and biodiversity. Whereas, if wastes are treated properly it can avoid the nuisance to the society as well as it can be used for varied purposes like, making fertilizers, biogas, manures etc.

The central principle of waste management is disposal, energy recovery, recycling, reuse, minimization and prevention of waste generated diseases. Himachal Pradesh government takes first step towards making state 'WASTE FREE' or 'ZEROWASTE STATE'. Himachal Pradesh was the first state in country to impose a ban on the use of plastic bags in 2003

Lifestyle changes are leading to the use of more packaging material and per capita waste generation is increasing by about 1.3 per cent per year. With the urban population growing at 2.7 per cent to 3.5 per cent per annum, the yearly increase in the overall quantity of solid waste will be more than 5 per cent. Pollution created by household waste i.e. air pollution is 69.40%, drinking water pollution and inaccessibility is 53.83%, dissatisfaction with garbage disposal is 69.45%, dirty and untidy is 64.48% and water pollution is 68.34%.

Educational initiatives and community programs often target housewives, equipping them with the knowledge and skills to manage household waste effectively. By adopting these practices, housewives contribute significantly to a cleaner, healthier urban environment and set an example for future generations to follow.

The researcher conducting a descriptive study to assess the knowledge and attitude of housewives regarding household waste management is essential for identifying current practices, challenges, and areas needing improvement. The insights gained can drive the development of targeted educational programs, policies and interventions that promote effective waste management, contributing to better public health and environmental sustainability.

2. MATERIAS & METHODS

This research study adopted quantitative descriptive design in order to accomplish its objectives. Study was conducted in the selected school of Himachal Pradesh. Written Permission was taken from Pradhan of selected urban areas, Himachal Pradesh. The study sample's written informed permission regarding their readiness to taking part in the investigation was obtained and confidentiality was maintained. The sample size was calculated by Yamane Formula and 100 housewives were enrolled by using Non probability purposive sampling technique.

The Self-Structured knowledge questionnaire and likert scale was used to gather data from the housewives. The questionnaire which had three sections, dealt with demographic profile, structured knowledge questionnaire and Likert scale regarding household waste management. The knowledge questionnaire and Likert scale had a r value calculated by using Test-retest method i.e. 0.82 and 0.80 respectively, so the tool was deemed reliable to continue with the study. The data was collected from selected urban areas of Himachal Pradesh. “Structured knowledge questionnaire and Likert scale” was administered to the gather the data. The collected data was then organised for analysis.

Data was analyzed through both descriptive and inferential statistics.

3. RESULT

Frequency and percentage distribution of demographic variables revealed that the major findings that out of 100 housewives, the majority of housewives of age (38%) belongs to the age group 25-31 years, 35% were graduated, 38% having family monthly income 5001-10000, 60% lives in joint family, 37% source of information were mass media, 96% belongs to Hindu religion, 64% lives in pucca house, and 52% having dogs at home.

Table 1.1: Frequency and percentage distribution of Knowledge score among housewives. N = 100

KNOWLEDGE SCORE LEVEL	Frequency (f)	Percentage (%)
INADEQUATE (0-10)	10	10%
MODERATE (11-20)	77	77%
ADEQUATE (21-30)	13	13%

Maximum Score=30

Minimum Score=0

Table 1.1: Showed that 10% of housewives had inadequate knowledge, 77% had moderate knowledge and 13% had adequate knowledge regarding household waste management among housewives.

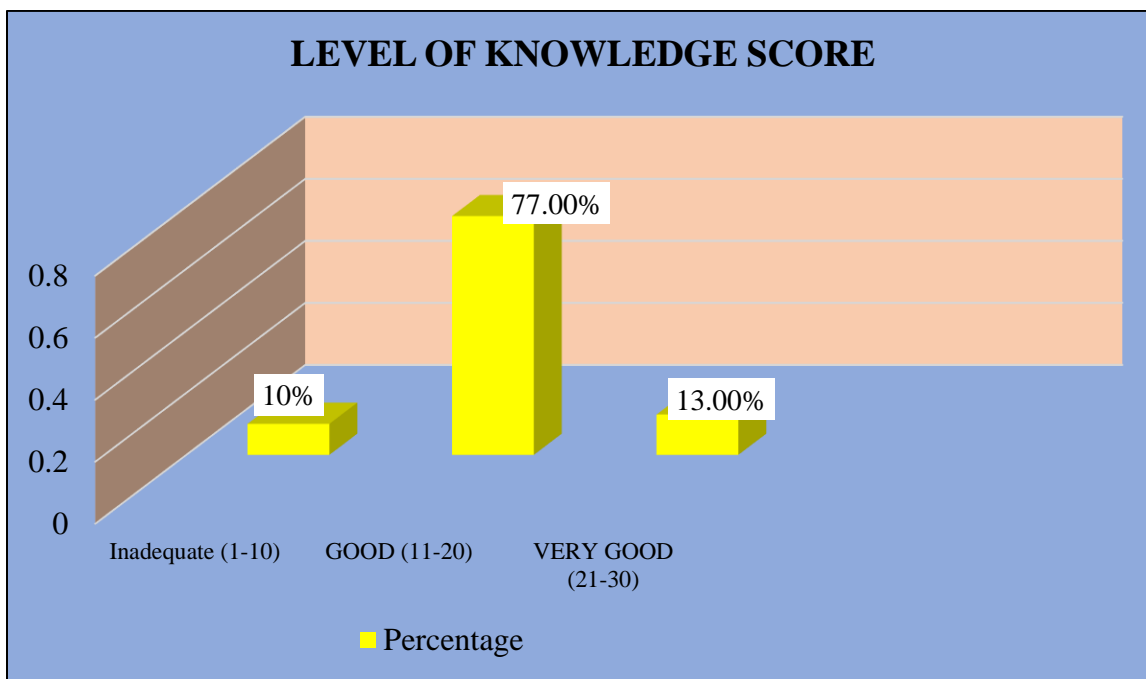


Figure 1.1: Bar diagram of knowledge distribution regarding household waste management among housewives.

Table1.2: Frequency distribution of positive attitude among housewives. N=100

POSITIVE STATEMENT						
Sr. No.	Statement	Strongly agree (5)	Agree (4)	Uncertain (3)	Disagree (2)	Strongly Disagree (1)
1	Improper removal of waste and disposal affects the environment.	67	32	0	0	1
2	Segregation of household waste should be done.	52	45	1	1	1
3	Waste disposal should be taught in school as a part of education.	59	39	0	0	2
4	Waste disposal method should be taught to the community people by the health care providers.	46	52	1	0	1
5	Improper disposal of waste causes health problems.	60	37	0	0	3

Table 1.2: Showed that 100% of housewives had positive attitude regarding household waste management.

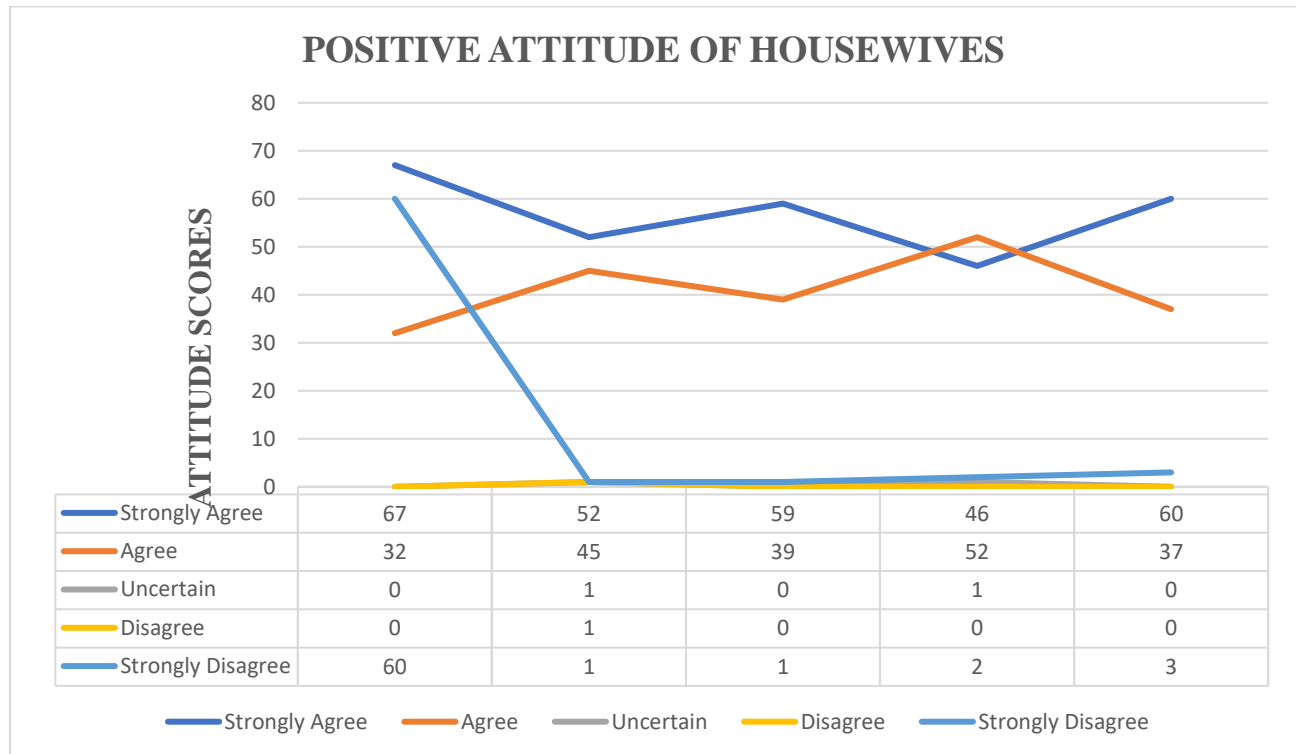


Figure 1.2 Line graph showing frequency distribution of positive attitude of housewives regarding household waste management.

Table1.3: Frequency distribution of negative attitude among housewives. N=100

NEGATIVE STATEMENT						
Sr. No.	Statement	Strongly agree (1)	Agree (2)	Uncertain (3)	Disagree (4)	Strongly Disagree (5)
1	Household waste management is not only the responsibility of housewives.	48	33	2	11	6

2	Plastic wastes and paper bags should be thrown outside the houses or streets.	7	6	0	37	50
3	Throwing waste products in dustbins will decrease pollution.	26	54	6	10	4
4	Planting trees in the surrounding doesn't help in decreasing the air pollution.	17	8	5	34	36
5	Animals shelter must be in less distance from the houses.	26	49	10	12	3

Table 1.3: Showed that 0% housewives had negative attitude regarding household waste management.

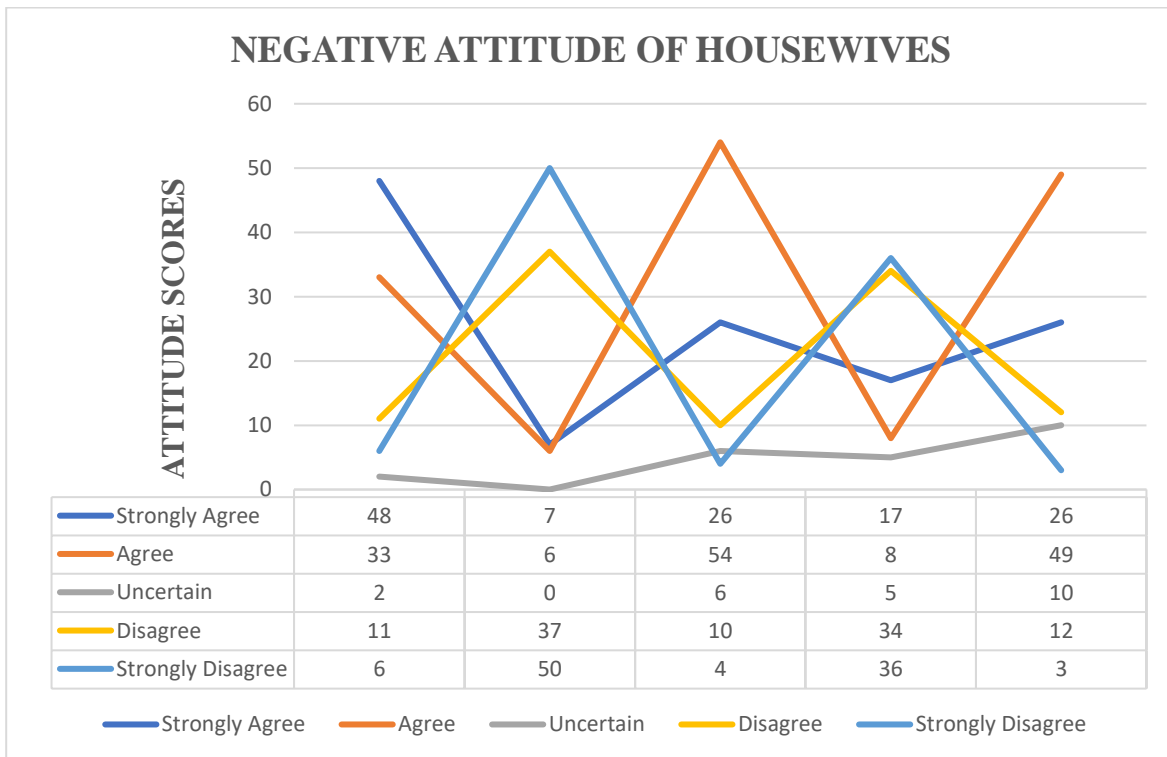


Figure 1.3 Line graph showing frequency distribution of negative attitude of housewives regarding household waste management.

Table 1.4: Descriptive statistics distribution of knowledge and attitude among housewives. N=100

Descriptive Statistics	Mean	S.D.	Median Score	Maximum	Minimum	Range
Knowledge	16.36	4.044	16.5	24	7	17
Attitude	20	2.51	6.5	50	0	50

Table 1.4: Showed that the mean and S.D of knowledge score was found to be (16.36±4.044) and mean and S.D of attitude score was found to be (20±2.51) of housewives.

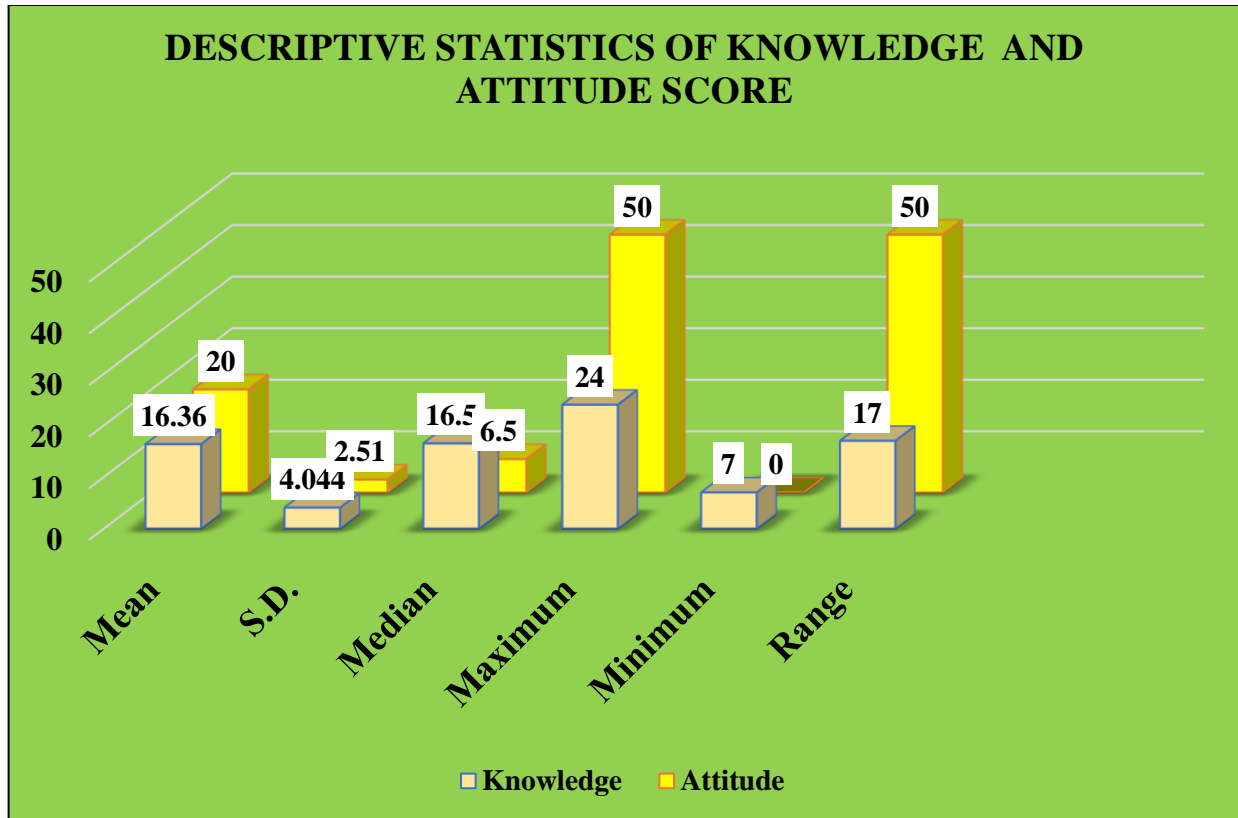


Figure 1.4: Bar diagram of Descriptive statistics distribution of knowledge and attitude among housewives.

There was no significance association between the knowledge with the selective demographic variables. The calculated chi-square values were less than the table value at the 0.05 level of significance

4. DISCUSSION

The present study intended to assess the knowledge and attitude regarding household waste management among housewives of selected urban areas, Himachal Pradesh showed that housewives had 77% adequate knowledge was supported by Chitra et.al 2023 revealed that 76% of housewives had adequate knowledge, 20% had moderate and 4% had inadequate knowledge whereas 100% highly positive attitude was supported by Parmita Deb 2021 revealed that housewives had highly positive attitude regarding household waste management. The mean and S.D of knowledge score was found to be (16.36±4.044) and mean and S.D of attitude

score was found to be (20±2.51) of housewives. There was no significance association between the knowledge and attitude with the selective demographic variables at 0.05 level of significance.

5. CONCLUSION

The following conclusion was drawn on the basis of present study “A descriptive study to assess the knowledge and attitude of housewives regarding household waste management in selected urban area of Himachal Pradesh. Therefore, the outcome of the study was that housewives had 77% adequate knowledge and 100% highly positive attitude. The mean and S.D of knowledge score was found to be (16.36±4.044) and mean and S.D of attitude score was found to be (20±2.51) of housewives. There was no significance association between the knowledge and attitude with the selective demographic

variables at 0.05 level of significance. Hence, study was effective in improving the knowledge and highly positive attitude regarding household waste management among housewives.

NURSING IMPLICATIONS:

Although in continuing nursing education program can be conducted in community regarding the importance of knowledge of household waste management. In health care setting, nurses can provide education and guidance to housewives and family members regarding household waste management so that they can utilize the knowledge in their daily professional life and manage the household waste. Nursing student can conduct community outreach programs and educate the people in community regarding the management of household waste and proper maintenance of environmental hygiene. The municipal commissioner of municipal committee can have all over supervision of the community area and educate the workers about the disposal of waste and environment hygiene. Mass media create awareness among community people about the importance of proper disposal of waste and provide information regarding the various availability and support groups in the community. Nurse can take initiative to conduct research regarding the knowledge, attitude and practices of housewives towards the household waste management in different communities. This help to give meaningful, basic information and create awareness towards household waste management and environmental hygiene.

Declaration by Author:

Ethical Approval: Written permission was taken from College of Nursing, and Pradhan

of Urban area of Himachal Pradesh. Informed consent was taken from each subject of study. Confidentiality and privacy of study subjects was taken care of housewives.

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Conflicts of Interest: There are no conflicts of interest for the authors to declare a relation to this work.

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