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## **A Pre Experimental Study to Assess the Knowledge of HIV/AIDS among Adolescents of Selected Schools of Urban Area of City Jalandhar, Punjab**

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### **ABSTRACT**

*Human immunodeficiency virus (HIV) is a virus that causes AIDS. HIV by itself is not an illness and does not instantly lead to AIDS whereas; an HIV infected person can lead a healthy life for several years before developing AIDS. HIV attacks the human body by breaking down its immune system that is meant to fight disease. A pre experimental study was conducted to assess the knowledge regarding HIV/AIDS among the adolescents of selected schools of urban area at Jalandhar city. The objectives of the study were to assess the pre test knowledge regarding HIV/AIDS among adolescents of selected schools of urban area, to assess the post test knowledge regarding HIV/AIDS among adolescents of selected schools of urban area, to compare the pre test and post test knowledge of adolescents of selected schools of urban area and to find out association between pre test knowledge score of adolescents regarding HIV/AIDS with selected demographic variables. Sample size was 50 (25 from 11<sup>th</sup> class and 25 from 12<sup>th</sup> class) and convenient sampling technique was used. A self structured multiple choice questionnaire was used to assess the knowledge of adolescents regarding HIV/AIDS. Results showed that in pre test knowledge score 76.6 % respondents have below average knowledge, 23.4% respondents have average knowledge and no respondent has good knowledge and in post test knowledge score 80% of respondents have average knowledge, 20% of respondents have good knowledge and no one have below average knowledge.*

**Keywords:** *Human Immunodeficiency Virus (HIV), AIDS, Adolescents.*

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### **INTRODUCTION**

Human immunodeficiency virus (HIV) is a virus that causes AIDS. HIV by itself is not an illness and does not instantly lead to AIDS, whereas, an HIV infected person can lead a healthy life for several years before developing AIDS. AIDS is a health condition that results from the deficiency in the body's immunity following HIV infection. HIV attacks the human body by breaking down its immune system that is meant to fight disease [1].

Since the first report of HIV infection in India in 1986, the country now has one of the largest numbers of people living with HIV/AIDS (PLHA) in the world [2]. The high risk groups include female sex workers, men who have sex with men, adolescents, injection drug user's truckers, migrants. Young people are particularly vulnerable to HIV/AIDS because of the physical, psychological, social, and economic attributes of adolescence. Many adolescents are economically dependent and socially inexperienced, have not been taught or have not otherwise learned how

to protect themselves from infection, and generally have less access to health care than adults.

In India people in the age group of 15-29 years comprise almost 25 % of the country's population; however, they account for 31 % of AIDS burden. This clearly indicates that young people are at high risk of contracting HIV infection [3]. So, researcher wanted to assess the knowledge of adolescents regarding HIV/AIDS.

### OBJECTIVES

- 1) To assess the pre test knowledge regarding HIV/AIDS among adolescents of selected schools of urban area.
- 2) To assess the post test knowledge regarding HIV/AIDS among adolescents of selected schools of urban area.
- 3) To compare the pre test and post test knowledge of adolescents of selected schools of urban area.

- 4) To find out association between pre test knowledge score of adolescents regarding HIV/AIDS with selected demographic variables.

### DESCRIPTION OF TOOL

The tool was divided into 2 sections:

#### Section 1: Socio Demographic Variables

It consists of age, gender, class, parent's education, parent's occupation, heard about HIV/AIDS, any seminar attended by adolescent.

#### Section 2: Self Structured Questionnaire related to Knowledge of HIV/AIDS

It consist of 30 multiple choice questions to assess the knowledge regarding HIV/AIDS Each multiple choice question having one correct answer. Each correct answer carries 1mark and wrong answer carry 00 marks. The criterion measure for knowledge score was good (21-30), average (11-20) and poor (1-10).

### RESULTS

**Table 1 Pre test knowledge of Adolescents regarding HIV/AIDS**

Knowledge level	Score	Percentage
Good	21-30	0.00%
Average	11-20	23.4%
Below average	0-10	76.6%

**Table 2 Post test knowledge of Adolescents regarding HIV/AIDS**

Knowledge level	Score	Percentage
Good	21-30	20.00%
Average	11-20	80.00%
Below average	0-10	00.00%

**Table 3 Comparison between Pre Test and Post Test Knowledge Score**

n	Pre test			Post test			‘t’
	Mean	SD	V	Mean	SD	V	
50	12.48	3.18	10.12	22.48	2.71	07.37	18.518*

Results showed the pre test knowledge the mean value was 12.48 ‘t’ value cal 18.518 at 5% level of significance and in post test knowledge the mean value 22.48. Hence the post test mean value was higher than pre test mean value of knowledge. It showed the effectiveness of structured teaching programme regarding HIV/AIDS.

### CONCLUSION

The majority of adolescents had average knowledge regarding HIV/AIDS. Therefore further studies should be carried out to enhance the knowledge of adolescents.

### REFERENCES

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Prevalence of HIV/AIDS in India (n.d), from: <https://www.avert.org/professionals/hiv-around-world/asia-pacific/india/>
- 3) National Aids Control Organization Youth | National AIDS Control Organization | MoHFW | GoI. Available from: <http://naco.gov.in/youth>