

ORIGINAL RESEARCH**A pre experimental Study To Evaluate The Effectiveness Of Training Program On Knowledge And Attitude Of Adolescents Regarding HIV/AIDS transmission and its prevention In Selected Schools, Punjab****Dr. Priyanka Chaudhary**

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Email: ruchidevine232@gmail.com, c.priyanka@deshbhagatuniversity.in**Abstract**

Aim of the study: The aim of the study is to improve the knowledge and develop positive attitude of adolescent regarding HIV / AIDS transmission and its prevention through planned teaching programme.

Objectives

1. To assess the pre test - post test knowledge regarding HIV/AIDS transmission and its prevention among adolescents.
2. To assess the pre test - post test attitude regarding HIV/AIDS transmission and its prevention among adolescents.
3. To find out association between knowledge and attitude regarding HIV/AIDS transmission and its prevention among adolescents.
4. To find out the relationship between the pre and post-test knowledge regarding HIV/AIDS transmission and its prevention among adolescents with selected demographic variables.
5. To find out the relationship between the pre and post-test attitude regarding HIV/AIDS transmission and its prevention among adolescents with demographic variables
6. To prepare booklet regarding HIV / AIDS transmission and its prevention.

“Lets get together to prevent it and have an HIV free generation” - HENCIL

Stripling is the period of pubescent life when people terminate to be children and start grown up to be mature and also it is considered as a bridging between childhood to adulthood¹. Children and adolescents constitute almost 40 percent of India's population. Stripling age group is a very sensitive age group and in phase of transition they undergo a lot of social, physical, hormonal, psychological and behavioral changes. Thus pubescent is the important part of human life².

Stripling in the draft Youth Policy that have been defined as the age between 13-19 years; under the ICDS programme pubescent girls are considered to be between 11-18 years; the Constitution of India and labour laws of the Indian government consider children whose age is up to 14 years; whereas Internationally and the Reproductive and Child Health Programme mentions the age group of 10-19 years to be the age of adolescence³.

“Health is a state of complete physical, mental and social well being and not merely an absence of disease or infirmity.” Alteration in any aspects may lead to a disease. Diseases are of many types as communicable and non communicable, curable and incurable⁴.

HIV attacks the body's immune system, specifically the CD4+ cells (T cells), which help the immune system fight off infections. If left untreated, HIV reduces the number of CD4+ cells

(T cells) in the body, making the person more likely to get infections. AIDS stands for acquired immunodeficiency syndrome.⁵ AIDS is the stage of infection that occur when our immune system is badly damaged and an individual become vulnerable to opportunistic infections when the number of CD4+ cells falls below 200 cells per cubic millimetre of blood.⁶

HIV/AIDS has single most formidable as the emerged challenge to salutariness, civil rights and development in the new century. UNAIDS evaluate that approximates that 36.9 million people across the globe are living with HIV/AIDS.⁷ Human Immunodeficiency Virus mainly affects 2.6 million young people who were sexually active. In India 32% cases were reported of AIDS in Young people age between 15–29 years and the young women living with HIV/AIDS is twice that of young men. Punjab has almost 45948 person suffering from HIV/AIDS with the highest number 12372 are from Amritsar alone. These figures were displayed by the Punjab State AIDS Control society on the eve of the world AIDS Day 2015.⁸

Educating people regarding HIV and AIDS necessitates discussions on these sensitive issues related with sex and drug abuse. Many people believe that it is inappropriate to talk about these subjects and fear that doing so would encourage them to indulge in risky behaviors. Such attitudes are often based on moral and religious views rather than evidence based, and severely limits AIDS education around the world.⁹

Need of the study

India has the world's third largest population suffering from HIV/ AIDS, after South Africa and Nigeria. HIV/AIDS prevalence rate in **India** is relatively lower. In 2007, **India's** HIV/AIDS prevalence rate stood at approximately 0.30% the 89th highest in the world.¹⁰

India is considered a high-risk country . Adolescents and young adults of 15 to 24 years old are the hardest hit by HIV infection worldwide and a significant proportion of them live in India. Despite the high prevalence of HIV/AIDS, it has been reported that many adolescents do not know the modes of transmission of this disease¹¹. Programme managers and policy makers have often recommended that schools can act as the center point for disseminating information and education on HIV/AIDS¹². Hence school education has been described as a 'social vaccine', and it can serve as a powerful preventive tool. In India, there is a wide gap between the inputs in the HIV/AIDS curriculum for schools and the actual education that is imparted¹³.

Many adolescents around the world are sexually active and because many sexual contacts among them are unprotected, they are at risk of contracting sexually transmitted diseases (STDs) including HIV/AIDS.¹³ Another reason for their vulnerability to STDs is the lack of sex education, including education on STD prevention.³ Most parents do not discuss topics related to sexual issues and hence many teens turn to peers and to the media and get in accurate information.¹⁴ The risk of becoming infected with human immunodeficiency virus (HIV) during unprotected sex is two to four times greater for a woman (even higher in Adolescent women) than for a man.^{15,16,17} According to the United Nations, there are about 4 million HIV infected people in India, and India is and young adults of 15 to 24 years old are the hardest hit by HIV infection worldwide and a significant proportion of them live in India. Despite the high prevalence of HIV/AIDS, it has been reported that many adolescents do not know the modes of transmission of this disease^{18,19,20}. Programme managers and policy makers have often recommended that schools can act as the center point for disseminating information and education on HIV/AIDS. Hence school education has been described as a 'social vaccine', and it can serve as a powerful preventive tool.^{21,22,23,24}

From the above statistical data and investigator own experience during her clinical posting that number of patients have social stigma, myths and misconception associated with

transmitting HIV/AIDS to person to person. Therefore, investigator felt that they had poor knowledge and undesirable attitude towards HIV/AIDS. As Researcher stated above adolescents are high risk group, vulnerable to sexually transmitted diseases. Because of increasing prevalence among adolescents there is a crying need to fill knowledge gap regarding HIV, modes of transmission, and prevention by implementing safe sexual practices. Education about HIV/AIDS will go long way not only in preventing the disease but in dispelling many of the myths that surrounds it. There is no cure for HIV/AIDS so education is the only way in protecting the future citizens in build up the healthy youth healthy India so as an investigator took an interest to assess the current knowledge of HIV/AIDS among adolescents and awareness to youths in regarding HIV/AIDS, it serves as a social vaccine to prevent further HIV/AIDS cases in the country. "Enable adolescents to protect themselves and become advocates for HIV/AIDS prevention."

Hypothesis

H₁- There will be a significant difference between mean pre-test and post test knowledge scores regarding HIV/AIDS transmission and its prevention among adolescents.

H₂- There will be a significant association between post test knowledge scores regarding HIV/AIDS transmission and its prevention among adolescents with selected demographic variables.

Delimitations

The study is limited to

1. School going adolescent having age 13 to 18 years.
2. Those who are ready to participate in the study.

1.9 Conceptual framework

Conceptual frame work used for the present study was **Ludwig Von Bertalanffy (1968)**

Review of literature

The literature for the study is organized under the following heading:

A. Studies related to HIV /AIDS.

B. Studies related to knowledge and attitude of adolescents regarding HIV/AIDS.

C. Studies related to effectiveness on teaching program on HIV /AIDS.

A. Studies related to HIV /AIDS

Li – ping wong et.al (2015)²⁵ conducted a cross sectional survey regarding knowledge, attitude regarding HIV/AIDS among young adult. A total of 1075 young adult aged between 15–24 years. The HIV/AIDS knowledge among the participants was moderate. The majority had adequate knowledge of HIV transmission, but fewer were aware of other modes of transmission, such as tattooing and piercing, sharing personal items, and breast-feeding from an infected mother. The majority of young adults showed that HIV is not transmitted by mosquito bites, sharing meals, casual contact, and using public swimming pools and toilets. A misconception regarding HIV/AIDS exists on knowledge, transmission and prevention. Education and intervention programs are needed to increase the level of knowledge and awareness of HIV/AIDS.

Adithyan G S, Bal R, Anna M E (2016)²⁶ conducted a descriptive study to collect interview data from 91 brothel-based Female Sex Workers (FSW). By using convenient sampling technique Female Sex Workers were selected based on key informant from three different brothel areas in Mumbai. In India , Maharashtra had highest (7.4%) prevalence rate of HIV among female sex workers. The mean age was 32.9, three out of four were illiterate and 62%

were either married or had a live-in partner. On cumulative knowledge on HIV/AIDS 85% of population reported above average satisfactory score and a nearly 100% using condom both with regular and occasional clients. Most of the FSW (86%) use more than one condom during a sexual act, and it was also found out that they tend to engage in risky sexual practices with their regular non-paying partner without condom, thinking that it was not necessary.

Literature review related to knowledge and attitude on HIV/AIDS

Colins K, Jane F, Kihla (2016)²⁷ conducted a cross-sectional study to evaluate their Knowledge, Attitude and Practices regarding HIV/AIDS among young adults of age between 13-25 years. Total 464 students were selected by systematic quota random sampling technique from secondary schools in Fako. The majority of participants demonstrated an adequate understanding of HIV transmission and prevention. However, misconceptions about routes of transmission were observed in 3.4 to 23.3 % of respondents. Risky behaviours were found among participants as about 60 % practice safe sex and 40 % reported not to. Up to 196 (42.2 %) respondents had a history of sexual intercourse of which 108 (56.25 %) had used a condom during their last three sexual encounters. About half of the respondents had negative views about HIV infected people. Students with medium (34.3 %) and high (62.1 %) levels of knowledge were more likely to display positive attitudes.

Research design

The research approach of the study was pre experimental.

Selection and description of setting

The present study was conducted at selected schools. The adolescents girls for group were taken from government high school situated at lohara Ludhiana. Total student strength of the school was 500.

The target population of this study were adolescents studying in 9th, 10th, 11th and 12th class of selected Schools, Punjab.

Content validity

Content validity was done by expert's opinion. After extensive review of literature preliminary drafting of tool was done..

Reliability

The reliability of structured multiple choice questionnaire was found to be $r = 0.90$. and $r = 0.85$ for attitude scale Hence the tool was reliable

Implications

The results of the present study have several implications, which are discussed in the following areas:-

1. Nursing Education
2. Nursing Services
3. Nursing Administration
4. Nursing Research

Nursing Education

Education is the key for the development of excellent knowledge of excellent nursing practice. Nurses must be lifelong learners and they should be given an opportunity for continuing education. As a nurse practitioner and educationalist should lay stress on

knowledge of patient regarding HIV/AIDS which will decrease the chance of disease occurrence. Formal and informal teaching should be conducted in hospitals, primary health care centre and community area so that awareness can be created regarding HIV/AIDS. Also self learning module can be prepared to teach the patients on risk factors, symptoms.

Nursing Services

The expanded role of the professional nurse emphasizes on those activities which promotes health and preventive behavior among consumers. Health personal should arrange health education programs for people regarding HIV/AIDS. In service education and staff development programs, seminar, workshops, panel discussion to be conducted for staff nurses and health personal on HIV/AIDS

Nursing Administration

Nurse Administrators are the back bone for providing facilities to improve knowledge and attitude regarding HIV/AIDS. In the era of knowledge explosion and technological changes, nursing has become a complex discipline with a rapidly growing body of knowledge. Nursing administration should anticipated the need of time and prepare young nurses to serve. There should be provision for nurses to devote time for participating and learning skills of procedures. Also there is a need to encourage nurses to develop educational material. Necessary administrative support should be provided to conduct research in any setting as required. A hospital policy should be adopted to provide written information to all staff nurses in medical ward, surgical ward and ICU along with charts and figures regarding standard protocol of universal precautions.

Nursing Research

Nurses being the largest group in providing care in health care system and being always round the clock in medical and surgical units, should take initiative to conduct further research regarding universal precautions and provide correct information to improve knowledge and attitude of the same. Nurses should have higher qualification and especially those who work in hospitals, nursing home and primary health centers. Nursing research helps in short coming improvement and also standardizes the care all over the world.

Recommendations

Based on the experience gained during the periods of study and from the results of the study following recommendations were made:-

- The study can be replicated on a large sample to generalize its findings.
- Similar study may be replicated on large samples for wider generalization;
- A descriptive study can be conducted to assess the knowledge and attitude regarding HIV/AIDS among B.sc (Nursing) students in selected colleges of Ludhiana, Punjab.
- A cross sectional study can be done to assess the knowledge and attitude of the staff nurses regarding HIV/AIDS in selected hospitals.
- A quasi experimental study can be conducted to assess the effectiveness of structured teaching program on the health care providers or professional regarding HIV/AIDS primary health center.
- A comparative study can be conducted to assess the knowledge and attitude regarding HIV/AIDS among rural and urban community

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