

ABSTRACT

The study was carried out to determine the knowledge, attitude and practices towards abstinence being faithful to one partner and condom use as methods of HIV/AIDS prevention among the full time students of International Health Sciences University.

Problem:

It was observed that there is spread of HIV/AIDS among the youth, especially the college and university students.

Objective:

The main objective was to determine the knowledge, attitude and practices towards abstinence and use of condoms as methods of HIV/AIDS prevention among the students of International Health Sciences University.

Methodology:

Snowball sampling design, among the full time students of International Health Sciences.

Findings/Results:

All the respondents said they had heard about HIV/AIDS, with 42 saying that they heard from friends (56%) and a few (3) through the workshops, making 4%. 76% (57) of respondents were able to point out that abstaining from sex, having one partner and use of condoms can reduce the transmission of HIV/AIDS. 78.7% (59) of respondents were sexually active. 44% () use condoms every time they had sexual intercourse, while 16% never used condoms when ever they had sexual intercourse.

Conclusions:

The respondents demonstrated a positive attitude in preventing HIV/AIDS, and the majority, 76% supported abstinence, being faithful to their partners and using condoms anytime they had sex. However, many (16%) admitted that they did not use condoms every time they had sex. Others 15, (20%) admitted to having more than one sexual partner.

Recommendations:

Sex education in schools and to the youth in general, would be more necessary so that it gives the young people the ability to perceive the core content, and equip them with the relevant skills in their lives, as well as increasing their likelihood that they will both learn and retain the learned skills. This is due to the reason that many young people may not perceive that they are susceptible to the risks of unprotected sex.