

East African Medical Journal Vol. 96 No. 3 March 2019

KNOWLEDGE AND ATTITUDE TOWARDS SEXUALLY TRANSMITTED DISEASE AMONG THE STUDENTS AT BANISA SECONDARY SCHOOL IN BANISA SUB-COUNTY MANDERA COUNTY-KENYA

Hassan Godana Kalla, Bachelor of Science in Nursing, Mount Kenya University, P.O Box 342- 01000, Thika, Kenya, Mary Musembi, School of Nursing and Midwifery, Umma University, P.O Box 713-01100, Kajiado, Kenya.

Corresponding Author: Mary Musembi, School of Nursing and Midwifery, Umma University, P.O Box 713-01100, Kajiado, Kenya. Email: musembi.meri@gmail.com

**KNOWLEDGE AND ATTITUDE TOWARDS SEXUALLY TRANSMITTED DISEASE AMONG THE STUDENTS AT BANISA SECONDARY SCHOOL IN BANISA SUB-COUNTY MANDERA COUNTY- KENYA**

H. G. Kalla and M. Musembi

**ABSTRACT**

**Sexual Transmitted Infections (STIs) is among the severe form of chronic diseases affecting young age especially students in secondary school level (Ministry of Health, 2016).**

**The purpose of this study was to investigate the knowledge and attitude towards Sexually Transmitted Disease among the students at Banisa secondary school in Banisa Sub-County Mandera County- Kenya. parents are shy to educate their adolescents on sex and sexual behaviours because of the fear that discussing sexual issues with their children might stimulate their sexual interest to practicing what they have learnt. This has resulted to them shifting the role to other agents such as the school and peer group. Richard (2008) asserted that some parents see sex education to their children as immoral due to religious beliefs that it might encourage pre-marital sex.**

**OBJECTIVES**

The objectives of study were, to find out the knowledge of students about Sexual Transmitted Infections (STI s,) including ways to avoid transmission, determine sexual behaviour of students in Banisa secondary school and determine the attitudes of students toward to sexually transmitted disease. Study involved the students in Banisa Secondary School

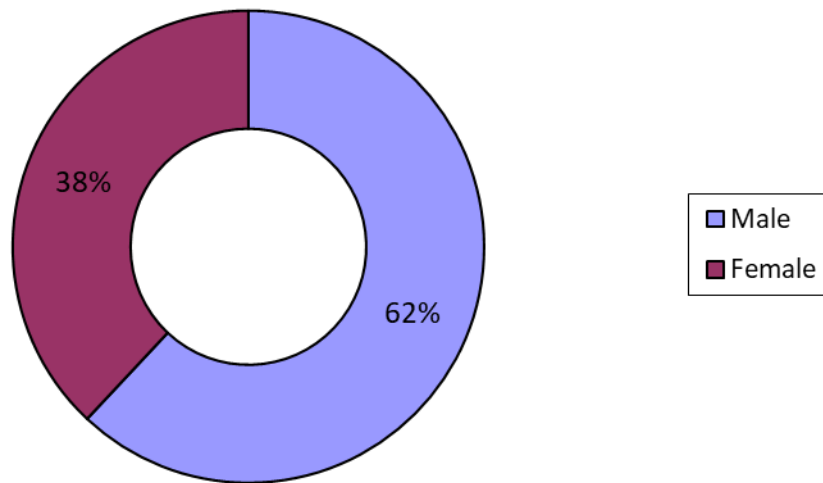
*Study design:* The study design was a descriptive research design. Stratified random sampling was used to choose the study respondents. Questionnaire was administered to purposely selected participants.

**RESULTS AND CONCLUSIONS**

The findings indicated that the student's attitude influences their engagement in sexual activities. They are indeed frightened by the thought of contracting an STI when they

engage in sex. This has made some on them to avoid sexual activities. From the findings, it is recommended that the government through Ministry of Education should initiate programmes in secondary schools that will enlighten the students on the causes, signs and spread on Sexually Transmitted

Infections. This will help the students understand the ways of preventing themselves from the STIs. gender, form that the students attend, age bracket and religion. This was followed by a description of the study variables under various sections of the questionnaire



*Figure 1: Gender of the respondents*

The study findings on the gender of students indicated that majority (62%) were males. This might show that there was gender inequity among the students' respondents. The gender distribution was found to be appropriately to give adequate information

about the knowledge and attitude towards sexually transmitted disease among the students at Banisa secondary school in Banisa Sub-County Mandera County- Kenya.

The data is presented in Figure 2

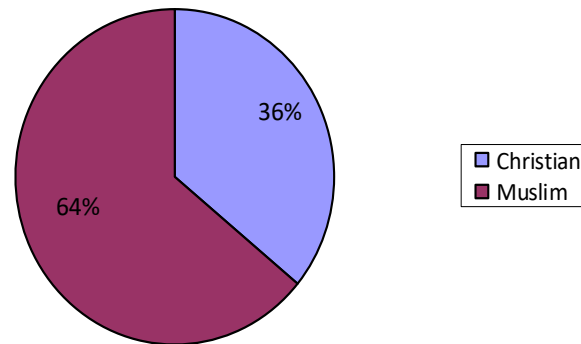


Figure 2: Religion of the respondents

Majority (64%) of the students respondents were Muslims while a few (36%) were Christians. Therefore, the information on the students' knowledge and attitude towards sexually transmitted disease was from various religion of the students.

**Knowledge of the students on STIS:** The study examined the student's knowledge about

sexually transmitted infections Table 4.6: Understanding of Sexually Transmitted Infections (STIs) including ways to avoid transmission. The researcher also probed the types of STIs the students understand and signs of a person with STI.

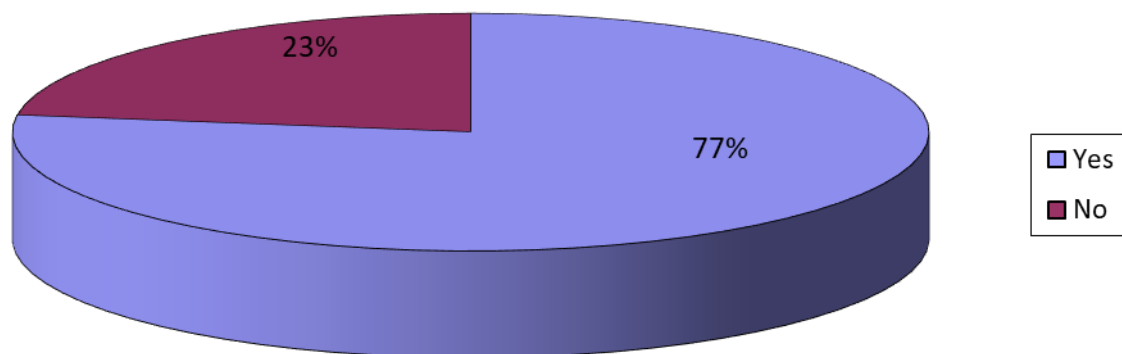


Figure 3. Students understanding of Sexually Transmitted Infections (STIs)

Majority (77%) of the students indicated that they understood what Sexually Transmitted Infection (STIs) was. They explained that they are spread through engaging in unprotected sex and blood getting into contact with infected one. A study conducted by Obiechina

et al., (2002) among adolescent girls in Nigeria, showed that there was good general awareness of the common STDs: HIV/AIDS 93.6%, Gonorrhoea 76.3%, Syphilis 69.1% and Chlamydia 6.6%.

### *Attitude of the students towards STIs:*

**Table 1**  
*Students' attitude towards STDs*

<b>Students' attitude towards STDs</b>	<b>Very High Extent</b>	<b>High Extent</b>	<b>Low Extent</b>	<b>No Extent</b>
The thought of sex frightens because of contracting STDs	60 (70%)	12 (14%)	6 (7%)	7 (9%)
I always avoid those with HIV positive.	34 (40%)	21 (25%)	13 (15%)	17 (20%)
STDs kills and should be seriously avoided.	72 (85%)	9 (10%)	4 (5%)	0 (0%)
STDs can be dangerous to health and should be avoided.	80 (94%)	5 (6%)	0 (0%)	0 (0%)
Thought of sticking to ones partner would help prevent STDs.	81 (96%)	2 (2%)	2 (2%)	0 (0%)
Anybody can contract STDs unless adequate measures are applied.	69 (81%)	6 (7%)	10 (12%)	0 (0%)
I enjoy seminar/teaching about STDs is a factor that has helped the disease to spread	54 (63%)	15 (17%)	9 (10%)	7 (10%)

Majority 60 (70%) of the students indicated that to a very high extent, the thought of sex frightens because of contracting STDs while 34 (40%) indicated that to a very large extent they always avoid those with HIV. A large number 72 (85%) indicated that STDs kills and

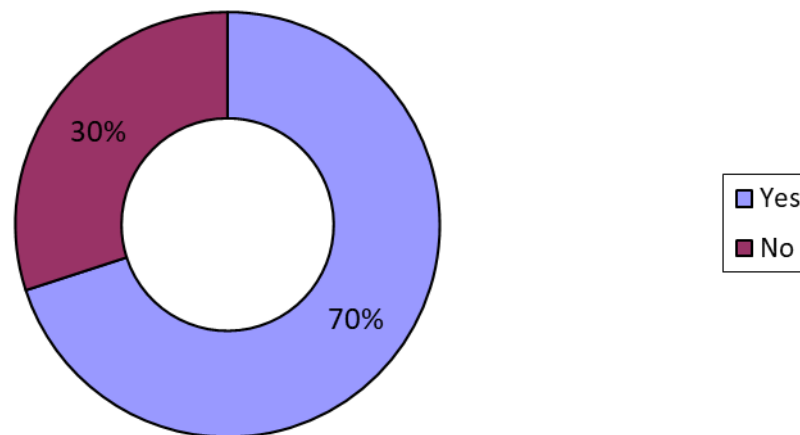
should be seriously avoided while 80 (92%) indicated to a very high extent STDs can be dangerous to health and should be avoided. Majority 81 (96%) of the students indicated to a very large extent.

**Table 2**  
*Age bracket of the respondents*

Age bracket	Frequency	Percentage
Below 13 Years	12	14
13-15 Years	27	32
16-17	33	39
Above 17 years	13	15
Total	85	100

Findings in Table 2 revealed that majority 33 (39%) of the students were aged between 16-17 years while 27 (32%) were aged between 13-15 years. Only 13 (15%) were 1above 17 years old while 12 (14%) were aged below 13

years. This implies that most of the students were of various ages and hence the information on their knowledge and attitude towards sexually transmitted disease was from various age groups.



*Figure 4: Students involvement in sexual activity*

Majority (70%) of the students indicated that they involved themselves in sexual activities. A few (30%) did not. This indicates that students are having sex and therefore need to be informed of the knowledge and practices surrounding STIs. School students' sexual behaviour can be determined by demographic, socio-economic status, socio-cultural factors and individual life experience (Ogbe, 2011).

#### REFERENCES

- Alexandra, M., & Lipi, D. (2008). Study on Knowledge, Perception and Attitude of Adolescent Girls towards STIs/HIV, Safer Sex and Sex Education. *BMC Women's Health*, 8, 123-130.
- Ali, M.M., & Cleland, J. (2005). "Sexual and Reproductive behaviour among Single Women aged 15-24 in Eight Latin American Countries": a Comparative Analysis. *Social Science & Medicine*, 60(6): 1175-1185.

3. Amoakah-Coleman, M. (2006). Knowledge and Practices of STDs Including HIV/AIDS among Adolescents in Ghana. *Gender and Behaviours*, 4, 953-974.
4. Cohen, R. J., & Swerdlik, M. E. (2005). *Psychological testing and assessment: An introduction to tests and measurement*. Boston: McGraw-Hill.
5. Florence, N., Lena, S., & Hajo, Z. (2011) Awareness and Knowledge of STDs among School Going Adolescents in Europe. *BMC Public Health*, 11, 727.
6. Garside, R., Ayres, R., Owen, M., Pearson, V.A. and Roizoin, J. (2001) Young People's Awareness of STIs. *International Journal of STD and AIDS*, 12, 582-588.
7. George, D., & Mallery, P. (2003). *SPSS for Windows step by step: A simple guide and reference*. 11.0 update (4th ed.). Boston: Allyn & Bacon
8. Joint United Nations Programme on HIV/AIDS (UNAIDS) (2016). World Health Organization (WHO) Working Group on Global HIV/AIDS; STI Surveillance. Epidemiological Fact Sheets on HIV/AIDS and Sexually Transmitted Infections: Malaysia. Available online: [http://www.aidsdatahub.org/sites/default/files/documents/Malaysia\\_Epidemiological\\_Fact\\_Sheets\\_\(EPI\)\\_Dec\\_2006.pdf.pdf](http://www.aidsdatahub.org/sites/default/files/documents/Malaysia_Epidemiological_Fact_Sheets_(EPI)_Dec_2006.pdf.pdf) (accessed on 13 June 2017).
9. Kabiru, W., & Orpinas, P. (2009). Factors associated with sexual activity among high school students in Nairobi, Kenya. *J. Adolescence* 32(4)1023-1039.
10. Klan, S., & Mishra, V. (2008). *Youth Reproductive and Sexual Health*, DHS Comparative Report, Calverton, MD, USA: Macro International, Inc, No 9.
11. Mugenda, O. M. & Mugenda, A. G. (2003). *Research Method: Quantitative and Qualitative Approaches*. Africa Centre for Technology Studies (ACTS) Press Nairobi Kenya.
12. National AIDS and STI Control Programme (NASCOP) Kenya AIDS Indicators Survey 2007: financial report Nairobi Kenya: Nascop; 2009.
13. Nwimo, I.O., & Omaka, L.N. (2007). Knowledge and Sources of Information on HIV/AIDS among Secondary School in Imo State, Nigeria. *Journal of International Council for Health, Physical Education, Recreation, Sports and Dance (ICHPERSD)* 3(2):46-49.
14. Nyinya, F. (2007). *Attitude of Teachers and students towards HIV/AIDS Education programme in Secondary School in Kisumu Municipality*. Unpublished Masters Thesis, Maseno University.
15. Ochieng, A. M. (2012). A study of the reproductive and sexual-health behavior of Adolescents in Kisumu Districts in Relations to HIV/AIDS. Unpublished masters thesis, Maseno University.
16. Obiechina, N.J., Diwe, K., & Ikpeze, O.C. (2002) Knowledge, Awareness and Perception of STDs among Nigerian Adolescent Girls. *Journal of Obstetrics & Gynaecology*, 22, 302-305.
17. Richard, F.G. (2001) *Knowledge and Attitude of Parents of Adolescents in Oritamefa Baptist Model School towards Family Life Education*. Unpublished M.Ed. Project of the Department of Human Kinetics and Health Education, University of Ibadan.
18. Temin, M.J., Okonofua, F.E., Omorodion, F.O., Renne, E.P., Coplan, P., Heggenhougen, H.K. & Kaufman, J. (1999). Perception of Sexual Behavior and Knowledge about Sexually Transmitted Diseases among Adolescents in Benin City, Nigeria. *International Family Planning Perspectives*, 25, 186-190.
19. Weinstock, H., Berman S., & Cates W. (2000). Sexually Transmitted Diseases among American Youth: Incidence and Prevalence estimates. *Perspectives on Sexual and Reproductive Health*; 36(1): 6-10.
20. Workowski, K., & Berman, S. (2010). Sexually Transmitted Diseases, Treatment Guidelines, 2010. *MMWR Recommendations and Reports*, 59, 1-110.
21. World Health Organization. (2016). Baseline Report on Global Sexually Transmitted Infection Surveillance 2012.
22. World Health Organization. (2015). Global health sector strategy on HIV/AIDS 2011-2015.