A study to evaluate the effectiveness of a training programme on knowledge, attitude and practices of adolescents related to HIV/AIDS in selected schools of Delhi

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ABSTRACT

Introduction: HIV/AIDS is a major health problem in many parts of the world and has become one of the greatest threats to human health mainly affecting young adults. Adolescents comprise about 22% of the population of India and need accurate and age-appropriate information about HIV/AIDS so as to eliminate risk factors, negotiate safer sex, and get tested for HIV. Thus, the investigator felt the need to prepare and administer a training programme to prepare adolescents to fight against AIDS. The main aim of the study was to assess the effectiveness of a training programme in improving the knowledge, attitude and practices of adolescents related to HIV/AIDS. The objectives of the study were to: assess and compare the knowledge, attitude and practices (KAP) of adolescents before and after administration of a training programme on HIV/AIDS; determine the relationship between knowledge, attitude and practice of adolescents before and after administration of a training programme on HIV/AIDS; determine the association of selected variables with KAP of adolescents related to HIV/AIDS and determine the acceptability of adolescents on the training programme related to HIV/AIDS.

Methods: This quasi experimental study following pretest posttest design was conducted among 175 adolescents (93 in experimental group and 82 in control group) in two conveniently selected govt. schools in East Delhi. Adolescents in the experimental group received training programme
on HIV/AIDS in three sessions focusing on magnitude and mode of transmission of HIV/AIDS, components and functions of immune system, lifecycle of HIV, progression of HIV infection, testing and treatment, prevention, stigma and discrimination, and myths and misconceptions about the disease using group teaching learning strategies viz. lecture, group discussion, role play, pre planned case scenarios, video demonstration whereas no intervention was given to the adolescents in the control group. Pretest and posttest KAP (day 15 and day 30) scores were assessed using a valid and reliable structured knowledge questionnaire, attitude scale and practice questionnaire. The opinion of the adolescents in the experimental group was ascertained during posttest at day 15 after the administration of training programme.

**Results:** Data was analysed using SPSS 16, level of significance was kept at 0.05 level. In the experimental group, there was a significant increase in the KAP scores of adolescents from pretest to posttest (day 15 and 30). There was also a significant increase in the mean pretest to posttest knowledge scores in the control group but no statistical significant change was observed in mean pretest to posttest attitude and practice scores. The mean posttest (day 15 and 30) KAP scores of adolescents in the experimental group were significantly higher than that in the control group. In the experimental group, a statistical significant relationship was found between pretest and posttest at day 15 and day 30 KAP scores except day 15 attitude and practice scores. A significant association was observed between mothers’ education and fathers’ education with KAP scores related to HIV/AIDS. The training programme was acceptable to majority of adolescents. Thus, the training programme on HIV/AIDS was effective in increasing the knowledge, developing favorable attitude and expressing safe practices amongst adolescents. Majority of the adolescents expressed that the programme was informative and comprehensive. They desired to have more such sessions to be arranged in their schools.
Discussion: In the current study, a significant increase in KAP scores was observed after the administration of training programme on HIV/AIDS for adolescents. Similar significant changes have been observed between pre-test and post-test KAP scores after the administration of school-based HIV/AIDS education programmes as reported by Pankaj K G et al, Mahat G, Scoloveno MA and Ayres C Ye XX. Further studies can be done to reach out-of-school adolescents to reduce misperceptions which may fuel stigma and discrimination. Curriculum for students must include adequate and culturally relevant content on HIV/AIDS, attitudes towards PLHIV, and preventive measures especially for adolescents. With the holistic care that the nurses provide, they can make important contribution in assisting other health care providers and the public at large in understanding HIV/AIDS.

Key words: HIV/AIDS, Training programme, Adolescents, Knowledge, Attitude, Practice