

# Effectiveness of STP on Knowledge & Attitude of Adolescent Students Regarding AIDS & its prevention

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**Abstract:** Little is known about the knowledge & attitude of higher secondary adolescent students in India. This study assessed the knowledge & attitude related to AIDS among higher secondary school students; it also explore variables associated about AIDS & its prevention aspects among higher secondary school students in India. Objectives: To investigate the knowledge & attitude of higher secondary school students concerning AIDS & its prevention. Assessing the need for inclusion of their reproductive health education in school curriculum. The research approach was evaluative approach. This study was done with 150 higher secondary school students in Shree Ambe vidhyalaya, Waghodia road, Vadodara of AIDS & its prevention. Data was collected by using self administered knowledge & Attitude scale using non probability purposive sampling technique. Data was analyzed by the descriptive (Mean, percentage, frequency & standard deviation) & inferential (chi square.& “t” test). The result shows that Almost all students had defective knowledge of the AIDS. They were aware & afraid of the disease as being deadly but not sure of the cause, nature, agent – host, route of transmission and prevention. In this over all study, found out that 64% of adolescent students have the adequate knowledge regarding AIDS & its prevention. 36% of adolescent students have good knowledge regarding AIDS & its prevention. in the attitude aspects 100% of adolescent students have positive attitude regarding AIDS & its prevention. conclusion: There is need to provide adolescent students with correct, detailed and broad information on reproductive health as part of the school curriculum to help them adequate knowledge & develop appropriate attitude towards AIDS & its prevention.

**Key Words:** AIDS, Structured Teaching Programme, Knowledge, Attitude.

## 1. INTRODUCTION:

HIV is a virus that attacks the immune system, which is our body's natural defence against illness. If a person becomes infected with HIV, they will find it harder to fight off infections and diseases. The virus destroys a type of white blood cell called a T-helper cell and makes copies of it inside the body. T-helper cells are also referred to as CD4 cells. AIDS had a great impact on society, both as an illness and as a source of discrimination. The disease also has large economic impacts. There are many misconceptions about AIDS such as the belief that it can be transmitted by casual non-sexual contact. Primary prevention efforts through effective educational programs are vital for control and prevention. Nurse has an important role in the aspect of promotion of health and prevention of disease. Effective educational programs have been initiated to educate the public regarding safer sexual practices to decrease the risk of transmission.

Working with HIV poses unique challenges to vaccine researchers because of the complicated interactions between the virus and the human immune system, but one trial has demonstrated a moderate degree of success. In 2009, a vaccine candidate studied in a trial of over 16,000 individuals in Thailand was the first to modestly protect against HIV infection. A South African trial testing a new candidate based on this promising vaccine launched in 2015 and is still in progress. Several other planned vaccine trials and research studies that will begin in the coming years will continue to work towards a vaccine that delivers potent protection against HIV.

## 2. STATEMENT OF THE PROBLEM:

“A Study to evaluate effectiveness of STP on knowledge & attitude of adolescent students regarding AIDS & its prevention in selected higher secondary schools of Vadodara district.”

## 3. OBJECTIVES:

- To assess the level of knowledge & attitude of higher secondary students regarding AIDS & its prevention.

- To assess the effectiveness of STP on knowledge & attitude of higher secondary students regarding AIDS & its prevention.
- To find association between pre test level of knowledge and attitude among higher secondary students in selected demographic variables.
- To find correlation between knowledge and attitude of higher secondary students regarding AIDS & its prevention.

#### 4. HYPOTHESIS:

**H1:** There will be significant improvement in the post test knowledge score of higher secondary students regarding AIDS & its prevention.

**H2:** There will be significant difference in the post test attitude of higher secondary students regarding AIDS & its prevention.

**H3:** There will be significant association pre test level of knowledge & attitude with selected demographic variables.

**H4:** There will be significant co relation between knowledge and attitude of higher secondary students regarding AIDS & its prevention

#### 5. ASSUMPTIONS:

- Adolescent students will have limited knowledge on AIDS & its prevention.
- Structured Teaching Programme is the best means of imparting the knowledge and development of positive attitude and behavior with regard to AIDS and its prevention.
- Increase in the level of knowledge will influence the development of positive attitude and behavior of the adolescent students.
- Socio-demographic variables contribute to the level of knowledge & attitude of adolescent students with regard to AIDS and its prevention

#### 6. VARIABLES:

- **Independent variable :**  
Structured Teaching Programme.
- **Dependent Variables :**  
Knowledge & Attitude

#### 7. MATERIAL AND METHODS

<b>Research Approach</b>	Evaluative Approach
<b>Research Design</b>	One group pre test post test Design
<b>Variable</b>	Independent, dependent & demographic variables
<b>Setting</b>	Shree Ambe Vidyalaya , Waghodia Road, Vadodara. Gujarat 390019.
<b>Population</b>	Adolescent students studying in higher secondary schools of vadodara district.
<b>Samples</b>	150 adolescent students
<b>Sampling Technique</b>	Non probability Purposive sampling technique
<b>Tool- Development</b>	Section 1: Socio demographic variable Section 2: structured knowledge questionnaire Section 3: Attitude Scale
<b>Inclusion criteria:</b>	<ol style="list-style-type: none"> <li>1. Students studying in 11<sup>th</sup> and 12<sup>th</sup> standard course only.</li> <li>2. Who are willing to participate in the study.</li> <li>3. Adolescent students from higher secondary schools only</li> <li>4. From Arts, commerce and Science group only.</li> <li>5. Students studying in 11<sup>th</sup> and 12<sup>th</sup> standard course only.</li> <li>6. Who are willing to participate in the study.</li> <li>7. Adolescent students from higher secondary schools only</li> <li>8. From Arts, commerce and Science group only.</li> </ol>
<b>Exclusion criteria</b>	Students on leave or absent or dropout
<b>Description of the tool</b>	<b>Part I: Socio- Demographic Performa:</b> The characteristics includes gender, ordinal position, family type, habitual pattern, leisure time habit of the adolescent students. And participants were requested to place a tick mark in the appropriate box provided against each statement.

**Part –II: Structured knowledge questionnaire.**

It consists of 30 items divided into 5 areas. They were:

Section A: Introduction of AIDS.

Section B: Causative organism & its disposing factors of AIDS.

Section C: Agent – Host factors of AIDS.

Section D: Route, transmission & diagnosis of AIDS.

Section E: Social & emotional aspects & non risk behaviour of AIDS.

All the item were multiple choice questions, which has four alternative responses. A score value of (1) was allotted to each response. The total knowledge score was 30. The knowledge level has been arbitrarily divided into three categories based on self administered knowledge questionnaire and accordingly scores were allotted. (Poor knowledge – 0-10, Average knowledge – 11-20, Good knowledge – 21-30 )

**Part – III: Attitude Scale.**

It consists of 25 statement.

Attitude scale consists of 25 items on social and emotional aspects related to AIDS & its prevention. It is 5 point scale which includes positive and negative attitude.

**8. RESULTS & DISCUSSION:**

The analysis of the data was based on the objectives and hypotheses. The descriptive and inferential statistics were mean, frequency, mean percentage and standard deviation with tabular presentation of the data. Inferential statistics used were paired t- test to compare pre and post test knowledge score & Attitude score  $\chi^2$  test will be used to find out the association between selected variables with post test knowledge scores & Attitude score. Then find the correlation value obtained by using Karl Pearson's formula used to find out the correlation with selected variables to compare pre test & post test knowledge & attitude of higher secondary students.

The study findings revealed that 36 % adolescent students are male and 64% adolescent students are female. In this study that 26.67% adolescent students are in 1st ordinal position, 54.67% adolescent students are in 2nd ordinal position & 18.67% adolescent students are in 3rd ordinal position. In this study 51.34% adolescent students are belongs single family type, 48.67% adolescent students are belongs joint family type. In this study 7.34 % adolescent students were habit of smoking, 34.67% adolescent students were habit of chewing pan, 58 % adolescent students were habit of any other like chocolates, cold drinks, etc.

The mean pre test knowledge score was 10.96. the mean post test knowledge score was 20.19. standard deviation of pre test is 1.8. and post test is 1.5. which indicate that the STP was effective in increasing knowledge of adolescent students regarding AIDS & its prevention. The obtained t value is 48.63 greater than the table value at 0.05 level of significance. Hence the obtained t value is significant. Hence research hypothesis 1 is accepted. & there is significant difference between pre test and post test knowledge scores of adolescent students regarding AIDS & its prevention. The obtained t value is greater than the table value at 0.05 level of significance. Hence the obtained t value is significant. Hence research hypothesis 2 is accepted. There is significance difference between the pre test and post test attitude scores of adolescent students regarding AIDS & its prevention

Hence it is concluded that the structured teaching programme is an effective teaching strategy where by the higher secondary school students could be helped to enhance the knowledge and change of attitude in a positive direction.

**TABLES & FIGURES**

TABLE.1: Differences between pre test & post test knowledge score

TABLE-2: Differences between pre test & post test attitude scores

TABLE-3: Association between the demographic variables and pre test knowledge score

TABLE-4: Association between demographic variables & pre test attitude score

**TABLE.1: DIFFERENCES BETWEEN PRE TEST & POST TEST KNOWLEDGE SCORE.**

SR No	Knowledge aspects	Max score	PRE-TEST KNOWLEDGE SCORES			POST-TEST KNOWLEDGE SCORES			Mean difference	Df	t value	Inference
			Me an	Mea n %	SD	Me an	Mea n %	SD				

1	Introduction of AIDS	6	2.48	41.33 %	0.91	4.21	70.1 %	0.66	1.7	3	149	21.6	2	S
2	Causative organism of AIDS & disposing factors of AIDS.	10	3.52	35.2 %	1.01	6.64	66.4 %	1.05	3.1	2	149	28.3	6	S
3	Agent- host factors of HIV	4	1.44	36%	0.72	2.64	66%	0.63	1.2	1.2	149	17.1	4	S
4	Route of AIDS transmission & diagnosis of HIV	6	2.06	34.33 %	0.84	4	66.6 %	0.72	1.9	6	149	24.2	5	S
5	Social & emotional aspects & non risk behavior of AIDS	4	1.46	36.5 %	0.65	2.7	67.5 %	0.70	1.2	4	149	17.7	1	S
6	Overall knowledge	30	10.9	36.55 %	1.8	20.2	67.3 %	1.58	9.2	4	149	48.6	3	S

TABLE-2: DIFFERENCES BETWEEN PRE TEST &amp; POST TEST ATTITUDE SCORES

SR No	Attitude aspects	Max score	PRE-TEST ATTITUDE SCORES			POST-TEST ATTITUDE SCORES			Mean difference	Df	t value	Inference	
			Mean	Mean %	SD	Mean	Mean %	SD					
1	Over all	12	77.22	61.80 %	3.89	102.9	82.33 %	3.43	25.7	14	98.8	4	S

TABLE-3: ASSOCIATION BETWEEN THE DEMOGRAPHIC VARIABLES AND PRE TEST KNOWLEDGE SCORE

Knowledge scores of sample no. 1-150

Median = 11

SR. No	Variables	Scores which falls at Median and Above	Scores which falls below the Median	Total	X <sup>2</sup>	Level of significance
1	<b>GENDER</b>				1.0	NS
	Male	30	24	54		
	Female	57	39	96		
	Total	87	63	150		
2	<b>ORDINAL POSITION</b>				0.51	NS
	1	24	15	39		
	2	51	32	83		
	3	15	13	28		
	Total	90	60	150		
3	<b>FAMILY TYPE</b>				3.86	S
	Single	38	36	74		
	Joint	52	24	76		
	Total	90	60	150		
4	<b>HABITUAL PATTERN</b>				2.83	NS
	Alcoholism	0	0	0		
	Smoking	5	7	12		

	Chewing pan	35	17	52		
	Any other	51	35	86		
	Total	91	59	150		
<b>5</b>	<b>LEISURE TIME HABIT</b>				23.13	S
	Yoga & meditation	18	16	34		
	Sports & cultural	58	24	82		
	Watching TV	33	38	41		
	Any other	2	2	4		
	Total	111	80	150		

**TABLE-4: ASSOCIATION BETWEEN DEMOGRAPHIC VARIABLES & PRE TEST ATTITUDE SCORE**

Attitude scores of sample no. 1-150

Median = 76

S R No	Variables	Scores which falls at Median and Above	Scores which falls below the Median	Total	X <sup>2</sup>	Level of significance
<b>1</b>	<b>GENDER</b>				1.08	NS
	Male	32	22	54		
	Female	47	49	96		
	Total	79	71	150		
<b>2</b>	<b>ORDINAL POSITION</b>				0.30	NS
	1	19	20	39		
	2	45	38	83		
	3	15	13	28		
	Total	79	71	150		
<b>3</b>	<b>FAMILY TYPE</b>				11.68	S
	Single	36	40	76		
	Joint	43	31	74		
	Total	79	71	150		
<b>4</b>	<b>HABITUAL PATTERN</b>				3.42	NS
	Alcoholism	0	0			
	Smoking	6	6	12		
	Chewing pan	33	19	52		
	Any other	40	46	86		
	Total	79	71	150		
<b>5</b>	<b>LEISURE TIME HABIT</b>				6.99	NS
	Yoga & meditation	24	12	36		
	Sports & cultural	43	33	76		
	Watching TV	25	20	45		
	Any other	0	4	4		
	Total	92	69	161		

**9. RECOMMENDATIONS:**

Based on finding of the present study recommendation offered for the future study are:

- A similar study can be conducted in a different setting
- A similar study can be carried out on longer samples for broader generalization. – An extensive teaching strategy protocol may be developed including all aspects of AIDS & its prevention.
- A comparative study can be done on rural and urban community, literature and illiterate population.

- A similar study can be replicated on a sample with different demographic characteristics and with different technique.
- A similar study can be conducted using other strategies like booklets and pamphlets.
- A similar study can be conducted with different research designs.

## 10. CONCLUSION:

The below said conclusions were drawn. It brings out the limitations of the study in to practice. The implications are given on various aspects like AIDS & its prevention.

The study revealed that even though the higher secondary school students ha less knowledge and negative attitude on AIDS & its prevention they had keen interest to learn about all aspects of AIDS. The pre test conducted to identify the knowledge & attitude of higher secondary school students on AIDS & its prevention showed that the students had minimum knowledge & attitude on AIDS & its prevention. The analysis of findings indicate that structured teaching programme is an effective means to increase the knowledge and to change the attitude of higher secondary school students on AIDS & its prevention in a positive direction, as the computed “t” test was significant at 1 % level of significant. The post test was conducted on the higher secondary school students. That there is a very minimal difference as compared to post test indicating that the structured teaching programme is effective and there is a need for reinforcement. STP is one of the effective teaching methods in imparting the knowledge & attitude of higher secondary school students on AIDS & its prevention.

Hence it is concluded that the structured teaching programme is an effective teaching strategy where by the higher secondary school students could be helped to enhance the knowledge and change of attitude in a positive direction.

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