CHAPTER- VI

CONCLUSION

This study is an attempt towards exploring the various aspects regarding knowledge and effectiveness of HIV/AIDS (Human Immuno deficiency virus/ Acquired Immuno deficiency Virus) among adolescent girls. India is one of the largest and most populated countries in the world, with over one billion inhabitants. Of this number it’s estimated that around 2.4 million people are currently living with HIV (Human Immuno deficiency virus). Women, the 'weaker sex' has been victim of numerous social evils like dowry, domestic violence, prejudiced social system, easy prey for unsafe sex and sex violence etc. Despite all these handicaps, woman power is fast emerging as a power to reckon with, women are gaining access to the latest technologies higher education, social support, legal issues related to their sex, thus empowering themselves to take the cudgel to protect themselves from disadvantageous situations in life and demand for their rights. HIV (Human Immuno deficiency virus) emerged later in India than it did in many other countries. Infection rates soared throughout the 1960s, and today the epidemic affects all sectors of Indian society, not just the groups – such as sex workers and truck drivers- with which it was originally associated. In a country where poverty, illiteracy and poor health are rife, the spread of HIV (Human Immuno deficiency virus) presents a daunting challenge.

AIDS the Acquired Immuno Deficiency Syndrome is caused by a virus known as Human Immunodeficiency virus. Since the time the first case was detected in U.S.A. in 1981, HIV/ AIDS (Human Immunodeficiency
virus/ Acquired Immuno Deficiency Syndrome) epidemic continues its expansion across the globe. Over 27 million people have died since first AIDS case was identified. 30.4 million People around the world are living with HIV/ AIDS (Human Immunodeficiency virus / Acquired Immuno Deficiency Syndrome) in 2004. The first case in India was reported in May 1986. It is more than two decade old in India. Within this period it has emerged as one of the most serious Public Health Problem in our country.

HIV damages cells of the immune system to the point that the body has difficulty in fighting of certain bacteria, viruses, fungi, parasites and other microbes. Persons with HIV are considered to have HIV infection and are termed HIV positive. Many HIV positive people do not get sick for year, but they can spread the virus. Being HIV – positive is not the same having AIDS. AIDS or “Acquired Immunodeficiency Syndrome” applies to the most advanced stage of HIV infection where a person is affected by “Opportunistic Infections” that do not affect healthy people.

The studies of the socio-cultural background of the beneficiaries reveals that in the matter of age group of the respondents it was found that majority 50.7% respondents are of 17-18 years, 44.3% are of 19-20 years, 3.3% are of 21-22 years and minimum 1.7% is of 23 -24 years. It is clear from the above table that majority of the students are under 17-19 years age groups among the undergraduate students.

In respect to religion majority of respondents belong to Hindu religion i.e. 67.7%, followed by Christians i.e. 31.6% and Muslims are 0.7% respectively.
Similarly with regard to the caste structure of the respondents found that maximum respondents i.e. 68.3% are of general category, 15.7% belong to other backward castes, 9% are of schedule caste and only 7% are from schedule tribes.

Information regarding the residence status of the adolescents under study 72.3% was local and 27.7% of the respondents were living in Bhilai city as it is their Home town. Majority of them 74.7% of the adolescents were from urban side and only 25.3% adolescents under study were from rural background. The study also revealed that 49% respondents knew Hindi language, 21.7% Malayalam, 18.4% Local language (Chhattisgarhi), 4.3% English, 2.3% Bengali, 1.7% Marathi, and least 1.3% Tamil 1.3% Oriya respectively.

Information regarding the residence status of the adolescents understudy, 2/3rd i.e. 66.7% of girls residing with their guardians and they are day’s scholar while 1/3rd i.e. 20% were from hostels. As far as the marital status of the respondents is considered, it is found that 100% of the respondents are unmarried.

The family background analysis of the adolescent understudy reveal that majority of the families comprised of 4-6 members and are from nuclear family. Only few belong to joint family. The nature of the organization of the respondent of the family is found to be unitary and isolated. Even though mostly the parents residing in the industrial city are educated and broad minded and have read regarding HIV/AIDS. But regarding attending any HIV/AIDS awareness programme or discussing talks on the issues related to HIV/AIDS is not entertained by the family. As majority of the parents of the students are the workers of BSP and from
Government organizations, so the economic conditions of these students are in a better position as compared to the students from rural colleges.

Information regarding the monthly income of family reveals that 28.3% family have monthly income of Rs. 12001-14000, 23% have monthly income between Rs. 10,000-12000, 14% have their monthly income Rs.14001-16000, 11.3% have monthly income Rs 16001-18000 and only 15% respondents have family income Rs 18001 and above per month. It is clear from the above table that the maximum family members of respondents have their monthly income till Rs. 14001 whereas minimum family members of respondents have their monthly income Rs. 10000 and below.

In India as elsewhere, AIDS is often seen as “someone else’s problem” - as something that affects people living on the margins of society, whose lifestyles are considered immoral. While such strong reactions to HIV and AIDS exist, it is difficult to educate people about how they can avoid infection.

Hostel is actually that platform where the girl students can talk openly and freely about not only AIDS but other sexual matters as well. Resultantly, It may be possible that they have comparatively greater awareness about HIV/ AIDS in comparison to girls from other academic colleges i.e. government college Uttai (rural) and Bhilai Mahila Mahavidyalaya (urban).

The information or data gathered from the respondents regarding HIV/ AIDS infection in our state or country states that only 56.7% respondents were not having any information regarding HIV/AIDS while 59.3% girls were aware that large percentage of people are going to be infected by HIV/ AIDS.
Regarding the awareness of the abbreviation of AIDS, majority of the respondents 56.7% are not aware of it and 43.3% are aware.

Awareness regarding the most infected country by AIDS, 40% respondents reported that Africa was the most infected country, subsequently 38% stated as USA and 22% reported as India.

On the basis of the responses from the respondents it can be clearly stated that the most the girls understudy did not have the knowledge about the most HIV/ AIDS infected country. The main reason for such a situation is there is still lack of awareness about the subject, as the adolescent are not free to talk regarding the topic due to the stigma/discrimination associated with HIV/AIDS.

Information was collected from the girls under study group about the viruses causing HIV/ AIDS infection. The majority of girls were not having knowledge regarding that acquired immuno deficiency virus causing AIDS.

There are many habits which are the other risk factors for transmission of HIV. The facts collected from information shows that a majority of 69.6% girls have given the possibility of HIV/ AIDS infection to any person in homosexual relation, multiple partner relationship and intra-venous drug abuse while 27% respondents asserted it to have more than one partner in sex, 1.7% to homosexuality and 1.7% to drug abuse.

Regarding the mode of transmission of HIV virus it was found that majority of respondents i.e. 78.7% informed that unprotected sexual relations is the most important cause of transmission of infection of HIV/AIDS infection where as 18.3% were not aware regarding the transmission through the use of HIV infected syringes.
It was also found that that the other modes of transmission of HIV infection i.e. through use of bloodstained blades in saloons and beauty parlour, majority of 67.3% respondents were of the view that HIV/AIDS infection spreads through blood stains, where as 26.7 % respondents attributed to the use of common blades and scissors and still 6% respondents answered that it can be transmitted through sharing of shaving creams and soaps.

There are many cultural practices prevailing in the society that may lead to the spread of the HIV infection. On highlighting, and enquiring from the samples such practices like ear piercing, tattooing and injections, about 73% of the respondents reported that through all there above mentioned mediums there is ample possibility of HIV/ AIDS infection, 21.3% respondents said that injections, while 3.7% said ear- piercing and 2% said sharing of common needle used for tattooing near the mediums for infection of HIV/ AIDS

Many myths and misconceptions exist in the society regarding the transmission of HIV virus i.e. HIV spreads through flies, insects, mosquito, and rodents. Information collected on the above misconceptions revealed that 73% respondents had misconceptions that HIV spreads through all the above said modes.

Regarding the signs and symptoms of HIV/ AIDS infections, the researcher found that 71.3% were ignorant of signs and symptoms of HIV/ AIDS infections where as 18% reported that diarrohea and rapid weight loss are the two major signs and symptoms and 5.7% responded that prolonged fever is the symptom and only 5% responded that the rapid weight lose is the sign of the HIV/ AIDS infection.
HIV infected person is more susceptible to develop opportunistic infections like pneumonia cancer, tuberculosis. Awareness of the respondents regarding this area revealed that majority 64% of the respondents were ignorant about opportunistic infection where as 24% answered that tuberculosis is associated with HIV/AIDS infection, 9% respondents reported that pneumonia is associated with HIV/AIDS infection and only 3% were responded that cancer is associated with HIV/AIDS infection.

The HIV virus is a specific virus which is found in the body fluids like blood, semen, vaginal secretions, intestinal fluids and all other body fluids containing visible blood. Awareness of the study subjects in this area reveals that majority 71.6% respondents answered that it is generally found in blood and remaining were of the opinion that the virus is found in semen and vaginal secretions.

Awareness of study subjects about investigation revealed that majority 49.3% respondents did not have any knowledge regarding for HIV/AIDS and 29% were aware of ELISA test, 15.7% had the opinion that ELISA and western blot was the investigation done for HIV/AIDs and 6% answered that western blot was done to detect HIV virus.

In the area regarding testing of blood before transfusion, Majority of respondents i.e. 88.7% consider that before the blood transfusion the patient must be tested about blood-group, 5.3% of the respondents said that blood should be check for HIV, hepatitis and blood-group before the blood transfusion, 5% respondents asked for compulsion of HIV tests, while 1% insisted on hepatitis tests before blood transfusion. Thus they also are unaware of the precautions to be observed before blood transfusions.
Majority of respondents 54.3% adolescents insisted on obtaining blood for transfusion only from the accredited/licensed blood bank. This will definitely save from HIV/ AIDS infection possibility. 8% of the respondents said that blood should not be obtained from the professional donor, 3.3% respondents reported that blood should be obtained from known friends and relatives and 34.3% were in the opinion that none of these sources should be utilized without testing from genuine lab. It is clear from the facts collected from the respondents that the majority of adolescents of the group under study are aware that in case of HIV/ AIDS infection and in necessity of blood transfusion blood must be obtained from the correct source.

The adolescent respondents of the group understudy were enquired about the place where blood tests should be got done. This was an important objective of the study. In this matter a majority of 85.6% respondents reported that the blood should be got tested either at medical college or district hospital or in a private pathological lab. About 5% respondents said that blood must be tested at medical college, 4.7% said at district hospital and 4.7% respondents preferred only private pathological laboratory as per convenience.

Information has been collected from the respondents of the group under study about the methods of prevention of HIV/ AIDS infection, majority 63.3% of the respondents 63.3% have reported using of condom, using disposable syringes and avoidance of the untested blood are the right ways to prevent HIV/ AIDS infection, 24.3% respondents responded that the use of condom is the safe mode and only 12.3% adolescents reported that avoiding of untested blood for transfusion is the safe move to prevent HIV/ AIDS infection.
It was very necessary and essential to assess the awareness among the responding adolescents of the group under study to ask them about the availability of any vaccine or inoculation against HIV/ AIDS infection. A majority of 96.6% respondents informed that as yet there is no proper vaccine is not available as a care for HIV/ AIDS infection 2.7% respondents said that BCG vaccine is available while 0.7% respondents cited the availability of polio vaccine.

**FACTORS AFFECTING KNOWLEDGE SCORES ON HIV/AIDS AWARENESS OF ADOLESCENT GIRLS**

It is an unbeatable truth that HIV/ AIDS awareness campaign is a social liability. HIV/AIDS control and prevention is not the responsibility of the health professionals but it is the responsibility of each and every member of the society. On enquiring regarding the view of the adolescent in this issue it was found that the majority of them both in the urban and rural area were in opinion that it is the responsibility of health personnel.

Under NACP phase III various outreach and awareness programs have been started focusing on behavioural change through peer education, distribution of condoms, linkages of health services as well as advocacy and training of local groups and community organizations, these awareness programmes are still at its primary stage in Chhattisgarh especially in rural areas. Recently through the NSS activities, the Red Ribbon club has started to train the adolescents of various colleges regarding prevention and control of HIV/AIDS. Among the subjects understudy, the adolescents belonging to nursing profession have attended and participated in AIDS awareness rally and camp organized by NACO unit of BSP, very few of the urban adolescent belonging to academic colleges have attended HIV awareness where as in the rural
colleges the girls have not participated in any such activities related to HIV.

Those whose attended the IEC (information, education and communication) conducted through NACO (National Aids control Organization) reported that they were aware regarding the safe blood transfusion and its importance in prevention of HIV/AIDS.

At present there is no programme related to sex education is being organized still different social organization and governmental efforts are being put in to awaken about HIV/AIDS infections.

It is also an important point in this matter that the area under study which is called “Steel city” because the unit of steel authority of India- Bhilai steel Plant is located here. Various health awareness programmes are being organized from time to time by under RCH (Reproductive Child Health) programme for the adolescents by the Bhilai steel Plant and other organizations.

A majority of 81.3% respondents of the group under study reported in their matter, They informed that they had not attended any IEC programme organized by NACO, from the collected fact one more thing cause to right that in the twenty first century it is a primary necessity not only to initiate sex- education to the new- generation but also to organize more and more IEC programme more frequently these efforts will positively save the new generation from the fatalities of there dreaded diseases then and they only awe will be successful in providing the spread of there diseased and save the new generation from being infected.

National AIDS control organization (NACO) is national level organization for controlling AIDS. What was the extent of the
respondents knowledge about that’s organization information was collected from the respondent adolescents of the group understudy because it was also a very significant point. Analysis of the information and data reveals that a majority of respondents 65.7% do not have any knowledge about the organization while 34.3% respondents did say that they have knowledge about this organization.

Similarly, knowledge of the national level toll free telephone service was also operating was also not known to a majority of respondents the percentage of such respondents are 97.3% only 2.3% respondents answered that they do have the related information conclusively it can be said that the adolescent girls of the group understudy did not possess any knowledge about the toll free service.

World AIDS Day is observed on 1st December every year. This day provides us the opportunity to take action and ensure that Human Rights are protected and global targets for HIV/ AIDS prevention, treatment and care are met. We are wearing the AIDS awareness international symbol “RED RIBBON” to remind our commitment “STOP AIDS: KEEP PROMISE”. It was an important point for study as to whether the adolescent had any knowledge of the world AIDS Day or not the facts collected from the respondents in this respect clearly shows that majority of 95.3% of respondents had the information about world AIDS Day 2.7% respondents indicated this day is observed on 2nd June every year and 2% respondents said it was 14th September on the basis of the facts collected from the respondents it is very clear that majority of the respondents are aware of the observance of the world AIDS Day.

Practical knowledge of the respondents of the group under study about the BCC/ STD services was taken. The adolescents were enquired of the
details of their attendance to any such targeted interventions. It was surprising numerically only 52 respondents attended intervention programme, while majority of 82.7% respondents gave a negative reply for not attending any such intervention and the above table clearly states surprisingly that 17.3% of the respondents had attended targeted intervention like BCC/STD or condom promotion.

The main objective of the awareness campaign is to generate awareness among the beneficiaries about the contemporary problems. Data was collected from the respondents of the group understudy regarding this matter. They were asked as the whether they had attended any awareness programme or not. A majority of adolescents 72.7% denied flatly about attending any such awareness programme while 27.3% respondents had attended one or the other such programme such respondents included the adolescents who were undergoing muses training course. While non-hostellers and adolescents from the rural background informed that they have not attended any such programme.

Education is not only a medium of socialization but it also provides many solutions to problems. The respondents were asked to provide information about AIDS awareness. About 89.7% majority provided information in assertive manner, while only 10.3% respondents did not get any educational advantage about AIDS awareness.

Now-a-days throughout the world numerous government and non-governmental organizations, through various means and modes of communication are making solid efforts to save the mankind from the dreadful diseases HIV/AIDS in the twenty first century these mediums are radio, television, Newspaper, poster- exhibitions awareness camps, symposia etc as well as celebration of world AIDS day, organization of
blood donation camps and activities of red ribbon club through NSS. Their importance and their role can be easily evaluated. The adolescents under study were asked to provide information in this regard. The family play a very important role in guiding the adolescents with proper knowledge adolescence is such a juncture of age when people do not have proper knowledge to distinguish between right and wrong in such a situation if the parents provide the proper guidance to the adolescents then the possibility of their going to wrong path decreases very much. The adolescents of the group understudy reported that 81% of them are made aware of their health by members of their families, while 19% respondents held a negative attitude to report. Those respondents giving negative answer were from rural background and belonged to joint- families.

According to Aristotle “family is the first school of social life, where the child learns all those standards, which are essential to make him social being Family is also that committee which plays an important role in the socialization of child. The mutual relation between the members of the family is that base from which we can ascertain the position of family organization. The traditional families even today do not permit their children to behave in a friendly manner with their elders or parents but as a result of education industrial, urbanization the parents from metropolitan cities are now behaving in a friendly manner with their children. As such the children also put forth their news before the elders without any hesitation.

It was also learnt from the study that 44.66% of the respondents i.e. Adolescent girls of the group under study reported that they normally behave with their elders in a friendly manner. While studies from urban
colleges reported that the guardians interact with them as guides while respondents from the rural areas reported that their parents and guardians behave with them in the conservative way.

Stigma associated with the disease is a major factor which is hindering the discussion regarding the deadly disease. The students from the nursing profession reported that as they have to counsel and care such patients so they freely discuss this issue as they also have to educate the public in community through various IEC (Information, Education And Communication).

With reference to the girls in the family being eldest shared that they turn to be the best friend for their younger siblings in special circumstances, particularly in gender senses.

It was as certain as to which language/dialect should be adopted to create awareness in the adolescents about HIV/AIDS. In this respect 69.7% respondents preferred Hindi, while 21.3% adolescents said local or Chhattisgarhi should be the language for providing information about HIV/AIDS.

Transfer of knowledge or awareness about HIV/AIDS is an important part of our social life. Through there transfers we share our experiences with other people, sometimes they are relatives or co-students. We learn many things through the transfer of the knowledge. Actually if just look then the process of socialization is a favor of transfer of knowledge through which a child learns the cultural beliefs.

On interview with few master trainers of Red Ribbon club of NSS unit and global it was for counseling services are the backbone of the HIV program counseling is offered through ICTC (Integrated Counseling and
Testing Center) programme for people at risk, pregnant women and their spouse infant feeding for HIV (Human Immunodeficiency virus) positive mothers importance of delivery treatment for positive women under the targeted intervention program the role of the counselor or to counsel people are risk for HIV/AIDS (Human Immunodeficiency Virus/Acquired Immuno Deficiency Syndrome) to motivate them to test for the same.

Pregnant women are made aware regarding HIV (Human Immunodeficiency virus) for pregnancy through counseling services under ICTC (Integrated Counseling and Testing Center) program.

Trainers plays important role not only increasing awareness among general public and also HIV (Human Immunodeficiency Virus) patients regarding various issues related to HIV (Human Immunodeficiency Virus), but also they play major role in counseling the HIV positive to cope with stress and make personal decisions related to HIV/AIDS.

**Responses of patient:** in the beginning the patient introvert but once they start relying on the health care team members they accept the disease and try to adhere to the treatment.

**Role of family:** Family plays an important and vital role in the care of HIV (Human Immunodeficiency Virus) patient the full support and cooperation of family members is important for the patient to adhere to the treatment regimen it is with the support of family members the patient will be able to lead a healthy life and live incurred capacity for home based care.

**MDTA (Multi Disciplinary Team Approach):** A Multi Disciplinary Team Approach to care puts clinical issues in to the context of psychosocial needs, acknowledging the multiples needs of PLHA (People
living with **HIV/ AIDS** (Human Immunodeficiency Virus/Acquired Immuno Deficiency Syndrome). It links family and community to medical care thus ensuring that care is coordinated and collaboratively decided. It recognizes that all members of the health care team make important contributions which may not be possible when working alone.

**Baseline ornament of PLHA (People living with HIV/ AIDS)** (Human Immunodeficiency Virus/Acquired Immuno Deficiency Syndrome): Prime Requirement: Approach the onemenment in a systematic and organized manner checklist providing information regarding age, chief complaint, medical History, social history, sexual history, patient self appraisal.

Basic symptoms of **HIV/AIDS** (Human Immunodeficiency Virus/Acquired Immuno Deficiency Syndrome) modulate witless, recurrent respiratory lariat infections securing oral ulcers dermatitis fugal nail infection on the cases of symptom HIV (Human immuno deficiency Virus) can be judged

In the ending can conclude that we should rich more to youth by enveloping more & more local inspective form NACO (**NATIONAL AIDS** (Acquired Immuno Deficiency Syndrome) **CONTROL ORGANIZATION**) and other local youth campaigns blood such has testing by using various platform, concert, drams, and awareness programs in school and college. Teachers and per educator should be trained to teach about the subject and increased and debate, Role place and learning section as “**HIV** (Human Immunodeficiency Virus) infection is now common in India; exactly what the prevalence is, is not really known but it can be stated with our any fear of being wrong that infection is widespread. It is spreading rapidly to those segments that society in
Indian does not recognize as being at risk. AIDS (Human Immunodeficiency Virus/Acquired Immuno Deficiency Syndrome) is coming out of the close”
It can be concluded from the study that adolescents girls in the rural areas are still unaware regarding the disease and its prevention because of stigma and also the cultural pattern in families which prevents them to have discussion this issues whereas from academic colleges in urban areas have a some part awareness and professional colleges have awareness regarding this issues as they themselves had to educate and counsel the patients. Therefore we conclude that HIV/AIDS awareness is not only the responsibility of health personal but all young adolescents have to be trained regarding this disease through peer education we can safe future generation and strengthen the economy of our country.
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