

ABSTRACT

Objective

The study was factors that shape unsafe sexual behaviors among young people with HIV/AIDs aged 18-24 years in Ugandan universities. A gender perspective, The study objective was to determine the demographic factors related to risky sexual behaviors among young people aged 18 to 24 years, to assess the individual factors related to risky sexual behaviors among young people aged 18 to 24 years, and to establish the life style factors related to risky sexual behaviors among young people aged 18 to 24 years.

Methods

The study used the descriptive cross-sectional study that contains of both quantitative and qualitative methods of data collection. Data collection methods included a self-administered questionnaire and informant key interview. The sample size considered was 171 respondents while a response rate of 149 respondents.

Results

The study findings indicated that demographic factors such as age where by 21- 25 were 69.1 % while 29.5% were between the age of 18 – 20 and only 13 were above 26 years, sex, religion and place of residence all had a positive impact on risk factors that shape unsafe sexual behaviors in that age bracket between 18 to 24years. Also 54.4% were residing in hostels and 45.6% commuting from home. It was revealed that alcohol consumption, drug abuse, multiple partners, the use of condom, and academic performance all had an influence on the sexual behaviors of the respondent. It study indicated that 72% of the respondents had more than one sexual partner in the past 12 months and 67.1% who admitted to consuming alcohol on a daily basis compared to the 32.9% who had never consumed alcohol. Lastly lifestyle factors that had significant effects included the ability to use condoms effectively where by 73.8% were satisfied with their ability to use condoms while the remaining 26.2% indicated that they weren't satisfied with their ability. Perception of degree of pleasure from condom use was also seen as

a driving force to risky sexual behaviors where by 73.2% of the respondents said less pleasure, 20.1% said no difference while the remaining 6.7% said more pleasure. This implies a mixed reaction from the respondents however the majority are at risk. Majority of the respondents also said they never had a hard time demanding condom use but they also trusted condoms as a good method for protecting themselves against HIV/AIDS and unplanned pregnancies with 93.3% saying they were safe. The overall acceptance on the usage of condoms was noted as most respondents used condoms with their new partners and also agreed to the fact that they trusted methods they used in preventing HIV/AIDS. However, overall risky sexual behaviors were because of negligence and the desire to experiment given the level of freedom in a university setting.

Conclusion

There is quite a lot that needs to be done about the risky sexual behaviors among young people as the gap is still big and there is a lot of risky sexual behaviors being practiced. Many young people are sexually active and are involved in risky activities that make them prone to contracting HIV/AIDS and other sexually transmitted diseases. Such activities include alcohol and drug abuse that easily leads to having unprotected sex due to the influence of such substances.

Recommendations

Recommendation of the study included , Sex education to be more emphasized even at university level There should also be a policy of free distribution of condoms in all universities given the majority of the students are sexually active. The universities should design intervention programs for HIV prevention for students taking into consideration the role of alcohol and drug use and how they contribute to risky sexual behaviors in the design and implementation of HIV prevention for university students.