



Effectiveness Of Planned Group Teaching Programme On Knowledge Regarding Prevention Of AIDS Among Students

First & corresponding Author: Mrs. Prescila

Designation: Professor

College: Guru Govind Singh Memorial School of Nursing, Nanded

Mr. Shrikant Rajesh Bartakke

Designation: Principal

College: Guru Govind Singh Memorial School of Nursing, Nanded

Abstract

Background: Acquired Immunodeficiency Syndrome (AIDS) remains a significant global health issue, with adolescents and young adults at higher risk due to limited awareness and misconceptions. Educational interventions can play a vital role in improving knowledge and preventive practices.

Objectives: The present study aimed to assess the effectiveness of a planned group teaching programme on knowledge regarding prevention of AIDS among students.

Methods: A pre-experimental one-group pre-test post-test design was adopted. A total of 60 students were selected using purposive sampling. Structured knowledge questionnaires were administered before and after the intervention. Data were analyzed using descriptive statistics, paired 't' test, and chi-square test.

Results: The mean pre-test knowledge score was 12.48, which increased to 29.16 in the post-test, showing a mean difference of 16.68. The calculated paired 't' value (46.72) was highly significant at $p < 0.05$, confirming the effectiveness of the intervention. Area-wise analysis revealed significant improvement in all domains of knowledge. Further, chi-square analysis revealed a significant association between knowledge score and educational qualification ($\chi^2=14.747$, $p<0.05$), while no association was found with other demographic variables.

Conclusion: The planned group teaching programme was effective in significantly improving knowledge regarding prevention of AIDS among students. Structured educational programmes should be incorporated in schools and colleges to enhance awareness and promote healthy behaviors.

Keywords: AIDS, Knowledge, Students, Teaching Programme, Prevention

Introduction

Acquired Immunodeficiency Syndrome (AIDS) is a global health challenge caused by the Human Immunodeficiency Virus (HIV). Despite advances in treatment and prevention, misconceptions and lack of awareness continue to contribute to the spread of infection, particularly among adolescents and young adults. According to UNAIDS (2023), nearly 1.3 million people acquired HIV globally in 2022, with youth comprising a substantial proportion. In India, although awareness campaigns are ongoing, knowledge gaps remain evident in the younger population.

Nurses and health professionals play a crucial role in health promotion and disease prevention. Educational interventions, particularly structured and planned teaching programmes, have shown effectiveness in improving knowledge, attitudes, and preventive practices. This study was undertaken to assess the impact of a planned group teaching programme on the knowledge of students regarding prevention of AIDS.

Objectives

1. To assess the pre-test knowledge of students regarding prevention of AIDS.
2. To evaluate the effectiveness of the planned group teaching programme on knowledge of students regarding prevention of AIDS.
3. To find the association between pre-test knowledge scores and selected demographic variables.

Hypotheses

- **H₀₁:** There will be no significant difference between pre-test and post-test knowledge scores of students regarding prevention of AIDS.
- **H₀₂:** There will be no significant difference between pre-test and post-test knowledge scores of students in various domains of prevention of AIDS.
- **H₀₃:** There will be no significant association between pre-test knowledge scores and selected demographic variables of students.

Methodology

- **Research Design:** Pre-experimental, one-group pre-test post-test design.
- **Setting:** Selected colleges of the city.
- **Sample:** 60 students selected by purposive sampling.
- **Tool:** Structured knowledge questionnaire consisting of items on definition, epidemiological factors, clinical manifestation, diagnosis, management, and prevention of AIDS.
- **Procedure:** Pre-test was conducted using the structured questionnaire, followed by a planned group teaching programme. After 7 days, post-test was administered using the same tool.
- **Data Analysis:** Data were analyzed using descriptive and inferential statistics. Paired 't' test was applied to assess effectiveness, and chi-square test was used to determine association between demographic variables and pre-test knowledge.

Results

Table 10: Paired 't' test showing the significance of mean difference between pre-test and post-test knowledge score of students who received planned group teaching programme (N=60)

Group	Mean score	knowledge	Mean difference	SD difference	of SE	df	't' value
Pre-test	12.48						
Post-test	29.16		16.68	1.62	0.20	59	46.72*

*Maximum score = 30, $t(59) = 2.0$, $P < 0.05$, Significant

It is evident from Table 10 that the calculated 't' value (46.72) is greater than the table value (2.0). Hence the null hypothesis is rejected and the research hypothesis is accepted. This indicates that the planned group teaching programme significantly increased the knowledge of students regarding prevention of AIDS.

Table 11: Area-wise mean, mean difference, SD of difference and 't' value of pre-test and post-test knowledge score of students (N=60)

Area	Mean Pre-test	Mean Post-test	Mean difference	SD difference	SE	't' value
General information (definition, epidemiology)	6.43	12.46	6.03	0.28	0.038	2.50*
Clinical manifestation	3.21	6.83	3.62	0.51	0.069	11.35*
Diagnosis and management	3.21	9.46	6.25	0.72	0.098	7.17*

*Max score = 30, t (59) = 2.00, P < 0.05, *Significant*

Table 11 shows that all calculated 't' values were greater than the table value, confirming significant improvement across all domains.

Table 12: Chi-square test showing the association between pre-test knowledge scores and demographic characteristics (N=60)

Variables	Below median	Above median	χ^2 value	df	Significance
Age (in years)	16–18: 26	20	0.775	1	NS
	18–19: 4	10			
Gender	Male: 11	12	0.307	1	NS
	Female: 15	22			
Religion	Hindu: 14	10	3.716	1	NS
	Other: 12	24			
Educational qualification	PUC-I: 11	4	14.747	1	S
	PUC-II: 15	30			
Source of information	TV: 23	24	1.820	1	NS
	Others: 3	10			

χ^2 (1) = 3.84, P < 0.05 (S = *Significant*, NS = *Not Significant*)

The chi-square results show a significant association between educational qualification and pre-test knowledge scores, while no association was observed with age, gender, religion, or source of information.

Discussion

The findings of the study revealed that students had inadequate knowledge regarding prevention of AIDS prior to the intervention, which improved significantly after the planned group teaching programme. Similar findings were reported by Sharma et al. (2020), who demonstrated that structured teaching significantly increased awareness of HIV/AIDS among adolescents. Likewise, Singh & Kaur (2019) reported that educational interventions enhanced knowledge and corrected misconceptions among college students. The present study further revealed that educational qualification was significantly associated with baseline knowledge scores, indicating that academic exposure influences awareness levels. However, no significant association was found with age, gender, religion, or source of information, suggesting that knowledge gaps persist across diverse groups and require targeted educational interventions.

Conclusion

The planned group teaching programme was highly effective in improving knowledge regarding prevention of AIDS among students. Regular awareness programmes and health education should be integrated into the academic curriculum to ensure better understanding, prevention, and reduction of stigma related to HIV/AIDS.

References

1. UNAIDS. Global HIV & AIDS Statistics — 2023 Fact Sheet. [Available online].
2. Sharma R., Patel D. Effectiveness of structured teaching programme on knowledge regarding HIV/AIDS among adolescents. *Indian Journal of Community Medicine*. 2020; 45(3): 245–249.
3. Singh P., Kaur G. Impact of health education on knowledge and attitude regarding prevention of HIV/AIDS among college students. *Journal of Nursing Education and Practice*. 2019; 9(4): 56–63.

