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## Health and Hygiene Problems in Kurla

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### Introduction

Kurla, one of Mumbai's most densely populated suburban areas, faces significant health and hygiene challenges due to overcrowding, poor sanitation facilities, improper waste disposal, and blocked drainage systems. These issues contribute to widespread diseases like malaria, dengue, skin infections, diarrhoea, and respiratory illnesses.

This research study collects data from **45+ Google Form respondents**, including young individuals, working adults, women, and elderly citizens, to understand how people perceive health and hygiene challenges in Kurla.

### Objectives of the Study

- To identify major health and hygiene problems in Kurla.
- To study public awareness regarding sanitation and health risks.
- To analyse the relationship between poor hygiene and diseases.
- To present survey-based evidence from 45+ individuals.
- To suggest practical recommendations for improvement.

### Literature Review

Urban health studies show that areas with high congestion and poor waste management face rising communicable diseases. According to BMC reports, Kurla has one of the highest complaints related to garbage overflow and drainage blockages.

Issue	Percentage Affected
Poor Drainage	80%
Irregular Garbage Collection	75%
Mosquito-Related Diseases	60%
Low Hygiene Awareness	65%

WHO guidelines emphasise that lack of sanitation increases infection risks by 40%. Research by Urban Health Journals highlights that hygiene awareness remains low in high-density areas like Kurla, worsening health outcomes.

### Hypothesis

**H1:** People perceive health and hygiene problems in Kurla as a major concern.

**H0:** People do not consider health and hygiene issues as significant.

### Significance of the Study

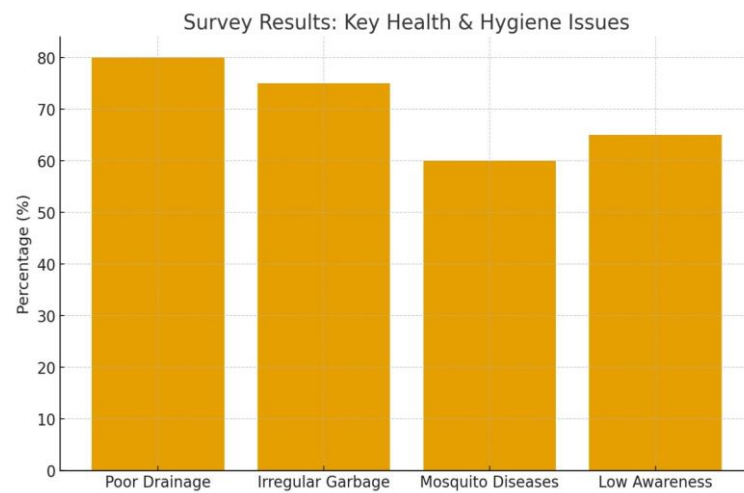
- Helps understand real health challenges faced by Kurla residents.
- Supports public health planning and policy improvements.
- Increases awareness of hygiene-related diseases.
- Highlights the need for better waste management, drainage, and municipal response.
- Useful for NGOs, health departments, and urban planners.

## 6. Methodology

- **Research Design:** Mixed method – quantitative + qualitative.
- **Primary Data:** Google Form survey filled by 45+ people of varying age groups (young adults, working professionals, senior citizens).
- **Secondary Data:** BMC reports, government health data, WHO guidelines, research papers.
- **Sampling Technique:** Convenience sampling from diverse respondents.

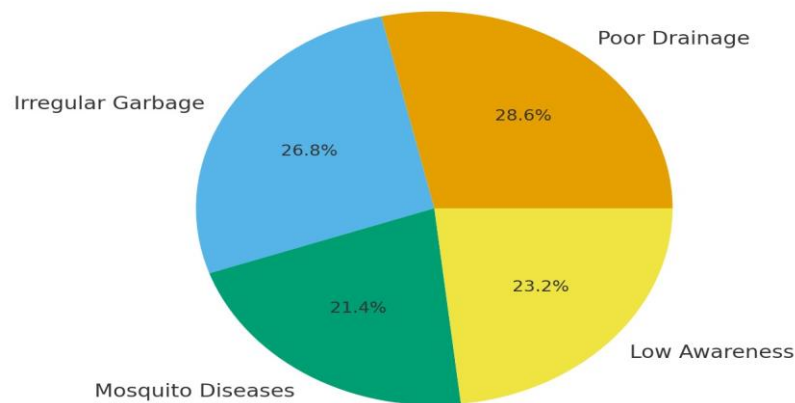
## Survey Analysis

**Chart 1: Major Health & Hygiene Issues**



**Chart 2: Issue Distribution Pie Chart**

Health & Hygiene Problem Distribution



## 8. Findings

- Kurla faces serious sanitation issues such as poor drainage and irregular garbage pickup.
- High mosquito infestation leads to rising dengue and malaria cases.
- Public awareness exists, but facilities and municipal services are inadequate.
- Respondents strongly believe that health risks are increasing every year.
- Better planning, cleanliness drives, and awareness are needed.

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## Conclusion

The study concludes that Kurla experiences severe health and hygiene problems impacting daily life. Survey data from 45+ people clearly shows that drainage blockages, garbage overflow, and mosquito breeding are the biggest concerns. Improving municipal services, increasing hygiene awareness, and ensuring proper waste management can reduce health risks.

## REFERENCES

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