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Does Self-Perception of Risk of HIV Infection Make the Youth to Reduce Risky Behaviour and Seek Voluntary Counselling and Testing Services? A Case Study of Nigerian Youth

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ABSTRACT The objective is to investigate whether self-perception of risk of HIV infection causes Nigerian youth to reduce risky sexual behaviour and to seek HIV testing. In this population-based qualitative study, indepth interviews were conducted among 90 undergraduates in three Nigerian universities. In each university, three focus group discussions were facilitated for males only, females only, and for both males and females (mixed). Results show that students with low self-perception of HIV infection felt they did not have a need for behavioural change or to do HIV testing. Those with high self-perception were not inclined to reduce risky behaviour or to seek voluntary counselling and testing. The conclusion is that self-perception of risk as a single factor is not enough to seek HIV testing.