

HIV/AIDS Awareness Training Programmes and Risk Behaviour among Students

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ABSTRACT This study aims to investigate the effectiveness of HIV/AIDS awareness programmes in reducing risk sexual behaviour. A survey design was used to realise the research objectives. The sample population was 41 students studying at the University of Fort Hare. The Safe Sex Behaviour Questionnaire (SSBQ) was utilised as the measuring instrument. Snowball sampling was used to select respondents. Data was analysed with the SPSS. The results of the study confirmed that students who have attended HIV/AIDS awareness training engage in significantly lower sexual behaviour than those who have not attended such training. Understanding the value of HIV/AIDS awareness training programmes in reducing risk sexual behaviour have the potential to help practitioners design effective programmes with much emphasis on individual differences, more specifically on culture and religion. The study provides initial evidence on the impact of HIV/AIDS awareness training in reducing HIV/AIDS risk sexual behaviour which is also important in evaluating different risk sexual behaviours displayed by students which further assists in the curbing of the HIV/AIDS prevalence rate in tertiary institutions.