



Environmental Sanitation and Students' Welfare in the University of Uyo, Uyo, Akwa Ibom State

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Abstract

The study determined the extent to which environmental sanitation variables (restroom facilities and water supply) impact students' welfare at the University of Uyo, Uyo, Akwa Ibom State. To achieve this, two specific objectives were stated, two research questions were raised and two hypotheses were formulated to guide the study. Planned behaviour theory (1980) by Ajzen and Fishbein was adopted for the study. Descriptive research design was used for the study. The population of the study comprised 45,639 students from the University of Uyo, Uyo, Akwa Ibom State. A multi-stage sampling approach was used for selecting 2,280 students, which represents 5% of the population. An instrument titled Environmental Sanitation Questionnaire (ESQ) and Students' Welfare Questionnaire (SWQ) was used for data collection from students. The reliability of the instrument was determined using Cronbach's alpha analysis, and the index reliability coefficient of 0.91 was realised and utilised for ESQ and 0.81 for SWQ. Simple linear regression statistics were used to answer the research question and to test the null hypothesis at the .05 significance level. Findings of the study revealed inadequate and insufficient restroom facilities and water supply when measured with the student population at the University of Uyo, and when answering the

research questions, low impact of restroom facilities and water was obtained on students' welfare. Also, the finding revealed that restroom facilities and water supply significantly impacted students' welfare independently at the University of Uyo. It was concluded that restroom facilities and water supply should simultaneously be in use to boost students' welfare, leading to a better improvement in students' health, well-being, comfortable learning environment and hostels. It is recommended that the University of Uyo Management should prioritise investment in building and improving toilet facilities, including regular cleaning across all school blocks and hostels, to improve students' physical comfort and reduce stress-related unclean or unavailable toilets.

Keywords: environmental sanitation, students' welfare, restroom facilities, water supply

Introduction

Tertiary institutions serve as centres for academic excellence and character development for individual students' self-reliance and national development. Hence, the physical environment where students live and learn at the higher education level plays a critical role in shaping their success. Therefore, students' welfare needs to be given utmost priority as regards making environmental sanitation within an academic community more than just keeping the campus clean to satisfy students' wellbeing by providing dependable hygienic toilet facilities and a reliable water supply for students' consumption. This is to satisfy the preposition put forth by Nuwayo (2021) that students' welfare is everything schools and parents embark upon with the view to responding to students' needs.

At the University of Uyo in particular and Nigerian universities in general, it seems the demand for basic utilities has grown rapidly alongside its student population. This fast-growing student population seems to place heavy pressure on existing campus infrastructure, and maintaining the available facilities is a constant challenge as increased enrolment frequently outpaces the infrastructure meant to support it. Moreover, when these basic amenities fail, the academic environment becomes stressful and hazardous for students. Also, when campus sanitation suffers, student welfare declines, which could lead to physical health risks, increased emotional stress, and lower academic productivity (Fasanmi & Seyama-Mokhaneli, 2025). Also, a lack of toilet facilities which leads to open defecation and poor sanitation and hygiene in general causes various diseases such as diarrhoea and intestinal worm infections, including typhoid, cholera, hepatitis, polio, trachoma, and others (Udoh, 2024). Therefore, a clean and safe school environment is vital for effective learning, physical health, and psychological well-being.



Environmental sanitation encompasses safe waste disposal, clean surroundings, hygienic toilet facilities, and an uninterrupted supply of potable water. These are fundamental human rights and core components of sustainable campus living, World Health Organization, (2022) and one of the means of acquiring good health such as physical, mental, and societal well-being (Udobia, et al., 2025). However, observations across the University of Uyo campuses reveal a growing mismatch between student population growth and the capacity of utility services. Addressing these gaps requires a close examination of how specific physical amenities such as water availability and restroom conditions shape the overall student wellbeing.

Statement of the problem

Student welfare is a comprehensive support system and facilities designed to protect students' physical being and mental health geared towards providing a safe, clean, serene, healthy and sustainable learning environment. Despite the importance of students' welfare in higher institutions, it seems that this important factor (students' welfare) is not given due attention, as it seems University of Uyo students face daily challenges due to deteriorating toilet facilities and an unreliable water supply. The situation seems to be that some restrooms in lecture theatres, administrative blocks, and residential hostels are broken, poorly maintained, or locked entirely. This shortage seems to force students to use unhygienic facilities or practice open defecation in nearby bushes, which damages campus safety and dignity. This issue is made worse by a shortage of running water at intervals. The combination of unkempt toilets or inaccessible toilet facilities and inadequate water supply creates a stressful campus environment, as even cleaning routines seem difficult to execute for sanitation staff. This is sometimes expressed by students facing higher risks of typhoid, urinary tract infections (UTIs), diarrhoeal diseases and other related illnesses as a result of improper welfare dissemination for students' wellbeing. These illnesses lead to lecture absenteeism, severe distractions during lectures, lower overall student morale, poor concentration, enduring long hours of discomfort and lower academic performance.

While the university administration makes efforts to maintain basic campus standards, a noticeable gap remains between student needs and available infrastructure. This lucana created between the school environmental sanitation policy of 2005, the intended goals, and the realities experienced within the university community calls for a systematic investigation. Therefore, there is a need to assess the impacts of environmental sanitation on students' welfare. This study aims at making inputs and proffering solutions to mitigate these problems.

Objectives of the Study

The main objective of this study was to examine the impact of environmental sanitation on students' welfare at the University of Uyo, Uyo, Akwa Ibom State. Specifically, the study seeks to:

- i. Examine how restroom facilities impact students' welfare at the University of Uyo, Uyo, Akwa Ibom State.
- ii. Determine how water supply impacts students' welfare at the University of Uyo, Uyo, Akwa Ibom State.

Research Questions

- i. To what extent do restroom facilities impact students' welfare at the University of Uyo, Uyo, Akwa Ibom State?
- ii. To what extent does water supply impact students' welfare at the University of Uyo, Uyo, Akwa Ibom State?

Research Hypotheses

- i. There is no likelihood that restroom facilities significantly impact students' welfare at the University of Uyo, Uyo, Akwa Ibom State.
- ii. Water supply may not significantly impact students' welfare in University of Uyo, Uyo, Akwa Ibom State.

Theoretical Framework

Planned Behaviour Theory by Ajzen and Fishbein (1980)

This theory was propounded by Ajzen and Fishbein in 1980. The theory is based on the assumption that individual behavioural intentions are directly related to their attitudes. The theory also states that what an individual does is determined by personal motivation, which is determined by attitude, beliefs, social support and perceived behavioural control. People's evaluations of, or attitudes towards, behaviour are determined by their accessible beliefs about the behaviour, where a belief is defined as the subjective probability that the behaviour will produce a certain outcome. Essien (2026) posited that the theory of planned behaviour is not only good for understanding, explaining and predicting behaviours but also for providing a useful guide for designing intervention strategies to change or maintain behaviour. The theory has been widely used in environmental behaviour research to predict a person's intent to participate in a specified behaviour. It explains that people's perceptions

of the environment are related to their actions. Attitude towards the environment can be influenced by environmental policies and hygiene education given.

This theory is related to this study because it shows that planned behaviour, like attitude towards sanitation, beliefs, and perceived behavioural control, can be used to handle environmental sanitation on university campuses. This is so because whenever the school members perceive the unfilthy toilet facilities with no functional water supply system, which is a result of a lack of environmental sanitation, they will equally take decisive steps on environmental sanitation, thereby creating clean toilets with a supply for students.

Conceptual Framework

Environmental Sanitation

The World Health Organization (WHO) (2022) defined environmental sanitation as the control of factors for man's physical environment which could pose or may have a deleterious effect on his physical being, development, growth, health and survival. Through environmental sanitation, elements of unhealthy students' welfare, such as the serenity of their environment, are brought to a tolerable level. Environmental sanitation could also be seen as the principle and practice of effecting healthy, friendly and hygienic conditions in the environment to promote public health and welfare, improve quality of life and ensure a sustainable environment (Alabi, 2010; Danbaba, et al, 2016). This implies that effective and efficient environmental sanitation does not only guarantee the protection of students' health and welfare but also extends to the environment and reputation of the school.

Environmental sanitation was and is still an instrumental concept in the founding of the World Health Organization and is obtained as the control of all those factors in the physical environment which may exercise a harmful effect on human beings' physical development, health and survival. This broad conceptualisation of environment and health requires an expansion of the water, sanitation and hygiene space to include vector control, solid waste and animal excreta management and drainage (WHO, 2022).

Concept of Students' Welfare

Students' welfare is referred to as all the services provided by the school to cater for the well-being of the students in order to bring about satisfactory school plans, an environment and motivation to learn. These include medical services, neat and serene hostel accommodation, classrooms, security services, power supply, restroom facilities, water supply, waste disposal, hygienic education, supervision and enforcement of environmental sanitation, amongst others. The importance of these services cannot be overemphasised. This is because when the students are satisfied with the provision of these services, they cooperate with the university management team for the smooth running of the institution. On the other

hand, when they are dissatisfied and ignored, they express their grief through unionism (Oladipo & Oladejo, 2020).

The welfare of students at the University of Uyo involves a multitude of dimensions, such as emotional, physical, social, and academic support initiatives that foster an optimal learning atmosphere. The provisions for welfare within educational institutions are intricately linked to student performance, influencing both the psychological and physiological health of students, and also have a substantial impact on enhancing academic outcomes (Aminu et al., 2023). Kisiang'ani, et al (2024) stated that globally, the welfare of students is acknowledged as a fundamental component of academic success while the World Bank (2018) emphasizes the significance of student welfare programmes, including school meal provisions, environmental sanitation practices, healthcare services, and psychosocial support, in enhancing student outcomes and addressing educational disparities. According to Nabil et al. (2014), parents and guardians would want to know about the quality of education provided to students, their level of satisfaction, achievement and absorption capacity, as these people represent the nation's future. It is therefore imperative for the University of Uyo to give students' welfare top priority while building the reputation of the school, among other contemporaries, with the ultimate aim of enhancing students' well-being. It is apparent that availability of these essential services is crucial to the achievement of the goals and objectives of institutions of learning.

Concepts of Restroom Facilities

Restroom facilities are sanitary facilities designed for the safe disposal of human excreta in a hygienic manner, thereby preventing disease transmission and promoting environmental cleanliness (Haruna et al., 2025). Restroom facilities could also be referred to as the availability of sufficient, functional, accessible, clean, and gender-segregated toilet facilities that meet the needs of the students (Lewkowitz & Gilliland, 2025). It includes supporting elements such as water supply, handwashing facilities, privacy, maintenance, and cleanliness of toilet facilities, soaps, safety, cultural norms, and gender sensitivity (Shao et al., 2021). Adequate restroom facilities in public schools such as the University of Uyo are essential for students' physical health, dignity, and academic performance. Understanding the determinants of toilet usage, to wit, environmental sanitation, is therefore crucial for improving and promoting students' welfare and hygiene practices among school members and ensuring a conducive learning environment on campuses.

Restroom facilities refer to the kind of toilet used and the hygiene condition for prevention of communicable diseases among students. This is so because World Health Organization (WHO) and UNICEF guidelines under the Water, Sanitation and Hygiene (WASH) framework recommended standard for schools is approximately one toilet per 25

girls and one toilet per 30–50 boys. Caleb et al. (2026), in their study, investigated the toilet adequacy and determinants of their utilisation in public secondary schools within Bauchi Metropolis, Nigeria. A survey research design was adopted, while primary and secondary data were obtained from field surveys. Through an empirical analysis of ten (10) purposively sampled schools analysed through regression statistical tools, the study reveals that most schools significantly exceed international and local standards for student-to-toilet ratios, resulting in low utilisation rates and the persistence of open defecation practices.

Equally, Ereh and Etah (2026) carried out a study on public latrines and human health in Nigeria (a case study of the Bekwarra, Obudu and Obanliku LGAs of Cross River State). The study had five research questions. A descriptive survey design was adopted, using a sample size of 360 respondents selected through multi-stage stratified and purposive sampling techniques. Data were collected through structured questionnaires, and descriptive statistics, chi-square tests, and correlation analyses were employed to analyse the data. Findings revealed that public latrines in the study areas are generally inadequate, poorly maintained, and often culturally inappropriate, limiting their usage. Hypothesis testing confirmed a significant relationship between public latrine availability, maintenance, and sanitation-related health outcomes.

Concept of Water Supply

El-Nwsany *et al.* (2019) emphasised that effective water supply management is vital for creating sustainable schools that support both education and infrastructure. To support cleanliness and students' welfare at the University of Uyo, it calls for the availability of an adequate water supply for the students' usage at all times. Such will show effective students' welfare delivery and encourage the removal of unhealthy substances and enhance hygiene. To this end, Okafor, et al, (2023) defined water supply as the provision of water in adequate quantity and quality for various human needs, including drinking, washing of hands, flushing of toilets, washing clothes, sanitation, domestic use, industrial activities, and agriculture. Edefo (2025) stated that access to basic water and sanitation services is crucial for health and well-being. This is affirmed by United Nations Resolution 64/292 (2010), which postulated that access to clean water and sanitation is recognised as a fundamental human right. The resolution asserts that everyone should have access to safe, sufficient and affordable water, both in rural and urban areas. Adequate supply and distribution of quality water to hostel accommodations, staff offices, toilets, laboratories and the general school environment is one of the basic criteria for rating the standard of Nigerian universities. Hence, should give an utmost priority.

Bibian and Walter (2025) investigated the impact of inadequate water supply on the environmental health of Enugu's urban residents. A descriptive survey research design was adopted, targeting a population of 1,029,400 people across three local governments in Enugu Urban. A sample size of 400 was determined using the Taro Yamane formula, and data were collected through a structured questionnaire. Quantitative data were analysed using frequency, percentage, means, and standard deviations, while simple linear regression analysis was employed to test the stated hypotheses using SPSS (version 25). The findings revealed that the current state of water supply infrastructure significantly negatively impacts access to potable water in Enugu Urban. The study confirmed that inadequate water supply adversely affects the environmental health of residents.

Edefo (2025) conducted a study on water and sanitation access in Nigeria. The study adopted two objectives. This was a cross-sectional study from the 2013 and 2018 Nigeria Demographic and Health Surveys, with a sample size of 77,896 individuals, aged 15 to 49 years. Logistic regression analysis was performed to identify predictors of access to improved water and sanitation services. About 42% had access to both improved water sources and sanitary facilities, while 8% of the population had access to integrated basic water and sanitation services. Individuals did not exhibit a higher likelihood of accessing improved water sources and sanitary facilities, but had a reduced likelihood (AOR=0.86, 95% CI: 0.75–0.99, $p=0.04$) of accessing integrated basic water and sanitation services in 2018 compared to 2013, amongst others.

Research Methods

A descriptive research design was adopted for the study. Descriptive research design systematically describes and observes behaviours, conditions or patterns of populations, phenomena or situations. The total population of the study was 45, 639 students admitted between 2020/2021 and 2024/2025 academic sessions in University of Uyo. 5% of the students' population was used as sample size, resulting in 2,280 students. The Environmental Sanitation Questionnaire (ESQ) and the Students' Welfare Questionnaire (SWQ), all for students, were used to collect data. Cronbach's Alpha statistical tool was adopted for the study, and the yielded reliability coefficient indices of 0.91 for environmental sanitation and 0.81 for students' welfare were upheld and utilised. Descriptive statistics of frequency and percentage as well as simple linear regression were adopted for the study.

Descriptive Analysis of Baseline Data Toilets Facilities in University of Uyo

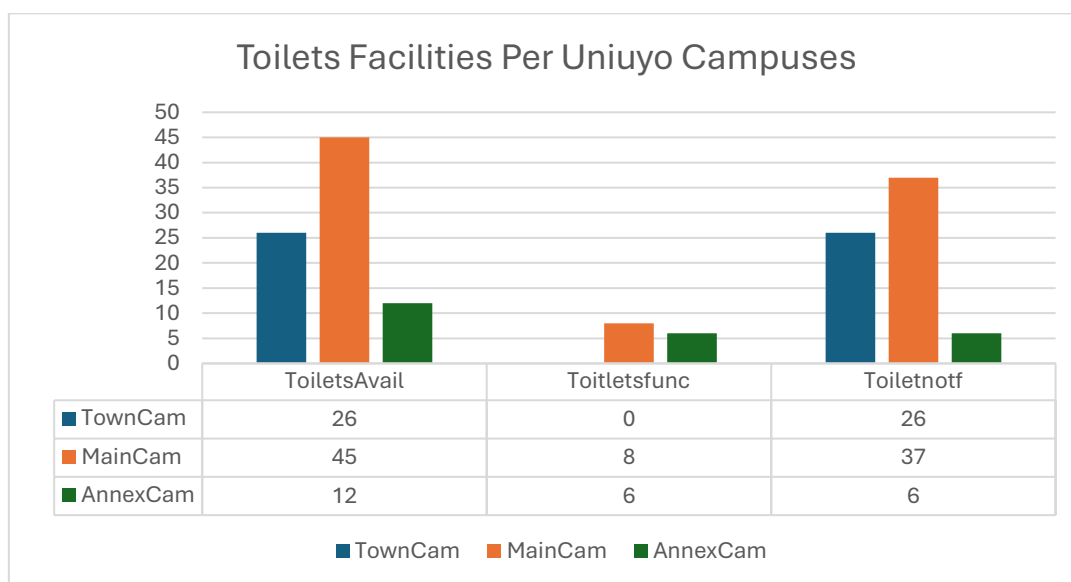


Figure 4.1: Bar Chart of Toilets Facilities per Campuses in University of Uyo School Compound

Source: Researcher's Field Work (2026)

Bar chart 4.1 shows that the situation of toilets facilities in Town campus shows a severe neglect of a big concern of students' welfare which is availability of clean and maintained toilet facilities, it's also showed a high risk of poor hygiene, disease transmission, and open defecation on campus toilet use. For toilets facilities in Main campus of University of Uyo showing only 8 toilets being clean for use as many are still dirty meaning only 3% of toilets are managed by students while 97% are not in use because of either being locked or are extremely dirty. This indicates inadequate toilet facilities considering the large population of students and their frequency on these campuses. At the Annex campus, 50% of toilets are unopened and unusable, and 50% of toilets are opened and useable. The toilet facilities at the Annex campus are in use because of the presence of school cleaners who take charge of the toilet facilities, and when there is no water for use in the school compound, they shut the toilets to avoid being dirtied with faeces. This indicates a little effort made by University of Uyo management in terms of providing students with toilet facilities.

The general observation is that because of a lack of toilet facilities and the few ones that are opened being dirty with no water, students defecate and peed in nearby bushes in the school compound or have to rush home without finishing their lectures for the day. A similar

situation is recorded in different hostels across the three campuses, hence, poses a serious lack of concern on students' welfare in terms of access to clean and neat restroom facilities.

Water Access in University of Uyo

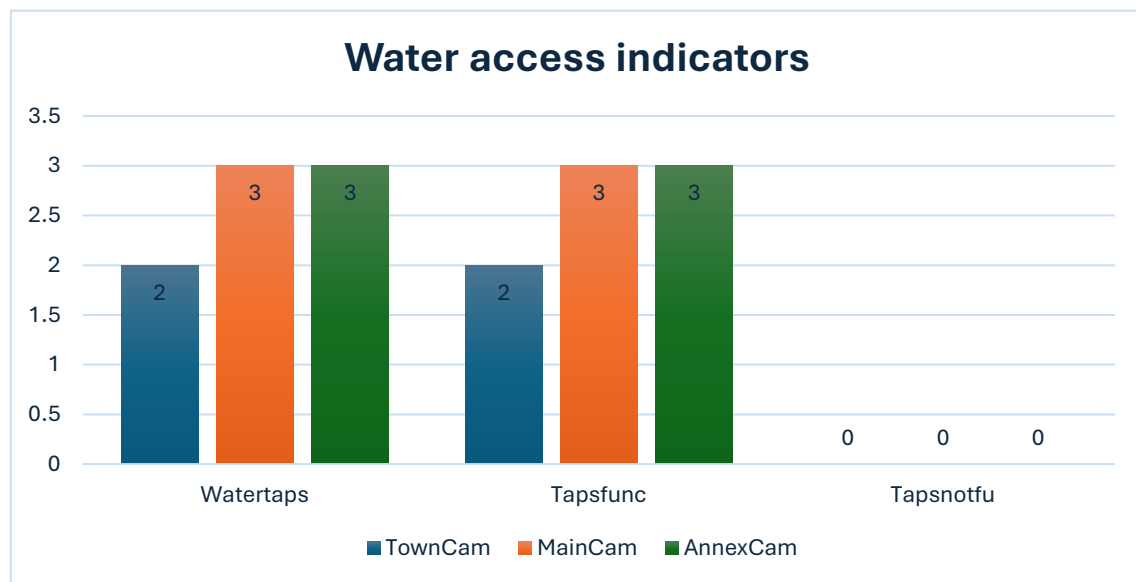


Figure 4.2: Bar Chart of Water Supply in University of Uyo School Compound

Source: *Researcher's Field Survey (2026)*

Bar chart 4.2 indicate that the Main and Annex campuses have the highest number of taps (3 each), while Town campus have only 2 taps in which the total means of water collection for students' consumption across all campuses is 8 taps with no sign of broken or non-functional taps found as at assessment. Each campus has enough plastic water storage tanks with water being pumped at a pumping station controlled by personnel working there, and the water is circulated across all school blocks simultaneously. The central water pumping station uses National Electric Power Authority (NEPA) light and diesel generator for pumping of water in which when these two means of light supply are not available, the whole school lacks water for students' consumption unless those facilities that has a separate connection for pumping water in addition to the central pumping station. While the functioning rate is excellent (100%) in all campuses, the absolute number of taps as a means of water supply for students' use is adequate for a university's campus. This suggests severe under-provision of water relative to the likely population of students, overuse and wear on

the few taps, water access bottlenecks, especially during peak times, inadequate water supply, potential water spilling and poor hygiene.

This inadequate water supply is also recorded in students' hostels as majority of the hostels still had students suffered in accessing water regularly in University of Uyo in this 21st century learning environment making students missed lectures at times or buys sachet water for bathing.

Answering of Research Questions

Research Question One: What is the extent to which toilets facilities impacts students' welfare in University of Uyo, Uyo, Akwa Ibom State?

Table: 4.1: Summary of Simple Linear Regression showing the relationship between toilets facilities and students' welfare

R	R Square	Adjusted R Square	Std, Error of the Estimate
.448	.201	.200	4.39922

a. Dependent Variable: students' Welfare; b. Predictors: (Constant), Toilets Facilities

Source: The Researcher's Compilation (2026)

Table 4.1 showed toilets facilities impact on students' welfare at the University of Uyo and that toilets facilities accounts for 20% (R square = 0.201) of the difference in students' welfare which is very low both in classrooms and hostels. The very low and positive correlation (R=0.448) rather than a very high one suggests that some students in both day and hostel residence do not have adequate access to clean toilet facilities. This suggests room for improvement, as adequate and clean toilet facilities are associated with higher students' welfare, and the provision of toilet facilities to the required standard of one toilet facility to thirty students will promote hygiene and dignity and improve welfare and satisfaction among students.

Research Question Two: To what extent do water supply impacts students' welfare in University of Uyo, Uyo, Akwa Ibom State?

Table: 4.2: Summary of Simple Linear Regression showing the relationship between water supply and students' welfare

	R	R Square	Adjusted R Square	Std. Error of the Estimate
	.565	.320	.319	4.05859

a. Dependent Variable: students' Welfare; b. Predictors: (Constant), Water Supply

Source: *The Researcher's Compilation (2026)*

Table 4.2 showed that water supply impacts on students' welfare at the University of Uyo are low both in the school compound and students' hostels. Specifically, water supply accounts for only 32% (R-squared = .320) of the difference in students' welfare levels, which is a low impact. The positive relationship (R=0.565) confirms that adequate access and quality water supply are associated with higher students' welfare. Hence, improving water access will reduce water-borne diseases and improve students' health and welfare.

Test of Research Hypotheses

Hypothesis One: Toilet facilities may likely not significantly impact students' welfare in the University of Uyo, Akwa Ibom State

Table: 4.3: Summary of Simple Linear Regression showing the impact of toilets facilities on students' welfare

	B ₁	SE	B ₂	t-value	Significant (2 tailed)
Constant =	31.889	0.382		83.435	0.000
Toilets Facilities (X ₄) =	0.482	0.022	0.448	22.262	0.000
F-statistics =	495.606				
Probability (Significant p-value) =	0.000				

Significantly related at 5% ($p \leq 0.05$), B₁ = unstandardized beta, B₂ = standardized beta

Source: *The Researcher's Compilation (2026)*

Table 4.3 shows a simple linear regression was conducted to examine whether toilet facilities significantly impact students' welfare at the University of Uyo. The model was statistically significant, with F = 495.606 and a p-value of 0.000, indicating that toilet facilities (Tf) have

a significant impact on students' welfare. The p-value of 0.000 shows that the observed relationship is highly unlikely to occur by chance. The unstandardized regression coefficient $\beta_{x3} = 0.482$ and p-value = 0.000, indicating that for each one unit increase in toilet facility quality and adequacy, students' welfare increases by 0.482 units. The finding indicates that toilet facilities have a significant impact on students' welfare.

Based on the simple linear regression stated, the model is represented thus:

$$Y = a_0 + \beta_1 X_1 + e; Y_{sw} = a_0 + \beta_1 Tf_1 + e$$

It is therefore concluded that toilet facilities significantly impact students' welfare in University of Uyo, Akwa Ibom State.

Hypothesis Two: Water supply may not significantly impact students' welfare in University of Uyo, Akwa Ibom State

Table: 4.4: Summary of Simple Linear Regression showing the impact of water on students' welfare

	B ₁	SE	B ₂	t-value	Significant (2 tailed)
Constant =	29.488	0.360		81.816	0.000
Water Supply (X ₅) =	0.600	0.020	0.565	30.458	0.000
F-statistics =	927.718				
Probability (Significant p-value) =	0.000				

Significantly related at 5% ($p \leq 0.05$), B₁ = unstandardized beta, B₂ = standardized beta

Source: The Researcher's Compilation (2026)

Table 4.4 shows the significant F-ratio at $F=927.718$ and p-value = 0.000 suggests that the results of the regression model could not have occurred by chance and that water supply as an indicator of environmental sanitation significantly impacted students' welfare. To evaluate the degree of change between the independent variable and the dependent variable, the value of the beta coefficients for water supply (Ws) had a statistically significant unstandardized coefficient of $\beta_{x1} = 0.600$ and p-value = 0.000, indicating a positive significant relationship with students' welfare. The finding can be interpreted as every unit change in water supply will result in a 0.600 increase in students' welfare.

Based on the simple linear regression stated, the model is represented thus:

$$Y = a_0 + \beta_2 X_2 + e; Y_{sw} = a_0 + \beta_2 Ws_2 + e.$$

The resulting simple linear regression equation is thus:

$$Y_{sw} = 29.488 + 0.600 Ws.$$

It is therefore concluded that there is a significant positive impact of water supply on students' welfare in University of Uyo, Akwa Ibom State.

Discussion of Findings

The findings of the first research question and hypothesis showed a very low percentage (R-squared .201) and a significant relationship ($R = .448$) and a p-value of 0.000. The low linear regression model showing the small number of students being impacted with toilet facilities in University of Uyo is attributed to the availability of few toilets with even the existing ones not being useful because of how dirty they are, lacks flushing and water supply, brings out unpleasant odour and also littered with excreta which has resulted to some students excreting at the back of school blocks, being absent from school in the case of diarrhea and having hygiene-related stress such as lacking a convenient toilets to use during school hours. The number of toilets in University of Uyo especially at town campus which are all locked is substandard as it is against the recommended standard of toilets for schools which is a ratio of 1 toilet: 30 students and the toilets must be segregated. The inadequate toilet facilities and lack of proper maintenance of existing ones have led to a lack of concentration in class and have increased students' risk of illnesses like infections, especially among the female students. This finding of the study is not in agreement with Caleb et al. (2026), who found that most schools studied significantly exceed the international and local standards for students' toilet ratio. The finding of the study is in line with the finding of Ereh and Etah (2026), who found out that public toilets in their study area are inadequate, poorly maintained and culturally inappropriate.

The findings of the second research question and hypothesis showed that water supply significantly impacts students' welfare (p-value of 0.000) but with a low percentage (R-squared = .320) and a moderate relationship ($R = .565$). The low impact of access to water on students' welfare in University of Uyo is attributed to the availability of few functional taps compared to the population of students which has resulted to non-constant and inadequate water supply that leads to students storing water for use and having insufficient water supply. It is also attributed to the majority of school blocks pumping water at one point and circulating it across, which connotes bureaucratic bottlenecks. Equally, the limited number of tanks in some hostels also contributes, as some students might not have adequate containers to store water till the next pumping day. This affects students' participation in all school activities, as those in the hostels sometimes lack water for personal hygiene; hence, they bank on either a personal source of water, such as buying sachet water for bathing and other domestic use, or another. When they cannot afford and efforts to secure water elsewhere prove abortive, they stay away from academic exercise for that day. This also encourages unhealthy living and unhygienic practices compared to the WHO standard. This

finding of the study agrees with the findings of Bibian and Walter (2025) who found out that water supply infrastructure significantly negatively impacts access to potable water, Edefo (2025) whose findings revealed no progress and improving access to water and sanitation with urban-rural regional disparities.

Recommendations

- i. The University of Uyo management should prioritise investment in building and improving toilet facilities, including regular maintenance and cleaning across all students' hostels, academic buildings, and other areas. Also, all locked-to-lose toilets should be opened so students can make use of them while in the school compound, and cleaners should be provided to maintain the conditions of those toilets. These will improve students' physical comfort and reduce stress related to dodgy, unclean or unavailable toilets. Thus, leading to better attendance in classes and academic performance.
- ii. The University of Uyo management should install more reliable water supply systems (boreholes, water tanks, pipe born) and connection to municipal supply in all academic buildings and common areas such as toilet facilities, hostels to ensure 24/7 water availability for students' consumption. The consistent water supply access will encourage proper hygiene, reduce disease transmission, maintain school cleanliness, and boost students' confidence and mental well-being.

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