

Safe-sex via HIV/AIDS Awareness and Condom Use: The Compliant Checklist of Nigerian Male and Female Youths

O. S. Elegbeleye

Department of Psychology, Obafemi Awolowo University, Ile-ife, Nigeria

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ABSTRACT HIV which stands for Human Immuno-Deficiency Virus, is a virus that infects the body and destroys the body defence cells. The virus when it infects the human body system leads to AIDS which is Acquired Immune Deficiency Syndrome. Because of the deadly nature of the AIDS scourge, its speed of contagion and the high statistics of AIDS scourge devastation so far recorded in Sub-Saharan Africa, one is compelled to want to know the effectiveness of the media campaign aimed at sensitizing non-sufferers to steps that can be taken to avoid contracting AIDS. Six such steps were identified in line with the pronouncement of the National Action Committee on AIDS (NACA). The objective of this study therefore focuses on ascertaining the awareness levels of the Nigerian Youths to the reality of the existence of HIV/AIDS, the extent to which they are ready to practice the protection points listed by NACA, the percentage of subjects who are prepared to and actually do use condom for protection from contracting HIV and the possible influences of certain salient factors on subjects' readiness to protect themselves from contracting HIV. The findings reveal a high level of awareness, and a significant level of readiness to engage in the use of protective measures for protection against contracting HIV, and the salient factors of age, course of study, socio economic status and level of religiosity have little or no influence on subjects' attitude to engaging in protective measures so as to stay clear of HIV problems.

Table 1: Percentage result of HIV/AIDS awareness among Nigerian youths

<i>Variables</i>	<i>Sex</i>	<i>% Yes</i>	<i>% No</i>	<i>Total %</i>	<i>Awareness level</i>
Have you heard about HIV/AIDS?	Male	96.6	3.4	100	V. High
	Female	97.2	2.8	100	
Do you know that HIV can be contracted through having sex with someone who is already infected..?	Male	94.8	5.2	100	V. High
	Female	92.5	7.5	100	
Do you know that it can be contracted from infected blood through transfusion or the use of unsterilized needles?....	Male	97.3	2.7	100	V. High
	Female	97.8	2.2	100	
Are you aware also that an infected pregnant woman can pass the virus to her child before or during child birth or through breast feeding...?	Male	97.6	2.4	100	V. High
	Female	96.6	3.4	100	
Do you know that 80% of the people with HIV/AIDS in Nigeria got the virus by having sex with someone who has already been infected...?	Male	94.7	5.3	100	V. High
	Female	96.2	3.8	100	
Do you know that progressive and unexplained weight loss for more than 10% of body weight is one of the major symptoms of the disease	Male	88.3	11.7	100	V. High
	Female	91.5	8.5	100	
Do you know that other major symptoms of the diseases include unexplained recurrent fever for more than a month	Male	71.4	28.6	100	V. High
	Female	68.3	31.7	100	
Do you also know that continuous or intermittent diarrhoea for more than one month is another major symptoms of the disease?	Male	90.7	9.3	100	V. High
	Female	93.6	6.4	100	
Are you aware that so far no drug has been able to absolutely destroy the virus inside the human body	Male	98.1	1.9	100	V. High
	Female	94.4	5.6	100	
Do you know that two million Nigerians are already known to be suffering from the diseases?	Male	64.2	35.8	100	V. High
	Female	68.1	31.9	100	
Do you know that people living with HIV/AIDS are not dangerous except when you have sex with them?	Male	96.2	3.8	100	V. High
	Female	92.1	7.9	100	

Table 2: Independent samples test for comparison between the awareness level of male and female subjects

<i>Variable</i>	<i>N</i>	<i>Mean</i>	<i>SD</i>	<i>Std. Error Mean</i>	<i>Std error difference</i>	<i>Df</i>	<i>T</i>	<i>P</i>
Male	348	27.20	5.82	.532	.880	598	-1.087	<.05
Female	252	28.16	5.08	.656	.839			

Table 3: Subjects' conscious effort to prevent contracting hiv/aids diseases to the question; which of the following have you been doing or will like to do to protect yourself from contracting hiv/aids virus, the following response were given.

Variable	Sex	% Yes	% No	Total	Sig. level
Avoid Casual Sex?	Male	89.4	10.6	100	Sig.
	Female	94.6	5.4	100	
Stay Faithful to one Sex Partner	Male	90.4	9.6	100	Sig.
	Female	96.3	3.7	100	
Avoid Premarital Sex	Male	67.5	32.5	100	Sig.
	Female	84.2	15.8	100	
Do not share any instrument or sharp objects with anyone such as blades, knives, clippers e.t.c.	Male	92.0	8.0	100	Sig.
	Female	93.0	7.0	100	
Do not receive blood that has not been screened for HIV If you are sick?	Male	93.5	6.5	100	Sig.
	Female	96.5	3.5	100	
Use Condom of approved quality	Male	84.6	15.4	100	Sig.
	Female	88.9	11.1	100	
Not do anything	Male	23.4	76.6	100	Sig.
	Female	41.2	58.8	100	

Table 4: Independent samples test for comparion between male and female respondents

Variable	N	Mean	SD	df	t	P
Male	348	17.6	4.5	598	1.02	P<.0.05
Female	252	17.8	4.1			

Table 5: Percentage score of subjects on their level of aversion to the use of condom in order to prevent contracting HIV

Variable	Sex	% Yes	% No	Total	Sig. Level
Do you approve that condom use is mandatory if contracting HIV is to be avoided?	Male	78.2	21.8	100	Sig.
	Female	73.6	26.4	100	
Total	Count	518	82	600	
	% Within Sex	76.8	23.2	100	

Table 6: Testing for the influence of some salient factors (age, course of study socio-economic status and religious inductrination) on Subjects' Readiness to protect themselves from contracting HIV/AIDS.

Protection Efforts	Age		Course of study		Socio economic status		Level of religious belief		Sig. level
	F	Sig.	F	Sig.	F	Sig.	F	Sig.	
Avoid Casual Sex									NS P ≤ .05
Sex	1.228	.281	1.343	.241	.478	.621	.214	.887	NS P ≤ .05
Stay Faithful to one Sex Partner	1.849	.63	2.887	.981	1.896	.153	.736	.532	
Do not share any instrument or sharp objects with anyone, such as blades, knives clippers etc.	.839	.581	1.175	.322	.129	.879	.146	.932	NS P ≤ .05
Avoid Premarital Sex	2.024	.039	1.549	.165	.532	.588	2.050	.109	NS P ≤ .05
Do not receive blood that has not been screened for HIV if you are sick	1.131	.343	1.771	.108	1.033	.358	.681	.565	NS P ≤ .05
Use condom of approved quality	1.653	.104	1.325	.249	1.325	.268	2.703	.064	NS P ≤ .05

