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Importance of Cleanliness in the Learning Environment

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Importance of Cleanliness

There is an old saying that “Cleanliness is next to Godliness.” It is one of the good human qualities and is a part of civilization. A man of dirty habits is far from civilization. So, with the progress of civilization man cleans himself more and more. He cleans his body. He cleans his mind and heart. He cleans all his action and manners. He cleans his soul. If it is done, it will lead him to the highest form of civilization. Hence, cleanliness is extremely important.

We hear a lot about cleanliness. People talk about it every day and everywhere. After all “What is this Cleanliness?” In simple words, ‘Cleanliness is the opposite of being Dirty.’ It has great importance in human life. That is the reason, why cleanliness is needed to be taught to everyone in life. Cleanliness starts from each of us. It can be personal cleanliness, cleanliness of our rooms, or of our home, school, street or our own-self. We need to keep our school and streets clean. We should be highly aware of the cleanliness all the time and should not throw anything in the street. The waste material should be put in the dust bins only. This way, we can help to keep our homes and surroundings clean.

All students should strive for the cleanliness in schools. If students have anything to discard or throw, they should use dustbins provided by schools. Proper cleanliness of a classroom is mandatory for adequately learning, for it leads to improve the environment. If we keep our bodies clean, we will be free from several sorts of diseases. Clean food cooked in clean pots and served in the clean dishes, will always be good for health and happiness. If we wear clean dress we feel happier.

Cleanliness gives us a cheerful mind leading to read more and understand better. Thus, cleanliness brings us progress and improvement in all fields of activities. Hence, the saying. “Cleanliness is next to Godliness” is very appropriate. If you try to analyze it, you can conceive so many meanings out of it. One is, that to stay clean is to live nearer God.

Cleanliness Relating Running a College or a University

Failing to ensure the cleanliness of an educational building, can have a detrimental impact on the health and wellbeing of all of those who use it. Within any public building, particularly where children live for hours, it is necessary to ensure that significant time and resources are invested into the cleanliness of the building. However, another consideration that is often not spoken about, is the link between the tidiness and appearance of an environment. This is particularly important when it comes to the field of education. A number of studies have emerged over the last few years that demonstrate that the tidier a building is, the better it will be for the purpose of study and work as well. For example, recent findings published by the World Green Building Council, entitled 'Health, Wellbeing and Productivity in Offices: The Next Chapter for Green Building', showed that the layout and lighting of a building could have an equally powerful impact on those who work within it. The report unfolded that the air quality of a property, as well as the lighting could affect the way people work. The report also found that a well-ventilated office could help to boost productivity by 11 per cent.

A separate report published later on, entitled 'Cleanliness and Learning in Higher Education', was conducted by Jeffrey Campbell, Ph.D, chair of the facilities management program at Brigham Young University. It reflected that the level of cleanliness had a direct impact on the ability to learn. Another study conducted in 2008 which categorized different levels of cleanliness, unfolded that 'with level one representing orderly spotlessness and level two denoting ordinary tidiness. Level three was categorized as casual inattention (for example, when things are kept out of place), while level four described 'moderate dinginess'.

The most severe rating was level five, which represents 'unkempt neglect'. Its figures revealed that the vast majority (88 per cent) of students reported that "lack of cleanliness becomes a distraction to their learning ability when a building's tidiness is ranked at level four or five." Furthermore, the survey showed that 78 per cent of students indicated that levels of cleanliness had an impact on their health. In other words, a tidy building was perceived to aid not only learning, but also physical wellbeing of all those who used it. Respondents also stated that when their working environment was untidy, it served to exacerbate their allergies, boosted the chances of rodent infection, and spread germs. It was also found to have a negative impact on the general mindset of students. It unfolded that a dirty building heightened their stress levels.

Not only does the study highlight the importance of ensuring that particular attention need to be paid to promoting clean and healthy schools and universities, but it also shows that students are actively interested in the appearance (attendance) of their working environment. In fact, students usually stay interested in their learning environments; they are willing to get actively involved in helping to keep it clean. The findings revealed that '80 per cent of respondents said they should be involved in keeping

campus buildings clean, while only 20 percent reported negatively about being involved in campus cleaning.

Additionally, the overwhelming majority of the respondents said that the classrooms were more conducive to learning, followed by library space and personal space. The study also demonstrated that students have high expectations about their working environment. It showed that '84 percent of students reflected that their desired level of cleanliness was level one or two for a decent learning environment.' Therefore, all colleges or universities must cultivate excellent cleanliness as far as the buildings are concerned and better steps must be taken to maintain the appearance of their buildings.

Importance of Cleanliness in a Student's Life

The ancient proverb "Cleanliness is next to godliness" is really one of the best sayings which suggests that being clean is nearly as good as being godly or very close to Him. Just for example, when we walk into an unclean classroom with waste thrown all over the floor, the children look distressed about the condition of their working environment. On the other hand when we walk into a bright and clean classroom, we see children happy and content. We can feel the difference within ourselves. This easily leads to that we are happier in cleaner surroundings. Cleanliness is traditionally associated with health, tidiness, and purity. The purpose of cleanliness includes good health, beauty, and not to spread dirt anywhere for others as well as for us.

However, despite knowing these facts, many children even from educated families, ignore the benefits and the importance of keeping their surroundings clean. They throw their waste anywhere they feel like. Cleanliness is undoubtedly a virtue and is to be encouraged. The importance of cleanliness should not be forgotten and children should start caring about their classrooms and their schools but also about their communities, localities and eventually their country. **Cleanliness is therefore very important for keeping most of the diseases at bay. It is essential to inculcate hygienic habits in children right from the early childhood. Better find tips some for teaching children the importance of cleanliness right from their childhood.**

Anything you want to teach your child, teach him/her at an early age. This will go on a long way, probably throughout the life. The habit of cleanliness should be definitely taught at an early age because it has direct connection to the child's own health and hygiene. Besides, cleanliness also creates good impression on others too. Recently the spread of swine flu reminded us how important it is to keep ourselves regularly clean.

Teaching Children about Cleanliness

In order to inculcate this habit among children forever, one must help them imbibe it at an early age. **Here are some steps** which one needs to teach one's child to learn clean habits from the beginning.

Personal Hygiene

The first step to cleanliness is the personal hygiene. This needs to start very early. If one tries to keep one's child clean from the time the child is just an infant, he/she will automatically develop good habits relating cleanliness. However, one can teach the child to wash hands before meals, brush teeth regularly, have a nice bath and wear clean clothes. These are just simple things but they have long range of influencing children.

Keeping Surroundings Clean

Besides personal hygiene, one can teach the child how to keep the surroundings clean. Start from the child's room, make sure that he/she keeps everything in place, and books and toys are well arranged. Make the child set the bed neatly as early as possible. All these things will surely have a good impact on the child about developing clean habits.

Keeping Bathroom Clean

After a boy/girl grows from childhood, he/she needs to develop certain important habits relating personal hygiene. How to keep the personal room (if any) clean and use, keep the bathroom clean, are some of the necessary things that are part of a cleaning exercise. It is also imperative to learn how to flush every time when the bathroom is used and keep the soaps and brush at their assigned places.

Cleanliness while Eating

It is absolutely necessary to teach the child how to eat neatly. Children can learn to eat and drink properly if attention is paid to them. It is always important to teach good table manners. Teach the child to use a spoon and a fork neatly. It is also necessary to cultivate the habit of leaving the plate in the kitchen sink after eating.

Cleanliness around the House

It is always necessary to keep the surrounding of our homes clean. Keep in mind that children follow their parents. If they see parents taking care of the cleanliness around the house, they will certainly develop this habit. Just remember one thing when you are teaching your kid about cleanliness. Children imitate others, especially their parents. So, if you as a parent teach the children good habits from an early stage, they will not be able to catch all that easily. A child will learn developing the habit of cleanliness only when the parents do it regularly.

Better try to become their role model. Always bear in mind that building up a habit in a child will take time. Revise everything on regular basis. If one takes care of revising the chores daily, it will get implanted into the child's personality. Rewards may also work well but punishments are also necessary at times and help forming good habits.

For the last one or two years Indian Prime Minister, Shri Narendra Modi, has been emphasizing to keep the country clean and tidy. Consequently, some states have come forward and have started to keep their territories clean. At times some ministers also get involved in such efforts. Most of the developed countries of the world do keep their countries very clean and efforts go on constantly in that direction. One big advantage of keeping one's surroundings and oneself clean is, to lead a healthy life as well as keep one's thinking clean, unbiased and unaffected by wrong ideas.

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