



Impact of HIV/AIDS Intervention Programme for Adolescents

KEYWORDS

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ABSTRACT *Adolescents girls are particularly vulnerable, not only because they are more likely to coerced invariably for unprotected sex than boys, but they are more susceptible biologically to (STDs), including HIV infection. Inequality between the sexes makes girls more vulnerable to violence and sexual abuse. The objectives of the Present study were; to assess the level of awareness about HIV/AIDS among adolescent girls, to develop and implement an intervention programme.*

The sample consisted 150 adolescent girls between the age group of 16-18 years studying in Banasthali University, Tonk, Rajasthan. A self structured inventory for the assessment of the level of awareness about HIV/AIDS of adolescents was applied through the personal contact with the respondents. Obtained Scores were computed by percentage.

An intervention programme on HIV/AIDS was developed and executed in hostel setting. Feedback of participants, warden & researcher shows that Intervention Programme was helpful in initiating communication between adolescents and their patrons and also provided a platform for addressing issues too relevant for adolescents.

Introduction

Adolescents are defined as individuals in the 10-19 year age group. The government of India, however, in the national youth policy defines adolescents as 13-19 years. Adolescence is the transition period between childhood and adulthood, a time of life that begins at puberty. The beginning of adolescence is marked by puberty, a flood of biological events leading to an adult sized body and sexual maturity. Adolescence (from the Latin: adolescence meaning "to grow up") is a transitional stage of physical and mental human development that occurs between childhood and adulthood. This transition involves biological, social and psychological changes, through the biology. Developing from childhood to maturity, growing up, of characteristics of adolescence, youthful, exuberant, immature, unsettled etc.

HIV/AIDS

AIDS (Acquired immune deficiency syndrome) is a condition linked to HIV, the Human Immune Deficiency Virus that affects the natural functioning of the body's immune system. It attacks the T cells which are vital for the body's ability to fight of disease. The virus is transmitted mainly by sexual intercourse but can also be passed on when secretions containing HIV is transferred to a body of a non-infected person. One should check for HIV when he/she has contracted one several disease indicating a significant break down in the immune system.

AIDS is caused by a virus called the human immune deficiency virus or HIV. The HIV almost always enters the body through sexual contact.

Symptoms

Symptoms of HIV infection may develop from three weeks to three months after the infection. Thus it is impossible to ever truly know if a partner is infected or not. Infection initially cause symptoms such as high fever, fatigue, night sweats and swollen glands, dry cough, stools, weight loss, fungal infection, vomiting etc. the symptoms vary greatly from person. In later stages further serious infections such as Herpes meningitis, pneumonia and cancer.

Justification of the study

Among adolescents girls are particularly vulnerable, not only because they are more likely to coerced invariably for unprotected sex than boys, but they are more susceptible biologically to sexually transmitted diseases (STDs), includ-

ing HIV infection. Inequality between the sexes makes girls more vulnerable to violence sexual abuse. Thus, in order to lead healthy, responsible and fulfilling lives, and protect themselves from reproductive health problems, young people need to be knowledge about themselves and the people they relate to, and need sound information about the physical, psychological and social changes that take place through childhood and adolescence. Consistent with the economic and social changes in the country, girls in India are increasingly marrying late with a subsequent increase in the age at first childbirth. This has made the risk of premarital sex higher than ever before. Among the several options available in India, creating awareness among adolescents appears to be an important prerequisite. The study was carried out to formulate a comprehensive Intervention Programme to increase awareness and start communication with adolescent's girls regarding HIV/AIDS.

- The motto of study was to increase awareness and start communication with adolescent girls regarding HIV/AIDS.
- The study helped in facilitating adolescents living in hostels away from homes and parents & provides authentic information.
- The study was actually helpful in initiating communication between adolescents and their patrons.

Methodology

Adolescent's girls were educated regarding HIV/AIDS and their awareness levels were evaluated immediately following intervention.

Locale of the study:

The study conducted at high school, Banasthali university campus because of researcher's convenience and flexibility.

Selection and size of the sample:

All (150) adolescent girls from 10 classes were selected for study from Banasthali university campus.

Description of the tool:

A Self structured HIV/AIDS inventory for adolescents consisting 8 items (both close ended and open ended) was prepared. The items were made to assess the awareness level of adolescent girls of 10th class. Investigator developed the tool, after intensive study of review, related literature and suggestions given by the subject matter specialists.

Procedure used for data collection:

All respondents (150) were given the HIV/AIDS Inventory to fill, which was collected back after 3 days.

Scoring:

Items of the self structured Inventory on HIV/AIDS were calculated on percentage bases.

Analysis and interpretation of data:

Statistical techniques used for the analysis of data were:

Percentage

$$\text{Percentage} = \frac{f * 100}{n}$$

n=total number of items
f= frequency

Execution & Implementation of Intervention Programme HIV/AIDS

HIV/AIDS	Time/Duration (8-10 PM)	Method/Activity
What is HIV/AIDS	Rapport Building Exercise- 15 minutes	Rapport building exercise- Passing the Parcel
Symptoms	Vocabulary Quiz- 20 minutes	Vocabulary Quiz
How the Virus is transmitted HIV/AIDS does not spread Prevention of STDs.	Role Play 60 minutes	Role Play
Testing & Treatment	Chart Presentation 20 minutes	Chart Presentation

Rapport Building Exercise

Passing the parcel

The 25 girls were selected from the group and asked to sit in circle. The music was started, the girls passed parcel from to another. In the middle, the music was stopped and the girl who had the parcel has to tell her name and hobbies. The process was repeated to give every girl a chance and all the girls told their names and the hobbies.

Vocabulary quiz

- 1- What is HIV/AIDS?
- 2- What is the Full form of HIV/AIDS?
- 3- What are the Symptoms of HIV/AIDS?
- 4- How the virus is transmitted?
- 5- HIV/AIDS does not spread.

Role Play

Role play was prepared to present the various concepts regarding HIV Virus transmission, How HIV/AIDS does not spread and Prevention of STDs.

Chart Presentation

Chart presentation was done to give the information's about testing and treatment on HIV/AIDS.

RESULTS AND DISCUSSION

Objective data base facts, never determine anything, they become significant only if interpreted in the light of expected standards and assumptions. This interpretation or evaluation is determined by the purpose to which we related the facts.

Table 1.1

	Yes	No
Awareness of HIV/AIDS	96%	4%
HIV/AIDS is fatal	95%	5%
Prevention to HIV/AIDS is possible	68%	32%

Table 1.1- Majority (96%) of were aware about HIV/AIDS and they (95%) knew that is fatal but only 68% of them knew about modes of prevention as 32% of them accepted they do not knew about mode of prevention from HIV/AIDS.

*Majority of (93%) respondents stated that HIV/AIDS is a infectious disease, 1% of them considered HIV/AIDS a type of cancer, and 5% of them denied having any kind of information on the issue, remaining 1% of respondents ironically identified HIV/AIDS as name of an institute.

Table 1.2- Ways of transmission of HIV/AIDS-

	Unprotected sex	HIV infected blood	Use of infected needle	Hand shakes	Use of same Towel
Ways of transmission of HIV/AIDS	102	14	14	12	8

Table 1.2- depicts that 102 of total respondents (150) knew that unprotected sex is a mode of transmitting the HIV/AIDS, 14 of them knew that HIV/AIDS spreads by infected blood and needle, and 12 and 8 of them told that this disease spreads through hand shake and by sharing a towel.

Table 1.3- Ways to prevent HIV/AIDS

	Use of contraceptive pills	Use of condom	Use of Disposable / sterilized needle	Don't know
Ways to prevent HIV/AIDS	10	70	40	30

Table 1.3- depicts that 70 respondents quoted that usage of condom is a good way to prevent HIV/AIDS, While 40 of them told that disposable/ sterilized syringe should be used, 30 of them did not knew about ways, while 10 of them also told that by using contraceptive pills HIV/AIDS can be prevented.

Major Findings:

It is evident that the majority of respondents suffer from stomachache, weakness, pain in legs. Most of the respondents had regular period's .Only very few (13%) respondents were taking pain reliving medicines. Majority of students were aware about the need of sanitation during menstruation.

That majority of (93%) respondents stated that HIV/AIDS is a Communicable disease, but 3 of them knew HIV/AIDS a type of cancer, another three also identified HIV/AIDS as a name of an institute.

Majority of (76%) respondents were aware about hormonal changes.

Suggestions for further Study:

- Same study can be conducted in rural area along with a large number of samples.
- Comparison could be drawn between urban and rural women on awareness to HIV/AIDS.
- Rural women have medium level of knowledge about HIV/AIDS & they suffer from HIV/AIDS. So it is very necessary that government or NGO or researcher for reducing the HIV/AIDS Problems run some effective programme.

Suggestions for Parents:

- Parents should also try to attend interventional programs related to HIV/AIDS.

- Parents should read appropriate literature and provide correct information at the correct age to the children, so that they can save their children from future hazards.
- Parents should engage in some activities like seminars, workshops and exhibitions, which help them to provide right education at a right age.

Suggestions for Teachers:

- Teachers should seek more and more appropriate education regarding HIV/AIDS so they can handle their student comfortably.
- Teachers should use teaching materials and different activities in the Classroom HIV/AIDS will boost confidence and self esteem for student's better future.
- Provide opportunities for youth and their families to come together in satisfying situations, schools, plays, recreational activities, discussion, forum and social events de-

signed to bring young people and their Parents together in a happy association are possibilities.

Suggestions for Policy Maker:

- Policy maker have to prepare some policies on HIV/AIDS and include reproductive health education as a part of curriculum.

Suggestions for Community Worker:

- The individual sexual integrity and social well being are thus to be maintained and enhanced and the creative or reproductive purpose are to be adequately fulfilled.
- Opportunities to bring HIV/AIDS to the attention of the community may be afforded through special events such as health education week, social hygiene day or family life education programme.

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