

EDUCATION TO ADOLESCENTS ON HIV/AIDS AT SELECTED SCHOOLS OF DELHI

Ms. Swapna M K*

Abstract

Adolescents is the age of curiosity and it is a period of transition from childhood to adulthood. One fifth of the world's population is represented by them. Development of knowledge and attitude take place during this period, which can have lifelong effects on the individual, family and society. Effective means of education should be needed for the improvement in knowledge and attitude of the adolescents. This study aimed to assess the Knowledge and attitude of adolescents regarding the HIV/AIDS. Quasi Experimental design one group pretest and posttest design was selected to determine the effectiveness of education. A purposive Sampling technique was adopted to select 100 samples. The Knowledge Questionnaire was adopted for collecting the data. A planned teaching Programmeregarding HIV/AIDS was developed and imparted knowledge to adolescents. The result shown for the Knowledge score regarding HIV/AIDS was improved after education.

Key Words : Adolescents, Education, Development, Human ImmunoDeficiency Virus, Acquired Immuno Deficiency Syndrome

* Assistant Professor, Amity College of Nursing, Gurgaon

I.Introduction

A Gargantuan section of the world's population, more than 1.75 billion is young and aged between 10 and 24 years, making every fifth person in the world an adolescent. In young countries like India where more than 22.85% of its Population is between 10 to 19 years, HIV can be a formidable threat both in terms of incidence and prevalence. Adolescence is the second decade of life (10 – 19 years) and is a period of both physical as well as psychological development. Adolescents comprise a major part of the reproductive group, they are likely to play a significant role in determining the future growth patterns of India's population and economy. Adolescence is a time of vulnerability during which internal conflict caused by hormonal changes, the influence of peer group and the attitudes and practices of significant adults in their lives such as teachers and parents, societal pressure, norms and values and economic conditions all contribute to mould the character and behavioural patterns that are carried on to adulthood.

India has the 3rd largest HIV epidemic in the world. In 2013, HIV prevalence in India was an estimated 0.3%. This figure is small compared to most other middle income countries but because of the huge population (1.2 billion) this equates to 2.1 million people living with HIV. In the same year, an estimated 1,30,000 people died from AIDS related illnesses.

Adolescents of today are exposed to the risk of being victims of HIV/AIDS which was quite unknown to their predecessors a few decades ago. The epidemic of HIV/AIDS is now progressing at a rapid pace among young people. According to the United Nations, there are about 4 million HIV infected people in India and India is considered a higher risk country. Adolescents and young adults of 15 to 24 years are the hardest hit by HIV/AIDS it has been reported that many adolescents do not know the modes of transmission of this disease. Policy makers and programme managers have often recommended that schools can act as the center point for disseminating information and education on HIV/AIDS.

One way to promote safer choices among adolescents is by having open communication and discussions about sex and condom use. In India, due to the deep seated taboo on discussing sexuality adolescents and their parents do not freely discuss sex and sexually transmitted diseases. Hence the present study was planned with the objectives to study the Knowledge and

attitude of adolescents regarding HIV/AIDS. Increasing Knowledge of HIV/AIDS can be powerful means of fostering positive attitudes and building safe practices among adolescents.

II.Objectives

1. To assess the sources of Information regarding HIV/ AIDS.
2. To assess the level of knowledge of adolescents regarding general aspects of HIV/AIDS before and after education.
3. To assess the level of Knowledge of adolescents regarding mode of transmission before and after education.
4. To assess level of knowledge of adolescents regarding Preventive measures of HIV/AIDS before and after the education
5. To assess the attitude of adolescents regarding the HIV/AIDS before and after the education.

III. Review of Literature

Bounbouly Thanavanh, Md. Harun Rashid, (2013) conducted a study to assess the knowledge, attitude and practices regarding HIV/AIDS among High School students, the study reveals that the majority of students were aware about the transmission but, misconceptions about transmission of HIV were observed among the majorities. Positive attitudes towards HIV/AIDS were observed among respondents.

Pankaj Kumar Gupta, Prasad Pore, et, al, (2012) conducted a study with adolescents with the objectives to assess the knowledge, attitude about HIV/AIDS in adolescents. The study reveals that the students were aware about HIV/AIDS, and more than 50% students were having misconceptions about HIV/AIDS. In this study, TV were the commonest source of Information for adolescents to know more about HIV/AIDS.

E.A.Tobin, H.O. Okojie, et al (2010) conducted a study to assess the knowledge, attitude and practices of adolescent students, the study reveals that 40% of respondents cited media as source of information 63% respondents could differentiate between HIV/AIDS over 85% knew of transmission through sex, mother to child, contaminated blood, 59% respondents cited kissing and weight loss was the most common symptom mentioned.

Mc Manus Alexandra, DharLipi, 2008 conducted a cross sectional study aimed to assess the knowledge, perception and attitude of adolescents girls towards STI's/HIV, safer sex and sex education. The findings of the study indicated good awareness about the modes of HIV transmission and prevention among adolescent girls.

Singh SK, Krishna G (2007) Conducted cross sectional study on regarding HIV/aids related knowledge among female students of the technical institutes. The findings revealsthat the causative agent and correct mode of acquiring infection was not known to most of the students.

S.Bhalla, H.Chandwani (2005) Conducted a study on knowledge about HIV/AIDS among senior secondary school students in Gujarat with the objective to assess the extent of knowledge,beliefs and attitude of adolescent students towards HIV the results revealed that 90.5% of the subjects know about that HIV/AIDS is caused by the infective agent and 76% had a misconception that AIDS can be cured.

HIV has become oneof the devastatingdiseases humanity has ever faced. It has become a major public health concern with about half of the new infections occurring in young people.Research studies have conducted in different parts of the world showed the evidence of inadequate knowledge and misconceptions regarding HIV/AIDS is common among adolescents.

IV. Methodology

One group Pretest Post test design was adapted,100 samples were selected through purposive sampling technique. The Planned structured Programme was administered on HIV/AIDS. The tool was developed by the researcher with the guidance of experts. The questionnaire contained six sections,

- I. Demographic Variables
- II. Sources of Information regarding HIV/AIDS
- III. Knowledge of adolescents regarding general aspects of HIV/AIDS
- IV. Knowledge regarding mode of transmission of HIV/AIDS
- V. Knowledge regarding Preventive aspects of HIV/AIDS
- VI. Attitude of adolescents regarding HIV/AIDS

The Pilot study was conducted before the main study and it elicited the study was feasible. The tool was found to be highly reliable and valid. During the data collection, the researcher introduced herself to each subject and they were informed about the purpose of the study.

V.Results

Table. 1. Sources of Information regarding HIV/AIDS.

Sources of Information	Frequency N= 100	Percentage
Television	40	40%
News Paper	12	12%
Radio	20	20%
Teachers	10	10%
Health personnel	08	8%
Banners	10	10%

Figure.1. Sources of Information regarding HIV/AIDS

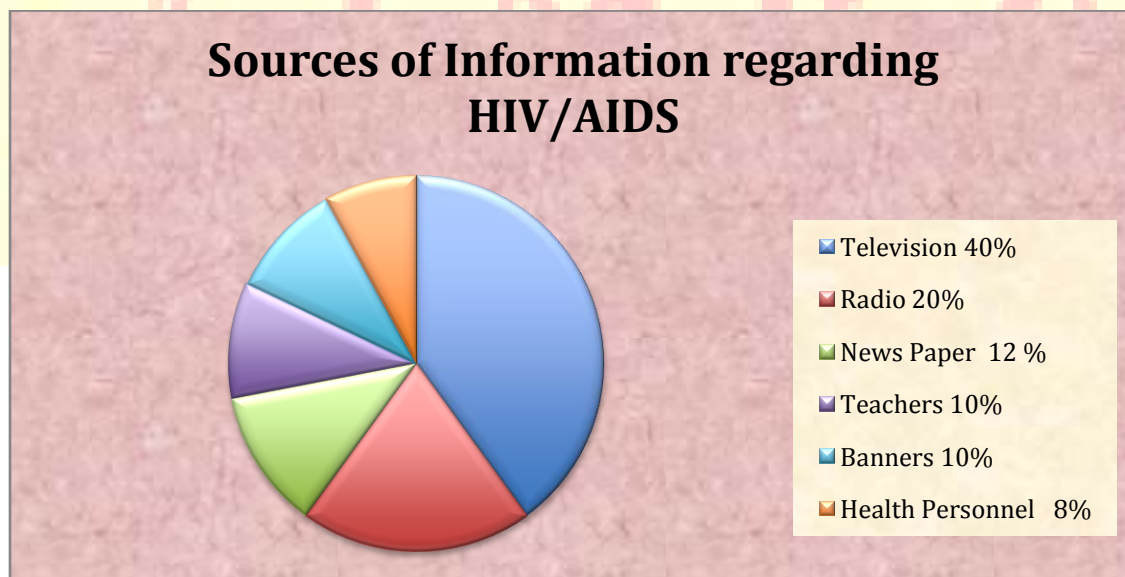


Table. 2. Comparison of Knowledge of adolescents regarding general aspects of HIV/AIDS before and after Education

	Mean	Standard Deviation	Mean Difference
Pretest	11.51	1.43	9.94
Post test	21.45	1.65	

Figure .2. Comparison of Knowledge of adolescents regarding general aspects of HIV/AIDS before and after Education

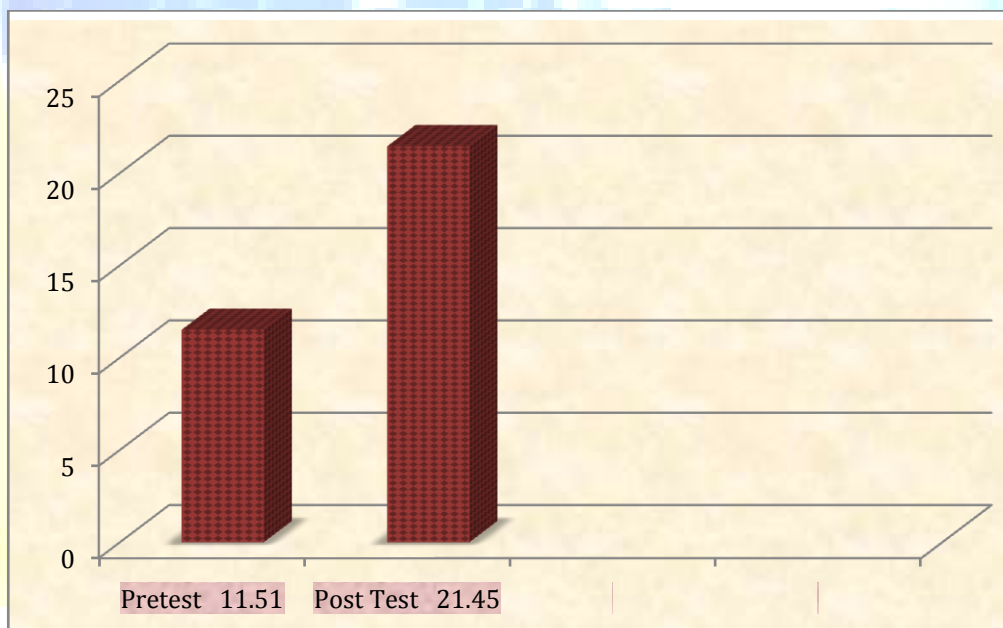


Table. 3. Comparison of Knowledge of adolescents regarding mode of transmission of HIV/AIDS before and after Education

	Mean	Standard Deviation	Mean Difference

Pretest	14.16	1.53	9.18
Post test	23.34	1.67	

Figure .3. Comparison of Knowledge of adolescents regarding mode of transmission of HIV/AIDS before and after Education

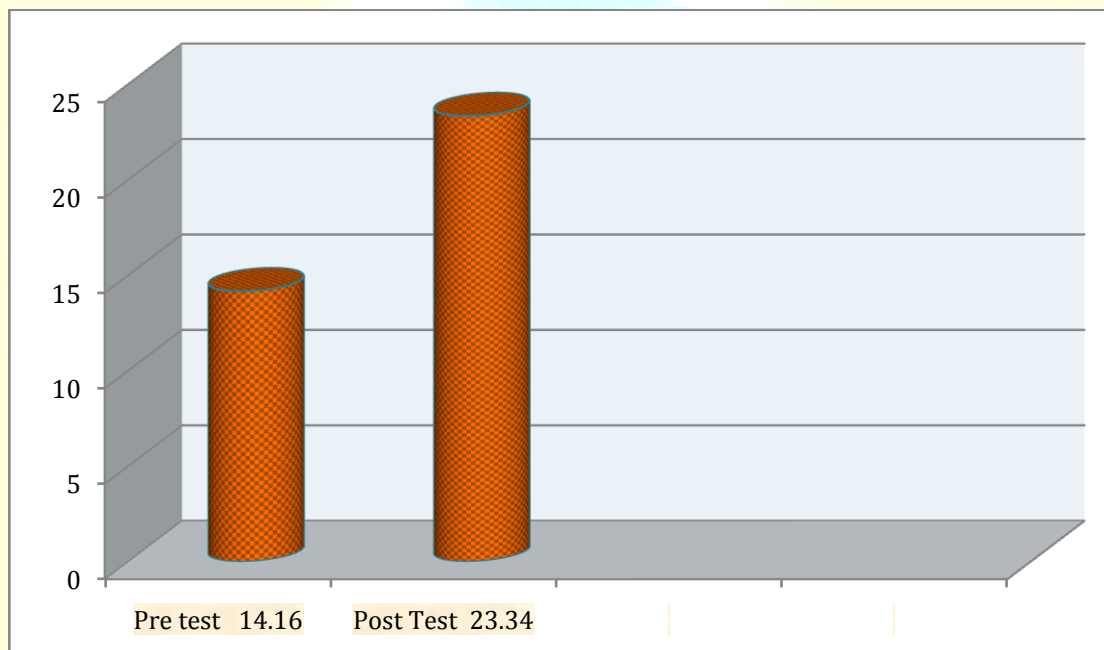


Table. 4. Comparison of Knowledge of adolescents regarding Preventive Measures of HIV/AIDS before and after Education

	Mean	Standard Deviation	Mean Difference
Pretest	15.12	1.48	7.34
Post test	22.46	1.69	

Figure. 4. Comparison of Knowledge of adolescents regarding Preventive Measures of HIV/AIDS before and after Education

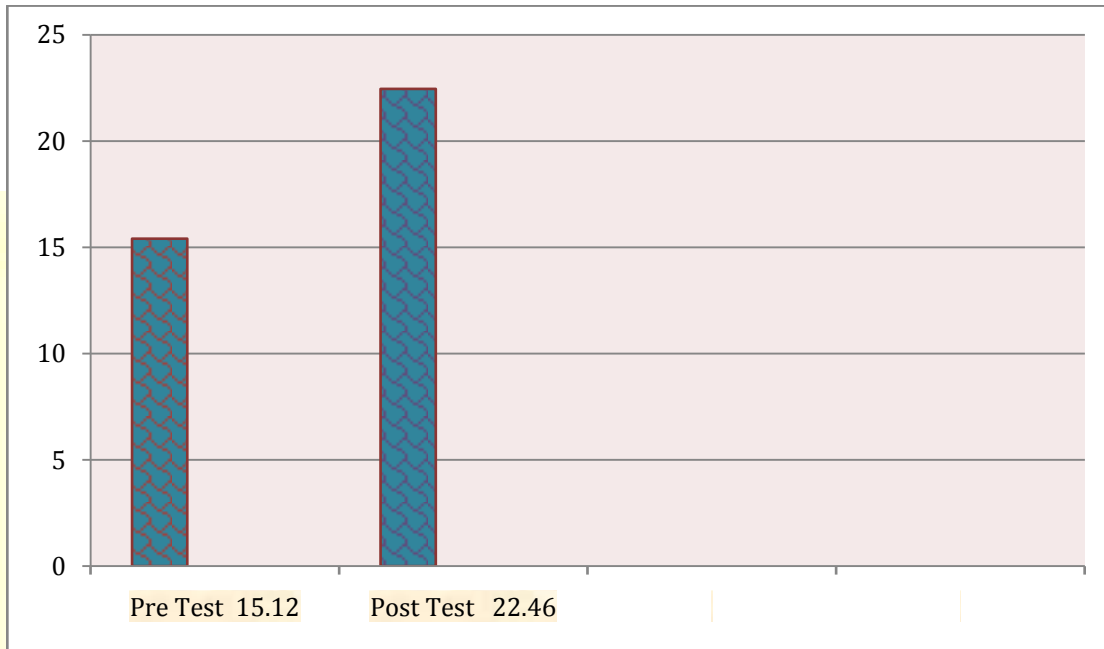
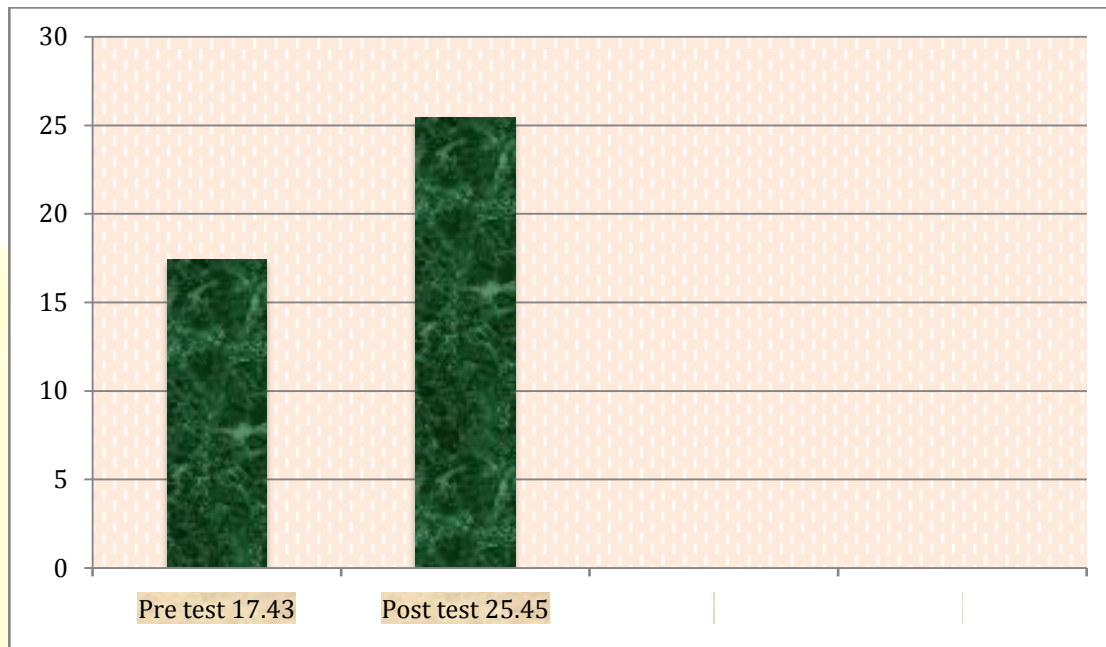


Table. 5. Comparison of Attitude of adolescents regarding HIV/AIDS before and after Education

	Mean	Standard Deviation	Mean Difference
Pretest	17.43	1.48	8.02
Post test	25.45	2.13	

Figure. 5. Comparison of Attitude of adolescents regarding HIV/ AIDS before and after Education



VI. Discussion

The Present study revealed that mean post test knowledge score was higher than the mean pretest score of respondents both in Knowledge and attitude regarding HIV/AIDS. The avenue of Information for young people have increased tremendously over the past few years and so has youth access to those avenues. Electronic media is being aggressively used to bring home the message on HIV. In this present study, television was the main source of Information regarding the HIV/AIDS with 40% and Radio with 20%. The mean pretest score of knowledge regarding general aspects of HIV/AIDS was 11.51 and posttest score increased to 21.45 after education same as that the pretest score of knowledge regarding mode of transmission of HIV/AIDS was 14.16 and post test mean increased to 23.34 and mean pretest score of knowledge regarding preventive measures of HIV/AIDS was 15.12 and increased to 22.46 after education. The attitude of adolescents regarding HIV/AIDS was 17.43 and increased to 25.43 after administering educational Programme. A supportive study also shows same result by Dr. Darshan R Shah, et al., conducted a study in adolescents in Mumbai regarding HIV/AIDS shows that a significant increase in their Knowledge occurred regarding HIV/AIDS, their modes of transmission, methods of prevention and the change in attitude towards people living with HIV/AIDS was improved

after education.

VII Nursing Implications

Nursing Practice: Nurses can help the society by an active role in enhancing the public related to the awareness of HIV/AIDS.

Nursing Administration: While planning Nursing services at large scale, administration should focus on various health Professionals as they work with vulnerable populations.

Nursing Education: There should be increasing HIV/AIDS education for society. A public health education campaign province wide for health care professionals and public could decrease anxiety about the disease and increase the awareness of transmission methods and risk behaviours.

Nursing Research: Continous Research and education will help the public to improve the health. The nurse researcher should conduct various researches in other settings also. This will help to generate more reliable data to give guidance to the public for health education in various settings.

VIII Conclusion

This Study reveals that the adolescents gained good knowledge in general aspects, transmission of HIV/AIDS and prevention of HIV/AIDS after the educational programmes. Even the attitude of adolescents towards the HIV/AIDS is increased after the education, so that the educational programme is effective in improving knowledge and attitude of the adolescents.

IX. Recommendations

Similar kind of study can be performed in large scale and in different settings. An experimental study could be undertaken by having a experimental group. Same study can be also conducted with health Personnel in various settings.

References

1. WHO 2006. WHO/ World Bank Special Programme of ResearchDevelopment and Research training in human Reproductive, biennial Report 1994-1995, Geneva

2. UNAIDS global HIV/AIDS and STD surveillance Epidemiological fact sheet by country.2002.
3. Jaiswal S, Magar BS, Thakali.Ket,al., 2005, HIV/AIDS and STI related Knowledge, attitude and practice among high school students in Kathmandu valley, Kathmandu university medical Journal,Volume.no:3,Issue 9
4. Sankaranarayan, S.Naik,et,al.,1997,Impact of School based HIV/AIDS education for adolescents in Bombay south east Asian Journal .
5. UNESCO 2002,knowledge, attitude nd behavior of adolescents reproductive and sexual health regional profile.
6. Fernadez DM, Figueroa WI, Gomez M,et.al.,2008Changes in HIV/AIDS Knowledge among early adolescents in Puerto rico. Ethnicity and Diseases.
7. GhabiliK, Shoja MM, Kamran P,et,al., 2005 The Iranian female high school studnets attitude toards People with HIV/AIDS a cross sectional study.
8. Bhalla S, Chandwaniey,ai., 2005, Knolwedge about HIV/AIDS among Senior Students in Jamnagar , Gujarat.Hrealth Population perspect Issues.28.
9. Young People and HIV/AIDS, 2000 : Oppportunity in crisis WHO/ UNICEF
10. SahrmaSR,et,al., 2002, the sociological Intervention package for Developing Awareness on high risk Behaviour in AIDS,Indian Journal of Community.
11. Makroo RN, SalilP, Vashist RP, Shivlal, 1996, Trends of HIv Infection in the blood donor of Delhi. Indoian Journal of Pathology and Microbiol.
12. Cote A, Sobela F, Dzokoto A, Nzambi K, AsamoahAdu C, Labbe A, et al. 2004,‘Transactional sex is the driving force in the dynamics of HIV in Accra, Ghana.’ AIDS. ;18:917–925.
13. Petersen I, Bhana A, McKay M. 2005, Sexual violence and youth in South Africa: The need for community-based prevention interventions. Child Abuse Neglect;29:1233–1248.