

# Knowledge about HIV/AIDS among B. Sc Nursing Students in Northern Hilly City

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## Abstract

**Background:** A number of studies conducted in different parts of India on HIV/AIDS awareness revealed widespread ignorance and misconceptions about this deadly disease among young people. **Methods:** This cross sectional was conducted among BSc Nursing students in Shimla city. A purposive sampling technique was used to select the BSc nursing college and 25 nursing students from each study year (1<sup>st</sup> to 4<sup>th</sup>) were included. Information regarding their knowledge, regarding HIV/AIDS was obtained using a self-administered, pre-tested, semi-structured questionnaire. Data was analyzed using Epi info v7 software using appropriate statistical tests. **Results:** Mean age of the participated 100 BSc. Nursing students was  $20.26 \pm 2.360$  years. 13% BSc. Nursing students having very good knowledge, 67% having good knowledge, 19 % had fair knowledge and 1% have poor knowledge about cause, mode of spread, prevention, control and treatment of HIV/AIDS. A statistically significant difference was found among the mean knowledge score between different study years of nursing students. **Conclusions:** These findings indicate that there is need to further increase the knowledge regarding HIV/AIDS which can be increased by structured teaching programmes and awareness workshops for the nursing students. .

**Keywords:** Knowledge, HIV/AIDS, nursing students.

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## INTRODUCTION

The Acquired Immune Deficiency Syndrome (AIDS) caused by Human Immuno-deficiency Virus (HIV) remains the most serious of infectious disease challenges to public health [1]. The epidemic of HIV/AIDS is now progressing at a rapid pace among young people [2].

According to UNAIDS, most vulnerable age group prone to HIV and AIDS is 15-25 years. Since no effective treatment or vaccine against HIV and AIDS is yet available, awareness is the best strategy to prevent the spread of the disease [3]. As students are very valuable resource for the future of a country, it is important that they must be equipped with ample amount of information so as to protect themselves and their counterparts from falling a prey this still incurable killer disease [2].

Although, a vast amount of accessible information is available everywhere about this deadly disease and a significant progress has already been made in the past two decades on prevention, control and

cure, the extent of utilization still remains a challenge that need to be explored[4].

A number of knowledge, attitude, and practice studies conducted in different parts of India revealed widespread ignorance and misconceptions about this deadly disease among young people. These wrong beliefs could be because the traditional method of disseminating information through schools and colleges among the youth is not adequate. HIV/AIDS programs need to improve the content of messages pertaining to HIV, by providing information not only on how HIV is transmitted, but also as to how it is not transmitted[5].

As this disease largely relies on prevention and the right information at the right time to right people, it is very important to bring about a behavioral change when the population is at most receptive stage. To sum up, in HIV/AIDS, prevention is cure and for prevention, knowledge about HIV/ AIDS is mandatory [6].

Hence, this pilot study was undertaken with the objective to assess the knowledge regarding HIV/AIDS among BSc Nursing students in Shimla city.

## Objectives of the Study

To evaluate knowledge of BSc Nursing students of Government Nursing College towards HIV/AIDS in Shimla City.

## RESEARCH METHODOLOGY

- Research Approach -Descriptive
- Research Design-Descriptive survey design
- Setting of the study-One Government Nursing College of Shimla City
- Study duration- between June-July 2018
- Study population- BSc Nursing Students (1<sup>st</sup> to 4<sup>th</sup> yrs)
- Sample size-100 students (25 from each year)
- Sampling Technique-Purposive Sampling Technique
- Sampling criteria- 25 BSc Nursing students from each year who were present on the day of the study were selected randomly after explaining the purpose of the study. Informed consent was taken from all selected nursing students and confidentiality of the selected nursing students was also maintained
- Inclusive Criteria- BSc Nursing Students available during the period of data collection in study setting and who were willing to participate in the study.

- Exclusion Criteria: BSc Nursing Students who were not willing to participate in the study and who were not present during data collection.
- Description of Tool- The questionnaire contains 50 structured knowledge related questions having three options (yes, no, don't know). The students have to choose right one. One mark was given for each correct answer and zero for incorrect answer. The maximum score was 50 and minimum score was zero. Scoring was done on the basis of marks as >80% (41-50)=very good, 60-79% (31-40)=Good, 41-59% (21-30)=Fair, <40% (<20)=poor
- Validity of tool - by the experts in this field
- Data collection by under the guidance of supervisors and the B.Sc Nursing students were given 30 minutes time to complete that questionnaire and collected at the end of the prescribed time
- Data analysis with appropriate statistical test in terms of frequencies, percentage, mean, standard deviation and ANOVA. P value of less than 0.05 was considered to be statistically significant.

## RESULTS

**Table-1: Knowledge of the BSc Nursing students about HIV/AIDS**

Category (Marks)	Number Of Students (n=100)	Percent
V. Good (41-50)	13	13
Good (31-40)	67	67
Fair(21-30)	19	19
Poor(<20)	1	1

Maximum =50 Minimum=10

In the present study 13% BSc Nursing students having very good knowledge (41-50 marks) towards HIV/AIDS, 67 % having good knowledge (31-40

marks), 19% having fair knowledge (21-30 marks) and 1% having poor knowledge (<20 marks).

**Table-2: Knowledge Score**

Knowledge	Scores
Mean	35.06
Median	36.00
Mode	38
Std. Deviation	5.532
Minimum	15
Maximum	44

In the present study mean scores and standard deviation of knowledge of HIV/AIDS among BSc Nursing students were 35.06  $\pm$ 5.532. Among

knowledge score minimum and maximum marks were 15 and 44 respectively.

**Table-3: Mean knowledge marks between 1<sup>st</sup> to 4<sup>th</sup> year B.Sc. Nursing students**

Study Year	Mean Marks	N	Std. Deviation	Minimum	Maximum	P Value(ANOVA)
1 <sup>st</sup>	35.48	25	4.445	25	43	
2 <sup>nd</sup>	32.36	25	6.461	15	43	
3 <sup>rd</sup>	36.56	25	5.417	23	44	.035
4 <sup>th</sup>	35.84	25	4.964	24	44	
Total	35.06	100	5.532	15	44	

In the present study, mean knowledge score of 1<sup>st</sup> to 4<sup>th</sup> year of BSc. Nursing students were 35.48, 32.36, 36.56 and 35.84 respectively. This difference between mean knowledge scores among different study years were found statistically different (p value <0.05) by ANOVA test.

## DISCUSSION

Human immune deficiency virus/acquired Immune deficiency syndrome have been immersed as a single most formidable challenge to public health, human rights and development in the new millennium. The purpose of the study is to assess HIV/AIDS related knowledge and understanding how much percentage of nursing students are having knowledge about this deadly disease so that further intervention can be planned.

Finding of present study revealed that 13% BSc Nursing students having very good knowledge (towards HIV/AIDS, 67 % having good knowledge, 19% having fair knowledge and 1% having poor knowledge. Srivastava A *et al.* [1] in their study found that there was a low level of awareness of HIV/AIDS amongst adolescents of District Bareilly which is against our study finding. While Agarwal S *et al.* [5] in their study found that the level of knowledge about HIV/AIDS was average among college students in Hyderabad which is similar to our study results.

Another study by Muthuraja M *et al.* [6] among adolescents in Chennai showed that the awareness regarding general aspects of AIDS was 64%. Which is almost similar to our study findings? Thakuri DS *et al.* [7] in their study in nepal found that in general, post graduate students had good knowledge related to HIV/AIDS transmission which is similar to our our study results. Bharti M, Bharti L *et al.* [8] in their study on higher secondary school students in Jajarkot district of Nepal revealed that majority of students had knowledge about HIV/AIDS which is also similar our study findings.

Naik AB, Naik AR *et al.* [9] in their study among students of Kulgam, Jammu & Kashmir revealed that among students adequate knowledge of the basic facts about AIDS, the transmission of HIV and how they can protect themselves was found to co-exist with some misconceptions. Which is also similar to our study findings. Rana M *et al.* [10] in their study in their study among college adolescent girls in urban Udipi Taluk found that Around 14% of the adolescent college girls had comprehensive knowledge regarding HIV/AIDS which is also quite similar to our study findings.

## CONCLUSION

Our study indicates the still there was a substantial lacuna in knowledge regarding HIV/AIDS

among nursing students and there was a significant difference between the mean knowledge score among different study years.

## Limitations

The study was confined to small number (100) of BSc Nursing student which limits the generalisation of study finding to only the study sample.

## Recommendations

On the basis of finding of study, it is recommended that similar study can be conducted in a large group. It may be done in different settings (Private nursing colleges). There is need to further increase the knowledge regarding HIV/AIDS and to clear the misconceptions regarding the disease that can be increased by structured teaching programmes to the nursing students. Life skill education with HIV awareness should be implemented by organizing workshop on HIV/AIDS in nursing colleges.

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