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Benefits of Sexuality and HIV/AIDS Curricula for Psychology Foundation Students at One South African University

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ABSTRACT The aim of this study was to determine how the inclusion of sexuality and HIV/AIDS curricula in a Psychology module benefited the psychological well-being of second- year students in Foundation Program at the University of Fort Hare (Alice Campus), South Africa. Drawing from Health Belief Model, the development of safe sexual practices among university students is essential to build their personal resources against the risk factors such as unsafe sex and substance abuse. The researcher followed a qualitative approach and sought permission from the Ethical Committee to conduct focus group interviews. Twelve isiXhosa- speaking participants, aged 18 to 24 were conveniently sampled and assured of confidentiality. The findings indicated that the students acquired skills with respect to contraceptive methods, antiretroviral treatment and emotional support towards homosexuals. This study recommended interdisciplinary learning to reach all university students as the prevalence of HIV/AIDS continues to escalate.