

**EFFECTIVENESS OF INFORMATIONAL BOOKLET ON KNOWLEDGE &
ATTITUDE OF ADOLESCENT GIRLS REGARDING AIDS AND ITS
PREVENTION**

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ABSTRACT

Background:- HIV/AIDS has been recognized throughout the world as an important public health problem and adolescents are at greater risk of having this infection because of varying behaviour pattern. Adolescents need correct information to prepare them to make better choices in sexual behaviour. The present study was conducted to find out the existing knowledge regarding the causes, modes of transmission, prevention and social impact of AIDS among Adolescent Girls

Aim: This study aims to investigate the knowledge & attitude of higher secondary adolescent girls concerning AIDS & its prevention and Assessing the need for inclusion of their reproductive health education in school curriculum.

Methodology: Quantitative research approach with quasi experimental research design was used in this study. Sample were 60 adolescent girls studying in selected schools of Vadodara. Data was collected by Structured questionnaire and Likerts Scale before and after the administration of the Information Booklet. Data was analyzed by the descriptive (Mean, percentage, frequency & standard deviation) & inferential (chi-square & "t" test) statistics.

Result: The results of this study show that the mean pre test knowledge score of the adolescent girls was 10.96 which was increased to 20.19 in the post-test. The mean pre test attitude score was 77.22 which was increased to 102.92 in the post test. These data indicate that the informational booklet was effective in increasing knowledge and attitude of

adolescent students regarding AIDS & its prevention. Hence the obtained t-value is significant.

Conclusion: There is need to provide adolescent girls 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.

Keywords: AIDS, Informational booklet, Knowledge, Attitude

INTRODUCTION

HIV is a virus that gradually 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 them. T-helper cells are also referred to as CD4 cells.")¹ AIDS was first reported in the United States in 1981 and has since become a major worldwide epidemic. AIDS is caused by the human immunodeficiency virus, or HIV. By killing or damaging cells of the body's immune system, HIV progressively destroys the body's ability to fight infections and certain cancers.² Human immunodeficiency virus infection and acquired immune deficiency syndrome (HIV/AIDS) is a spectrum of conditions caused by infection with the human immunodeficiency virus (HIV). Following initial infection, a person may not notice any symptoms or may experience a brief period of has HIV can transmit HIV through blood, semen, pre-seminal fluid, rectal fluids, vaginal fluids, breast milk. These body fluids must come into contact with a mucous membrane or damaged tissue or be directly injected into your bloodstream (by a needle or syringe) for transmission to occur. Mucous membranes are found inside the rectum, vagina, penis, and mouth.³⁻⁴ HIV is spread primarily by unprotected sex (including anal and oral sex), contaminated blood transfusions, hypodermic needles, and from mother to child during pregnancy, delivery, or breastfeeding. Some bodily fluids, such as saliva and tears, do not transmit HIV. Methods of prevention include safe sex, needle exchange programs, treating those who are infected, and male circumcision. Disease in a baby can often be prevented by giving both the mother and child antiretroviral medication. There is no cure or vaccine; however, antiretroviral treatment can slow the course of the disease and may lead to a near-normal life expectancy.⁵

Adolescence (10-19 years) is a phase where physical and mental growth and development accompanied by sexual maturation occurs often leading to intimate

relationships. Thus The adolescents are a high risk group for transmitting AIDS , thus it becomes necessary to increase the awareness amongst them regarding this.

OBJECTIVES

1. To assess the level of Knowledge And Attitude of higher secondary students regarding AIDS & its prevention.
2. To assess the effectiveness of Informational Booklet On Knowledge & Attitude of higher secondary students regarding AIDS & Its prevention.
3. To find association between Pre Test Level Of Knowledge And Attitude among higher secondary students in selected demographic variables.
4. To find Correlation Between Knowledge And Attitude of higher secondary students regarding AIDS & its prevention.

RESEARCH METHODOLOGY

Research Approach & Design:- Quantitative Experimental Research approach with One Group Pre Test Post Test Research Design

Research Setting:- This study was conducted in selected schools of Vadodara

Target Population:- In this study the target population includes adolescent girls.

Sample & Sample Size:- 60 adolescent girls were selected as the samples for this study

Sampling Technique:- Non Probability Purposive Sampling Technique was used

Tool:- The Structured Knowledge Questionnaire and the Likert's Scale are used to assess the knowledge and attitude of the samples. Also the information booklet is used as the intervention

DATA ANALYSIS

PRE-TEST KNOWLEDGE SCORES		POST-TEST KNOWLEDGE SCORES		PRE-TEST ATTITUDE SCORES		POST-TEST ATTITUDE SCORES	
Mean	SD	Mean	SD	Mean	SD	Mean	SD
10.96	1.8	20.2	1.58	77.22	3.89	102.92	3.43

In this study the mean pre test knowledge score was 10.96 and the mean post test knowledge score was 20.19. SD of pre test is 1.8 and post test is 1.5. The mean pre test attitude score was 77.22 and mean post test attitude scores was 102.92. SD of pre test attitude is 3.89 and post test attitude SD is 3.43. This indicates that the informational booklet was effective in increasing knowledge of adolescent students regarding AIDS & its prevention. The obtained t value is 48.63 which is greater than the table value at 0.05 level of Significance. Hence the obtained t-value is significant. There is significant association of Demographic Variable of family type & leisure time habit with the pre Test Knowledge score of the samples.

DISCUSSION

The result of the present study revealed that in the Knowledge and attitude of the adolescent girls regarding AIDS was increased after providing them the Information Booklet. The findings are in support to the findings of Rameshwary Zala . (2017) on “Effectiveness of Structured Teaching Programme on transmission and prevention of HIV/AIDS among adolescent girls” in which he reported that the mean percentage difference in the pre-test and post-test knowledge score found statistically significant at 5% level ($t=51.20^*$, $P<0.05$). The overall mean post-test knowledge score of adolescent girls on transmission and prevention of HIV/AIDS is 88.83%. It was apparently higher than that of pre-test knowledge score of 67.67% with enhancement of 21.16%.⁶ The present study finding is also consistent with the findings of Asante., et al. (2013) who reported that there was an inconsistent level of AIDS knowledge with significant gender difference. The students could identify the modes of transmission and measures to prevent, but were found less knowledgeable about the causative agent of AIDS.^{10,11} Further Mahat and Pradhan (2012) conducted a study on “HIV/AIDS knowledge and self-efficacy among the late adolescents in Nepal” revealing that Nepalese youth had moderate HIV/AIDS knowledge and a moderate level of self efficacy. However, they lacked knowledge in certain aspects of HIV transmission.¹² And a study conducted by Tung, Cook, Lu and Ding (2015) revealed that there was statistically significant association between the knowledge regarding HIV/AIDS with the place of residence as The college students from the urban had higher knowledge regarding HIV/AIDS than rural students. This is similar to the association result of this study also^{7,8} The present study result is consistent with the study conducted by Madiba and Mokgatie (2014) The above findings of the present study, regarding the knowledge on prevention of HIV/AIDS of the adolescent girls, gives us

an alarming note that prevention is the key strategy to control the HIV/AIDS epidemic (NACO) among the adolescent girls who come under the risk group.

The research findings reveal that though a considerable percentage of adolescents had correct knowledge about HIV/AIDS; yet they lacked in depth knowledge about the disease. This result emphasizes the need of school adolescent education programmes in the country so that this high-risk group is properly informed about this disease and they would act accordingly. Inclusion of specific chapters on HIV/AIDS will also help in preventing the spread of this pandemic to a large extent.

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