

Effectiveness of Red Ribbon Club Training Session on the Knowledge of Students Regarding HIV/AIDS in a Selected College at Coimbatore District

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Abstract

Objective: The aim of this study is to assess the knowledge of students on HIV/AIDS before the training session; to assess the knowledge of students on HIV/AIDS after the training session; to associate the level of knowledge on HIV/AIDS with selected demographic variables. Design and Method: Research design – descriptive study design. Sample size: 49 B.Sc. Nursing I year students. Research tool: Part I – Deals with the demographic variables which include age, sex, type of schooling, source of information. Part II – Consist of items related to the knowledge on HIV/AIDS which includes the aspects such as history, meaning, mode of transmission, pathophysiology, complications, and prevention. Results: Majority of the samples 48(98%) were in the age group of 17–19 years and 41(83.7%) were females. More than half the samples 26(53.1%) completed their schooling in private school. Most of the samples 34(69.4%) were aware about HIV/AIDS and more than half of the samples 28(57%) received the information from their teachers and 16(32.7%) gained awareness through media. Before RRC training session 6.1% of samples had poor knowledge which was reduced to 2% after the RRC training session. Only 10.2% samples had excellent knowledge which was improved to 51% after the RRC training session. The programme addresses the knowledge, attitude and behavior of the youths in the interrelated areas of voluntary blood donation, HIV and AIDS and sexuality. There was no association between demographic variables and knowledge of students. Conclusion: Red Ribbon club training session plays a vital role in imparting knowledge on HIV/AIDS and voluntary blood donation among the youth.

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INTRODUCTION

WHO defines Adolescence as in the age group between 10 and 19 years. Their life is marked by special attributes that includes rapid physical growth and development, sexual maturity, onset of sexual activity, experimentation. Because of their nature of experimentation adolescents engage in high risk behaviors. High-risk behaviors are those that can have adverse effects on the overall health, development and well-being of youth, or that might prevent them from future

successes and development. Many adolescents engage in sexual intercourse with multiple partners that place them at risk of sexually transmitted diseases, including HIV. Every day, an estimated 2500 youth are infected with the virus. It is vital that HIV education programs have to be implemented in a variety of settings including schools, family planning clinics, STD clinics, and community areas at wide. Considering this, Ministry of Health & Family Welfare, Govt. of India has proposed to create a network among

different Universities and educational institutions to generate awareness about HIV/AIDS. They also aim to promote Voluntary Blood Donation to ensure safe blood and implement preventive programmes on HIV and AIDS.

The Red Ribbon Club is a voluntary on-campus intervention project started for students in different educational institutions. It is initiated and supported by the State AIDS Control Society and implemented via multi-sectoral collaboration, using the services of cadre officers of the State's National Service Scheme.

The programme addresses the knowledge, attitude and behavior of the youth in the interrelated areas of Voluntary Blood Donation, HIV/AIDS and sexuality, as demanded by their age, environment and the lifestyle. RRC will function as a complementary and comprehensive prevention intervention to help and reinforce youth led initiatives.^[1, 2]

Need for the Study

Six countries namely China, India, Indonesia, Myanmar, Thailand, and Vietnam, together account for more than 90% of the HIV-afflicted people. In India, where 51% of AIDS related deaths occur, the HIV treatment coverage is only 36%.

According to a UN survey, India stands 3rd in the world in having the highest number of people affected with HIV. Nearly, 2.1 million Indians accounts for about 4 out of 10 people infected with the deadly virus in the Asia-Pacific region.

A total of 95,000 adolescents in the age group of 10–19 years (46,000 infected girls and 49,000 boys) suffering from HIV, have been listed along with the sub-Saharan countries as the highest number of youngsters infected by the deadly virus.

According to a recent report, nearly 2500 youngsters get afflicted with HIV every day. Those that are 15–24 years of age, account for 41% of new infections among the adults above 15 years of age.

A UNICEF report says that AIDS-related deaths amongst adolescents between the ages of 10 and 19 increased by 50% between 2005 and 2012, rising from 71,000 to 110,000 and that many adolescents were unaware that they were infected. Red Ribbon Club training sessions are regularly organized for 1st year B.Sc. Nursing students to create awareness on HIV/AIDS.^[2]

Objectives

- (1) To assess the knowledge of students on HIV/AIDS before the training session
- (2) To assess the knowledge of students on HIV/AIDS after the training session
- (3) To associate the level of knowledge on HIV/AIDS with selected demographic variables

Hypothesis

H₁ – There will be a significant difference between the mean knowledge score before and after the training session.

METHODOLOGY

Research Approach and Design

Evaluative approach was used. One group pretest post-test design was used in this study.

Setting

The study was conducted in a selected nursing college at Coimbatore district.

Population

The study population comprised of the 1st year B.Sc. Nursing students.

Sampling Technique

Purposive sampling technique was used to in this study.

Sample Size

A total of 49 B.Sc. Nursing 1st year students.

Tool and Technique

Part I – Deals with the demographic variables which include age, sex, type of schooling, source of information.

Part II – Consist of items related to the knowledge on HIV/AIDS which includes the aspects such as history, meaning, mode of transmission, pathophysiology, complications, prevention.

Data Collection

Prior to data collection, the investigator obtained formal permission from the concerned authority. The investigator introduced herself to the subjects and established a good rapport with them and explained the purpose of the study and its usefulness and the questionnaire was

distributed and pre-test was done. Training session was given to the study participants. The post-test was done for the study participants after the training programme.

Data Analysis

Descriptive and inferential statistics were used for the study.

DISCUSSION

Background Variables

Majority of the samples 48(98%) were in the age group of 17–19 years and 41(83.7%) were females. More than half the samples 26(53.1%) completed their schooling in private school.

Most of the samples 34(69.4%) were aware about HIV/AIDS and more than half of the samples 28(57%) received the information from their teachers and 16(32.7%) gained awareness through media (Figure 1).

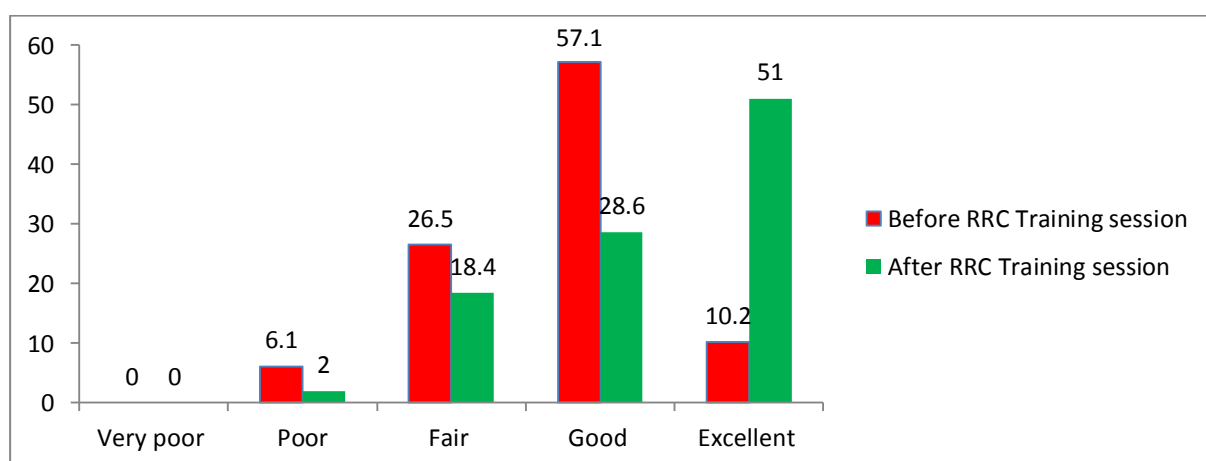


Fig. 1. Frequency Percentage Distribution According to the Overall Level of Knowledge Before and After Implementation of Red Ribbon Club Training Session.

Before RRC training session 6.1% of samples had poor knowledge which was reduced to 2% after the RRC training

session. Only 10.2% samples had excellent knowledge which was improved to 51% after the RRC training session (Table 1).

Table 1. Comparison of Mean Score of Knowledge Before and After Implementation of Red Ribbon Club Training Session.

Intervention	Mean score	Mean score (%)	SD	Mean difference	Paired t value	Table value Df-48 $p < 0.05$
Before	6.84	62.18	1.49	12	5.5*	1.68
After	8.16	74.18	1.82			

There was no association between the demographic variables and knowledge of students.

CONCLUSION

Red Ribbon club is a movement started by Government of India in educational Institutions through which students are made aware about HIV/AIDS. Through RRC, students are motivated to learn about safe and healthy lifestyles. RRC encourages access to information on safe sexual behaviors and voluntary blood donation. It also enables the students/youth

to become change agents in HIV/AIDS programme.

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