

Risky Sexual Behavior and Knowledge of HIV/AIDS among High School Students in Eastern Cape South Africa

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ABSTRACT This study examined the risky sexual behavior and knowledge of HIV/AIDS among high school students in Eastern Cape, South Africa. A sample of 450 students from grades 9 to 12 was selected through the random sampling technique. This study revealed that out of 420 students, 213 (50.7%) had been involved in sexual activities in the last 12 months. Relatively more than half (55.2%) of female students had sex before they attain the age of 18 years, 155 (72.8%) students were reported to have not used a condom during the first sexual intercourse, and 50 (32.3%) indicated that the sex was unplanned. Living status, family closeness, alcohol consumption and using drug-induced substances were observed as the main factors of risky practices of sexual behaviors among male and female students.

INTRODUCTION

Human Immune Virus (HIV) and Acquire Immune Deficiency syndrome (AIDS) represents one of the immense challenges to the health and welfare of young people in South Africa. The South Africa National AIDS Council under the STI National Strategic Plan 2007-2011 observes that young individual are a primacy group for preventive interventions. Berhan and Berhan (2015) revealed that the consequences of adolescence sexual behavior is a challenge for every virtual generation and will probably persist in the future. Shisana et al. (2012) found that HIV is common amongst 2.5 percent children aged 2 to 14 years while amongst youth aged 15 to 24 years it is 8.6 percent. Mnyipika (2014) and Pettifor et al. (2005) made it known that in spite of the recent decline in HIV prevalence rates among youth aged between 15 and 24 years, the prevalence rate of HIV in this age group is still perceived as the highest of all the age groups.

The South Africa National AIDS Council (2011) reported that prevalence of HIV among adolescents aged between 12 and 24 years is higher than in other age groups, in which female adolescents have a higher rate (16.9%) than their male counterparts (4.4 %). According to UNAIDS (2013), the

huge condom promotion campaign was introduced to decrease the incidence of HIV infection among learners through STIs free testing, treatment programs, the HIV/AIDS life skills intervention and through mass media communications.

Kanku and Mash (2010) found that youth in South Africa keep engaging in sexual activities that are risky and many of them have been reported to account for the majority of new HIV transmission infections (Dejanes 2009). Swart et al. (2002) revealed that many of the youth have had their first sexual involvement by age 14 years or younger, despite the fact that the legal age of consensual sex is 16. The UNAIDS report (2013) supports this notion and argues that South Africa has the largest HIV rate in the world. Additionally, the UNAIDS report (2013) also states that despite high risk behaviors in South Africa and other sub-Saharan African countries, youth in these countries see themselves as being at low risk of HIV infections. Bombereau and Allen (2008) disclosed that the explanation for this is that youngsters have feelings of protection and invulnerability.

Leclerc-Madlala (2002) explained that the 'fertility conundrum', whereby young women have to prove their fertility before marriage, is evident in many African cultures, and further perpetuates the early age of sexual activity among youth, and Inyang (2012) also explained that there is need to discourage the youth against sex experimentation and a certain lifestyle. Gender inequalities have an influence on gender power imbalances and age-mixing (Jewkes et al. 2003;

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Pettifor et al. 2005; Berhan and Berhan 2015). Frank et al. (2008) revealed that among adolescents in Mthatha in Eastern Cape Province, young boys consider 'masculinity' as the number of sexual partners, choice of main partner in terms of her desirability to other males, and ability to control their girlfriends, often by force. Frank et al. (2008) and Yi et al. (2010) also revealed that males who were ascetic were pressurized by peer groups to be sexually active, or else it was assumed they were 'scared' of women and women were used as an object of entertainment for the men's satisfaction.

Mazibuko and Nkune (2014) found that the primary way of transmitting HIV is heterosexual intercourse. Seventy-two percent of pregnant and sixty percent of secondary school pupils who had never been pregnant, reported that they had had coercive sex (Jewkes et al. 2003). These are statistics, which recur in other studies (Madi-ba and Mokgatle 2014; Vundule et al. 2001; Frank et al. 2008).

Risky sexual behaviors embody a variety of behaviors including premarital sex, multiple sexual partners, unprotected sex, and others, which might likely result in contracting HIV/AIDS, unwanted pregnancies and unsafe abortion. Alamrew et al. (2013) revealed in a study conducted in Ethiopia established that about 40.6 percent of students were having risky sexual behaviors with multiple sexual partners and had unprotected sex. However, Lwelamira et al. (2012) and Champion et al. (2004) found that sexual behaviors are further compounded by the use of alcohol, drugs, peer pressure and youth exposed to a bar or hotel, which is coherently reported in the literatures as being associated with sexual victimization of youth. In relation to that, a study in Ethiopia showed that students who consume alcohol were 43.5 percent likely to have risky sexual behavior (Netsanet and Abebe 2014).

Moreover, Netsanet and Abebe (2014) revealed that students whose parents live away from them are three times likely to have risky sexual behaviors. The availability of parent(s) staying at home with their children may discourage them from early sexual involvement (Frank et al. 2008; Le and Kato 2006; Borawski and Ievers-Landis 2003; Cohen et al. 2002). Among pupils in level six USA secondary schools, more than half of the sexually active pupils reported that they had sex after school at home (Frank et al. 2008). The number of hours that adolescents

were unsupervised and their sexual activity was reported to have a strong correlation. A minimal parent-child attachment and lessening monitoring of behaviors played a role in risky sexual behaviors of adolescents. Open lines of communication and knowledge of youths' whereabouts with a trusting parental bond, are essential in reducing high-risk behaviors. In particular, Le and Kato (2006) also found that more consistent family discipline may serve to prevent risky sexual behavior.

In a study conducted by Adeomi et al. (2014) in Nigeria revealed that at the pre-intervention stage, the intervention and control groups were akin in their socio-demographic information, HIV knowledge and preventive practices, which include high risk behaviors for HIV/AIDS transmission. It was gathered that peer education intervention has effect on students' knowledge, attitude and risky behavior towards HIV/AIDS, which was significantly increased from fifty percent to 86.7 percent and from forty-nine percent to 85.6 percent of their good knowledge and positive attitude towards HIV/AIDS, respectively (Adeomi et al. 2014).

This study was carried out to analyze and identify the factors of risky sexual behaviors and knowledge of HIV/AIDS among the high school students in Nkonkobe, Eastern Cape, South Africa.

METHODOLOGY

Study Design

A cross-sectional study was conducted to analyze and identify the factors of risky sexual behaviors and knowledge of HIV/AIDS among the high school students in Nkonkobe area, Eastern Cape Province using pre-tested and self-administered questionnaires. The school authorities as well as the students were informed before the study was conducted and encouraged to participate.

Sampling Technique

The sample of 450 students from grades 9 to 12 was selected from four different schools in the Nkonkobe Area of Eastern Cape, South Africa. A descriptive survey was adopted for the study using random sampling techniques of grades 9-12 high school students in 2014. These students were selected because most of them

are adolescents and are likely to be involved in sexual activities more. The selection of the students were based on their socio-demographic characteristics including age (14-19 years), gender (male and female), family employment status and religious status, and sexual behavior factors to determine the level of their knowledge toward HIV/AIDS.

Sample Size Calculation

The sample size was determined using single population proportion formula for the strata formed and equal proportion question assuming for class and department. However, sixty-five percent expected prevalence of risky sexual behavior and knowledge of HIV/AIDS, ninety-five percent confidence level and five percent level of accuracy were considered. Meanwhile, ten percent of the calculated sample size was added for non-response questioners and return with incomplete or spoiled questionnaires. The final sample size required for the study was calculated using the following formula,

$$n_i = \frac{z^2 pq}{e^2}$$

Where, n_i is the sample size, $z^2=(1.96)^2$ is desired confidence level (95%), p is the estimated proportion of an attribute from the population, and q is equals to $(1-p)$ and e is the margin of error $(0.05)^2$ and,

$$n = \frac{N}{1 + \frac{N}{n_i}}$$

Where, n =sample size, N = total population of the study and e = margin of error (0.05). Sample size for each class was determined separately and the sum was taken as total sample of the study.

Ethical Considerations

The study proposal and the grating of an ethical certificate to conduct the study were approved by the Govan Mbeki Research and Ethical Committee of University of Fort Hare, Alice campus. Prior to the data collection, students were adequately informed about the respondents' rights to participate or refuse to participate in the study and assured that all information is confidential. All respondents duly signed the consent form before the questionnaires were administered.

Data Analysis

Data was collected through a structured questionnaire, coded and analyzed using the SPSS (IBM © Copyright IBM Corporation 2011) computer program. Descriptive statistics was carried out on the socio-demographic characteristics of the students. Bivariate analysis of categorical variables of the factors was analyzed by the chi-square method for dichotomous variables and logistic regression analysis was used to assess and identify the explanatory-predictors for students' activities.

RESULTS

Socio-demographic Information of the Study Students

Questionnaires were administered to 450 high school students out of which 30 responses were excluded because of gross incompleteness in responses. 263 (62.6%) of the respondents were below 18 years of age. Relatively, more than half (60.5%) of the respondents were female. More than one-third (39.0) of the students were from grade 12. Two hundred and twenty (52.4%) of the students were from families of a middle social class (average economic status). One hundred and thirty-four (31.9%) of the students indicated that primary school is the highest educational qualification of their guardian, 124 (29.5%) of students showed that their guardians have no educational background, and 108 (25.7%) of the students revealed that high school is the highest educational status of their guardians.

With regards to living status, 111 (66.9%) and 157 (61.8%) of the female and male students respectively, were staying away from their guardians. One hundred and forty-two (33.8%), 129 (30.7%), 111 (26.4%) and 38 (9.1%) of the students visit religious places regularly, visit it once a while, visit it for a special program and never visit a religious place, respectively. Moreover, the study indicated that 227 (54.0%) of the students have no family supervision about their everyday activities and 217 (51.7%) of the students indicated that they were mostly influenced by peer groups. The distribution of the socio-demographic information of the students is illustrated in Table 1.

Table 1: Distribution of Socio-demographic characteristics of high school students (N=420)

Variables	Gender		Total Frequency (percent)
	Male Frequency (percent)	Female Frequency (percent)	
<i>Age</i>			
Below 18 years	102 (61.4)	161 (63.4)	263 (62.6)
18 years and more	64 (38.6)	93 (36.6)	157 (37.4)
<i>Study Grade:</i>			
Grade 9	16 (9.6)	38 (15.0)	54 (12.9)
Grade 10	27 (16.3)	45 (17.7)	72 (17.1)
Grade 11	53 (31.9)	77 (30.3)	130 (31.0)
Grade 12	70 (42.2)	94 (37.0)	164 (39.0)
<i>Social Status of Parents</i>			
Low class	25 (15.1)	46 (18.1)	71 (16.9)
Middle class	93 (56.0)	127 (50.0)	220 (52.4)
High class	48 (28.9)	81 (31.9)	129 (30.7)
<i>Educational Status of Guardian</i>			
No education	49 (39.5)	75 (60.5)	124 (29.5)
Primary school	66 (33.7)	68 (18.9)	134 (31.9)
High school	28 (16.9)	80 (31.5)	108 (25.7)
University	23 (19.9)	31 (30.0)	54 (12.9)
<i>Religious Places</i>			
Regularly	51 (30.7)	91 (35.8)	142 (33.8)
Once a while	69 (41.7)	60 (23.6)	129 (30.7)
For special program	38 (22.9)	73 (28.7)	111 (26.4)
Never visited	8 (4.8)	30 (11.9)	38 (9.1)
<i>Living Status</i>			
Living with parents	55 (33.1)	97 (38.2)	152 (36.2)
Living away from parents	111 (66.9)	157 (61.8)	268 (63.8)
<i>Family Supervision</i>			
Yes	75 (45.2)	118 (46.5)	193 (46.0)
No	91 (54.8)	136 (53.5)	227 (54.0)
<i>Peer Influence</i>			
Low	72 (43.4)	131 (51.6)	203 (48.3)
High	94 (56.6)	123 (48.4)	217 (51.7)

Risk-related Factors for Risky Sexual Behaviors Among the High School Students

From the total number of students (420) who participated in the study, 212 (50.5%) were reported to have a close friend who started having sexual intercourse, and 219 (52.1%) of the students used alcohol of which, among these, 110 (66.3%) and 109 (42.9%) were male and female, respectively. Accordingly, out of the total respondents, 323 (76.9%) never used drug-induced substances, 60 (14.3%) sometimes used it, and 27 (6.4%) of the students only used it once. Nevertheless, only 2.4 percent of the respondents used drugs regularly, out of which more than eighty percent of them were male students. One hundred and six-eight (40.0%) of the students had viewed porn movies once or twice, 153 (36.4%) sometimes viewed, and 99 (23.6%) had never viewed pornographic movies. How-

ever, out of 165 students who indicated that they had sexual mates in the last six months, 130 (78.8%) were reported to have had one sexual mate in the last six months, and 35 (21.2%) were reported to have had two or more sexual partners. One hundred and forty-five (87.9%) and 292 (69.5%) students indicated that they have not been consistent in the use of condoms and had not been visiting night parties and clubs, respectively. The percentage distribution of risky-sexual behaviors factors among high school students is illustrated in Table 2.

Sexual Behavior Factors among High School Students

From this study, it is indicated that out of the total respondents, 213 (50.7%) had sexual intercourse. Relatively more than half (55.2%) of the female students had sex before they attained

Table 2: Percentage distribution of risky-sexual behaviours factors among high school students in Nkonkobe Municipality

<i>Risk-related factors</i>	<i>Gender</i>		<i>Total Frequency (percent)</i>
	<i>Male Frequency (percent)</i>	<i>Female Frequency (percent)</i>	
<i>Have a Close Friend Who Started Having Sex</i>			
Yes	77 (46.4)	135 (53.1)	212 (50.5)
No	89 (53.6)	119 (46.9)	208 (49.5)
<i>Alcohol Use</i>			
Yes	110 (66.3)	109 (42.9)	219 (52.1)
No	56 (33.7)	145 (57.1)	201 (47.9)
<i>Using Drug Induced Substances</i>			
Regularly	8 (4.8)	2 (0.7)	10 (2.4)
Once	21 (12.7)	6 (2.4)	27 (6.4)
Sometimes	43 (25.9)	17 (6.7)	60 (14.3)
Never use	94 (56.6)	229 (90.2)	323 (76.9)
<i>Frequency of Watching Pornographic Movies</i>			
Once/twice viewed	64 (38.6)	104 (40.9)	168 (40.0)
Sometimes viewed	65 (39.2)	88 (34.7)	153 (36.4)
Never viewed	37 (22.2)	62 (24.4)	99 (23.6)
<i>Number of Sexual Partners in the Last Six Months [M=61,F=104]</i>			
One	49 (80.3)	81 (77.9)	130 (78.8)
Two or more	12 (19.7)	23 (22.1)	35 (21.2)
<i>Consistent Condom Use [M=61,F=104]</i>			
Yes	6 (9.8)	14 90 (86.5)	20 (12.1)
No	55 (90.2)	90 (86.5)	145 (87.9)
<i>Visit to Night Parties or Clubs</i>			
Yes	72 (43.4)	56 (22.0)	128 (30.5)
No	94 (56.6)	198 (78.0)	292 (69.5)

the age of 19 years. This study revealed that out of these 213 students, 45.5 percent of male and 54.5 percent of females had sex in the last 12 months, and 155 (72.8%) of the students were reported to have not used a condom in the first sexual intercourse. Out of the 155 students who were reported to have not used condoms in their first sexual intercourse, 50 (32.3%) indicated that the sex was unplanned, 16.8 percent reported to have fear of a condom's side effects, nine percent indicated that condoms were not available, 29.7 percent revealed that a condom decreases sex satisfaction, and 12.3 percent of the students reported to have lack of adequate information on the usefulness and importance of condom use. Moreover, out of the total respondents (207) who had reasons for not having sexual intercourse, 35.7 percent had the fear of HIV/AIDS and other STIs as their reason, 12.1 percent revealed that family morals and values prevented them, 16.4 percent were influenced by their religion, and 35.7 percent of the students were encouraged to wait until marriage. The percentage distribution of factors for sexual behaviors of high school students is illustrated in Table 3.

Multivariate Analysis of Factors Associated with Risk-related Sexual Activities and Multiple Sexual Partners Among High School Students

The result of the multivariate analysis illustrated in Table 4 revealed that the risk of having multiple sexual partners among males was two times higher than females (AOR = 2.79; CI: 1.04-5.53), and students within the age range of 19-22 years were about two times likely to have multiple sexual partners (AOR = 1.57; CI: 0.89-2.75) compared to students between the ages of 15-18 years. However, students who were living away from parents were two times at risk to have multiple sexual partners (AOR = 2.12; CI: 1.43-3.87) compared to students who were living with their parents. This study also revealed that the likelihood of having multiple sexual partners of students who had close friends who have started having sex was about five times (AOR = 4.99; CI: 3.73-9.09) certain to have multiple sexual partners compared to students who do not have a close friend already involved in sexual activities. Students who consumed alcohol were seen

Table 3: Percentage distribution of factors for sexual behaviours of high school students

<i>Respondents sexual behaviour</i>	<i>Gender</i>		<i>Total Frequency (percent)</i>
	<i>Male Frequency (percent)</i>	<i>Female Frequency (percent)</i>	
<i>Had a Sexual Intercourse [n=420]</i>			
Yes	97 (58.4)	116 (45.7)	213 (50.7)
No	69 (41.6)	138 (54.3)	207 (49.3)
<i>Age at First Sex [n=213]</i>			
Below 18 years	38 (39.2)	64 (55.2)	102 (47.9)
18 years and above	59 (60.8)	52 (44.8)	111 (52.1)
<i>Had Sex in the Last 12 Months [n=213]</i>			
Yes	66 (45.5)	79 (54.5)	145 (68.1)
No	31 (45.6)	37 (54.4)	68 (31.9)
<i>Had Used Condom in the First Sex [n=213]</i>			
Yes	23 (39.7)	35 (60.3)	58 (27.2)
No	74 (47.7)	81 (52.3)	155 (72.8)
<i>Reason Not Using Condom During Sex [n=155]</i>			
Lack of adequate information	9 (47.4)	10 (52.6)	19 (12.3)
Decreases satisfaction	29 (63.0)	17 (37.0)	46 (29.7)
Availability of it	6 (42.9)	8 (57.1)	14 (9.0)
Fear of side effects	11 (42.3)	15 (57.7)	26 (16.8)
Unplanned sex	19 (38.0)	31 (62.0)	50 (32.3)
<i>Reason For Not Having Sex [n=207]</i>			
Fear of HIV/AIDS and other STIs	33 (44.6)	41 (55.4)	74 (35.7)
Family morals and values	8 (32.0)	17 (68.0)	25 (12.1)
Religious influences	12 (35.3)	22 (64.7)	34 (16.4)
Encourage to wait until marriage	16 (21.6)	58 (78.4)	74 (35.7)

to be 1.38 times more likely to have multiple sexual partners than students who did not take alcohol (AOR = 1.38; CI: 0.72-2.41). There is an association among the number of times drug-induced substances were used by the students and having multiple sexual partners, and it was found that students who used drug-induced substances regularly, once and sometimes were more likely to have multiple sexual partners ((AOR = 1.86; CI: 0.83-4.68), (AOR = 0.59; CI: 0.25-1.41) (AOR = 1.04; CI: 0.53-2.04)) compared with students who never used any drug induced substances. There is also a statistically significant association between watching pornographic movies and having multiple sexual partners, students who watch porn movies were two times more likely to have multiple sexual partners (AOR = 2.04; CI: 1.87-3.91) compared to students who did not watch porn movies.

Multivariate Analysis Result of Factors Associated with Risky Sexual Behavior of High School Students

The multivariate analysis result in Table 5 shows that the risk of unprotected sex of stu-

dents living away from parents was 1.09 times more compared to students living with their parents. Students who perceived monogamy were about two times more likely to have unprotected sexual intercourse (AOR = 1.65; CI: 1.09-2.83) compared to students who do not. There are strong indications on the students' reasons for not using condoms during sex, including, it decreases satisfaction, availability of condoms, fear of side effects and unplanned sex were likely to be the more reasons for students not using condoms during sexual intercourse (AOR = 2.44; CI: 1.43-3.67), (AOR = 1.79; CI: 0.81-3.44), (AOR = 2.52; CI: 1.01-4.59) and (AOR = 0.42; CI: 0.18-2.25) respectively, compared to lack of adequate information on the use of condoms during sex. This study also revealed that students who consumed alcohol (AOR = 2.19; CI: 1.36-3.54), without family supervision (AOR = 0.94; CI: 1.87-3.91) and students who visited night parties and clubs (AOR = 0.80; CI: 0.09-8.30) were more likely to have unprotected sex.

DISCUSSION

This study has evaluated the risky sexual behavior and associated factors of HIV/AIDS

Table 4: Multivariate Analysis result of factors associated with risk-related sexual activities of high school students

Variables	Multiple sexual partners		OR(95% CI for OR)	
	Yes	No	Unadjusted (crude)	Adjusted (AOR)
<i>Gender</i>				
Male	12 (7.2)	154 (92.8)	0.78 (0.38-1.61)	2.79 (1.04-5.53)
Female	23 (9.1)	231 (90.9)	1.00	1.00
<i>Age</i>				
Below 18 years	62 (24.5)	191 (75.5)	1.00	1.00
18 years and more	45 (28.7)	112 (71.3)	2.51 (1.23-4.57)*	1.57 (0.89-2.75)
<i>Living Status</i>				
Living with parents	42 (27.6)	110 (72.4)	1.00	1.00
Living away from parents	115 (42.9)	153 (57.1)	4.55 (2.56-6.46)*	2.12 (1.43-3.87)*
<i>Have a Close Friend Who Started Having Sex</i>				
Yes	91 (42.9)	121 (57.1)	8.73 (5.48-14.87)*	4.99 (3.73-9.09)
No	52 (25.0)	156 (75.0)	1.00	1.00
<i>Alcohol Use</i>				
Yes	127 (58.0)	92 (42.0)	5.12 (3.09-8.19)*	1.38 (0.72-2.41)*
No	43 (21.4)	158 (78.6)	1.00	1.00
<i>Using Drug Induced Substances</i>				
Regularly	1 (0.1)	9 (0.9)	3.90 (1.77-7.41)	1.86 (0.83-4.68)
Once	5 (18.5)	22 (81.5)	3.55 (1.88 - 6.67)*	0.59 (0.25-1.41)
Sometimes	13 (21.7)	47 (78.3)	3.93 (2.42-6.37)*	1.04 (0.53-2.04)
Never use	143 (44.3)	180 (55.7)	1.00	1.00
<i>Watching Pornographic Movies</i>				
Yes	209 (65.1)	112 (34.9)	3.95 (2.75-5.90)*	2.04 (1.87-3.91)*
No	23 (23.2)	76 (76.8)	1.00	1.00
<i>Visit to Night Parties or Clubs</i>				
Yes	52 (40.6)	76 (59.4)	3.29 (2.06-5.86)*	1.80 (1.09-4.30)*
No	83 (28.4)	209 (71.6)	1.00	1.00

*Significant at p-value <0.05

Table 5: Multivariate Analysis result of factors associated with risky sexual behaviour of high school students

Variables [n=213]	Unprotected sex		OR(95% CI for OR)	
	Yes	No	Unadjusted (crude)	Adjusted (AOR)
<i>Living Status:</i>				
Living with parents	12 (34.3)	23 (65.7)	1.00	1.00
Living away from parents	81 (45.5)	97 (54.5)	1.14 (1.00-2.35)*	1.09 (0.74-2.63)*
<i>Perceived Monogamy</i>				
Yes	86 (46.0)	101 (54.0)	2.85 (1.83-4.12)*	1.65 (1.09-2.83)*
No	8 (33.3)	16 (66.7)	1.00	1.00
<i>Reason For Not Using Condoms</i>				
Lack of adequate information	14 (60.9)	9 (39.1)	1.00	1.00
Decreases satisfaction	58 (76.3)	18 (23.7)	4.65 (2.76-6.45)*	2.44 (1.43-3.67)*
Availability of it	9 (29.0)	22 (71.0)	0.86 (0.36-1.61)*	1.79 (0.81-3.44)
Fear of side effects	15 (34.9)	28 (65.1)	2.53 (1.62-4.498)	2.52 (1.01-4.59)
Unplanned sex	21 (52.5)	19 (47.5)	0.50 (0.21-1.18)*	0.42 (0.18-2.25)*
<i>Alcohol Use</i>				
Yes	27 (33.3)	54 (66.7)	2.56 (1.68-3.90)*	2.19 (1.36-3.54)*
No	48 (36.4)	84 (63.6)	1.00	1.00
<i>Family Supervision</i>				
Yes	60 (43.2)	79 (56.8)	1.00	1.00
No	31 (41.9)	43 (58.1)	1.05 (0.75-2.90)*	0.94 (1.87-3.91)*
<i>Visit to Night Parties or Clubs</i>				
Yes	17 (43.6)	22 (56.4)	0.99 (0.86-2.06)*	0.80 (0.09-8.30)*
No	81 (46.6)	93 (53.4)	1.00	1.00

*Significant at p-value <0.05

infection among high school students in Nkonkobe Municipality area of Eastern Cape, South Africa. The findings from this study indicated that 68.1 percent of the students have had sexual intercourse in the last 12 months (that is, sexually active students) and this is similar to studies conducted in Ethiopia by Berhan and Berhan (2015) where seventy-five percent of youth engage in higher-risk sex and have sexual intercourse in the last 12 months and Menna et al. (2014) also found that 54.4 percent had history of sexual intercourse and 62.3 percent had two or more sexual partners.

According to Tadesse and Yakob (2015) and Maswanya et al. (1999), it was revealed that the risk associated with multiple sexual partners and unprotected sex among the first timers of this study was 21.2 percent and 87.9 percent respectively, and this finding is related to some studies, where multiple sexual partners and sex without protection was forty-two percent and 39.2 percent respectively, and 94.6 percent have had sexual initiations at a tender age. On the result of this study was not in consensus with the studies carried out among high school students in Cambodia by Yi et al. (2010) where multiple partners and unprotected sex were thirty-six percent and 52.6 percent respectively, and the prevalence of risky sexual behaviors among the students of higher education institutions in Ethiopia by Regassa and Kedir (2011) where the risk of multiple sexual partners and unprotected sex were twenty-nine percent and thirty-seven percent, respectively.

The findings in this study revealed that 66.3 percent of male and 42.9 percent of female respondents consumed alcohol, 77.8 percent of male students and 75.6 percent of female students have once or twice or sometimes viewed pornographic movies. This result is higher than the result of studies conducted in Kenya, Ethiopia and Burkina Faso (Mazengia and Worku 2010; Westercamp et al. 2010; Khan et al. 2006; Voeten et al. 2004). The reason for this might be the disparities in the sociocultural level, accessibility of excessive alcohol and right of the demographic information of the study participants. Also, the findings revealed that 43.4 percent of male students and 9.8 percent of female students were using drug-induced substances. This result is in accordance with assessment and comparison with studies by Mazibuko and Nkune (2014), Menna et al. (2014), Tadesse and Yakob

(2015) and Ugoji (2014). Possible reason might be that most of the drugs are sold with prescriptions and students are not allowed to purchase self-medication.

Twenty percent of the male participants and 22.1 percent of the female counterparts indicated that they have had more than two sexual mates in the last six months. This finding is seen to be relatively low in comparison with a study conducted in Kenya (Mwisukha et al. 2012). The likely rationale might be the religious custom about multiple sexual mates and probably government intervention as well as the level of HIV/AIDS awareness programs initiated in the two countries.

This study shows that 46.4 percent of the male and 53.1 percent of the female students were having a close friend who had started having sex, which might put them at risk of sexuality in the last twelve months. The likely rationale might be the difference in the sociocultural values of the study participant and their respective study area. Only 9.8 percent of the male students and 13.5 percent of the female students was consistent in the use of condoms in the last six months. This percentage is smaller compared to the finding of a study conducted in Kenya by Mazengia and Worku (2010). The reason might be the availability of and no option to avoid condoms. Many times, condoms are put in public place like toilet and clubs.

Male students were seen to be relatively three times more likely to be at risk of multiple sexual partners than female students. Due to alcoholism, drugs-induced substances, parties and clubs attendance reason, male are more subjected to sexual risks. This finding is not similar to a study conducted in Nigeria and Ethiopia (Ugoji 2014; Sahile et al. 2015). Alcoholism was seen as a significant agent of risky sexual behavior for both male and female students. Many studies also found that alcohol users were more likely to have non-regular sexual mates than non-drug users (Malhotra 2008; Russell et al. 2007; Kliewer and Murrelle 2007). Youth were more likely to involve in risky sexual activities such as having multiple sex partners, unprotected sexual intercourse, and selecting higher risk partners after drinking alcohols (Yi et al. 2014; De-janes 2009; Lwelamira et al. 2012; Mazibuko and Nkune 2014; Inyang 2012).

With family supervision, it is significantly allied with risky sexual behavior among the male

and female students as a protecting factor. Many studies found out that a close bond between parents and their children is associated to abstinence or minimal use of alcohol, tobacco, and drugs induced substances and is less likely to initiate sexual activity. On the contrary, low or poor relationships between parents and children were associated with upsurge of sexual activity (Boyar et al. 2011; Moore et al. 2004). Students with their parents living away from them were more likely to have unprotected sex and be at risk of sexual intercourse than those who had their parents living with them. This finding is similar to studies conducted in many countries (Boyar et al. 2011; Prinstein and La Greca 2004; Moore et al. 2004). Many studies suggested that family interventions to improve parent-child communication, supportive parenting, and parental monitoring.

LIMITATIONS

The study's design impeded exact sexual behaviors of the temporal progression between unprotected sex and multiple sexual partners with their risk and protective factors. The measure of unprotected sex and multiple sexual partners may have been influenced by pre-testing of participants' adequate knowledge on the questionnaire. Studies are needed simultaneously to examine drug-induced substances and risk factors of sexual behaviors to provide a strong indication of the influence of drug induced substance on decision-making. Pregnancy intention may be a significant factor that can determine risk sexual behaviors among high school students especially if a grant is involved. Finally, it remains indistinct if the use of accurate biases to select participants can result in grouping effects that would bias the estimation of standard errors in multivariate analysis model.

CONCLUSION

According to this study, it can be concluded that in the last six months high percentages of female and male students were active sexually, but few of the students were found that they were consistent in the condom use. Household status, family closeness, alcoholism and using drug-induced substances were the major prognosticators of risky sexual behaviors among male and female students.

RECOMMENDATIONS

Though, the result indicates the factors of risky sexual behaviors and HIV knowledge but in reducing the high risky sexual behavior among students, schools, families and zonal education offices should be fully involved. Parent-child closeness and family support should be the primary focus for interventions because family focus interventions have a positive effect on students' behaviors.

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