

Research Article

ATTITUDES TOWARDS HIV COUNSELLING AND TESTING AMONG UNDERGRADUATE STUDENTS OF KIBABII UNIVERSITY IN KENYA

* Sarah Likoko and Yvonne Chenane

Kibabii University, Kenya.

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ABSTRACT

This study examined attitudes towards HIV Counselling and Testing among undergraduate students at Kibabii University. The sample comprised 200 respondents (100 male, 100 female) randomly drawn. Data was collected using a closed-ended questionnaire. The data was analyzed using frequencies, means, percentages, the t-test and the chi-square. The findings of this study established that majority of the students at Kibabii University had a positive attitude towards HIV Counselling and Testing.

Keywords: Attitudes, HIV Testing and Counselling, Student, Undergraduate.

INTRODUCTION

Global, approximately 76 million people have become infected with HIV. Today, about 38 million people are living with HIV, and tens of millions of people have died of AIDS-related causes since the beginning of the epidemic (UNAIDS, 2020). HIV primarily affects those in their most productive years, where the youths especially University students belong. HIV Counselling and Testing (HCT) is the main strategy employed in the prevention and control of HIV/AIDS worldwide.

METHODOLOGY

This study was carried out at Kibabii University in Kenya. Ex post facto research design was employed. Two hundred (200) students were sampled using simple random sampling. A closed ended questionnaire was used for data collection. The researchers explained the objectives of the study to the respondents. Voluntary participation was encouraged. Respondents were also advised not to write names on the questionnaires to ensure anonymity and confidentiality.

RESULTS AND DISCUSSION

The study investigated the attitude towards HIV Counselling and Testing among the undergraduate students at Kibabii University. Their responses are presented in Table 1.

Table 1. General Students' Attitudes towards HIV Counseling and Testing

Attitude	Number of Respondents	Percentage
Negative	50	25
Undecided	07	3.5
Positive	144	71.5
Total	200	100

Source: Field data (2019)

The findings in Table 1 indicates that majority (71.5%) of the undergraduate students at Kibabii University had a favorable attitude towards voluntary HIV Counseling and Testing. Implying that the campaigns for HIV Counseling and Testing among Kenyan youths have had a positive effect given the favorable evaluation by majority of students in the University.

Gender Differences in Attitude towards Voluntary HIV Counseling and Testing

The study further sought to determine gender differences in attitude towards HIV Counseling and Testing among students at Kibabii University. Table 2 illustrates attitudes towards HIV Counseling and Testing by gender.

Table 2. Attitudes towards HIV Counseling and Testing by Gender

Gender	Number of Respondents			Total
	Undecided	With a positive attitude		
Males	32(16%)	04(02%)	64(32%)	100
Females	18 (09%)	03(1.5%)	79(39.5%)	100
Total	50(25%)	07(3.5%)	143(71.5%)	200

Source: Field data (2020)

Table 2 shows that 32 (16%) males had a negative attitude towards HIV Counseling and Testing compared to 18 (09%) females. Four (2%) males were undecided compared to three (1.5%) females. Furthermore, 64 (32%) males had a positive attitude compared to 79 (39.5%) females. It is evident that more females (39.5%) than males (32%) were positively inclined towards HIV Counseling and Testing.

Table 3 shows the *t*-statistic used to test whether the gender difference in attitudes towards HIV Counseling and Testing was significant. A *t*-statistic value of 2.90 at 0.05 alpha level was obtained.

Table 3. The t-test showing the significance of the gender difference in attitudes towards HIV counseling and testing

Gender	Number of students (n)	Total attitude score on 1-5 rating M(SD)	Computed t-statistic
Males	100	108.5(37.94)	-
Females	100	122.9(32.09)	2.90

Source: Field data (2019)

A comparison of their mean attitude scores reveals that females had a mean of 122.9 whereas males mean was 108.5 as illustrated in Table 3 above. A comparison of their mean attitude scores reveals that females (mean = 122.9) indeed had a much more favorable attitude towards HIV testing than males (mean = 108.5). The calculated *t*-test value of 2.90 was above the critical value ($c = \pm 1.972$) for a two-tailed test at the 0.05 level of statistical significance set for the study. These findings indicate that there was a significant gender difference in attitude towards HIV testing among the youths.

CONCLUSION

The study concluded that students at Kibabii University had a moderately supportive attitude towards HIV Counseling and Testing. This will prevent the spread of HIV among the Kenyan youths. The introduction of HIV/AIDS education in the University curriculum may have equally had an impact in influencing the students' attitudes.

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