

Exploring Knowledge of and Burden Felt by High School Learners with Parents Living with HIV and AIDS

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ABSTRACT The study ought to investigate the burden felt by children of AIDS patients. A cross-sectional descriptive survey was conducted. Stratified random sampling was used to select 83 learners (grade 8 = 14; grade 9 = 20; grade 10 = 20; grade 11 = 29) from four grades. A questionnaire was used to collect data. Descriptive statistics were used to analyse data. The study found that most of the learners had knowledge of the HIV positive status of their parents. Challenges that the learners experienced include discrimination, stigmatization, heavy family responsibilities and psychological distress. Strategies for reducing the burden include the introduction of HIV and AIDS programme in the community, peer support and counselling. Future research with a wider sample for generalisability of findings is recommended.