ABSTRACT

This study aimed at assessing the effectiveness of the School AIDS Education Programme (SAEP) for enhancing Health Behaviour among adolescent students in Calicut district in Kerala. The study also aimed at assessing the effectiveness of SAEP as HIV prevention programme as well as a Life Skill training Programme. An exploration of the influence of socio demographic variable on the effectiveness of SAEP was also undertaken.

The present study was conducted among 1520 adolescents drawn from 19 different schools of Calicut district in Kerala. 760 students formed control group and the remaining 760 formed experimental group. Pre test was administered to the total sample group to ensure the similarity of the both groups in the concerned areas. The study was conducted through the administration of questionnaires and conduct of SAEP intervention. The intervention was conducted through trained facilitators as per the module suggested by NACO and UNICEF.

The assessment tools used were Socio-demographic data sheet; Global School Based Student Health Survey developed by the World Health Organization (WHO) in collaboration with United Nations’ UNICEF, UNESCO, and UNAIDS and with technical assistance from CDC; and the SAEP Review Tool prepared by the UNICEF-KSAPS. The modules used for intervention in the present study were developed by National AIDS Control Organization (NACO), Ministry of Health and Family welfare and Government of India, with the help of the experts from NCERT, UNESCO and UNICEF. The module was entitled “Learning for Life; a
guide to Family Health and Life Skill Education for Teachers”. A supplementary module entitled, “Life Skill Modules - Adolescence Education Programme” was also used.

Experimental group was subjected to SAEP intervention. The result showed that SAEP intervention was significantly effective, at 0.05 level of significance, for developing Health behaviour. The analysis of the result revealed that among the components of health behaviour, in ‘Dietary Behaviour’, in ‘Protective Factor’ and in ‘Physical Activities’ the intervention did not show significant. In the remaining five Health Behaviour components such as ‘Mental health, Sexual behaviour, Use of Alcohol Tobacco and Drug, Violence and Unintentional Injury and Hygiene’ the SAEP programme was effective. The analysis also showed the effectiveness of SAEP both as HIV prevention programme and Life Skill training Programme. The over all result showed that the SAEP intervention was effective for enhancing Health Behaviour among adolescent students of Calicut District in Kerala.

The analysis further indicated that among the sub groups such as boys and girls, urban and rural school, and government and private schools the programme was effective. However, it was not uniformly effective among these groups. There was a significant difference between boys and girls, in the effectiveness of the intervention with respect to the variable Health Behaviour. The programme found to be more effective among girls than boys. Urban and rural school students showed significant difference between each other in the effectiveness of the intervention for enhancing Health Behaviour: The intervention was more effective among rural school students than urban school students. The results of the study showed that SAEP intervention was equally effective in both management institutions for enhancing Health Behaviour. School AIDS Education Programme was effective irrespective of the type of the management. The significance of the outcome of the present study and