



A Study To Assess The Effectiveness Of Structured Educational Programme On The Level Of Knowledge And Attitude Of First Year Nursing Students Towards HIV/AIDS In Selected Colleges At Lucknow, U.P.

Authors:

Dr. Sheela Rajeev Tiwari¹, Professor cum Principal, Bora Institute of Allied Health Sciences, Lucknow

Ms. Nazia², Assistant Professor, Bora Institute of Allied Health Sciences, Lucknow

ABSTRACT

Introduction: Health is considered as a basic parameter to life. There are many things that can affect the health of the living organism, including the physical state of the body as well as the mind and the mental state. Being healthy equates too many positive attributes. It means more efficiency, more productivity at work, a better understanding of the environment as well as better longevity. HIV Means Human Immunodeficiency Virus. It is a retrovirus that infects the immune system, destroying its function. A virus is an agent that causes diseases. It is the virus that causes AIDS. HIV targets the white blood cell called CD4+ cells which fight off infections. When a host is infected with HIV, the virus multiplies in the host's system, destroying his/her ability to fight diseases. In this regard, such a person becomes susceptible or vulnerable to various diseases as the virus multiplies and the immune system gets depleted. Thus, when the body is now so weak to fight off infections, the individual is said to have AIDS. The virus is spread through certain body fluids such as blood, semen, vaginal fluid and breast milk of infected person. **Objectives:** 1. To evaluate the effectiveness of Structured Educational Programme on the level of knowledge and attitude of first year nursing students towards HIV/AIDS. 2. To find the association between the level of knowledge and attitude scores (Pre-test) regarding HIV/AIDS with their selected demographic variables. **Materials and Methods:** A pre-experimental one-group pre-test and post-test design was used for the study. A total of 80 first year nursing students were

selected by using purposive sampling technique. A structured educational program on HIV/AIDS was implemented, and students' knowledge & attitude levels were assessed before and after the program using a standardized knowledge questionnaire and attitude scales. This study was conducted in B.Sc. Nursing and GNM students at Bora Institute of Allied Health Sciences, Lucknow. **Results:** The result of the study depicts that the knowledge and attitude level of the students regarding HIV/AIDS showed that in pretest score, majority of the student's i.e. 72.5% were having average knowledge, 80% were having neutral attitude, 7.5% were having poor knowledge, and remaining 20% have a positive attitude and 20% having good knowledge where as in post test score all of them had very good knowledge on HIV/AIDS and where as in posttest all of them had good level of performance on HIV/AIDS. **Conclusion:** The findings of the study concluded that the students lacked adequate knowledge and attitude regarding HIV/AIDS and the structured educational programme administered by the investigator helped them to improve the knowledge and attitude on HIV/AIDS. The effectiveness of structured Educational programme was tested in terms of gain in knowledge and attitude and the findings showed that it was statistically significant at 0.05 level. All the subjects had again in knowledge and attitude compared to their pre-test knowledge scores.

Keywords: Effectiveness, Structured Educational Programme, Nursing Students.

INTRODUCTION:

Background of the Study:

India is one of the largest and most populated countries in the world. Indians are currently living with HIV/AIDS and are also vulnerable to HIV infection than other population in the world because of the protective gene marker against HIV-1 is virtually absent in India and malnutrition making the population more at risk.

The human immunodeficiency virus (HIV) has emerged as the single most form challenge to public health, human rights, and development in the new millennium Spreading knowledge and awareness about HIV is one of the key strategies utilized in the prevention and control of HIV/AIDS worldwide.

Health is considered as a basic parameter to life. There are many things that can affect the health of the living organism, including the physical state of the body as well as the mind and the mental state. Being healthy equates too many positive attributes. It means more efficiency, more productivity at work, a better understanding of the environment as well as better longevity.

HIV Means Human Immunodeficiency Virus. It is a retrovirus that infects the immune system, destroying its function. A virus is an agent that causes diseases. It is the virus that causes AIDS. HIV targets the white blood cell called CD4⁺ cells which fight off infections. When a host is infected with HIV, the virus multiplies in the host's system, destroying his/her ability to fight diseases. In this regard, such a person becomes susceptible or vulnerable to various diseases as the virus multiplies and the immune system gets depleted. Thus, when the

body is now so weak to fight off infections, the individual is said to have AIDS. The virus is spread through certain body fluids such as blood, semen, vaginal fluid and breast milk of infected person.

NEED FOR THE STUDY:

According to WHO India is the 3rd (third) epidemic country for HIV/AIDS. HIV continues to be a major global public health issue, having claimed more than 32 million lives so far. In 2018, 770 000 people died from HIV. There were approximately 37.9 million people living with HIV at the end of 2018 with 1.7 million people becoming newly infected in 2018 globally. 62% of adults and 54% of children living with HIV were receiving lifelong antiretroviral therapy (ART) in 2018. Global ART coverage for pregnant and breastfeeding women living with HIV is high at 82%.

The study on the HIV/AIDS result that how much a person is affected by the HIV virus through a sexual intercourse. It may result that how much people having a good knowledge about the sexually transmitted disease and how many people aware by the HIV virus and its shows that the past 30 years of the National Institute of Health's investment in HIV/AIDS research have resulted in scientific accomplishment that benefit many of the newly 37 million people living with HIV/AIDS.

Hence, the researcher felt that there is a need to conduct this study because the students have a few knowledge regarding HIV/AIDS about how the disease is occur and its prevalence rate in India, it is impossible to control HIV/AIDS unless the real health and treatment needs PLHIV are recognized and plans concerning their problems are designed.

STATEMENT OF THE PROBLEM

A Study to assess the Effectiveness of Structured Educational Programme on the Level of Knowledge and Attitude of First Year Nursing Students towards HIV/AIDS in selected Colleges at Lucknow, U.P.

OBJECTIVES OF THE STUDY

1. To evaluate the effectiveness of Structured Educational Programme on the level of knowledge and attitude of first year nursing students towards HIV/AIDS.
2. To find the association between the level of knowledge and attitude scores (Pre-test) regarding HIV/AIDS with their selected demographic variables.

RESEARCH METHODOLOGY

Research Approach:

A quantitative approach was adopted to determine the research study.

Research Design:

A Pre-experimental one-group pre-test and post-test design was used for the study.

Setting of the Study:

The setting of the study is Bora Institute of Allied Health Sciences, Lucknow.

Target Population:

The target population for this present study includes all the First Year Nursing students.

Accessible Population:

The accessible population for the present study includes B.Sc. Nursing & GNM I Year students studying in Bora Institute of Allied Health Sciences, Lucknow.

Sample Size:

The sample size of the present study is 80 First Year B.Sc. Nursing & GNM students.

Sampling Technique:

Non probability Purposive sampling technique was adopted for this study.

Inclusion criteria:

B.Sc. Nursing & GNM I Year Students who are;

- Available at the time of data collection.
- Willing to participate in the study
- Studying in Bora Institute of Allied Health Sciences, Lucknow.

Exclusion criteria:

B.Sc. Nursing & GNM I Year Students who are;

- Who are sick or on leave

Variables of the Study:

Demographic variables: Demographic variables like age, gender, religion, area of residence educational qualification, type of family and any previous knowledge regarding HIV/AIDS.

Independent variables: Structured Educational Programme regarding HIV/AIDS

Dependent variables: Knowledge of First year Nursing Students

Description of the Tool:

Part-A: Demographic variables like age, gender, religion, area of residence educational qualification, type of family and any previous knowledge regarding HIV/AIDS.

Part-B: Structured Knowledge questionnaire and Attitude scale.

DATA ANALYSIS

Section A: Data based on Socio-demographic performa:

S.No.	Sample Characteristics	Frequency (f)	Percentage (%)
1.	AGE IN YEARS		
	18-19 Years	50	62
	20-22 Years	29	34
	Above 22	1	4
2.	GENDER		
	Male	22	27
	Female	58	73
3.	RELIGION		
	Hindu	78	97
	Muslim	2	3
	Christian	-	-
	Others	-	
4.	AREA OF RESIDENCE		
	Rural	51	64
	Urban	29	36
5.	EDUCATIONAL QUALIFICATION		
	Intermediate	56	70
	Graduate	24	30

	Postgraduate	-	-
6.	TYPE OF FAMILY		
	Nuclear family	19	24
	Joint family	54	67
	Extended family	2	3
	Single parent	5	6
7.	SOURCES OF INFORMATION		
	Yes	80	100
	No	0	-

Section B: Data based on Structured Knowledge Questionnaire regarding HIV/AIDS:

Observation	Mean	Standard Deviation	Mean Difference
Pre-test	14.67	5.01	3.56
Post-test	18.23	4.11	

Section C: Data based on Attitude level regarding HIV/AIDS:

Observation	Mean	Standard Deviation	Mean Difference
Pre-test	30.02	6.62	3.26
Post-test	33.28	4.93	

LIMITATIONS OF THE STUDY

The limitation of the study may include that:

- First year Nursing Students

RECOMMENDATIONS FOR FUTURE RESEARCH

Based on the findings of this study, several recommendations for future research can be made:

1. A study can also be conducted in rural community schools (Primary Schools).
2. A study can be conducted for the future research to seek systematic way and interventions to establish a better understanding of HIV/AIDS.
3. A study can be replicated on a large sample there by findings can be generalized for large population.

CONCLUSION:

The findings of the study concluded that the students lacked adequate knowledge and attitude regarding HIV/AIDS and the structured educational programme administered by the investigator helped them to improve the knowledge and attitude on HIV/AIDS. The effectiveness of structured Educational programme was tested in terms of gain in knowledge and attitude and the findings showed that it was statistically significant at 0.05 level. All the subjects had again in knowledge and attitude compared to their pre-test knowledge scores.

CONFLICTS OF INTEREST:

There are no conflicts of Interest.

REFERENCES:

1. Anahita Tavoosi, Azadeh Zaferani, Anahita Enzevaei, Parvin Tajik and Zahra Ahmadinezhad, Knowledge and attitude towards HIV/ AIDS among Iranian students, BMC Public Health, 2004, 4:17.
2. Basawanthappa.BT, Nursing research, New Delhi, Jaypee Brothers, India: 2001 41, Facilitators and barrier to HIV screening: A qualitative meta- synthesis, qual health res (2016)26 (3) 294-306.
3. Cemba Ana, knowledge and attitude and practice linked to HIV prevention in young children and adolescents in Lunda, UNICEF, Apr 2003.
4. Gupta P, Anjum F, Bhardwaj P, Srivastav JP, Zaidi ZH (2011) Knowledge about HIV/AIDS among secondary school students. N Am J Med Sci 5: 119-123.
5. Kikwasi GJ, Lulwale S, Mwageni EA (2017) A study of First Year Students Attitude towards HIV and AIDS. Glob J Health Sci 9: 117.
6. Meena LP, Pandey SK, Rai M, Bharti A, Sundar S (2012) Knowledge, Attitude and Practices (KAP) study on HIV/AIDS among HIV patients, Care Givers and General Population in North-Eastern part of India. Int J Med Sci Public Health 2: 36-42.
7. Kumar A, Venkateshan M, Selvi (2016) Effectiveness of structured teaching programme on knowledge regarding sexual health among young adults. Int J Res Med Sci.