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EFFECTS OF TRAINING PROGRAMME ON SECONDARY SCHOOL STUDENTS' KNOWLEDGE OF HIV/AIDS IN ILORIN SOUTH LOCAL GOVERNMENT AREA, KWARA STATE.

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Abstract

The paper examined effect of training programme on secondary school students knowledge of HIV/AIDS in Ilorin South Local Government Area, Kwara State. In all, two hundred and fifty (250) students in secondary school were selected through multi-stage sampling techniques. A Descriptive research design of survey method was adopted for the study. The instrument used for the study was structured questionnaire that had been thoroughly scrutinized by experts in the field of study in which a reliability coefficient of 0.70r was obtained with the use of test-re-test method. Four hypotheses were formulated and tested by chi-square statistical method at 0.05 alpha level of significance. The data collected were analyzed with the use of t-test statistical method. The results of the study revealed that training programme have effect on students knowledge about nature of HIV/AIDS. It also shows that the training programme exerts much effect on students knowledge on mode of transmission of HIV/AIDS. Based on these results, the study recommends that government and non-governmental organizations should endeavour to organize seminars, workshops and conferences to upgrade the knowledge and awareness of students and teachers in secondary schools. Governments and donor agencies should assist in making relevant materials on reproductive and HIV/AIDS prevention available to students and teachers at secondary school level.

Introduction

HIV/AIDS was first recognized in 1981 and the disease has since constitute a serious and highly dreaded health problem. HIV/AIDS is the most important infectious epidemic disease since the year of its discovery. AIDS has remained an important public health issue in many countries around the world because of the threat it poses global to health and wellbeing. HIV is known as Human Immunodeficiency Virus and AIDS is Acquired Immune deficiency Syndrome

(Mandeli, Douglas and Bennett 2000).

The Secretary General of the United Nations Organization at a meeting with Africa leaders, including policy makers and activities in Nigeria in year 2002 agreed that HIV/AIDS have already affected more than 17 million people. HIV/AIDS infection is a disease that affects the health, social, psychological, economic and spiritual well-being of the infected person. The toll in human lives and the financial burden, as a result of its sudden appearance have made AIDS

a revolving and frightening disease (Mandeli, Douglas and Bennet, 2000).

Of all the new 30 viruses that emerged during the last quarter of the 20th century, HIV virus still remains immuned to standard chemotherapeutical control while its mutation rate is such that any synthetic antidote rapidly becomes obsolete. More than 35million people have been infected worldwide by the human immunodeficiency virus (HIV) and is so far the most prevalent of all the new incurable viruses (Partnership for the Development 2002).

Kanki (2006) claimed that at present, it is believed that about one out of every twenty people in Nigeria are probably infected. He concluded that HIV infection is rapidly increasing. Unfortunately, as HIV/AIDS epidemic spreads, younger age groups are becoming exposed to the risk of infections as men choose younger sexual partners. As a result, many youths now involved with relationships which consequently lead to diverse sexual experiences and experimentation which unamicably increase the tendency for acquisition of HIV.

The spectre of HIV/AIDS which has become more frightful to man has become an issue with grave implications for the whole world. The HIV virus has become one of the significance and sinister medical puzzles of this generation. HIV/AIDS has been a challenge to many, it has emerged as a growing public health menace around the world. Sehgal (2000) reiterated that study carried out in Pune, India where it was found that women were less knowledgeable than their male counterparts.

In another study, Sehgal (2002) found that boys had better knowledge than girls and their explanation for this findings was that boys feel free than girls to talk about matter relating to sex and HIV/AIDS. The knowledge of HIV/AIDS among male and female students

counterparts in secondary schools is often difficult to determine. This is as a result of different situation operating in the society. Nash (2002) noted that irrespective of their gender, students assimilation of knowledge is at the same rate, provided that all other factors are the same. Lorraine (1992) in a study carried out revealed that male subjects in peer AIDS prevention programme performed better than their female counterparts in their knowledge of AIDS prevention approaches.

By and Large, some variables such as age, sex, religion and types of school exert much bearing on the level of knowledge of students on HIV/AIDS. Thomas (2003); King (2002); Ilesanmi (2002); Sharon (2009); Magno (2001) and Oyo-Ita (2005) affirmed that there is need to train students, since such training will have effect on knowledge and awareness of HIV/AIDS irrespective of their age, religion, sex and the schools they are attending.

The scourge of HIV/AIDS has posed great danger to the existence of mankind. Nigerian Secondary School Students are becoming sexually active at an increasingly earlier age and sexually active students are at the risk of contacting STDs, including HIV infection. Considering the alarming rate at which this disease (AIDS) is spreading among the people especially students, the danger and threat to the existence of human race, there is the need to take rational steps in curbing this disease (AIDS) from spreading further. (Sharon 2009).

Research Questions

1. Will a two weeks HIV/AIDS training programme increase the knowledge of students about the nature of HIV/AIDS based on sex?
2. Will a two weeks HIV/AIDS training programme increase the knowledge of students about the mode of transmission

of HIV/AIDS based on religion?

3. Will a two weeks HIV/AIDS training programme increase the knowledge of students about other sexually transmitted diseases based on age range?
4. Will a two weeks HIV/AIDS training programme increase students general knowledge of HIV/AIDS based on type of school?

Hypotheses

- (1) There will be no significant effect of the two weeks training programme on the knowledge of students about the nature of HIV/AIDS based on sex.
- (2) There will be no significant effect of the two weeks training programme on the knowledge of students about the mode of transmission of HIV/AIDS based on religion.
- (3) There will be no significant effect of training programme on the knowledge of students about other sexually transmitted diseases based on age range.
- (4) There will be no significant effect of the training programme on students' general knowledge of HIV/AIDS based on type of school.

Methodology

The research design adopted for this study was the descriptive research design of survey method, which focuses on an investigation into the effect of inputs, programmes, conditions etc in an area. It enabled the researcher to investigate the level of effect of HIV/AIDS training programme on the knowledge of student. The study populations are senior

secondary school students in fourteen (14) secondary schools in Ilorin South Local Government Area of Kwara State (Ministry of Education 2009).

Multistage stage sampling technique was employed for the selection of the sample size consisting two hundred and fifty (250) students. A stratified random sampling technique was employed to select five (5) Secondary Schools from Ilorin South Local Government Area of Kwara State. Thereafter, a simple random sampling technique was used to select the sample size of two hundred and fifty (250) students used for the study.

A self developed structured questionnaire was used for the collection of data for this study. The instrument was validated by three experts in the field of Public Health, Human Kinetics and Health Education, University of Ilorin. The questionnaire is made up of statements on a two point likert rating 'scale' and the respondents are expected to respond to all the items based on their degree of agreement or disagreement. (YES/NO).

The reliability of the instrument was estimated using the test-retest method. It was administered to 30 students at an interval of (2) two weeks. The data generated in each administration were correlated using the Pearson product moment correlation co-efficient of 0.70r was obtained.

The researcher distributed the questionnaire forms before and after the training to the selected students with 5 research assistants. Data collected from the pre and post training administration of the questionnaire was analyzed by using t-test statistical method at 0.05 alpha level of significance.

Results

Table 1

H ₀	Variables	N	Mean	SD	df	Cal-t	Crit-t	Dec.
There will be no significant effect of the (two weeks) training programme on the knowledge of students about the nature of HIV/AIDS based on sex.	Male	105	11.19	0.83	248	11.543	1.96	Rejected
	Female	145	15.63	2.21				
There will be no significant effect of the two (two weeks) training programme on the knowledge of students about the mode of transmission of HIV/AIDS based on religion	Christianity	95	11.11	0.83	248	19.583	1.96	Rejected
	Islam	155	15.40	2.32				
There will be no significant effect of training programme on the knowledge of students' about other sexually transmitted diseases based on age range	12-14years	110	11.23	0.83	248	17.359	1.96	Rejected
	15-20years	140	15.76	2.14				
There will be no significant effect of training programme on students' general knowledge of HIV/AIDS based on type of school.	Single	50	10.44	0.50	248	2.401	1.96	Rejected
	Mixed	200	14.60	2.53				

Table 1 above shows the analysis of tested hypothesis one (1) with the calculated t-test value of 11.543 against the critical value of 1.96 since the calculated value of 11.543 is higher than the table value of 1.96 the null hypothesis is rejected. This means that there is significant effect of the HIV/AIDS training programme on students' knowledge about the nature of HIV/AIDS based on sex.

In hypothesis 2, the calculated value of

19.583 is higher than the table value of 1.96 hence the null hypothesis is rejected. This means that there is significant effect of the training programme on students' knowledge about the mode of transmission of HIV/AIDS base on religion.

In hypothesis 3 the calculated value of 17.359 is higher than the table value of 1.96. Therefore, the null hypothesis is hereby rejected. This means that there is significant effect of the training programme on students' knowledge about the mode of transmission of HIV/AIDS base on age-range.

In hypothesis 4 the calculated value of 2.401 is higher than the table value of 1.96. Hence the null hypothesis is rejected, therefore it is concluded that there is significant effect of the training programme on students' general knowledge of HIV/AIDS based on type of school.

Discussion of Findings

From the analysis of tested hypothesis 1, it was revealed that there was significant effect of the HIV/AIDS training programme on students knowledge about the nature of HIV/AIDS on the basis of their sex. The result supports the assertion of Nash. (2002) that irrespective of their gender, students assimilation of knowledge is at the same rate, provided that all other factors are the same. The result was in contrast with the findings from a study conducted by Lorraine, (1992) which revealed that male subjects in peer AIDS prevention programme performed better than their female counterparts in their knowledge of AIDS prevention approaches.

The result was also in contrast with Sehgal, (2000) in study among college students in Pune, India where it was found that women were less knowledgeable than their male counterparts. In another study, Siegl (2002) found that boys had better knowledge than girls

and their explanation for this findings was that boys feel free than girls to talk about matters relating to sex and HIV/AIDS. This position was further corroborated by Thomas (2003) that adolescents female are more articulated than their male counterpart and more informed about sex and family education.

In hypothesis 2, the responses revealed that there was significant effect of the HIV/AIDS training programme on students' knowledge about the mode of transmission of HIV/AIDS based on religion, that is irrespective of their religion, there is effect of the training on both Islamic and Christianity students. The result was in support of Kings, (2002) which stated that religion of adolescents was not a barrier to their level of understanding of HIV/AIDS knowledge. It further emphasized the role of religion about family life and the need to educate adolescents (male and female) against premarital sex. All religions support the need to seek for knowledge to put sanity into individual's life.

In hypothesis 3 it was revealed that there is significant effect of the training programme on the knowledge of students about other sexually transmitted diseases based on age-range. That is, the training programme has an effect on the students' knowledge of STD's irrespective of their age-range. The result was in support of Ilesanmi (2002) which stated that age was not a barrier to the level of understanding and role of assimilation of knowledge. The result also supports Sharon (2009) which stated that HIV update trainings had a significant positive effect on increasing students knowledge level, irrespective of their age.

The analysis of tested hypothesis 4 revealed that there is significant effect of the training programme on students general knowledge of HIV/AIDS based on type of school. The result was in support of Oyo-Ita (2005) declaration, which stated that there was

no significant difference between the type of school of students and the knowledge input. Both students from mixed and single schools have general knowledge about HIV/AIDS. The training programme have effect on their previous general knowledge about HIV/AIDS.

Conclusion

Based on the finding of the study, it was revealed that all the four hypothesis were rejected. There was significant effect of training programme on students knowledge about the nature of HIV/AIDS on the basis of their sex, there was effect of training on students knowledge about the mode of transmission of HIV/AIDS base on religion, there was effect of training programme on students knowledge about other sexually transmitted diseases based on age-range. However, there was significant effect of the training on students general knowledge of HIV/AIDS based on type of school.

It was also concluded that there was significant effect of the training programme on control, mode of transmission and general knowledge about HIV/AIDS. This can be attributed to various educational campaigns carried out by both government and non-government organizations at national and international levels.

Recommendations

Based on the findings, the following recommendations were made:

1. Awareness on HIV/AIDS is high among secondary school students, but there is need to provide accurate and understandable information about HIV/AIDS.
2. Readable and brief reproductive health and AIDS educational materials should

be provided especially in schools to increase students' knowledge of HIV/AIDS.

3. HIV/AIDS update trainings should be a priority for school personnel in order to increase their knowledge, confidence and attitudes in addressing the needs of students in an appropriate educational setting.
4. The input of non-governmental organizations and religions leaders cannot be overemphasized, visit to schools and organized seminars and training will further reinforce the knowledge of the students about HIV/AIDS.

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