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Level of Acceptance and the Use of Condoms as a Method of Preventing Sexually Transmitted Diseases amongst River State University Students

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Abstract

The study examined the level of acceptance and the use of condoms as a method of preventing sexually transmitted diseases amongst River State University Students. Two specific objectives and research questions guided the study. The study adopted survey research design. A total of 134 respondents were selected from the population figure out of which the sample size was determined. The researcher used Taro Yamane's formula to determine the sample size from the population which gave 100 respondents. Data for this study was collected from primary and secondary sources. The instrument of this study was subjected to face validation and the instrument has a coefficient of 0.81 which was considered a reliable. Based on the findings of the study, the following recommendations were made: Talk honestly with potential partners about both of your sexual histories. Get tested, along with your partner, before having sex. Avoid sexual contact when under the influence of alcohol or drugs. Get vaccinated against the human papillomavirus (HPV), hepatitis A, and hepatitis B (HBV).

Keywords: *Condoms, Sexually Transmitted Diseases, Student awareness, Preventive measures, Health education*

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Introduction

The use of condoms during sexual intercourse has been proven to be effective in preventing most STIs including HIV (Arowojolu et al., 2002). By implication, cardinal strategy in the prevention of STI/HIV is the promotion of the use of condoms during sexual intercourse. Condoms most commonly used during sexual intercourse, can serve the dual purpose of contraception and prevention of STI's and HIV/AIDS.

Condoms are a key component of comprehensive HIV prevention. Condoms are known to be effective in preventing HIV among both men and women (Davis& Weller, 1991). The usage of condom is one of those various ways of preventing the infection of STD. Condoms are now widely used throughout the world. In Japan, 80% of sexually active people use condoms as their main method of contraception. However, it is hard to get an accurate picture of condom use, some teenagers and young adults might overestimate how often they use condoms during sex, a study found (MNT, 2009).Condoms, when used correctly and consistently, are highly effective in preventing HIV and other Sexually Transmitted Infections (STIs). As STIs cause significant morbidity and mortality, preventing the spread of the infectious agent throughout a susceptible population is generally more cost effective than approaches involving early detection and treatment. In the absence of a vaccine, abstinence, mutual monogamy, and condoms are options for preventing genital Human Papilloma Virus (HPV) infection.

UNFPA (2005) noted that condoms play a special role in combating the spread of HIV/AIDS because they are presently the only devices that protect against sexually transmitted HIV. Used consistently and correctly, both male and female condoms protect against pregnancy and sexually transmitted infections (STIs), including HIV, by providing a barrier to prevent the exchange of bodily fluids. However, high costs to users, limited availability and accessibility, and negative perceptions of condoms have created a gap between the number of condoms distributed and the amount needed for populations to protect themselves from

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HIV/STIs. The most contentious issue in condom usage reported in various literatures is the issue of correct and consistent usage. In response to the recent congressional mandate to provide the public with more accurate information on the efficacy of condoms in preventing HPV-related infection, Condoms are highly effective in preventing pregnancies and slowing the spread of HIV and some other sexually transmitted reproductive health problems (Cates, 2001). Research has identified condom use as a feasible means to control the spread, particularly in many parts of southern and eastern Africa where the AIDS epidemics have advanced (Laukamm-Josten et al., 2000).A large body of scientific evidence shows that male latex condoms have an 80% or greater protective effect against the sexual transmission of HIV and other STIs (WHO, 2013). The strongest evidence of the role of male condoms in preventing disease transmission is for HIV. A meta-analysis of 25 studies of HIV-serodiscordant heterosexual couples provided a summary efficacy estimate of 87% (Manhart & Koutsky, 2002).However, due to the inclusion of inadequate measures of condom use and the lack of information on temporal sequence, it is not possible to use available data to draw definitive conclusions on the efficacy of condoms in the prevention of HPV-related conditions.

Condoms are steadily increasing in acceptance within causal relationships, but have made little progression into longer-term, monogamous relationships (Scott, 2009). Condom use is particularly important for women in the protection of HIV/AIDS as other methods of pregnancy prevention may be available to them. For men, condom use served the purpose of preventing both pregnancy and sexually transmitted infections (STIs) including HIV. Condoms have therefore been promoted as a major public health strategy to combat unwanted pregnancies and the rising rates of STIs, including HIV/AIDS. To derive maximum benefit, condoms must be used correctly and consistently; however consistent use requires long-term commitment and a reliable distribution network that provides condoms even to the poorest groups (UNAIDS/WHO, 2003).

Condom use is one of the major forms of family planning that reduces the likelihood of contracting sexually transmitted infections, including HIV/AIDS. It also reduces the risk of unwanted pregnancies and unsafe abortions, and enhances adequate child spacing. Condom use is particularly important for women in the protection of HIV/AIDS as other methods of pregnancy prevention may be available to them (Akinyemi et al., 2010). When used correctly and consistently, condoms are a reliable method of preventing pregnancy, and have no medical side effects. According to World Health Organization (2005), the male condom is 98% effective, and the female condom 94% effective when used according to instructions.It is against this backdrop that this study sought to examine the level of acceptance and the use of condoms as a method of preventing sexually transmitted diseases amongst River State University Students.

Statement of the Problem

The statement of the problem is that various condom mass media campaigns by the organizations and similar agencies on the campaign of condom use is not directly proportionate to its use or reduce the spread of STDs. Neglect and avoidance of condom use constitute a major challenge in the attempt to eradicate HIV-related diseases. Although, most Nigerians have fairly widespread knowledge of the disease in addition to its condom preventive measure, nevertheless their use of condoms is comparably low, manifested through numerous patterns of unsafe sexual practices. It is important too, to note that unethical sexual behaviour is not only found among the uneducated class but also found among the educated class. Therefore, ethical condom use campaign has market advantage if it is strategically positioned. Moreover, there is a dearth of knowledge on the level of acceptance regarding the use of condoms as a method of preventing STDs amongst Rivers State University students.

Objectives of the Study

The main objective of this study is to examine the level of acceptance and the use of condoms as a method of preventing sexually transmitted diseases amongst River State University Students. Specific objectives include;

1. level of acceptance and the use of condoms as a method of preventing genital HSV-2 infection amongst males and females in River State University.
2. level of acceptance and the use of condoms as a method of preventing syphilis amongst males and females in River State University.

Research Questions

The study sought to answer the following research questions:

1. what are the level of acceptance and the use of condoms as a method of preventing genital HSV-2 infection amongst males and females in River State University.
2. what are the level of acceptance and the use of condoms as a method of preventing syphilis amongst males and females in River State University.

Methodology

For this study, the survey research design was adopted. The choice of the design was informed by the objectives of the study as outlined in chapter one. This research design provides a quickly efficient and accurate means of assessing information about a population of interest. It intends to study level of acceptance and use of condoms as a method of preventing sexually transmitted diseases amongst rivers university students. The study will be conducted in Rivers state.

The population for this study were students in Rivers state university, Rivers state, Nigeria. A total of 134 respondents were selected from the population figure out of which the sample size was determined. The reason for choosing Rivers state is because of its proximity to the researcher.

The researcher used Taro Yamane's formula to determine the sample size from the population. Taro Yamane's formula is given as;

n = N / (1 + N(e)^2)

Where:

N = Population of study (134)

n = Sample size (?)

e = Level of significance at 5% (0.05)

1 = Constant

n = 134 / (1 + 134(0.05)^2)

= 134 / (1 + 134(0.0025))

= 134 / (1 + 0.335)

= 134 / 1.335

n = 100

The sample size therefore is 100 respondents.

Data for this study was collected from primary and secondary sources. The primary source of data collected was mainly the use of a structured questionnaire which was designed to elicit information on level of acceptance and use of condoms as a method of preventing sexually transmitted diseases amongst rivers university students. The secondary source of data collections were textbooks, journals and scholarly materials.

The instrument of this study was subjected to face validation. Face validation tests the appropriateness of the questionnaire items. This is because face validation is often used to indicate whether an instrument on the face of it appears to measures what it contains. Face validations therefore aims at determining the extent to which the questionnaire is relevant to the objectives of the study. In subjecting the instrument for face validation, copies of the initial draft of the questionnaire will be validated by supervisor. The supervisor is expected to critically examine the items of the instrument with specific objectives of the study and make useful suggestions to improve the quality of the instrument. Based on his recommendations the instrument will be adjusted and re-adjusted before being administered for the study.

The coefficient of 0.81 was considered a reliability coefficient because according to Etuk (1990), a test-retest coefficient of 0.5 will be enough to justify the use of a research instrument.

Data collected was analyzed using mean and standard deviation using SPSS (statistical package for social sciences). Haven gathered the data through the administration of questionnaire, the collected data was coded, tabulated and analyzed using SPSS statistical software according to the research question.

Results

Research Question 1: what are the level of acceptance and the use of condoms as a method of preventing genital HSV-2 infection amongst males and females in River State University?

Table 1: Mean and Standard Deviation on the level of acceptance and the use of condoms as a method of preventing genital HSV-2 infection

		Male Students			Female Students		
S/NO	**Item**	**X**	**SD**	**RMK**	**X**	**SD**	**RMK**
1	Avoid HIV/AIDS	3.57	.692	SA	3.81	1.039	A
2	Avoid pregnancy	3.56	.732	SA	4.11	.859	A
3	Avoid genital shingles (Herpes Simplex)	4.28	.750	A	4.35	.719	A
4	Avoid human papillomavirus (Genital warts)	4.93	1.004	A	3.95	.932	A
5	Avoid hepatitis B	4.16	.941	A	4.42	.844	A
6	Avoid Chlamydia	4.95	.875	A	4.09	.860	A
7	Avoid chancroid (Syphilis)	4.25	.931	A	4.32	.736	A
8	Avoid clap (Gonorrhea)	4.99	1.088	A	4.31	.790	A
9	Avoid trichomoniasis (Trich)	4.05	.990	A	4.42	.625	A
	Grand Mean	4.31	0.88	A	4.19	0.83	**A**

Data in Table 1 revealed that Male Students had a mean range of 3.56-4.99 and standard deviation range of 0.69-1.08. While the Female Students had a mean range of 3.81-4.42 and standard deviation range of 0.71-1.04. The mean shows that both male and female students agreed on the level of acceptance and the use of condoms as a method of preventing genital HSV-2 infection amongst males and females in River State University. The standard deviation shows the homogeneity of the respondents.

Research Question 2: what are the level of acceptance and the use of condoms as a method of preventing syphilis amongst males and females in River State University?

Table 2: Mean and Standard Deviation on the level of acceptance and the use of condoms as a method of preventing syphilis

		Male Students			Female Students		
S/NO	**Item**	**X**	**SD**	**RMK**	**X**	**SD**	**RMK**
1	Do you know condom	4.23	.834	A	4.07	.838	A
2	Have you attended any condom demonstration session	4.40	.821	A	4.09	.808	A
3	Do you know that correct condom use will prevent HIV/AIDS transmission?	4.09	.722	A	4.04	.947	A
4	Do you know that correct use of condom will prevent STIs?	4.18	.658	A	4.19	.766	A
5	Do you know that correct use of condom will prevent pregnancy?	4.05	.924	A	4.12	.982	A
6	Do you know that correct condom use will reduce chance of getting HIV virus?	4.19	.953	A	4.39	.774	A
7	Do you ever used condom?	3.99	.881	A	4.19	.860	A
8	Do you ever requested your sexual partner to perform sex without condom use?	3.95	.990	A	4.26	.856	A
9	Have you ever enforced not to use condom?	3.98	1.03	A	4.32	.776	SA
10	Do you feel complete satisfaction during sexual intercourse by using condom?	4.19	1.04	A	4.21	.725	A
	Grand Mean	**4.13**	**0.89**	**A**	**4.19**	**0.83**	**A**

Data in Table 2 revealed that Male Students had a mean range of 3.98-4.40and standard deviation range of 0.65 - 1.04. While the Female Students had a mean range of 4.40-4.39and standard deviation range of 0.72 - 0.94. The mean shows that the male and female students agreed on the level of acceptance and the use of condoms as a method of preventing syphilis amongst males and females in River State University. The standard deviation shows the homogeneity of the respondents.

Discussion

Samkange-Zeeb, Spallek and Zeeb (2011) evaluated the effectiveness of condoms in protecting against HPV infection and HPV-related conditions, such as genital warts and cervical cancer. A meta-analysis of 20 studies found no evidence that condoms were effective against genital HPV infection. Neither of the two prospective studies reviewed found that consistent condom use was effective in preventing genital HPV infection or HPV-related conditions. Subsequently, Santangelo, Provenzano and Firenze (2018) followed 444 female students at university as part of a longitudinal study of the cumulative incidence of genital HPV infection. They found that consistently using condoms with a new partner was not associated with significant protection against HPV (hazard ratio (HR) = 0.8; 95% CI = 0.5– 1.2). Data on condom breakage or vaginal penetration before condoms were put on were not collected, nor was the analysis adjusted for frequency of intercourse.

Trani, Gnisci, Nobile and Angelillo (2005) reviewed the methods of 44 studies conducted between 1996 and 2001 that examined condom use, HPV infection, and HPV-related conditions. They found that methodological limitations made it difficult to accurately assess condom effectiveness, and they called for studies to consider the consistency and correctness of condom use, incident infections, and the infection status of the partner in the design of studies.
In a unique clinical trial in the Netherlands, Mazzitelli, Caridà, Scigliano, Vallone, Pirrò, Lombardo, Clemente, Bernaudo, Postorino, Strazzulla, Maselli and Torti (2016) randomly allocated 135 women not regularly using condoms who had untreated cervical intraepithelial neoplasia (CIN) and their male partners either to use condoms or not use condoms for all instances of vaginal intercourse. Those couples randomized to use condoms had a significantly higher cumulative two-year rate of disease regression (53% versus 35%; HR = 3.1; 95% CI = 1.4-7.1) as well as a higher cumulative two-year rate of HPV clearance (23% versus 4%; HR = 12.1; 95% CI = 1.5– 97.2).

Visalli, Picerno. Vita, Spataro and Bertuccio (2014) found that among women considered to be at high-risk for STIs the consistent and correct use of latex male condoms or female condoms was associated with a statistically significant reduction in the combined incidence of gonorrhoea, chlamydial infection or syphilis in high-risk women when compared to rates of use of less than 50%. This prospective study followed female patients at STD clinics in the United States who had monthly STI tests for six months from 1995 to 1998.

Napolitano, Napolitano, Liguori and Angelillo (2016) reported that using condoms for 100% of sex acts was associated with a significant reduction in the combined incidence of gonorrhoea, chlamydial infection, or trichomoniasis among adolescent African-American females aged 14-18 years. In this study, the researchers tested for all three STIs and treated girls who were infected at baseline. Six months later, the 380 girls who reported penile-vaginal sex were retested and interviewed about condom use. Of the girls who reported using condoms each time they had had sex since baseline, 17.8% of them had at least one STI compared with 30% of the girls who did not report using condoms consistently (odds ratio (OR) = 1.85; 95% confidence interval (CI) = 1.13– 3.04 after adjusting for STI at baseline and having more than one sex partner in the interim).

This review of prospective studies published since June 2000 has identified evidence that consistent condom use is associated not only with reduced transmission of HIV and with reduced acquisition of urethral infection among men, but also with: reduced acquisition of genital HSV-2 infection by men and women; reduced acquisition of syphilis by men and women; reduced acquisition of chlamydial infection by men and women; reduced acquisition of gonorrhoea by women possibly reduced acquisition of trichomoniasis infection by women; accelerated regression of cervical and penile HPV-associated lesions and accelerated clearance of genital HPV infection by women.

Conclusion

Since 2000 important new evidence (from prospective observational studies, one couple randomized trial and additional multicomponent STI prevention trials that included condom-promotion components) has come to light to support the effectiveness of condoms in preventing STIs in men and women. In no study has the effectiveness been 100%. Nonetheless, even partially effective interventions can have a major impact on controlling the spread of STIs in the population (*36*). Balanced STI and HIV prevention programmes should include condom promotion along with a complementary combination of prevention strategies targeted towards different age groups, life stages, epidemic levels, and settings (*37*, *38*). Condom promotion represents an important component of comprehensive HIV-prevention and STI-prevention strategies.

Recommendations

Based on the findings of the study, the following recommendations were made:

- Talk honestly with potential partners about both of your sexual histories.
- Get tested, along with your partner, before having sex.
- Avoid sexual contact when under the influence of alcohol or drugs.
- Get vaccinated against the human papillomavirus (HPV), hepatitis A, and hepatitis B (HBV).

- Consider pre-exposure prophylaxis (PrEP), a medication that someone who is HIV negative can take to reduce their risk of contracting HIV.
- Use barrier methods every time you engage in sexual activity.

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