

Impact of Counselling and Testing Programs on Control of HIV/Aids Among Rural Secondary School Students in Benue State

UNGWA EMMANUEL VANDEKAN PHD¹, TERHEMBA EPHRAIM TULUMA², IVANDE JUSTINE GBADEN³

¹General Studies Department, Federal Polytechnic, Wanune-Benue State

²School of postgraduate Studies, Nasarawa State University Keffi.

³Psychology Department, Benue State University Makurdi, Benue State-Nigeria.

Abstract- This research work is a cross-sectional study that investigated the impact of counselling and testing programmes on control of HIV/AIDS among rural secondary school students in Benue state. It has utilized 28 item HIV individual counselling and testing questionnaire with the cronbach's alpha of 0.76 to collect data. Two hundred and forty-seven (247) participants were sampled for the study by simple random selection of female and male secondary school students in Vandeikya Local Government Area of Benue state. The data was analyzed using dependent T-test at 0.1 significant levels. Result showed that counselling programmes impacted on control of HHVIAIDS among rural secondary school students [$t(247) = -98.045$ $P < 0.1$ two tailed]. It also indicated that testing programmes impacted on control of HIVIAIDS among rural secondary school students [$t(247) = -28.77423$ $P < 0.1$ two tailed]. The mean difference of counselling programmes (29.64) and control of HIVIAIDS (52.19) with the standard deviation of 6.54 for counselling programmes and 8.03 for control of HIVIAIDS respectively. Equally, the mean difference of testing programmes (22.55) and (52.19) control of HIVIAIDS with standard deviation of 3.43 for testing programmes and 8.03 for control of HIVIAIDS. The findings conclude that counselling and testing programmes have significant impact on control of HIVIAIDS among rural secondary school students in Benue State. I, therefore recommend that HIV counselling and testing should be made free and compulsory for every secondary school student in Benue State.

I. INTRODUCTION

The menace of HIV/AIDS among rural communities in Nigeria at large and Benue state in particular has become worrisome. Benue State Agency for the Control of AIDS (BENSACA, 2013) disclosed that over 16,156 people die annually in Benue state from the dreaded HIV/AIDS despite efforts by the government and other spirited organizations to

prevent and control the epidemic. About 70% of these deaths are from the rural areas of the state.

Okafor (2003) stated that the Human immune virus (HIV) which is an infection and acquired immune deficiency syndrome (AIDS) has remain a world deadly disease of public concern. HIV/AIDS is a public health concern because it reduces growth, destroys human resources, discourages investment and erodes productivity. HIV/AIDS undermines countries efforts to reduce poverty and the standard of living of their citizens. It was in response to the threat posed by HIV/AIDS that the United Nations' General Assembly in the year 2000 declared every 1st day of December annually as World AIDS Day in order to create awareness about the prevention, treatment and control of HIV/AIDS.

With an estimated population of 3.5 million people affected with HIV/AIDS in Nigeria. The country carries the second globe's burden of HIV/AIDS epidemic only after South Africa (WHO,2012).

II. STATEMENT OF PROBLEM

HIV/AIDS prevalence among young people age 14 - 22 years has increased drastically over the years. This age bracket incidentally falls within the secondary school age in Nigeria. This age group make up 20% of the Nigerian population, their state of health therefore has significant implications on the future of the nation. Trend analysis of HIV prevalence in this age constitutes more than a quarter of the HIV/AIDS infected population (WHO,2010).

Limited access to HIV/AIDS counseling and testing in Nigeria has affected the treatment and control of HIV/AIDS. Establishing HIV counselling and testing services is often not seen as a priority because

of cost, lack of laboratory and medical infrastructure. This has resulted to the inability of most people in rural areas to access HIV counselling and testing services.

The uptake of HIV counselling and testing service in the rural area is also hampered by many factors such as lack of trained health personnel and the raising level of poverty among the rural populace.

Literature suggests that there is a low level of uptake of HIV counselling and testing service among rural areas in Benue state is caused by many socio-economic factors such as the level of education and income (Ahange & Ucho, 2013). It is in view of this, that the researcher is motivated to investigate the impact of counselling and testing programmes on control of HIV/AIDS among rural secondary school students in Benue state.

Purpose of the Study

The purpose of the study is to determine the impact of counselling and testing programmes on control of HIV/AIDS among rural secondary school students in Benue state. To fulfil this purpose, the following objectives are set out.

- i. To determine the impact of counselling programmes on control of HIV/AIDS among rural-secondary school students in Benue state.
- ii. To examine the impact of testing on control of HIV/AIDS among rural secondary school students in Benue state.

Research Questions.

This following research questions were raised to guide the study.

- I. Will counselling programmes significantly influence have on the control of HIV/AIDS among secondary school students in Benue state?
- II. Will HIV testing significantly have impact on control of HIV/AIDS among rural secondary students in Benue state?

Significant of the Study.

Considering the role of counselling and testing programmes on prevention, treatment and control of HIV/AIDS epidemic, any research aimed at examining the impact of counselling and testing programmes on control of HIV/AIDS among rural secondary school students is a step in the right direction.

Most often, the rural populace is given little or no attention on issues concerning HIV/AIDS education and other vital programmes. The attention of government and other organizations is concentrated more in the urban areas to the detriment of the rural people.

This study will provide the basis for both government and non -governmental organizations to come out with strategic plan of action that will enhance more inclusion of the rural dwellers in HIV/AIDS issues hence there are the worst affected segment of the society.

Method

Design

This study employed a cross sectional survey approach in assessing the impact of counselling and testing programmes on control HIV/AIDS among rural secondary school students in Benue state.

Setting

Vandeikya Local Government Area of Benue state is located between latitude 7°5' and 7°15' north of the equator and longitude 9° and east 9°6' of Gireenwich. It has a land mass of 183.939 square metres (0.7 sq miles) with a population over 80.288 (National Population Commission.2006).

Vandeikya local government area was created in 1976. shares boundaries with Cross-River State in south east, to the east with Konshisha L.G.A. to the west with Ushongo. There are twelve council wards in the local government which include: Township. Mbayongo. Mbade. Nyamgbagh. Mbakyaha. Tsambe, Ningev. Mbajor. Mbaityough. Mbagbara and Mbagbam.

Participants

The participants were two hundred and forty-seven (247) rural secondary school students from selected secondary schools across vandeikya local movement area of Benue state. The participants selected from these rural secondary schools consist of 162 (64.8%) males and 85(35.2%) females. Their ages ranged from 14-22 years with the mean age of 2.47: 91 (36.4 %) of the participants were from the Tiv ethnic group. 68(27.2%) were Idoma.50(20.0%) were Iggede while 38(16.4%) were from other tribes in Nigeria. Furthermore 165466.01 were JSS students and 82 (34.0%) were SSS students. Also. 60(24.0%) were

between 14-16 years. 67(26. 2%) were between 16-18 years.68(26.8%) were between 18-20 years while 52 (22.0%) were between 20-22 years respectively. Importantly also, the data showed that 179(71.6%) were Christians while 68 (28.4%).

Sampling size/technique

The study employed a sampling size of two hundred and forty-seven (247) participants and a simple random sampling technique.

III. METHOD OF DATA ANALYSIS

The dependent T-test analysis was used to determine the impact of the independent variables on the dependent variable. The data collected was analyzed using statistical packages for social sciences (SPSS). SPSS is computer software used in the analysis of

social science research. The level of significance is 0.01 alpha-level

IV. RESULT

Test of Hypotheses

The main hypotheses were tested to identify the impact of counselling d testing programmes on control of HIV/AIDS among rural secondary school uidents in Benue State.

Hypothesis I:

This hypothesis states that, there will be a significant impact of HIV ounselling programmes on the control of HIV/AIDS among rural-secondary students in Benue State. To test this hypothesis, dependent t-test was used and the result of the analysis is stated in the summary table below.

Table I: Summary of Dependent T-test Showing the Impact of HIV Counselling Programmes on the Control of HIV/AIDS

Variable	N	Mean	SD	T	Df	P	Remark
HIV Counseling	247	29.64	6.54	-98.045	246	.000	Significant
HIV Control	247	52.19	8.03				

Table 1 above shows a significant score. It shows that, there is a significant impact of HIV counselling programmes on the control of HIV/AID.

Hypothesis II:

This hypothesis states that, there will be a significant impact of HIV testing on the control of HIV/AIDS among rural secondary students in Benue State. To test this hypothesis, dependent t-lest was used and the result is presented in the summary table below.

Table 2: Summary Dependent T-test showing the Impact of HIV Testing on the Control of HIV/AIDS Among Rural Secondary Students in Benue State.

Variable	N	Mean	SD	T	Df	P	Remark
HIV Testing	247	22.55	3.43	-67.713	246	.000	Significant
HIV Control	247	52.19	8.03				

Table 2 above shows a significant score. It shows that, there is a significant impact of HIV testing on the control of HIV/AIDS among rural secondary students in Benue State [t (246 df) =-67.713; p<.01 two-tailed].

V. CONCLUSION

The finding of this research work shows that counselling and testing programmes have greatly contributed to the control of HIV/AIDS among the rural populace in Benue state.

VI. RECOMMENDATIONS

This research work has the following recommendations based on the findings.

- There is a need for both Government and Non- Governmental Organisations (NGOs) draw up a strategic plan of action that will ensure more inclusion of the rural secondary school students in more counselling and testing activities so as to eradicate the spread of HIV/AIDS in Benue state.
- HIV counselling and testing facilities should be established in every rural community in

Benue state in order to ensure easy access to such facilities by the rural dwellers.

iii. HIV counselling and testing services should be made free and compulsory for every secondary student in Benue state.

iv. Government and Non- Government Organizations (NGOs) should sustain the awareness about HIV/AIDS and encourage rural populace to always seek counselling and testing so as to know HIV status.

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