

PERCEIVED EFFECT OF CLEANLINESS ON SOCIAL ADJUSTMENT OF THE STUDENTS AT SECONDARY SCHOOL LEVEL IN DISTRICT BANNU

Abdul Basit Khan*, Dr. Muhammad Ayaz**, Dr. Gulap Shahzada***

ABSTRACT

The main focus of this article is about that students can get a better social adjustment in society due to cleanliness, because cleanliness is half of the faith. The study was descriptive in nature. All the 8073 male government secondary schools' students of district Bannu was the population of the study. The sample was taken according to John Curry (1984) formula Rule of Thumb. Stratified random sampling technique was used. Data was collected with the help of self-made questionnaire. Researcher tested validity and reliability of questionnaire. After reliability 30 items were remain. Descriptive statistic (frequency and percentage) were used to identify cleanliness at secondary school level and inferential statistic (regression) was used to know the perceived effect of cleanliness on social adjustment of the students at secondary school level in district Bannu.

Keywords: Cleanliness, Social Adjustment, Community, Secondary School

*M. Phil Scholar Email: abdulba30@gmail.com

Institute of Education and Research, University of Science and Technology,
Bannu, Khyber Pakhtunkhwa, Pakistan.

**Assistant Professor, Email: drayaz786@gmail.com

Department of Education, University of Lakki Marwat

***Assistant Professor: Email: gulap-786@gmail.com

Institute of Education and Research, University of Science and Technology,
Bannu, Khyber Pakhtunkhwa, Pakistan.

INTRODUCTION

Al-Sandi, (2017) write about the hadith number 432 of Muslim Sharif that our Holy Prophet (Peace be Upon Him) said about cleanliness that‘

الطهور نصف الايمان

“Cleanliness is half of faith”.

It means that Islam has been given a very lot of importance to cleanliness. In Islam we cannot pray until we completely clean our clothes, place and body from all types of dirt. So, we should to give this importance to cleanliness in our education system. Teacher should to check the cleanliness of children. They should to check their clothes, nails, hairs, ears and shoes. They should to aware the students about harmful effect of dirtiness as when the students were clean, there will be no illness in them. According to doctors the well-known disease typhoid cause by the dirtiness of water and food, so the teachers should to inform students about the negative effect of infected food and water. It is necessary to tell them (students) regarding the method of purification of water and to eat fresh food. Due to all this importance, the almighty Allah with the help of our Holy Prophet Muhammad (peace be upon him) informed us about cleanliness and due cleanliness we can be socially adjusted in all walks of life because healthy mind is in healthy body and healthy body becomes due to cleanliness.

According to Classic Notes, (2006) that Islam is a complete procedure of life. It is a natural religion that is why that the big part of it respects are natural and according to willies of human. Cleanliness is one of the important things with respect to the ways of beauty and civilization. The meaning of cleanliness is to “lustrate” or “clear”. In the Holy Quran the Almighty Allah informed all people particularly the Muslims about the whole system of life. About cleanliness He says in the Holy Quran that:

وثيابك فطهرو والرجز فاهجر (سورة المدثر)

“Keep your clothes clean and keep away yourself from dirt”. Like this our Holy prophet says that;

الطهور شرط الايمان

“Cleanliness is the part of faith”.

Any cult or devotion cannot be acceptable until the external cleanliness not becomes according to the rules of Islamic shariah. The methods which are selected by the chaste shariah is not meant to give harm to anyone but there are benefits in them. So, some well-known benefits are; the ablution before every prayer give mental and physical relaxation to human. The body of human becomes clean and tidy. A tired man feels easy when he takes bath. Cleanliness save our body from diseases, with the help of ablution and bathing we get external purification as well as spiritual chastity. Entrust rise in work and devotion due to cleanliness, Allah like the devotions when we are fully clean, the stamina increase. Parts of body like mouth, nose, hands feet will be shining and marvelous on the day of gagmen and the Holy prophet (Pease be Upon Him) will know his Umma with the help of shining parts.

Jaffrey & Bigger, (2008) described the day to day bad effect of dirt and concluded that dirty students often ill and cannot achieve properly the instructions and knowledge which are given to them. Dirty students interrupt classroom discipline at lower level while at higher level smoker break the attention of learners in teaching learning process. As these building dirty highly disturb the students' outcomes. Frorer, (2007) suggested about cleanliness in school policy and described the aspects which should be check daily or weekly, in school assembly or in class. In these suggestions he described that teachers should to check the cleanliness of clothes, hairs, nails, hands, shoes. Due to doing these, we can train the students and can produce healthy manners in life due

which they can easily be adjusted in the surrounding community. They can get a better position in the society, because the well outlooks and good health are impressible. Health is wealth because healthy person can make a society better and can promote better ways of life. Simpson, (2000) and James, (1993) described that there should be physical training for the students due to which they adopt and take care of cleanliness as in the drill period we can divide the period in short intervals and in every interval some students will clean the board with rising one hand and then the second hand.

Ouma et al, (2013) rated that there are ten items which are most necessary for the discipline of students in school. They are students-students relations, obedience, cleanliness, politeness, dress neatness, careful in exercise, writing clarity, classroom silence, home assignment at time and teachers-students' relations. Farther they described that those students who were poor in these characteristics of academic discipline were got very low position in society. Here this research also described that with the other aspects of discipline cleanliness was also in lack position in them. Boone & Germa, (2007) clear the above point which is the effect of cleanliness on students' performance. They concluded that increase in dirtiness especially in classrooms increase the infections in students' such as throat problem, eye etc. They suggested that maintain proper cleanliness in schools lead to positive change in students' self-discipline and performance which in turn lead to the desirable adjustment of learners in the society. Classic Notes, (2006) wrote that a man feel himself easy physically and mentally with the help of ablution and bathing while mental relaxation is the building block of social adjustment.

Higashiyama, et al, (2011), Hostetler, et al, (2011), Nandup, (2010), Zang, et al, (2011) and Schulte, (2012) stated the promotion of strong rules, guidelines and instructions for cleanliness particularly the cleaning of remaining

food particles' and dirt because they discovered diseases which are spread due to dirt's collections including bacteria were controlled. They farther described diseases like building syndrome caused by the lack of fresh air in big offices. Causing problem in breath, bring headache and make eyes painful. These can be control by the utilization of doors, windows and exhausts fans and daily cleaning of flats and flours. Manglori, (2006) writes that all types of pollutions should be control because all types of pollution i.e. Air Pollution, Water Pollution, Noise Pollution and Land Pollution effect the human body then mind which in turn effects the social adjustment. There should a proper management of kitchen, generator, water tanks and sanitation to control all above types of pollutions.

CDC, (2012) reported that classrooms of schools, canteen and other concerned areas should be clean to save the school environment from dirtiness and transmission of diseases agent like mosquitoes, flies and wasp etc. likewise restrooms of schools must be very clean and protected against pollutants because such kind of environment ensure healthy students in the schools as well as in the classroom. Teachers will also not be affected and can be regular for their duties. In addition to these, it is very necessary to reduce the chances of such pathogens which are responsible or become the cause of illness at schools. Boone, and Germa, (2007) investigated that to minimize upper respiratory symptoms, it must be increase the struggle of cleanliness of tables, chairs and floors etc. Walinder, et al., (1999) described that hose pollution which are spread through air must be control to protect the environment from infections of dangerous diseases. Such as there should be a proper arrangement of cleanliness at schools' level.

RESEARCH METHODOLOGY

The following steps were taken to complete the study.

Design

Survey design was used because the study was descriptive in nature.

Population and Sampling

All the 8073-government secondary school level students of district Bannu was the population of the study. Respondents were selected Five Hundred as a sample of the study which were divide in strata as shown in table No. (1).

Table 1: Respondents in the form of sample

Total Respondents	Regions	Division of data	Secondary Schools	Data Division
	Rural	250	G.H.S. Ajmal Khan Bar Lashti Dawood Shah Bannu	83
			G.H.S. Gangee Dawood	83
			G.H.S. Kakki	84
	Urban	250	G.H.S. No. 1 Bannu	62
			G.H.S. No. 2 Bannu	62
			G.H.S. No. 3 Bannu	62
			G.H.S. No. 4 Bannu	64

For the limitation of sample John Curry (1984) formula was used.

Analysis of Data

For the purpose to analyze the data, Statistical Package for the Social Science (SPSS) version 16 was used. For the investigation of cleanliness, descriptive statistic (percentage and frequency) was used while inferential statistic was used to conclude result about the impact of cleanliness on students' social adjustment.

Measurement Scale

Five Point Likert Scale was used for the measurement of responses level, containing versions "Strongly Agree", "Agree", "Undecided", "Disagree", and "Strongly Disagree" having values of 5, 4, 3, 2, and 1 respectively.

Pilot study

To verify that the statements in questionnaire are suitable for the selected study, researcher drafted it initially to 10 experts i.e. two linguists, one

psychologist, five educationist and two statistics. According to their useful suggestions the researcher modify another copy of this questionnaire containing 41items. The researcher delivered it to 8th, 9th and 10th class students in which 25 were rural and 25 were urban. To know the reliability of the tool the collected data was inter into SPSS and apply Cronbach Alpha. The questions whose item total correlation was more than .25 were leaved and that were draped which have less or equal values to .25. 11 statements were excluded and 30 items were remained. The total Cronbach alpha for the whole measurement tool was .834.

RESULT AND DISCUSSION

The researcher analyzed the data with the help of statistical procedure regression as shown under.

Table 2: Students’ Social Adjustment Due to Cleanliness

Dependent variable	Predictor	P	β	F	df	R	R²	Sig
Social adjustment	Cleanliness	.000a	.958	5551.70	1 498	.958a	.918	.00

Table 2 denoted improvement in students’ social adjustment due to care of cleanliness which is the result of linear regression, as beta score (.958) of 4th column is significant at .000^a level of significance represented by P in the 3rd column. At the significance level of 8th column (.000), F-value has been found significant which the 5th column of the table is. The 6th column denoted by (df) have two values 1, 498. The former value (1) point toward the amount of predictor variables while the 498 show the total amount of respondents according to the equation N-K-1 (number of respondents – number of independent variables – 1) which is as {(500-1-1)} =498. R² (.918) is variance while multiple R (.958^a) is the correlation value between predictor and dependent variable and R² (.918) is the actual square of multiple R (.958^a)². All these points indicate that cleanliness improve the social adjustment because all the above values are significance according to their levels.

Table 3: Views Regarding Taking Care of Cleanliness.

Statement	Descriptive statistic	SA	A	UD	DA	SDA	Total
I take care of cleanliness.	frequency	118	262	11	61	48	500
	percentage	25	52	2	12	9	100

Table (3) as well as figure (1) represents that total respondent are 500(100%) in which (118) (25%) are strongly disagree, (262) (52%) are disagree, (11) (2%) are undecided, (61) (12%) are agree and (84) (9%) are strongly agree about that better social adjustment is in the better awareness regarding cleanliness.

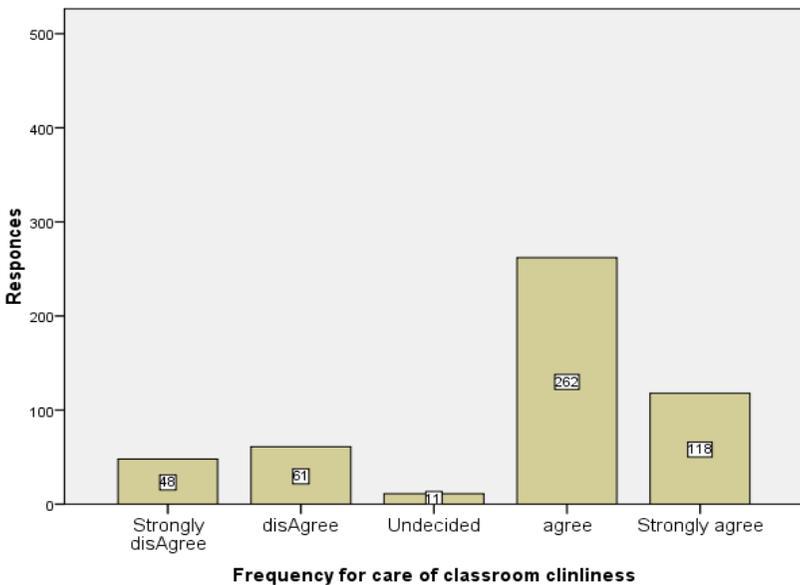


Figure 1: views about care of classroom cleanliness.

CONCLUSION

Majority of students were agreed with taking care of cleanliness as table (3) and figure (1) represent and they were observed with good health and were socially adjusted in the community at secondary school level in district Bannu which is shown by the table number (2) which clearly described that the students were socially adjusted due to taking care of cleanliness.

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