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ENVIRONMENTAL MANAGEMENT EDUCATION AND PROMOTION OF HEALTH AND WELL-BEING OF PEOPLE IN IBADAN METROPOLIS, OYO STATE, NIGERIA

M. Ogunsola, D. A. Baba; A. A. Sheu, J. Abdullahi and I. Abdullahi

Abstract

This study examined impacts of environmental management on promotion of health and wellbeing of people in Ibadan metropolis, Oyo State. A descriptive research design of survey method was adopted. The population of study comprised all people within Ibadan Metropolis, Oyo State. A multi stage sampling technique was employed to select four hundred (400) respondents used for the study. The research instrument used in gathering information on the study was structured questionnaire. A test-re-test method was employed to determine the reliability of research instrument used for the study. A reliability coefficient of correlation of 0.79 was obtained. In all, three (3) research hypotheses were formulated and tested with the use of chi-square (χ^2) statistical method at 0.05 alpha level of significance. The result of analysis shows that environmental management education has greater impact on physical wellbeing of people. Also, environmental management education has much impact on mental wellbeing of people. Based on these findings, it was recommended that people should desist from indiscriminate dumping of waste products to prevent diseases affliction and physical injuries. Also, government should enact enabling law to prevent misuse and abuse of environment.

Introduction

Environment is described as comprising physical and social conditions where people live such as air, water and land on which people, animals and plants depend, (Offiong, 2011), Pinker (2006) and Ogbalu (2012) classified environment as physical, biological and social. They stated examples of physical environment as building, electric poles, pollution and wastes; biological environment as consisting insects, plants and animals. Social environment comprises home, school and peer group influence on the health knowledge, skills and attitude of individuals in the areas of nutrients, personal and environmental hygiene, accidents, safety and first aids, pollution and waste management.

Environmental management education is a process of acquiring knowledge, skills and necessary attitude about our surroundings for its effective and meaningful use. The manner in which development and other human activities are conducted has led to negative environmental effects on clean air, safe and sufficient water supply, adequate and safe food as well as safe and peaceful settlement (Ilo and Mbama, 2012). Improperly disposed

in addition to drainage septic sludge and other in unsanitary condition of the environment (Sridhar, 2005). An attempt to enhance national security will require necessary knowledge, skill and attitude to tackle environmental demands in order to keep the citizens healthy.

Environmental management education, according to UNESCO/UNEP (1978), is defined as a process of learning that increases people's knowledge and awareness about environment and associated challenges. It develops the necessary skills and expertise to address these challenges and fosters attitudes, motivations and commitments to make informed decisions and responsible actions. Schlimme (2002) observed that through

by building conducive houses for living, managing wastes and pollution to make life livable and satisfying.

Educational management can be seen as the process of mobilizing and utilizing both human and material resources in order to achieve educational objectives through planning, organizing, monitoring and evaluation. Educational management according to Monroe (2013) is a comprehensive effort of dealing with the educational practices. It is concerned with both human and material resources. He added that educational management is to bring students and teachers together under such conditions with a view to successfully promoting the achievement of the end of education. Balfour (2013) emphasized the purpose of educational management as it enables the students to receive the right education from the right teachers at a cost within the means of the state end it also enables students to profit by their learning.

National security is the requirement geared towards maintaining the survival of the state through the use of economic power, diplomacy, power projection and political power (Wikipaedia, 2013). This requirement cannot be achieved in a vacuum but through the available healthy human resource that works together as a team for meaningful and effective production.

Supporting the need for environmental management education, Adebayo (2009) claimed

is caused by violation of laws of health. The researcher stated further that if environment is polluted, automatically diseases start to spread and epidemic can result. Hence, the need to be environmental friendly and one should also know that life is sacred by acquiring necessary information to keep the nation secured for the health of the present and future generation. Adeniyi and Ogunsola (2009) concluded that the improvement, correction and preventive measures to safety from the negative effects of environmental hazards can be acquired through environmental management education when both human and material resources available for education are properly managed.

Looking at the impacts of environmental hazards, Offong (2011) reported that hundreds of millions of people were exposed to unnecessary physical and chemical problems because of their living and working environment and inadequate knowledge of healthy living Adebayo (2009) believed that having access to safe water and sanitary facilities as well as better hygienic practices can reduce morbidity rates of water related diseases. Improvements in drinking quality water through household water treatment can reduce diarrhea episodes. Proper education of the communities on hand washing with soap, latrine management and disposal of used materials will improve quality of life of people and that it will in turn enable them to be effective in contributing to the national security.

Poor waste management and deforestation has led to negative environmental effects on clear air, safe water, food, as well as safe and peaceful settlement. The impact of environmental mismanagement education has exposed people to unnecessary physical and chemical hazards in their living and working environments. The major perceived causative factor is ignorance of the effects of their actions which can cause poor health and untimely death of manpower that can be productive to national security. The negative effects of human activities and other forms of development have prompted the researchers to investigate the degree at which environmental management education through proper educational management can be used as a tool for promotion of health and wellbeing of people.

Environmental management education usually assists in engendering meaningful disease preventive measures and fostering ethical behaviour necessary for healthful living. Smart (1998) noted that education and public awareness can help to minimize noise pollution and other environmental abuses. This will also help in maintaining physical, mental and social well being of people within the society. Environmental management education is crucial to enlightenment of people towards prevention of chemical and drug abuse detrimental to health and wellbeing of people. Okah, Akachuku, Ero and Osuji (1992) noted that no where did lack of adequate knowledge expose Nigerians to greater danger

than in the use of chemical products and drugs which often lead to psycho-social problems such as brain damage, low memory, brain tumor, social maladjustment.

It has been adequately established that effective environmental management education enhances and improves social well being of people. Omuta and Omokerephoraye (1986) asserted that awareness on waste management is further strengthened with establishment of waste management unit as an operational section of the public health superintendent. The social and environmental cleanliness is further maintained by the health campaign and awareness created by health care providers.

Research Questions

The following research questions were raised to be answered

1. Does environmental management education have significant impact on promotion of physical well being of people in Ibadan metropolis?
2. Does environmental management education have significant impact on promotion of social well being of people in Ibadan metropolis?
3. Does environmental management education have significant impact on promotion of mental well being of people in Ibadan metropolis?

Research Hypotheses

The following research hypotheses were formulated and tested;

1. Environmental management education will not have significant impact on physical well being of people in Ibadan metropolis, Oyo State.
2. Environmental management education will not have significant impact on social well being of people in Ibadan metropolis, Oyo State.
3. Environmental management education will not have significant impact on mental well being of people in Ibadan metropolis, Oyo State.

Purpose of the Study

This study was designed to investigate whether:

1. Environmental management education will have impact on physical well being of people in Ibadan metropolis, Oyo state.
2. Environmental management education will have impact on social well being of people in Ibadan metropolis, Oyo state.
3. Environmental management education will have impact on mental well being of people in Ibadan metropolis, Oyo state.

Methodology

The research design used for this study was descriptive research design of survey type. The study population comprises all people within Ibadan metropolis. Four hundred (400) samples were used for this study. Multi-stage sampling technique was employed using purposive technique to select educated people and incidental random sampling technique to select other respondents. The validity of the instrument was ascertain through the corrections and criticisms made by the experts in the area of the study. A test-re-rest reliability method was employed to determine reliability level of the instrument used for the study. A reliability coefficient of correlation coefficient of 0.79. The data collected was analysed using frequency counts and percentage while inferential statistics of chi-square (χ^2) was used to test the hypotheses formulated at a level of significance of 0.05.

Results

The results are presented in tables as shown underneath

Hypothesis 1: Environmental management education will not have significant impact on physical well being of people in Ibadan metropolis, Oyo

Table 1: Environmental Management Education and physical wellbeing of people in Ibadan metropolis

S/N	Items	SA	A	D	SD	Cal t. χ^2	df	Crit. t. value	Dec.
1.	Classification of the environment include physical, biological and social which have much impact on physical well being of people	131 32.8%	140 35%	74 18.5%	55 13.7%	45.06	12	21.03	Hypothesis Rejected
2.	Physical environment include building, electrical poles, pollution and wastes which affect people's health and wellbeing	102 25.5%	201 50.3%	67 16.7%	30 7.5%				
3.	Social environment comprises home school and peer influence	133 33.2%	150 37.5%	83 20.8%	34 8.5%				
4.	The biological environment are regarded as insects, plants and animals	136 34%	132 33%	75 18.8%	57 14.2%				
5.	People animals and plants depend on air, water and land for survival.	102 25.5%	201 50.3%	67 16.7%	30 7.5%				

The result of analysis of tested hypothesis one (1) above shows calculated chi-square (χ^2) value of 45.06 against the critical value of 21.03 with degree of freedom of 12

the above stated hypothesis is hereby rejected. This means that environmental management education has much impact on physical wellbeing of people of Ibadan metropolis, Oyo State.

Hypothesis 2: Environmental management education will not have significant impact on social well being of people in Ibadan metropolis, Oyo State

Table 2: Environmental Management Education and social wellbeing of people in Ibadan metropolis

S/N	Items	SA	A	D	SD	Cal t. χ^2	df	Crit. t. value	Dec.
1.	Pollution is an act of making the environment impure for living through human activities.	152 38%	136 34%	64 16%	48 12%	121.60	12	21.03	Hypothesis Rejected
2.	Pollution can affect the air, water and land upon which human beings depend	202 50.5%	108 27%	62 15.5%	28 7%				
3.	Pollution include indiscriminate disposal of wastes	145 36.3%	125 31.3%	59 14.7%	71 17.7%				
4.	Deforestation is an aspect of environmental hazard	215 53.7%	112 28%	50 12.6%	23 5.7%				
5.	Pollution can make the environment unhealthy	114 28.5%	109 27.3%	92 23%	85 21.2%				

The analysis of tested hypothesis two (2) in table 2 above revealed calculated chi-square (χ^2) value of 121.60 against the critical value of 21.03 with degree of freedom of 12 at 0.05 alpha level of significance. Since the calculated value is greater; therefore, social well being of people will be greatly affected by the level of environmental management education.

Hypothesis 3: Environmental management education will not have significant impact on mental well being of people in Ibadan metropolis, Oyo State.

Table 3: Environmental Management Education and mental wellbeing of people in Ibadan metropolis

S/N	Items	SA	A	D	SD	Cal t. χ^2	df	Crit. t. value	Dec.
1.	Environmental management education is learning that increases people's knowledge and awareness about environment and its associated challenges to people's psychological wellbeing	140 35%	131 32.8%	74 18.5%	55 13.7%	121.60	12	21.03	Hypothesis Rejected
2.	Environmental management education can enhance development of skills and expertise to tackle the challenges of life.	132 33%	136 34%	75 18.8%	57 14.2%				
3.	Environmental management education fosters attitudes, informed decisions and responsible actions.	201 50.3%	102 25.5%	67 16.7%	30 7.5%				
4.	Building conducive houses for living, managing wastes and pollution make the environment and its people healthy and mentally fit.	178 44.5%	130 32.5%	60 15%	32 8%				
5.	Healthy people are those that can make meaningful and effective contribution towards national security.	150 37.5%	133 33.3%	83 20.8%	34 8.5%				

The result of analysis in table 3 shows calculated chi-square (χ^2) value of 121.60 against the critical value of 21.03 with degree of freedom of 12 at 0.05 alpha level of significance. Since the calculated value is greater than the critical value, the stated hypothesis in three

(3) above is hereby rejected. This means that environmental management education has much impact on mental wellbeing of people within Ibadan metropolis.

Discussion of Findings

The finding from tested hypothesis one (1) revealed that environmental management education had much impact on physical well being of people in Ibadan metropolis. This finding was in line with Offong (2011) finding that hundreds of millions of people were exposed to unnecessary physical and chemical problems because of inadequate knowledge of their living and working environments. This finding was corroborated by Adebayo (2009) that if one breaks the rules of preventive health, one will surely see the result. Sickness according to the researcher is caused by lack of knowledge and violations of laws of health.

The result of tested hypothesis two (2) in table 2 revealed that environmental management education had much impact on social wellbeing of people in Ibadan metropolis, Oyo State. This finding agreed with Omotua and Omokerephoraye (1986) that awareness on waste management is further strengthened with establishment of waste management unit of environmental health section. The social and environmental cleanliness is further maintained by the campaign for health and awareness created by health care providers.

The finding from tested hypothesis three (3) showed that environmental management education had greater impact on mental wellbeing of people in Ibadan metropolis. This finding is in line with Okoli, Akachuku, Ero and Osuji (1992) finding that no where did lack of adequate knowledge expose Nigerians to greater danger than in the use of chemical products and drugs which often lead to psychosocial problems such as brain damage, low memory, brain tumor, social maladjustment.

Conclusion

Based on the results of analysis of the three (3) tested hypotheses above, our conclusion is drawn:

- Environmental management education has a lot of impact on physical wellbeing of people in Ibadan metropolis, Oyo state;
- Environmental management education has much impact on mental wellbeing of people in Ibadan metropolis, Oyo state;
- Environmental management education has a lot of impact on social wellbeing of people in Ibadan metropolis, Oyo state.

Recommendations

Based on the findings of the study, the following recommendations were made:

- There is a need for people to be adequately informed of environmental compositions and their importance;
- People should avoid indiscriminate dumping of waste products in our environment;
- There is a need for government and non-governmental organizations to mount heavy campaign against misuse and abuse of our environment;
- Government should make enabling law to prevent misuse and abuse of the environment;
- There should be much emphasis on embracing regular and periodic environmental sanitation

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