

ASSESSMENT OF PERSONAL CLEANLINESS PRACTICES AMONG INMATES IN CORRECTIONAL INSTITUTIONS OF KANO STATE NIGERIA

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Abstract

This study assessed personal cleanliness practices among inmates in correctional institutions in Kano State, Nigeria. Guided by two research questions and two hypotheses, the study adopted a descriptive survey design. The population comprised 5,258 inmates across eight satellite correctional facilities, from which a representative sample of 400 inmates was selected using a multi-stage sampling technique. Data were gathered through a researcher-designed instrument titled Questionnaire on Personal Cleanliness Practices Among Inmates in Correctional Institutions of Kano State (QPCPAICI), structured on a four-point modified Likert scale. The instrument's content and face validity were confirmed by five experts in health education and promotion, and a pilot test yielded a reliability coefficient of $r = 0.78$. Descriptive statistics were used to analyze demographic data, while inferential statistics (t-test) were employed to test the hypotheses at a 0.05 level of significance using SPSS version 25. Findings indicated that inmates significantly practice personal cleanliness within the correctional institutions ($t = 21.61$, $df = 394$, $p < 0.05$), while no significant differences were observed based on years spent in custody ($t = 1.021$, $df = 393$, $p > 0.05$). The study recommended sustaining the current level of cleanliness and implementing regular health education programs within the facilities to further promote hygiene awareness and practices among inmates.

Introduction

Cleanliness is a series of practices performed to preserve health. Cleanliness refers to conditions and practices that help to maintain health and prevent the spread of diseases. Maintaining good proper cleanliness practices obviously helps to reduce the risks of various health problems, but also affects social and psychological aspects of our lives (World Health Organization 2020). Safe cleanliness practices help to prevent the development and spread of infections, diseases and unpleasant body odors and also help us look more presentable and attractive (Curtis, Danquah & Aunger, 2009).

Personal cleanliness encompasses a range of daily practices, including handwashing and oral hygiene, which play a critical role in reducing exposure to bacteria, viruses, and fungi (Centers for Disease Control and Prevention, 2023). As a fundamental aspect of health promotion, personal hygiene has been widely recognized as a significant global public health concern, particularly due to its strong association with the prevention and control of communicable diseases (WHO, 2022). Personal cleanliness refers to the practice of maintaining the cleanliness of one's body through consistent hygienic behaviors that support physical well-being and reduce health risks (CDC, 2023).

Moreover, adequate hygienic care and personal cleanliness practices contribute substantially to healthful living by minimizing exposure to disease-causing agents and interrupting transmission pathways. Evidence indicates that effective hygiene interventions, especially regular handwashing with soap, can significantly reduce the incidence of infectious diseases, including diarrheal and respiratory infections (WHO, 2022). Consequently, the promotion of

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personal cleanliness remains a vital strategy in mitigating health hazards and improving population health outcomes, particularly in resource-limited settings where the burden of preventable diseases remains high. These health risk factors are directly related to some important daily activities implicated with worthy operational actions and obligatory responsibilities, such as washing hands before meals and after defecation with soap, brushing teeth at least twice a day especially after breakfast and after meals, taking bath with soap regularly, keeping nails short and taking regular exercise (Ali, Rahman & Siddiqui, 2013).

Maintaining good personal cleanliness is encouraged and can be achieved by bathing every day using clean water, soap with sponge; brushing teeth and the tongue using tooth brush and tooth paste every morning and every after a meal to avoid teeth decay and bad smell, combing hair using a clean hair brush to prevent getting lice in the hair; washing face, nose, ears, hands with clean water and soap, these reduces chances of contracting diseases like eye disease, skin disease among others (Aiello, Larson & Sedlak 2008).

Unfortunately, improper cleanliness practices exist at times due to sharing of clothes, beds, towels, tooth brush just to mention but few, irregular bathing for example three times a week especially in boarding schools, correctional institutions among others (Sarkar, 2013).

The increased burden of communicable diseases among inmates due to poor personal cleanliness practices and inadequate sanitary conditions remains a concern on the public health agenda in developing countries (Murray & Lopez, 2020). Inmates are particularly vulnerable to neglect of basic personal cleanliness due lack of knowledge, practice and limited personal cleanliness resources.

Correctional facility is an institution saddle with the responsibility of keeping persons who have been legally convicted of committing a crime, and/or remanded on suspicion of offending against the law of a state. A person deprived of liberty and kept in prison or some other form of custody as a punishment for a crime, while awaiting trial, or for some other reason is called an inmate or prisoner (Adetunji, 2014). The strict nature of the correctional institutes requires some form of local organization that could be actively involved in cleaning the interior rooms and compound. A sanitation committee can organize this with the guidance of the authorities of the correctional centres, It is the duty of the sanitation committee to plan and execute a sanitation day at least once a week. Room and compound cleaning, clothes washing and personal cleanliness are some of the priorities to maintain the health of detainees. However, in Kano overcrowding is generally the most problem that causes poor practice of personal cleanliness; it constitutes a serious challenge in Kano correctional institutes especially in institute located in the Kano metropolitan. In such institutes in Kano, facilities hold as many as twice or thrice their capacity. In such cells there is hardly enough ventilation thus spread of communicable will be high and accessibility to personal cleanliness resources will be difficult. Kano correctional services lavatories were quite deplorable. The toilets have sorrowful sight and always stink, inmates have to resort to the use of buckets which result in exposing stinking excreta. Most of the inmates in Kano correctional institution look haggard and dirty most of their uniform turn into rags while some are virtually naked, a lot of the inmates were walking bare footed. The personal cleanliness of the inmates is 30% commendable despite the availability of water supply (Ahmad and Bello, 2016). This study investigated the personal cleanliness practice among inmates of Kano correctional service. Therefore, the study answered the following research questions.

1. Do Inmates practice personal cleanliness in correctional institutions of Kano state.
2. Do inmates differ in their practices of personal cleanliness based on number of years detained in correctional institutions of kano state?

Hypothesis.

1. Inmates do not have significant practice of personal cleanliness in correctional institutes of Kano state.

2. Inmates do not significantly differ in the practices of personal cleanliness based on number of years in detained in correctional institutions of Kano State.

Methodology

A descriptive survey design was adopted for this study. The population comprised all inmates of correctional institutions in Kano State, Nigeria, with an estimated total of 5,258 inmates. A sample of 400 inmates was selected for participation in the study. The researcher employed a multistage sampling procedure, which involved the following stages:

STAGE1: Constitutionally three senatorial zones were adopted. Kano central, Kano south and Kano North senatorial zones.

STAGE2: The researcher used a simple random sampling technique to select two correctional facilities from each senatorial zone via the fish bowl method. Names of the facilities were written on pieces of paper, folded, mixed, and shaken in a container, with research assistants picking two papers to represent each zone.

STAGE3: Proportionate sampling technique was used to determine the sample to be selected from each correctional facility selected for the study.

STAGE4: Systematic random sampling technique was used to select the sample from each correctional facility. The researcher utilized the inmates' register in each of the selected institutions and selected every 13th inmate on the register as a respondent until the required sample was attained.

Results

Inmates do not have significant practice of personal cleanliness in correctional institutes of Kano state.

Table 1. Summary of one sample t-test on Personal cleanliness practices among inmates in correctional institutions of Kano State

Variables	N	mean	Std	t	df	P
Practice personal Cleanliness	395	3.41	0.45	-25.61	394	.001
Fix mean		2.50				

$t = -25.61$, $df\ 394$, ($P < 0.05$)

Table1; revealed that one sample test was conducted. The mean of the respondents was 3.41, Std 0.45. The statistical computation indicated $t = -25.61$ $df\ 394$ ($p < 0.05$). This means that inmates significantly practice high level of personal cleanliness in correctional institutions of Kano State. The null hypothesis is rejected on the account that there is significant practice of personal cleanliness among inmates exist in Kano correctional institutions.

Table 2 Summary of t-test on differences on personal cleanliness practices among inmates in correctional institutions of Kano State based on number of years in the correctional institutes

Variables	N	mean	Sd	t	df	P
1- 10 years	264	34.33	4.611	1.021	393	.212
11 and above years	131	33.84	4.341			

$t = -1.021$ $df\ 393$, ($P > 0.05$)

Table 2 indicates that independent t-test was conducted to find the differences between respondents 'number of years in the correctional institutes on personal cleanliness practice in correctional institutions of Kano State base on years in detention. The 1-10 years has a mean

of 34.33, Sd 4.611; 11 and above years mean is 33.83, sd 4.341. The statistical computation indicated that $t = 1.021$ df 393 ($p > 0.05$). This means that inmates do not significantly differ in practice of personal cleanliness in correctional institutions of Kano State base on years in the correctional institutes. The null hypothesis is accepted on the account that there is no significant difference between them.

Discussion

This study assessed the personal cleanliness practices among inmates in correctional institutions of Kano State. The outcome of this study revealed that inmates significantly practice personal cleanliness in correctional institutions of Kano State. This is an indication that inmates practice personal cleanliness despite challenges of leaving under rules and regulations of the correction institutions. This may be as a result of making availability of needs in relation to personal cleanliness within the correction institutions. The finding of this study is in line with the findings of Okiche (2014), who conducted a cross sectional survey on sanitary conditions of inmates' knowledge and practices towards cleanliness practices in Agodi Prison, Ibadan, Nigeria. Eighty two percent of inmates had good sanitary practice and 58.0% had positive attitude towards cleanliness practices. Also, the finding of De viggiani, (2007), who study on unhealthy prisons: exploring structural determinants of prison health is contrary to current study he observed that improved sanitation alone could reduce these diseases by one-third. Similarly, about 60% of the disease burden in Nigeria is related to poor cleanliness and sanitation conditions.

According to Binswanger, Krueger, & Steiner, (2009) in their study on release from prison-a high risk of death for former inmates reported that good levels of cleanliness are observed throughout the correctional institutes and procedures for the prevention and control of infection are followed by inmates. Cleaning materials and adequate time are available to all inmates to maintain their personal living area to a clean and hygienic standard. A range of toiletries and personal cleanliness materials are available to all inmates in order allow them to maintain their sense of personal identity and self-respect. All inmates also have access to washing and toileting facilities that are either freely available to them or readily available on request.

Moreso, the findings of this study revealed that inmates do not significantly differ in practice of personal cleanliness in correctional institutions of Kano State base on years in the correctional institutes. This finding is in accordance with the study of Dickson, Benson, Johnson&Vincent(2017), who study on influence of demographic variables on hand washing practice among prisoners in Kenya. There was no statistical significant difference between the numbers of infections among the length of the jail terms. The finding is contrary with the study of Saminu (2020), who study on demographic impact on knowledge, awareness and acceptance of personal cleanliness among Inmates in corrective centers of Oyo South Nigerian. He found that inmates who spent lesser periods in the prison suffered more disease burdens. This could be explained from the stand point of naturally acquired immunity to malaria which seems to have built over time. The finding is in line with the study of Usman, (2018) who study on health status of prison inmates in AkwaciriMaradi Central Correction Center, Niger, Southeastern Maradi Niger. He found that there was no statistical significant difference between the number of infections among the length of the jail terms ($P < 0.05$). The finding is in line with the study Jackson, (2019), who study on relationship between years in correction centers and hygienic practice among inmates in Adamawa State. Statistically there was no difference on hand wash practice between the Inmates with based on years of jail terms ($P < 0.05$). The findings also corroborated with Muktar (2011) who carried out a survey on health implication of hygienic environment where they found no significant difference among inmates of Morang, Nepal, based on number of years spent in jail. This finding is in line with Barbara (2016) who conducted research on health status of prison inmates and their

demographic characteristics in Zambia which indicated that there is no significant difference based on number of years in jail.

Conclusions

1. Inmates do practice personal cleanliness in correctional institutions of Kano State.
2. Inmates who spent from 1 to 10 years in correctional institutions of Kano state practice personal cleanliness more than those jailed above 10 years in correctional institutions of Kano State.

Recommendation

1. Existing practice on personal cleanliness should be maintained among inmates in correctional institutions of Kano State.
2. Non-Governmental Organization and other stakeholders should collaborate with state government to ensure outreach service to educate and provide essentials among inmates irrespective of the year spent in jail.

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