

**A STUDY ON KNOWLEDGE AND PRACTICE TOWARDS HIV
AND AIDS AMONG HIGHER SECONDARY SCHOOL
STUDENTS IN ARANIKO HIGHWAY AREA OF
BHAKTAPUR DISTRICT**

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RECOMMENDATION LETTER

This is recommended that Mrs. Jayanti K.C. Ranabhat has worked under my supervision and guidance for the preparation of this thesis entitle “A Study on Knowledge and Practice towards HIV and AIDS among Higher Secondary School Students in Highway Area of Bhaktapur District” for the partial fulfillments of Master Degree of Health Education. To the best of my knowledge of the study is original and carries useful information in the field of causes and consequences. Therefore recommend it for the evaluation to the dissertation committee.

Date: 2015

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This thesis entitled “**A Study on Knowledge and Practice towards HIV and AIDS among Higher Secondary School Students in Highway Area of Bhaktapur District**” submitted by Jayanti K.C. Ranabhat in the partial fulfillment of the requirement of Master’s Degree in Health Education has been approved.

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DECLARATION

I hereby declare that to the best of my knowledge this thesis is my original no part of it was earlier submitted for the candidature of research to any University.

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ABSTRACT

This is a field-based study to reflect the picture of Knowledge, Attitude and Practice towards HIV/AIDS among Higher Secondary School Students in Araniko Highway Area to Bhaktapur District. This study is mainly based on the primary data, collected from four private higher secondary schools of Bhaktapur District in 2013, which includes 152 late adolescent students taken for a sample size by adopting proportionate random sampling method.

The higher proportion of the respondents was of 18 years of age. Most of the respondents were unmarried. Most of the respondents' parents were engaged in agricultural based occupation. The average family size of the respondents was 6.7 members. Only 29 percent of the respondents' fathers had primary level education. Almost all adolescent had heard about HIV and AIDS as most common type of STIs. Furthermore, almost all respondents knew the mode of transmission of STIs. Large proportion of the respondents stated the sexual contact with infected person is the most important mode of transmission followed by infected mother to fetus or newborn baby as ways of transmission. 'Use of condom during sexual intercourse' was the most preferred way of prevention from STIs followed by 'sex with only one partner' and 'sexual abstinence during infection period'. Only one male reported that he had STIs in the past.

The knowledge of HIV and AIDS was universal among respondents. More than 50 percent of the respondents reported there is difference between HIV and AIDS. In addition, almost 87 percent knew the preventive methods of HIV/AIDS. Majority of the respondents reported to use condom during sexual intercourse followed by "avoid sex with multiple partner" to prevent from HIV and AIDS.

It is concluded that the knowledge, attitude and practice towards HIV and AIDs of higher secondary school were almost universal. Male students were more knowledgeable than female on symptoms of STIs.

It is recommended that the perceptions perceived by the respondents can be the entry point for the planners and policy makers relating to these matters.

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ACRONYMS AND ABBREVIATIONS

AIDS	:	Acquired Immune Deficiency Syndrome
ARV	:	Anti Retro Viral
CBS	:	Central Bureau of Statistics
CDC	:	Centre for Disease Control
DoHS	:	Department of Health Services
FP	:	Family Planning
GOs	:	Government Organizations
HIV	:	Human Immunodeficiency Virus
HMIS	:	Health Management Information Centre
ICPD	:	International Conference on Population and Development
IEC	:	Information, Education and Communication
INGO	:	International Non-Governmental Organization
MoH	:	Ministry of Health
MoPE	:	Ministry of Population and Environment
NCASC	:	National Centre for AIDS and STDs Control
NDHS	:	Nepal Demographic and Health Survey
NFHS	:	Nepal Family Health Survey
NGO	:	Non-Governmental Organization
N/INGO	:	Non Governmental National and International Organization
OPD		Out Patient Department
PLWHA	:	People Living With HIV and AIDS
RH	:	Reproductive Health
RTI	:	Reproductive Transmitted Infections
SLC		School Leaving Certificate
SPSS	:	Statistical Package for Social Sciences
STDs	:	Sexual Transmitted Diseases
STIs	:	Sexually Transmitted Infections
TUCL	:	Tribhuvan University Central Library
UN	:	United Nations
UNFPA	:	United Nations Population Fund
WHO	:	World Health Organization

