

Indepth Knowledge and Meaning of HIV/AIDS Among Public Colleges of Education Students in Oyo State, Nigeria

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Abstract

The study investigated indepth knowledge of HIV/AIDS among students of public colleges of education in Oyo State. Two hundred students were sampled from the two public colleges of education in Oyo State. The instrument tagged HIV/AIDS knowledge Questionnaire (HAK) was used to gather data for the study. The hypothesis formulated was tested using t-test at 0.05 level of significance. The findings revealed that there was no significant difference between male and female students of public colleges of education in Oyo State regarding their knowledge of the meaning of HIV/AIDS. The researcher recommended that HIV/AIDS Education should be incorporated in the school curriculum for colleges of education student as future custodian the federal government of family life health education (FLHE). Also, more and adequate information on knowledge of meaning of HIV/AIDS should be made available to the students of public colleges of education in Oyo State through Information Technology and Health Education campaigns.

Keywords: HIV/AIDS, syndrome, infections, FLHE

Introduction

HIV/AIDS is an unprecedented public health problem facing the entire world. It's as been confirmed cure is neither in sight nor reliable vaccine likely to exit (CDC 2009). The only means of curbing the disease is Health Education, thereby making the infection with HIV/AIDS an urgent problem worldwide with medical, social and economic implications. Mann (1997) said, AIDS was first discovered in the USA in 1981. He further stressed that, retrospective studies indicated that the first cases might have occurred there early as 1978. The geographical and biological origins of the virus causing the disease are not yet clear. However, it appears that this virus is first of it kinds in modern history that has spread widely among human population (Olaleye, 2000).

HIV connotes human immunodeficiency virus. It is the virus that causes acquire immune deficiency syndrome (AIDS). There are two types of HIV; they are HIV-1 and HIV-2. HIV destroys the body's immune system leaving the body open to opportunistic infections that cannot fight in the normal way, when this happens; a person has AIDS (Rosserr, 2006). Olaleye (2000) asserted that, the two major types of HIV-1 and HIV-2 could be distinguished genetically and antigenically. He further stressed that, by the last count, at least 12 HIV-1 subtypes and 5 HIV-2 subtypes have been registered with the Gene-Bank. The viruses are highly heterogenous in a variety of biologic, serologic and molecular features. These include: Cellular tropism, Replication kinetics, Level of virus production, Cytopathic effects, Plague or Syncytium-forming ability, Latency, Sensitivity of neutralizing or enhancing antibodies and Geretics structure. These variables features coupled with the other properties of the virus mentioned earlier make it difficult to produce effective vaccine or therapy against the virus.

Orubuloye (1990) emphasized that, in Nigeria, heterosexual intercourse is the predominant mode of transmission. Fawole, (1999) opined that adolescents are also a group of high risk in the rapidly growth HIV/AIDS pandemic. This is due to the fact that adolescent period is a time of rapid growth and development, it is also the time of sexual maturity and the initiation into sexual activity (Falaye, 2012). These authors opined that during this period, youths learn to control their lives and make independent decisions. They try out experiences for the first time, and this is often the time for sexual experimentation by some youths. It is often, however, accompanied by lack of knowledge and skill to make healthy choices. Another group at high risk of HIV/AIDS infection according to Al-Owaish, (2005) which include, those with prior history of sexually transmitted diseases (STDs). Screening high risk individuals, such as STD patients, is useful since the related counseling may change their behaviour and keeps them free of HIV infection (Nurse Practitioner, 2005).

Nowadays, it is worthy of knowledge to know that, HIV/AIDS spares no professional, racial or religious groups, it attacks actors, actresses, doctors, nurses, laboratory staff, lawyers, teachers, as well as politicians, civil servants, businessmen, sports men and women, and even students, who are leaders of tomorrow. Hence, the need as a matter of urgency to create avenue to have knowledge of HIV/AIDS and in particular preventions of been infected among students with the view to eliciting positive behavioural changes towards the people who were affected with HIV/AIDS and to involve in health education and promotion in helping reduce the rate at which this disease is rapidly growing in our society.

The origin of AIDS virus has become a matter of intensive international debate (Health Digest, 2002). Since it was first identified in 1981, there has been a question of where it originated from: AIDS was originally

thought to originate from Haiti and later Africa (Oshuntokun, 1986). The Western World argued that, it originated from Africa because the discovery of the AIDS virus resembles a virus found in the African green monkeys (Achal, 1993). New Scientist (2001) opined that, the virus was discovered in 1983 by Bar-sinoussi et al in France and identified as retrovirus that caused lymphadenopathy. Achalu (1993) intensified that, Soviet Union (Russia) is convinced that AIDS originated from America, claiming that AIDS virus was the product of American Chemical weapon laboratory.

AIDS is referred to as a syndrome because the range of manifestations may include a variety of opportunistic infections, neurological disorders, and malignancies (Prath, 2005). Churchill (2006) stressed that, AIDS is a syndrome because of its aggregate of signs, symptoms, and or other manifestations considered to constitute the characteristics of a morbid entity, used especially when the cause of condition is unknown. AIDS is a sexually transmitted disease; it can be passed from woman to man, from man to woman, and from man to man (Royce, 2005). AIDS is a deadly disease and the majority of people who become infected with HIV will develop AIDS or dementia or associated neurological diseases within 10 years of been infected (Katona, 2003).

There is the concern today in Nigeria society about the high prevalence of HIV/AIDS among young and old, male and female, married and singles, most especially among students. The incidence of these problems has been attributed to lack of knowledge of HIV/AIDS and uncared attitude among students (Student). Hence, the major problem for this study is to find out the indepth knowledge of HIV/AIDS among student of colleges of education in Oyo State as custodian of family life health education (FLHE) in Oyo state. The colleges of education are expected to pass knowledge unto student in their care during and after schooling

Hypothesis:

There will be no significant difference between the knowledge of meaning of HIV/AIDS among male and female students of public colleges of education in Oyo State was generated.

Research methodology

A descriptive survey research method was used to achieve the purpose of the study. This research was specifically designed to seek information on deep knowledge of meaning of HIV/AIDS among student of public colleges of education in Oyo State.

Research population and sampling

The population for the study comprised of all the students of public colleges of education in Oyo State. 100 level students were used for the study population. The subject were drawn across the faculties in colleges of education.

Instrumentation

Questionnaire known as HIV/AIDS knowledge (HAK) was used as the main instrument for the study. It consisted of 20 structured items eliciting information from respondents on their indepth knowledge of meaning of HIV/AIDS.

Validation of instrument

A face content validity of the instrument was ensure by the researcher and at the same time the instrument was giving to expert in test and measurement for necessary correction and amendment.

Data analysis

The data collected were analyzed using mean scores, percentages and standard deviation. The t-test statistical method was used to test the hypothesis formulated for this study at = 0.05 level of significance.

Results and Discussion

Table 1 showing the age distribution of respondents

Age	Frequency		Total	Percentage (%)
	Male	Female		
16-20yrs	39	32	71	35.5
21-25yrs	53	50	103	51.5
26-30yrs	11	15	26	13
Total	103	97	200	100

Table 1 above showed that 35.5% of both male and female and female students in Public colleges of education in Oyo State were between 16 - 20years of age, 51.5% were between 21 - 25years while 13% between 26 - 30years

TABLE 2: hypothesis testing on indepth knowledge of meaning of hiv/aids by sex

N = 200

VARIABLES	Mean (X)	SD	Calc. <i>t</i> value	Decision of Ho
Male	16.17	4.12	0.284	Accepted
Female	16.85	4.21		

$\alpha = 0.05$

Critical T.value = 1.960

Since the calculated value of 0.284 was less than the critical value of 1.960 at the significant level of 0.05, the null hypothesis was therefore accepted. This means that there was no significant difference between male and female students of public colleges of education in Oyo State on their knowledge of meaning of HIV/AIDS.

Discussion of findings

The analysis revealed that students had knowledge of the meaning of HIV/AIDS as Acquired Immune Deficiency Syndrome, this is in line with Giraldo (2002), Chin (2004) and Olaleye (2000) that AIDS means Acquired Immune Deficiency Syndrome.

So also, they had knowledge that HIV means Human Immunodeficiency virus, this was in line with that Achalu (1993) who said that HIV means Human Immunodeficiency virus. They were knowledgeable that AIDS virus resembles a virus found in African green monkeys, this conformed with Achalu (1993) that, the western world argued that, it originated from Africa because the discovery of the AIDS virus resembles a virus found in the African green monkeys. They were knowledgeable that AIDS might develop into mental illness, this was supported by Katona (2010) that AIDS is a deadly disease and the majority of people who become infected with HIV will develop AIDS or dementia or associated neurological diseases within 10 years. Some of them had knowledge that AIDS however, is not a new disease, this is contrary to Oshuntokun (1986) that AIDS virus was first identified in 1981, but in line with Maggiore, (2006) that AIDS is a new name given by the Centers for Disease Control (CDC) to a collection of 29 familiar illnesses and conditions including yeast infection, herpes, diarrhea some pneumonias, certain cancers, salmonella and tuberculosis. The student were knowledgeable that AIDS is a syndrome, this was in line with Prath (2005) that AIDS is referred to as a syndrome because of the range of manifestations might include a variety of opportunistic infections, neurological disorders and malignancies. Also, Churchill (2006) stressed that AIDS is a syndrome because of its aggregate of signs, symptoms or other manifestations.

Through the data analysis, the respondents have indepth knowledge of the meaning of HIV/AIDS. In the hypothesis testing however it was shown that no significant difference existed in the knowledge of both male and female on the meaning of HIV/AIDS. This might be due to the fact that, both male and female students were exposed to the same environment and academic curricula and her product of similar environments

Conclusions and Recommendations

It was concluded that the subjects had better knowledge of the meaning of HIV/AIDS.

On the basis of this researcher findings it is recommended that, more and adequate information and indepth knowledge about HIV/AIDS should be made available to the students of public colleges of education in Oyo State and the entire populace regardless of age, sex, marital status, religious group, occupation, etc. also, Health Education as a subject should be intensified in our tertiary institutions in Nigeria to enable individual to have indepth knowledge of HIV/AIDS preventions since it has no cure yet.

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