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HEALTH IMPLICATION OF STUDENT HOUSING IN NIGERIA TERTIARY INSTITUTIONS: A STUDY OF KADUNA STATE COLLEGE OF EDUCATION GIDAN WAYA.

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ABSTRACT

The student housing has been a major area of concern with increasing student population as a result of increasing interest in the higher institutions of learning over the years. The rise in population which has led to various problematic conditions of student housing which range from inadequate infrastructure facilities to overcrowding and poor sanitary conditions thus leading to severe health problems amongst students residing in hostels, has indeed met with renewed interest in sourcing and researching the best practicable approach towards the enablement and efficient, conducive academic driven environment. This research paper examines the effects of student housing condition on students' health in Kaduna State College of Education. Purposive sampling method was used as only students residing in the college's hostels were sampled. A total number of 358 well structured questionnaires were administered in the entire student hostels and oral interview held with staff of the student affairs division as well as staff of the college clinic and data collected were presented through the use of tables and graphs. The study revealed that there are diseases amongst students residing in the hostels caused and spread by the poor state and condition of available

student housing facilities, the inadequacy of the existing facilities which has created high occupancy ratio has invariably led to over utilization of the available resources putting the facilities in deplorable conditions.

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INTRODUCTION

Students are the main target for the establishment of any tertiary institution. Round the world most of the tertiary institutions provide some kind of student hostels in the forms of residential halls, apartments, dormitories, and so on for their students. It is expected of every tertiary institution, to house not only the academic activities but the students the seeking knowledge in various fields of endeavour; hence student's accommodation becomes essential. Alaka (2007) sees student's accommodation beyond mere proposal for development, to embrace the physical structure offering bundles of services either as a facility from which the social, psychological and physiological activities are attained, or one developed strictly for leisure, as an affordable and safe accommodation. As a facility, the design and housing style should address especially the internal space needs, highly needed by the residing students. Jinadu (2001) identifies the psychological, physiological, facility and security requirements as four important qualitative needs that measures the adequacy and habitability of the student housing. Bach (2001) also embraces other measures like healthy, safe and sanitary shelter provision as necessary to harness students educational cultural and recreational needs.

Although students accommodation is considered necessary in controlling students moral discipline and plays a vital role in increasing students academic performance, but it remain a exigent venture for institutions to manage. Like many other tertiary institutions in the world, tertiary institutions in Nigeria are facing problems in providing comfortable and affordable accommodation to their ever increasing students' population. In the recent years, tertiary institutions are facing real cuts in the level of public funding. Thus, the level of flexible funding that could be allocated to major infrastructure projects such as accommodation was reduced. In other hand, the demand for high quality education is fast growing in a crowded education market. Nigeria has the biggest tertiary education system in Sub-Saharan Africa with well over 300 accredited tertiary institutions. More than 50% of these tertiary institutions have large student population. The tertiary institutions have continues to experience a tremendous rise in student enrolments over the past decades, the surge in students has not been matched by a corresponding growth in student accommodation. Figures from the National Universities Commission (NUC), National Board for Technical Education (NBTE) and the National

Commission for Colleges of Education (NCCE) have shown that, the provision of student housing is less than 30% of the demand for student housing. The vast majority of students live in privately rented accommodation. While the Federal Tertiary Institutions have failed to keep pace with student housing needs, most of the state tertiary institutions have not even tried. This may not be unconnected with the fact that, at the inception, state-established tertiary institutions have relegated the idea of student housing to the background due to high maintenance cost. It may be assumed that, the state governments concerned with the enormous budget that would be required in the provision of student housing, could be better utilized in providing academic facilities. However, this claim will be at the expense of both the students and government, because the overall objective of training students in both character and learning will be compromised

It is an indisputable fact that only healthy student will be able to receive the type of training these tertiary institutions want to instill, but the state of facilities and condition of student housing in these institutions of higher learning does not provide healthy living for students.

From the above scenario, it is the aim of this paper to study the effects of student housing on the health of the students.

AIM AND OBJECTIVES

The aim of this study is to assess the health implication of student housing in Kaduna State College of Education, Gidan-Waya.

To achieve this aim the following objectives are to:

- i) Assess the physical environment and infrastructural characteristics of students housing;
- ii) Identify the health problems emanating from student housing in Kaduna State College of Education;
- iii) Make recommendations in solving the health problems identified as a result of student housing in Kaduna State College of Education.

STUDY AREA

The study site (Gidan waya) is situated in Jema'a Local Government Area of Kaduna State. Kaduna State College of Education was formally opened in 1977. The idea behind it was to provide innovative educational programmes of high standard that is relevant to the state and national development. Kaduna State College of Education was located in Kafanchan at its inception and was moved to its permanent site (Gidan Waya) where the institution is presently located in 1996.

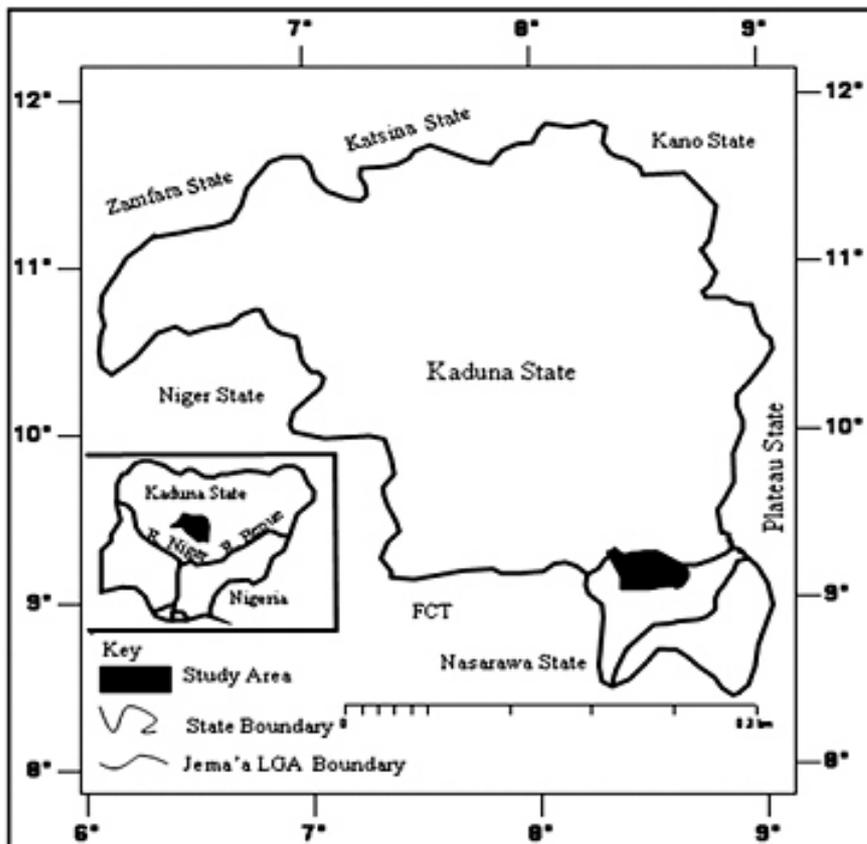


Figure 1 Map of Kaduna State showing Jema'a Local Government Area where Kaduna State College of Education is Situated.

Source: Department of Geography and Planning, University of Jos

Hostels in Schools – The Underlying Principle

Those who have lived in hostels provided by schools will confirm to the usefulness of the facility for students. Some of the benefits of hostel accommodation include but are not limited to the following:

- i. Facilitating Reading/Learning – at any level of education (primary, secondary or tertiary), staying in the hall of residence or hostel does enhance the desire to read. There are fewer distractions, there can be

control (as in forced ‘prep’ classes in secondary schools), and the activities of studious colleagues can force less serious ones to read. It is also easier to relate with colleagues who are close by or teachers where a student has a difficulty on a subject matter. Akpan has showed quantitatively that a more optimal policy option in funding education is increased student income support (as in bursary payments) going along with improved facilities if academic performance is to be enhanced.

According to him, the time that students are willing to put into studies depends on the level of income support, expected income gains upon employment (psychic income), as well as on the level of development of the study environment, which includes the library, laboratory, classrooms, hostel facilities, recreational and health facilities among other things.

ii. Co-curricular Activities – students in hostels have a greater opportunity of participating in sports, games, club, and social activities that are expected to make them more rounded individuals and citizens than those living off-campus who may find themselves forced into domestic activities once they are at home.

iii. Security – Students are indeed more secure on campus than off-campus in spite of the menace of cult activities in tertiary institutions in Nigeria. This is because institutions maintain security personnel on campus and do monitor the

MATERIALS AND METHOD

activities of students. Some private Universities are known to lock their gates early and to insist on students obtaining exit permits before they travel home.

iv. Moral Training – persons from tertiary institutions are graduated based on satisfactory performance ‘in character and in learning’. Moral training includes individual behaviour in group situations as in hostels. All institutions have Codes of Conduct that guide and regulate student behaviour in hostels.

v. National Integration – it is one of the desires of the Federal Government of Nigeria to use education as a means of attaining national integration. This is stated in the National Policy on Education (FRN, 1998

vi. Private Relationships – private relations in hostel rooms could blossom into live time positive relationships that would be beneficial to both parties.

Table 1

Name of Hostel	Sex of occupants	No of Rooms	No of person/Room	Total No of Students in Hostel	Number of Students Sampled	% of students Sampled
Samuel Audu	Male	86	8	688	138	20
Pamela	Male	40	8	320	64	20
Samuel Audu*	Female	55	8	440	88	20
Pamela*	Female	40	8	320	64	20
Total		221		1768	354	

Source: Student Affairs Division of Kaduna State College of Education and Authors Calculations.

Note: The legal number of occupants per room in each hostel is eight (8) but in the course of this research authors discovered that some rooms have as much as sixteen (16) occupants, as the surplus are regarded as squatters.

The sources of data include both primary and secondary data. The primary data made use of interviews, administration of questionnaire after the reconnaissance survey of the study area. The questionnaires were issued to the students while oral interview was held with staff of the college’s student affairs division and clinic.

The questionnaire issued to the student was based on how they assess the living condition in term of provision and adequacy of infrastructure and facilities and how it affects their health. The essence of distributing questionnaire to the students and interviewing staff of the college’s student affairs division and clinic is to avoid one sided opinion or any form of bias in order to have an objective analysis. While the secondary

DISCUSSIONS

Table 2: TYPE OF OCCUPANCY

Type of Occupant	Frequency	%
Legal	213	60.2
Squatter	141	39.8
Total	354	100.00

Source: Field survey 2013

The results also show that 60% of the students are legal occupier of the bed spaces while 40% are squatters.

The implication of too many squatters is that the facilities are over stretched, the rooms are overcrowded and there is lack

of privacy. This is shown in table 5 as some of the general problems perceived by the accommodated students with lack of privacy 27.1%, poor utilities 15.3%, overcrowding 42.1% and others 15.5%.

data were obtained from extensive literature review of relevant seminar paper, reports, journals, textbooks, newspapers, and maps. The total number of students hostels covered is four and a total of 354 questionnaires were administered in all the hostel. 1768 students of the entire school population live in the hostel accommodation. On the basis of this, about 20% of those accommodated were interviewed. Sampling was purposive because only students residing in the hostels were sampled, the method used in administering the questionnaire is the simple systematic random sample, whereby student in every three room interval were interviewed in each of the student hostel, on this basis, three hundred and fifty four (354) questionnaires in all were administered in all the hostels in Kaduna State College of Education. The data collected were analyzed using descriptive techniques such as tables, percentages.

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Table 3: CONDITION OF HOSTEL FACILITIES

Condition of Hostel Facilities	Frequency	%
Good	67	19.0
Fairly Good	39	11.0
Poor	248	70.0
Total	354	100.0

Source: Field survey 2013

On the assessment of the students hostel condition, table 3 reveals that the student housing in Kaduna State College of Education has more than average number of the total facilities in poor conditions, with 19% as good facilities, 70% as poor facilities and 11% as fairly good facilities in the study area. The implication of this is that if the poor facilities in the students housing are not put in proper place or repaired, more damage will occur and the students' life will be endangered.

Table 4 shows that a total percentage of 15% give the condition of roofs as leaking in study area and 85% said the

roofs are not leaking out of the total number sampled. Deduction from this analysis is that during the raining season the affected rooms are unbearable to live for students.

The findings also reflect the condition of the windows in the hostels which shows that 54% of the students indicated that they are in the good condition with 46% sharing fair, and poor. Deduction from this is that student properties are not completely safe as a result of the poor condition of the windows. 60% of the respondents said the total numbers of doors in the rooms are in good condition with 40% sharing fair and poor ones.

Table 4: AVAILABILITY AND CONDITION OF BASIC INFRASTRUCTURES

Infrastructure	Rating	Frequency	%
Water	Good	75	21.0
	Fairly Good	258	73.0
	Poor	21	6.0
Total		354	100.0
Electricity			
	Good	340	96.0
	Fairly Good	0	0.0
	Poor	14	4.0
Total		354	100.0
Refuse Disposal			
	Good	82	23.2
	Fairly Good	102	28.8
	Poor	170	48.0
Total		354	100.0
Condition of Hostel Toilet			
	Good	93	26.3
	Fairly Good	60	17.0
	Poor	201	56.7
Total		354	100.0
Condition of Hostel Bathroom			
	Good	92	26.0
	Fairly Good	58	16.3
	Poor	204	57.7
Total		354	100.0

Source: Field survey 2013

The basic infrastructure like water supply, electricity, refuse disposal and building condition were also examined. This is done to determine how constant water supply is in the study area and how clean it is. 21% of the respondents said it was good (clean and potable for drinking). 73% said it was fairly okay for drinking and other domestic use, while 6% of the respondents said it was poor. It can be inferred that the water system of the student housing is above average.

On electricity supply, this is provided generally by Power Holding Company of Nigeria. In determining the condition of the electricity supply in the study area, 96% of respondents said it is good (constant), 4% say it is poor and nobody support excellent as an answer. The analysis shows that electricity supply in the hostel is fairly constant. On the general condition of buildings, the figures show that 26.3% said the hostel buildings are good and 43.8% share the

poor and fair. This was arrived at by examining the conditions of the windows, doors, roof, water supply, electricity, and so on. The physical

appearance of structural materials used with their safety and adequacy of bathroom and toilet facilities

Table 5: GENERAL PROBLEMS PERCIEVED BY ACCOMODATED STUDENTS

Problem	Frequency	%
Lack of Privacy	96	27.1
Poor Utilities	54	15.3
Overcrowding	149	42.1
Others (In door Cooking)	55	15.5
Total	354	100.0

Source: Field Survey 2013

Table 6: PREVALENT DISEASES IN STUDENT HOSTEL

Disease	Frequency	%
Pneumonia (As a result of indoor cooking)	45	12.7
Bronchitis (As a result of indoor cooking)	62	17.5
Cholera	22	6.2
Diarrhea	20	5.4
Typhoid Fever	107	30.5
Toilet Infections	77	21.8
Hepatitis	21	5.9
Total	354	100.0

Source: Field survey 2013

From the data available in Table 6 the most prevalent disease is typhoid fever 30.5%, closely followed by toilet infection 21.8% and Hepatitis being the least prevalent disease.

Data collected from the college's health clinic confirms reported cases of all the diseases, but the clinic officials cannot ascertain if the students reporting the

disease to the clinic reside in the hostel or off campus.

Summary of Findings

With all the problems identified, ranging from bad state of the facilities, poor maintenance, shortage of housing unit students population, unavailability of space for future development, shortage of utilities, service and poor structural

condition of the buildings, the following findings were identified from the study area:

- The survey carried out reveals that the condition of students housing are in poor state, the condition of windows, doors, and roof are fairly good but they need to be worked upon.
- As a result of inadequacy of the existing accommodation, coupled with high occupancy ratio per room, i.e. 8-10 students living in a room and the recommended maximum is meant to be four (4) students per room . The hostel utilities and services are therefore over utilized. The initial objective of safety in the hostels as regard nearness and to avoid lateness to classrooms seem to have been neglected, this could be attributed to queues in the morning for the use of bathrooms
- Overcrowding is associated with increased physical and mental health problems and poor educational achievement by students. Overcrowding is also associated with the spread of infectious diseases such as TB. Mental pressure and stress that can trigger irritation and aggression, sleep disturbance, interruption of speech and social interaction, disturbance of concentration and cardiovascular effects

RECOMMENDATIONS AND CONCLUSION

With reference to characteristics analyses and facilities, utilities and services survey carried out on the existing condition of the study area, coupled with the summary of the findings from the data analysis, the existing housing facilities needs to be rehabilitated, this involve improving the condition of the existing utilities and services that are in poor state in the students housing. And more facilities should be provided in the hostel ranging from toilet, bathroom, electricity, and water supply for the students.

Therefore, in order to meet up with the number of students admitted every year, it is recommended that the institution authority build more hostels for the students. The stipulated number of person by the existing United Nations Standards of occupancy ratio is two (2) people per room and not more than four (4) people in a room. It is recommended that this standard should be followed, and planning regulation should be instituted in order to set the minimum possible standard for a building to be used as a student's hostel.

The study has shown that the institution's policies on student housing condition have both high and low points, the only way to achieve a good and functional student housing strategy would be to choose the best policy to solve the identified problems in this kind of situation. The need to provide housing for most of the admitted students of Kaduna State College of Education

should be addressed as a matter of urgent interest.

Kaduna State Government should adequately fund the institution to enable

the institution provide and properly maintain student hostels.

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