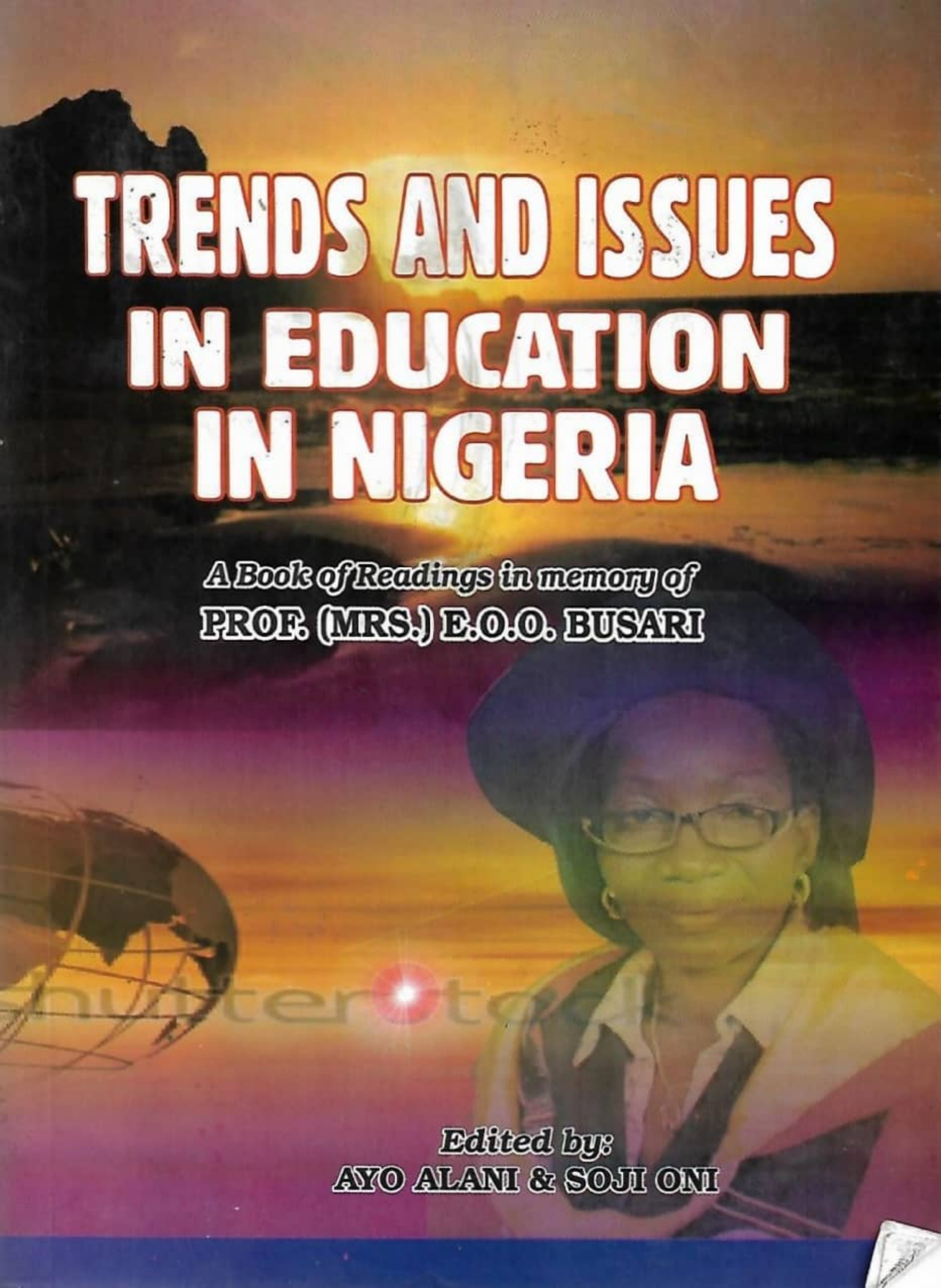


TRENDS AND ISSUES IN EDUCATION IN NIGERIA

A Book of Readings in memory of
PROF. (MRS.) E.O.O. BUSARI

Edited by:

AYO ALANI & SOJI ONI



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Preface

This book is dedicated to the memory of a hardworking and compassionate Professor who died on February 1, 2010 and in active service as elected Dean of the Faculty of Education, University of Lagos, Lagos, Nigeria. Professor (Mrs.) E. O. O. Busari spent more than twenty five years in public service before her unfortunate death. The late Professor was totally committed to teaching, research, community service and helping humanity. She was a mentor, counsellor, confidant, compassionate super-ordinate and helper to her junior colleagues in the Faculty of Education, University of Lagos. She was always ready to sacrifice her time to make people happy. She was admirable as an academic.

It is in recognition of these qualities in Professor Busari that distinguished scholars were asked to contribute chapters to this book. The papers published in this book were carefully selected, after a thorough review and editorial process, from all the articles submitted to the editors.

The book focuses on issues and trends in adult education; educational foundations; management in education; science and technology education; and human kinetics and health education. The book is meant for students in Colleges of Education, Faculties and Institutes of Education in Nigeria. It is also an invaluable material for scholars, policy makers, educational practitioners and the reading public who are interested in issues pertaining to Education in Nigeria.

We appreciate the efforts of the scholars whose papers appear in this book for their positive response to our call for papers. Our gratitude also goes to all those who supported this effort with words of encouragement. We also commend the late Professor for her contributions to our career and professional advancement. Our prayer is that God almighty will grant her eternal rest, protect her children and comfort the members of her family and her friends.

Finally, all correspondence regarding any of the chapters in this book should be directed to the author(s). The opinions expressed in the chapters are those of the authors. Therefore, the editors accept no responsibility for them.

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Chapter 38

Appraisal of Water Utilization on Healthful Living among Selected Secondary School Students in Lagos Metropolis, Lagos, Nigeria

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Introduction

The primary mission of schools is to educate students; they also exercise a powerful role in shaping the health and well-being of young people. Schools not only have opportunity to teach and reinforce important health messages but they also have the responsibility of keeping students and staff safe and healthy before, during and after school hours. As more students enter school with physical or mental health problems, the role of the school health services becomes an important aspect of a student overall health plan (American Academy of pediatrics, 2008). Many studies in the past showed that communities, with proper water supply, good hygiene and environmental sanitation enjoy improved optimum health. World Health Organization (2005) reports that more than 1.1. Billion people across the globe draw their water from unsafe sources, causing spread diseases like diarrhea, cholera, dysentery, ringworm, scabies, guinea worm, schistosomiasis, typhoid and para-typhoid fevers, malaria, river blindness and hepatitis etc. Out of this, around 80% are from the rural Areas.

As a result of inadequate water supply infrastructure, over 42% of Nigerian population lacks access to improved water supply sources. As the Government and donor communities work to improve this situation, genuine steps are critical to addressing the point of use dangers associated with the ingestion of contaminated water. Diarrhea diseases alone are responsible for 27% of

all students' morbidity and 24% of all students' mortality in Nigeria (WHO, 2007). A healthful school living is one which promotes and maintain the health and safety of the school populace which includes the learners, administrators, teachers, custodians and maintenance staff, school counselors, school nurses, nutrition service workers and others that have one thing or the other to do in the school or school surrounding. Healthful school living is the dependent variable attaining the overall goals of the school health programme because it has direct implication for all areas of school health. It attends to the physical and aesthetic surroundings, psychosocial climate and culture of the school community (National School Health Policy, 2006). A healthful school living is characterized by good interpersonal relationship that exists among the entire members of the school community. It involves students to students, and students to teachers' relationship between the teaching and non-teaching members of the school that promote harmonious existence among the school population. Society for Family Health (2002), schools are widely recognized as a key setting for health promotion. They are uniquely positioned to influence several of the key determinants of child's health and adolescents development. Some of these determinants include: accessibility to health and social services, education, individual capacity and coping skills, personal health practices, social and physical environments and social support.

The following health requirements are needed for promotion of good healthful Living in schools.

- Food supply
- Waste dump
- Hygienic - person and environment
- Lighting
- Classroom seating
- Safety measures in school
- Classroom structures
- Administration
- Adequate and clean water supply

It has been noted over the years, that there is under utilization of water among secondary school students which affects learning performance. As a result of

this, the researchers assessed the accessibility and adequate utilization of water in the school environment by secondary school students as a means of improving healthful school living vis-à-vis their educational pursuit.

Concept of Water

Water is the most abundant substance in the body. It is required for a variety of metabolic processes and provides the environment in which most of them take place. Water also transports substances from place to place within the organism and is important in the process of regulating body temperature. Neil (2006) defined water as an essential commodity to every living and non living thing in our environment for its survival and sustenance. He continued that water is a common chemical substance that is essential for the survival of all known forms of life. Kulshreshtha, (1998) water covers 71% of the earth's surface i.e., on earth it is found mostly in oceans and other large water bodies, with 1.6% of water below ground in aquifers and 0.001% in the air as vapour, clouds (formed as solid and liquid water particles suspend in air) and precipitation.

Water Utilization

Bail (2007), water could also play a major role in improving life, if properly used to meet its demands. He further said that, there are four main general ways water can be used which is derived from the rivers and reservoirs.

- ❖ **Drinking purpose:** Water is taken from the rivers and reservoirs and pumped to a water supply works where it is treated and cleaned so that it is suitable for drinking. In this process water is then pumped into people's homes, schools and hospitals by pipes which are used to meet their demands.
- ❖ **Domestic Utilization:** Water is used for cooking, washing clothes, in dishwashers, shower, for washing cars, in baths, in house pipes, for central heating and other activities in schools. Water is taken from taps and when it is used, goes down the drains. The waste water finds its way to a wastewater treatment work where it is treated before being discharged back into the river for recycle.

- ❖ **Industrial factories utilization:** Takes water directly from the river or reservoir. Water is used for many different things such as cooking, driving machinery and to generate electricity in a hydro-electric power station.
- ❖ **Agricultural Use:** Farmers take water directly from the river or reservoir to water their crops, irrigation channels carry water from the river to the farmers crops and something, farmers use pumps or machinery to get water from the river (Kent, 2004).

Water utilization as a lifestyle

Beginning of children/students health movement on many of the activities concerned the physical welfare of children health as a result of water use which he wrote extensively on the subjects of school hygiene. Ademola (2000) ascertains that some years ago, there was an outbreak of cholera in the schools and in the city of Ajegunle, Lagos where several people including children died of cholera and several were hospitalized. It is necessary to start teaching children/pupils the general principles and adequate utilization of water from primary school to junior and senior secondary schools and of course in the tertiary institutions about the importance of water for global use, industry purpose and how it can be of great value in all learning activities which will promote a conducive learning atmosphere. An average Nigerian children undergo early morning duties before thinking of preparing for school because the child will be asked to fetch water before going to school.

Sources of Water to Mankind

In the opinion of Clench (2001), our human bodies are like plants, therefore, just as condition of drought or lack of water makes plants to wilt, so does the human body also "wilt" when their owners do not have adequate daily intake of plain water or have the habit of taking too much of diuretic substance such as soft drink, tea, coffee and alcohol etc.

The collective mass of water found under and over the surface of a planet is called the hydrosphere which are categorized into:

- Oceans
- Glaciers, ice caps and ice sheets
- Bore holes

- Spring
- Well
- Rain
- Ground water
- Fresh water in lakes, island sea and river
- Atmospheric water vapor at any given times.

Groundwater and fresh water are the most useful or potentially useful source of water to mankind. This natural source is becoming scarce in certain places and its availability is major social and economic concern.

Methods and Materials

Lagos is the smallest state but the most populous city being a Metropolitan and Cosmopolitan state in Nigeria with more than 15 million inhabitants following 2006 Population Census Commission. There are six education districts under the control of ministry of education. Both male and female secondary school students in Mainland Local Government Area of Lagos state, Nigeria formed the population of the study. Population used comprised of students from the five selected secondary schools. From the sample, J.S.S. I - III students were 51.5% while 48% were S.S.S1-111. About sex, 39.5% were male and 60% were female from the total number of respondents which was two hundred (200) as sample size. The descriptive research design was used to collect data from the subjects in line with the assertion of Ogunleye (2000), that descriptive research survey method is primarily concerned about the development of valid explanatory data that can serve as a basis for further research activities. Simple random sampling technique was employed to select the respondents with a sample size of two hundred (200) from the five selected secondary schools in Mainland Local Government Area of Lagos State. Research instrument used was a self-developed questionnaire. Thomas and Nelson (2001), the main justification for using questionnaire is the need to obtain responses from a large number of people, it is a less expensive way to gather information in a survey study.

Procedures

The researcher elicited the desired information regarding the issues of water utilization, on healthful school living among secondary school students in

Lagos metropolis. Four points were allotted to subjects responses according to their view i.e. Strongly agree 4, Agree 3, Disagree 2, Strongly disagree 1. Five research assistants were used in administering and retrieving the questionnaire on the spot. This was done after the approval had been taken from both the school authorities and the respondents.

Data Analysis

Hypothesis testing

Hypothesis one: Water supply in Mainland Local Government Area of Lagos State will not be significantly used for safe drinking among students.

Calculated	Tabulated X^2	Degree of Freedom (df)	Level of significance
Chi-square value X^2_c	Value X^2_t	(df)	0.05
61.85	16.91	9	Sig.

X^2_c Value = 61.85 > X^2_t 16.91 value at df 9 at 0.05 level of significance, thus hypothesis.

The above table reveals that the calculated Chi-square value of 61.85 is greater than the tabulated Chi-square value of 16.91, given 9 degree of freedom, at 0.05 level of significance, hence the hypothesis is "rejected." This means that water supply for drinking among secondary school students in Mainland Local Government Area of Lagos State is safe for drinking. This was corroborated with the assertion of Kevin (2008) which opined that consumption of water has led to better well being of the health of villagers. In terms of social value, pride in having safe drinking water facility, raises the esteem of the villagers.

This implies that water supply is Mainland Local Government Area safe for drinking among secondary school students.

Hypothesis two: Water supply will not be significantly used for cleaning purposes among students

Calculated	Tabulated X^2	Degree of Freedom (df)	Level of Significance
Chi-square value X^2_c	Value X^2_t	(df)	0.05
74.27	16.91	9	Sig.

X^2_c Value = 74.27 > X^2_t 16.91 value at df 9 at 0.05 level of significance, thus hypothesis.

Table showed that the calculated X^2 value of 74.27 is higher than 16.91 tabulated X^2 value, given 9 degree freedom at 0.05 level of significance, hence the hypothesis is rejected. This means that there is a significant use of water supply for cleaning purposes among secondary school students in Mainland Local Government Area of Lagos State. This is in line with the opinion of Bail (2007), that water could also play a major role in improving life, if properly used or utilized to meet it demands. He also said that there are four main general ways water can be used which is derived from the rivers and reservoirs. Drinking purpose, Domestic utilization, Industrial factories utilization and Agricultural use.

Hypothesis three: There will be no significant utilization of water for beautification of flowering plants and agricultural purpose among secondary school students in Mainland Local Government Area of Lagos State.

Total	426		278		58		39		800
Calculated		Tabulated X^2		Degree of Freedom (df)		Level of significance			
Chi-square value X^2_c		Value X^2_t		(df)		0.05			
35.80		16.91		9		Sig.			

X^2_c Value = 35.80 > X^2_t 16.91 value at df 9 at 0.05 level of significance, thus hypothesis.

The above table revealed that X^2 revealed that the of 35.80 is greater than X^2 tabulated value of 16.91, given 9 at 0.05 level of significance, hence the hypothesis is rejected.” This means that, there is a significant utilization of water for beautification of flowering plants and agricultural purpose in Mainland Local Government Area of Lagos State among Secondary School Students. In support of Kent (2004), farmer take water directly from the river or reservoir to water their crops irrigation channels carry water from the river to the farmers crops and something, farmers used pumps or machinery to get water from the river.

Hypothesis four: There will not be significant utilization of water for academic purposes in Secondary Schools in Mainland Local Government Area of Lagos State.

Calculated	Tabulated X^2	Degree of Freedom (df)	Level of Significance
Chi-square value X^2_c	Value X^2_t	(df)	0.05
19.67	16.91	9	Sig.

X^2_c Value = 19.67 > X^2_t 16.91 value at df 9 at 0.05 level of significance, thus hypothesis.

Table above showed that the calculated X^2 value of 19.67 is higher than the tabulated X^2 value of 16.91, given 9 at 0.05 level of significance. hence the hypothesis is rejected. This means that there is a significant utilization of water for academic purposes among Secondary Schools in Mainland Local Government Area of Lagos State.

Discussion of Findings

- The study reveals that students over the year fall sick as a result of some killing diseases like diarrhea, cholera, guinea worm, malaria, ring worm, scabies, river blindness, schistosomiasis, typhoid and para-typhoid.
- There was no provision for any means of water to aid or function in their different areas in school premises which are; the school toilets, good drinking water, cleanliness of the classrooms, beautification of school surroundings.
- Water fountain project work by the students, to water flowering plants/ agricultural purpose, clean the school environment, and the importance of water to their health as day to day lifestyle in drinking clean water to also cultivate a healthful lifestyle through hygienic methods, to always wash their hands at any period because of germs that cannot be seen with the human eyes.

- Water has psychological ways of improving students academically and reducing stress among secondary school students through proper water utilization.

Conclusion and Recommendations

Based on the findings of this empirical study, the following recommendations were made

- Lagos State Government should assist schools in the supply of clean water for safe drinking and other useful purposes, as well as to teach each practical class in Home Economics, Chemistry laboratory practical and Agricultural Science.
- Communities should also assist in the provision of different means of getting water in secondary schools for cleaning purposes, to aid healthful school environments. For example, taps, wells, bore holes and the. Government should make it mandatory that treated water should be supplied to all secondary schools in Mainland Local Government Area of Lagos State.
- Regular enlightenment programme by the school authorities should be given to students on the use of water in beautifying their environment.
- Learning is also affective when recreational games like swimming and visiting other state's tourism center, hence, treated water should be provided for students and it should be placed in front of the classroom for easy access.
- Government should endeavour to orientate the students and the society at large that effective use of water to clean the environment, as well as for academic and agricultural purposes prevents the spread of communicable disease.

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