

# The Preference for and Perception about Toilet Seat among Residents of Urban Resettlement Colony of Delhi

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## Abstract

*Introduction:* Sanitation is a basic necessity in the modern world. It has also been declared as a basic human right by the United Nations General Assembly. Investment in sanitation also brings high returns. However, a research gap has been observed regarding sanitation practices in urban slums in India. Lack of available space makes it difficult to build or maintain toilets in rapidly growing, unplanned urban slums.

*Material and Methods:* A community-based cross-sectional study was done in Gokalpuri urban slum of Delhi. Systematic random sampling was used to select houses in the area. The study participants were selected via lottery method. After explaining the purpose of study and taking their consent, they were enrolled in the study. The participants were interviewed using a semi-structured and pre-tested questionnaire.

*Results:* Amongst a total of 150 adult study subjects there were 87 (58%) males and 63 (42%) females. A total of 82% participants were using the Indian type of toilet seat. Majority (71%) of the participants were aware about the benefits of Indian toilet seat and squatting position while defecating eg. healthy bowel movement. Out of the remaining 27 participants, majority (19) didn't have a personal toilet seat.

*Conclusion:* The study subjects have a preference for the Indian toilet seat. About 10% participants expressed the opinion that it was difficult to maintain sanitation of toilets while being shared by multiple persons.