Knowledge, Attitude and Practices towards Condom Use among Students of Kampala School of Health Sciences, Wakiso District. A Cross-sectional Study.

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Abstract

Background:
The purpose of the study was to assess the knowledge, attitude, and practices towards condom use among students of Kampala school of health sciences, Wakiso district.

Methodology:
The study adopted a cross-section design to address the specific objectives of the study on a sample of 50 respondents using a simple random technique. A self-administered questionnaire with both open and ended questions was designed and used as a data collection tool, data was analyzed manually by use of pens, tally sheets, and a calculator; presented in form of percentages, tables, bar graphs, and pie-charts using the Microsoft excel computer program.

Results:
Overall findings revealed that; (96%) of the study respondents ever heard about condoms, (44%) obtained information about condoms from friends, (60%) knew both condoms, (and 86%) indicated that there was no access to get condoms at school, (76%) knew how to use a condom and (66%) knew that condom use prevents HIV/AIDS transmission and other STIs.

Conclusion:
The researcher concluded that even though the study participants exhibited knowledge towards condom use with a slightly negative attitude, the practices towards condom use were not pleasing since most of the respondents ever had sex with multiple sexual partners and most of the participants did not frequently use a condom during sexual intercourse which increases the risk of acquiring STIs and unwanted pregnancies.

Recommendation:
The researcher, therefore, recommended that the administration of KSHS should provide free accessibility of condoms to students and also continue with general sensitization of students about youth-friendly sexual and reproductive health programs, this will improve the condom use practices hence curbing the risk of acquiring STIs including HIV and unwanted pregnancies.

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1 Background of the study

A condom is a sheath-shaped barrier device used during sexual intercourse to reduce the probability of getting pregnant and STIs (Haiter *et al,* 2017). Condoms are both male and female and are usually made of latex with a thin pouch that keeps sperms from getting into the vagina.

Globally consistent condom use rates range from 4% to 52.4% among sexually active individuals and

according to WHO, the lack of protection in sexual intercourse constitutes a significant risk factor for transmission of HIV and STIs worldwide (WHO, 2014). There was slow but steady progress toward a higher level of condom use among non-marital, non-cohabiting men and sex workers, and condom use in younger populations showed signs of decline in at least a few key countries (William D. Evans, et al, 2020).

In Africa specifically, Sub Saharan Africa (SSA), the overall prevalence of consistent condom use during paid sex was 83.96%, ranging from 48.7% in Benin to 98% in Burkina Faso. Men aged 35-44, men in the richest wealth quintile, men with a secondary level of education, and men in Burkina Faso had higher odds of consistent condom use during paid sex, compared to men aged 15-19, those in the poorest wealth quintile, those with no formal education, and men in Benin respectively. Conversely, Muslim men had lower odds of using condoms consistently during paid sex, compared to Christian men (Ahinkorah B.O et al, 2020).

In Uganda, out of 4,488 adolescent girls and young women (AGYW) who had ever had sex, 12.9% (581) had their sexual debut before age 15, and 19.1% (858) reported a history of STIs. Condom use with the most recent sexual partner was low, 20.4% (728) reported consistent condom use while 79.6% (2,842) reported inconsistent or no condom use. Consistent condom use was significantly higher among in-school than out-of-school AGYW [40.1% VS 12.7%] (Matovu JKB et al, 2021). The specific objectives of the study were to assess; the knowledge of condom use among students of Kampala school of health sciences, the attitude towards condom use among students of Kampala school of health sciences, and the practices towards condom use among students of Kampala school of health sciences.

2 Methodology

Study design

This study employed a descriptive cross-sectional study design that used self-administered questionnaires. It was preferred because it was cheap and demanded little time to conduct.

Study area

The study was conducted at the Kampala school of health sciences (KSHS). KSHS is a private health institution located along Entebbe Express Highway in Katale, 3.5 km off Katale-Buddo road, Nsangi Sub County in Wakiso district Central region in Uganda. The institution was chosen just because it had a good number of students (approximately 700) both males and females of reproductive age who were sexually active.

Study population

The study was conducted among the students of Kampala school of health sciences, who were ready to consent at the time of data collection. The population at KSHS mostly comprised of sexually active students (both national and international students).

Sample size determination

The sample was determined by using the Kish and Lisle formula (1967) as below;

$N= a^2bc/x^2$ (Kish and Lisle, 1967)

Where;

N=desired sample size

a=standard normal deviation is usually set at 1.96 which corresponds to 95% confidence

b=proportion of survey population with particulars under investigation and where the unknown 50% was used

b = (100-50) = 50% or 0.5

c=probability that the researcher got a certain amount of error. 50% was considered to cater to that

c = 1-b = 1-0.5 = 0.5

X=degree of accuracy which ranges from 0.01-0.1

Therefore, its: $(1.96)^2$x0.5x0.5/ $(0.09)^2$

118.57

~119 respondents.

The target population was 119 respondents but the researcher used 50 respondents due to time and financial constraints.

Sampling technique

The study employed a simple random technique to select the sample. The technique was preferred because it offered equal opportunity to all members in the set to be selected and it was also easy to administer.

Sampling procedure

A lottery procedure was used in the selection of the study sample this is to say; Students who met the inclusion criteria were registered and given numbers, the numbers were written on a piece of paper which were folded, placed in a bowl, and thoroughly mixed, then I invited a blindfolded researcher to select one at a time without replace-

ment until he got the required number fifty (50) of subjects in the sample.

Data collection method

In this study, a questionnaire method of data collection was used, it was preferred over the rest of the methods just because it saved time and was easy to use.

Data collection tool

Well-structured questionnaires written in English language and later translated into the local language had both open and close-ended questions which were used as data collection tools to collect data from the respondents. The tool was self-administered and contained four sections; biodata, knowledge, attitude, and practices towards condom use. This was a suitable instrument for a large and literate population.

Data collection procedure

A letter obtained from the research committee of KSHS was taken to the administration of KSHS to permit the researcher to carry out data collection. When permission was granted, the researcher trained two research assistants about the questionnaires and how to collect data. Then, the researcher introduced himself and explained the purpose of the study to each respondent. Verbal and written consent was obtained from the interested respondents before data collection. The data collection procedure started with the respondents in the register on the particular day of data collection based on the register and other participants were selected randomly without a specific procedure in the register this continued on each day of data collection until the required sample size of 50 respondents was achieved. After collecting data, the questionnaires were checked for completeness and accuracy, any gaps were filled immediately before the client left the demarcated area for research. Accurate and filled questionnaires were kept safely to ensure confidentiality.

Study variable

The study consists of the following variables;

Independent variables

The independent variables were knowledge, attitude, and practices towards condom use.

Dependent variable

The dependent variable was condom use.

Quality control

It includes the following;

Pretesting the research tool

The research tool was pre-tested on 10 students from Mildmay Institute of Health Sciences (MIHS) to check out any ambiguous questions and errors and corrections made. It was aimed at testing the validity and reliability of questionnaires.

Training of research assistants

Two research assistants with good communication skills and knowledge were trained on how to interview and collect data.

Time for data collection

Enough time for data collection was given and the researcher was there to make sure that questions were fully understood by the respondents, this was done to get relevant data.

Inclusion and exclusion criteria

The inclusion criteria consisted of students of KSHS who gave informed consent during the time of data collection.

The exclusion criteria consisted of all students of KSHS who didn't show an interest in participating in this study and never offered informed consent during the time of data collection.

Adherence to standard operating procedures (SOPs)

All students who participated in this study were not only reminded about adherence to SOPs but also followed them this is to say; they wore face masks, maintained social distance amongst themselves, and sanitized hands with disinfectant. This was done to prevent the rapid spread of Covid 19 infection.

Data analysis and presentation

The data was analyzed manually using pens, tally sheets, and calculators. The analyzed data was presented in form of percentages, tables, bar graphs, and pie charts using the Microsoft excel computer program.

Ethical consideration

A letter of introduction to students of KSHS was obtained from the research committee at KSHS and it was taken to the administration of the same institution seeking permission to carry out the study, once permission was granted, the researcher explained well the significance of the study to the respondents and obtained a clear consent using signatures. Respondents were assured of the confidentiality of their information since there was no option of writing their names on the questionnaires and they were free to withdraw from the study in the act of respecting their decision. The informa-

tion obtained from the respondents during data collection was kept confidential.

2.1 Study Findings

2.2 Bio Data

In the above table, most (52%) of the respondents were females compared to the least (48%) males.

Based on the study findings related to religion, most (28%) of the respondents were Catholics whereas the least (8%) were SDA.

In addition to that, the study findings revealed that the majority (80%) of the respondents were single whereas the minority (6%) were either separated or divorced.

2.3 Knowledge Towards Condom Use Among Students

From the above table, the majority (96%) of respondents reported that they had ever heard about condoms whereas a minority (4%) reported that they never heard about the condom.

From the above figure, most (44%) of the respondents reported obtaining information about condoms from friends whereas the least (10%) reported obtaining information about condoms from others.

From the above figure, the majority (60%) of the respondents knew both condoms compared to the minority (4%) who only knew female condoms.

From the above table, the majority (86%) of the respondents reported that there was no access to get condom at school while the minority (14%) reported that condoms were accessible at school.

From the above table, the majority (76%) of the study respondents reported that they knew how to use a condom whereas the minority (24%) reported that they didn't know how to use a condom.

From the figure above, the majority (66%) of the respondents reported that condom is useful in preventing HIV/AIDS transmission and other STIs whereas a minority (4%) reported that they didn't know how useful a condom is.

2.4 Attitude Towards Condom Use Among Students

From the above figure, the majority (80%) of the respondents agreed that condoms can reduce sexual pleasure unlike the minority (20%) who disagreed.

From the above table, the majority (80%) of the respondents agreed that condoms are effective in preventing STIs including HIV whereas a minority (20%) disagreed.

From the above figure, the majority (70%) of the respondents agreed that condom availability programs increase sexual activity among students whereas a minority (30%) disagreed.

From the above table, nearly all respondents (98%) reported that they prefer to use male condoms unlike the least (2%) who preferred to use a female condom.

From the above figure, the majority (86%) of the study respondents agreed to recommend a condom to anyone whereas the minority (14%) disagreed.

2.5 Practice Towards Condom Use Among Students

From the above table, the majority (80%) of the respondents reported that they had ever had sex whereas the minority (20%) reported that they had never had sex.

From the above figure, out of 40 respondents who ever had sex, most (50%) of them reported that the number of sexual partners they had was unknown whereas the least (13%) reported two as several sexual partner.

From the above table, the majority (60%) of the respondents reported that they had ever used a condom whereas a minority (40%) of the respondents reported that they had never used a condom.

From the above table, out of the 20 respondents who had never used a condom, most (45%) of them reported that they were faithful to their partners whereas the least (5%) reported partner disapproval.

From the above figure, the majority (68%) of the respondents reported that sometimes use a condom during sexual intercourse whereas the minority (10%) reported consistently use a condom during sexual intercourse.

From the above figure, the majority (60%) of the respondents reported that they didn't use a condom during their first sexual intercourse whereas a minority (4%) reported that they don't know.

3 Discussion, Conclusion, and Recommendations

4 Discussion of findings

Knowledge of condom use among students

Table 1. Shows the distribution of respondents according to their bio data (N=50)

Gender	**Frequency (f)**	**Percentage (%)**
Male	24	48
Female	26	52
Total	**50**	**100**
Religion		
Muslim	10	20
Catholic	14	28
Born again	11	22
Anglican	11	22
SDA	4	8
Total	**50**	**100**
Marital status		
Single	40	80
Married/cohabiting	7	14
Separated/divorced	3	6
Total	**50**	**100**

Table 2. Shows the distribution of respondents according to whether they had ever heard about condom (N=50)

Response	**Frequency (f)**	**Percentage (%)**
Yes	48	96
No	2	4
Total	**50**	**100**

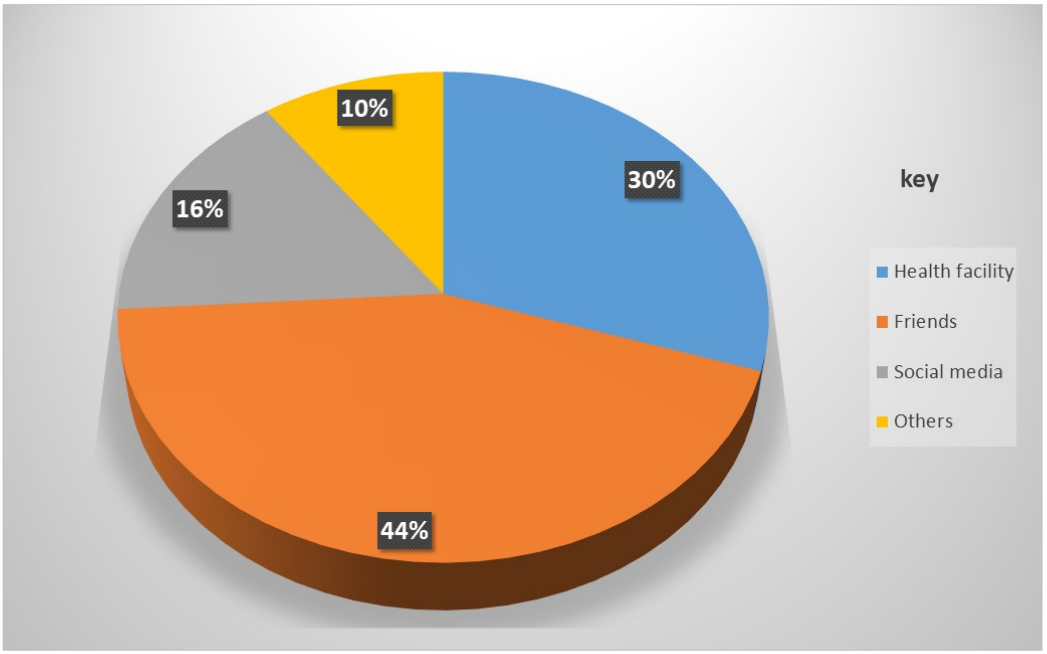

Figure 1. Shows the distribution of respondents according to their source of information about condom (N=50)

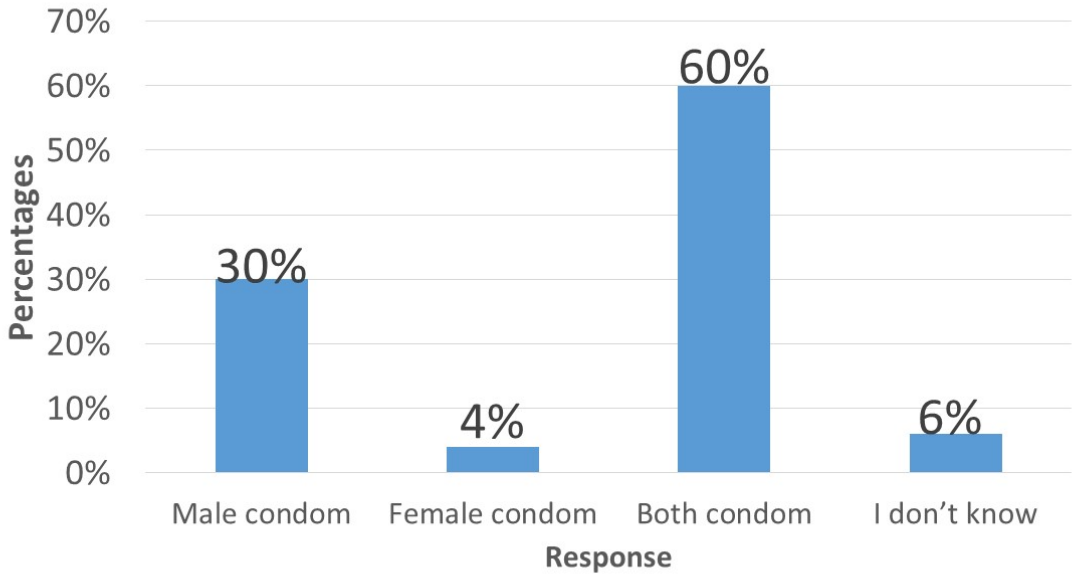

Figure 2. Shows the distribution of respondents according to which type of condom they know (N=50)

Table 3. Shows the distribution of respondents according to whether condoms were accessible at school (N=50)

Response	Frequency (f)	Percentage (%)
Yes	7	14
No	43	86
Total	**50**	**100**

Table 4. Shows the distribution of respondents according to whether they knew how to use condom (N=50)

Response	Frequency (f)	Percentage (%)
Yes	38	76
No	12	24
Total	**50**	**100**

Table 5. Shows the distribution of respondents according to whether condoms are effective in preventing STIs including HIV (N=50)

Response	Frequency (f)	Percentage (%)
Yes	40	80
No	10	20
Total	**50**	**100**

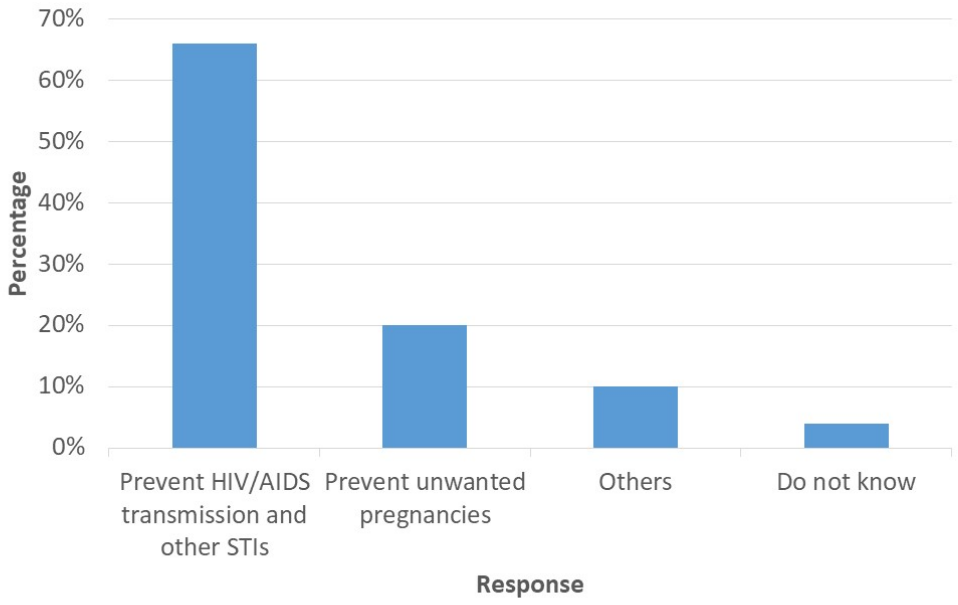

Figure 3. Shows the distribution of respondents according to their knowledge about how useful is a condom (N=50)

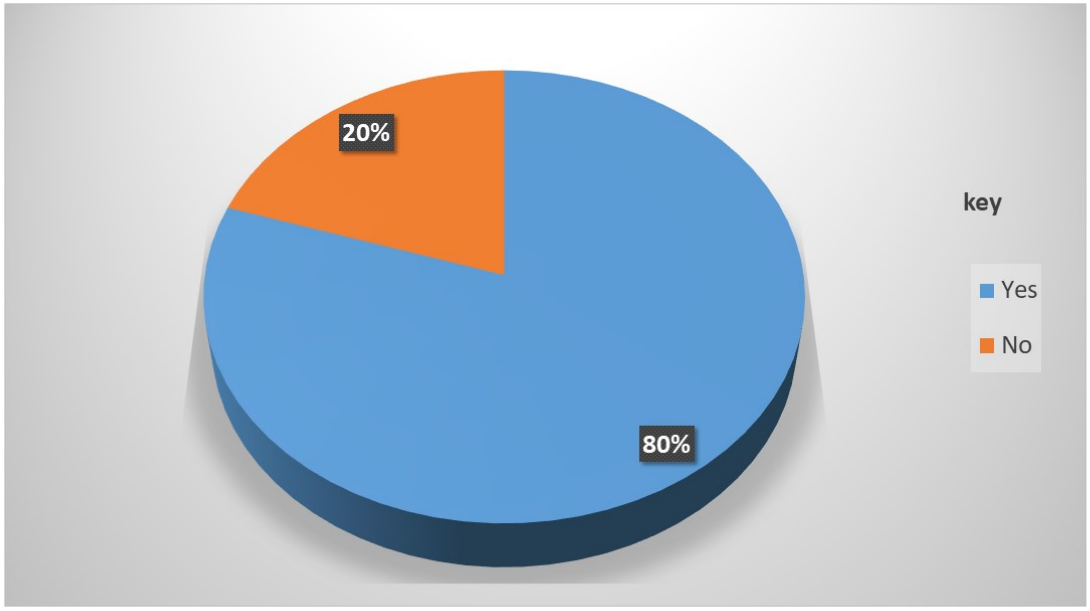

Figure 4. Shows the distribution of respondents according to whether condom can reduce sexual pleasure (N=50)

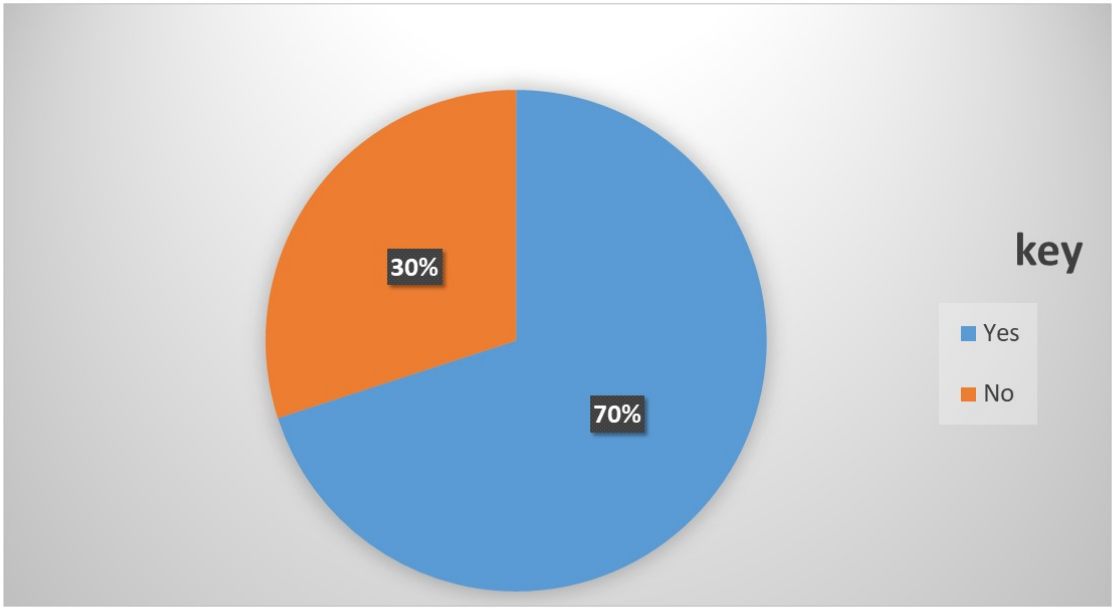

Figure 5. Shows the distribution of the respondents according to whether condom availability programs increase sexual activity among students (N=50)

Table 6. Shows the distribution of the respondents according to the type of condom they prefer to use (N=50)

Response	Frequency (f)	Percentage (%)
Male condom	49	98
Female condom	01	2
Total	**50**	**100**

Table 7. Shows the distribution of respondents according to whether they had ever had sex (N=50)

Response	Frequency (f)	Percentage (%)
Yes	40	80
No	10	20
Total	**50**	**100**

Table 8. Shows the distribution of the respondents according to whether they had ever used a condom (N=50)

Response	Frequency (f)	Percentage (%)
Yes	30	60
No	20	40
Total	**50**	**100**

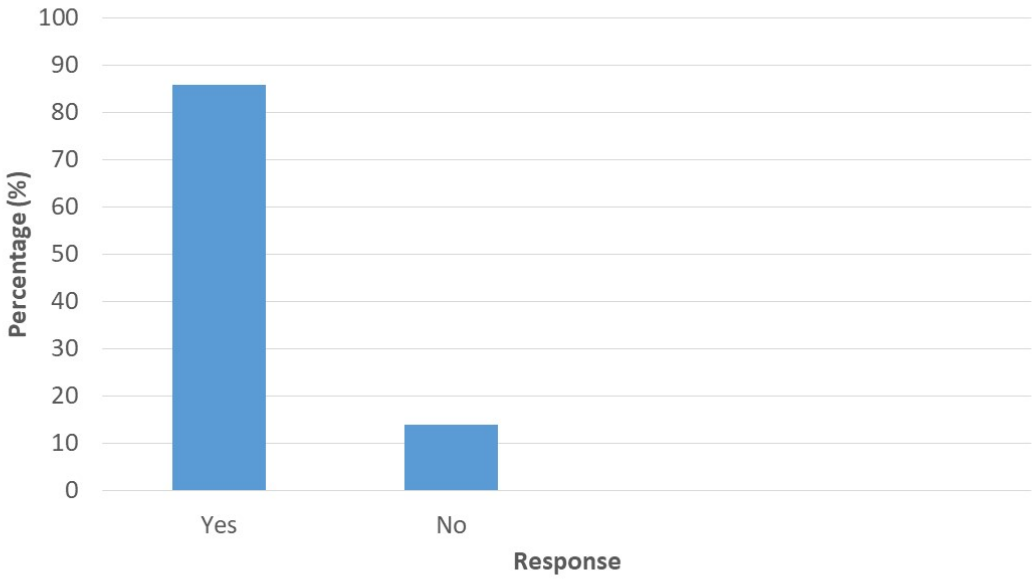

Figure 6. Shows the distribution of the respondents according to whether they would recommend a condom to anyone (N=50)

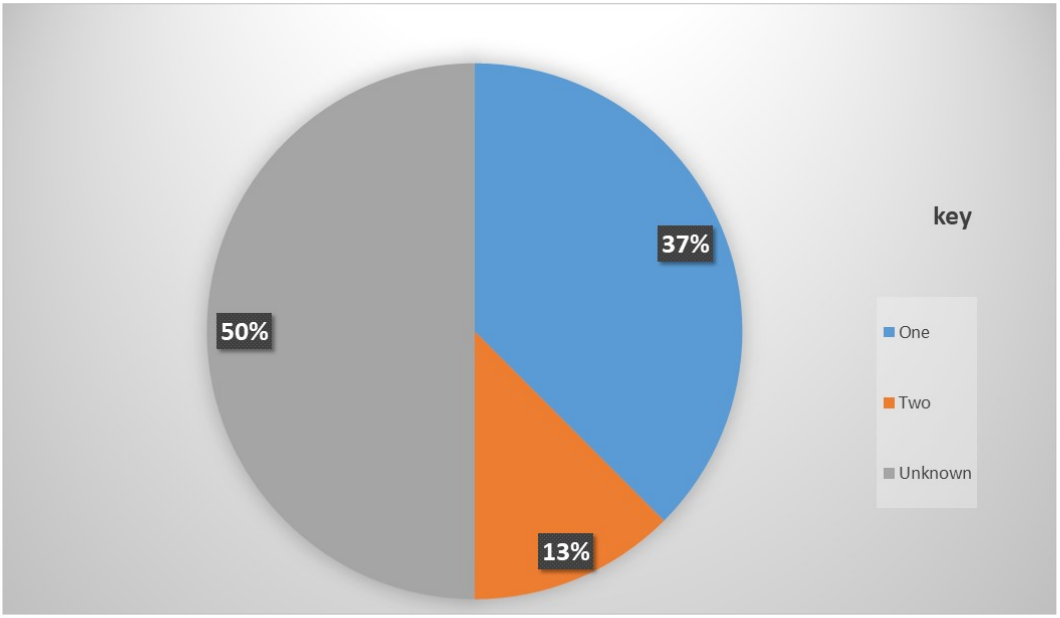

Figure 7. Shows the distribution of the respondents who had ever had sex according to the number of sexual partners they had (N=40)

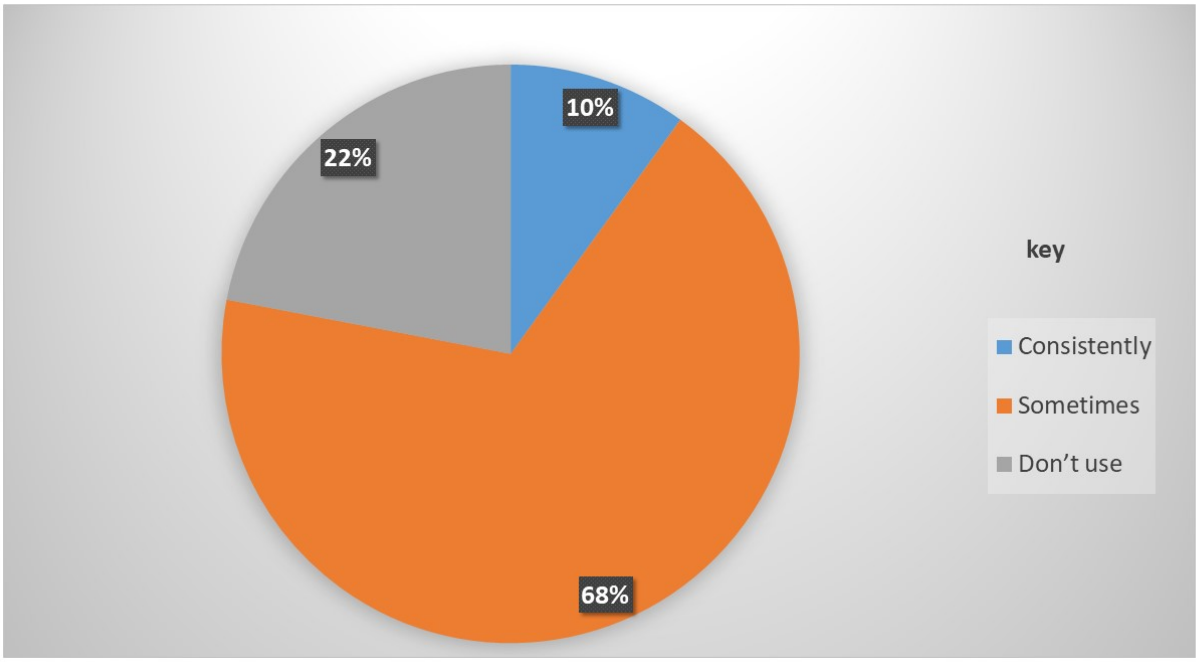

Figure 8. Shows the distribution of the respondents according to how frequently they use condom during sexual intercourse (N=50)

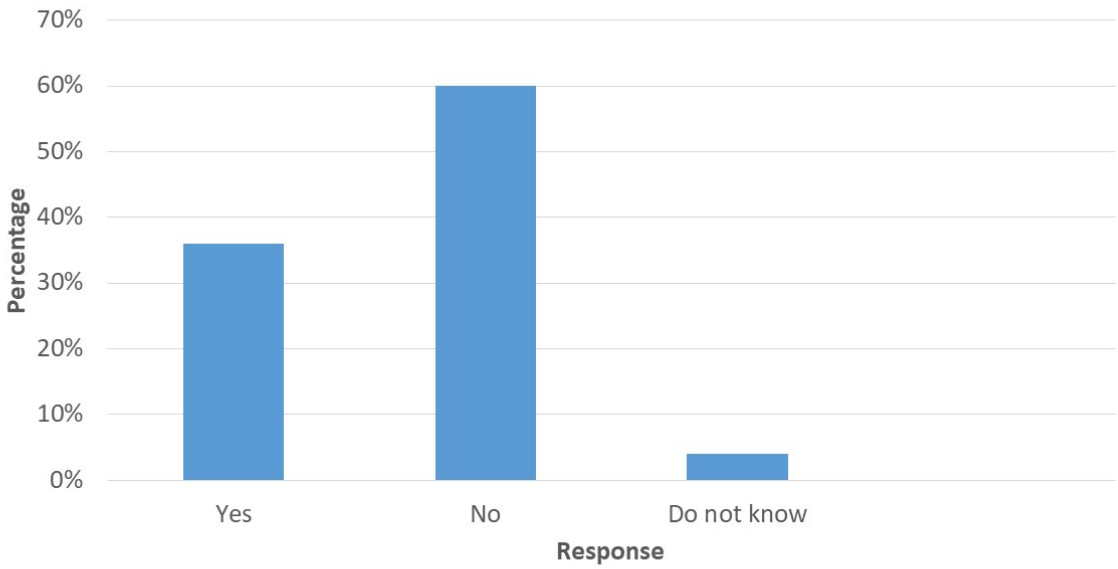

Figure 9. Shows the distribution of the respondents according to whether they used condom during their first sexual intercourse (N=50)

Table 9. Shows the distribution of the respondents basing to the reasons why they had never used a condom (N=20)

Response	Frequency (f)	Percentage (%)
I don't like it	2	10
It reduces sexual pleasure	3	15
But I am faithful	9	45
Partner disapproval	1	5
Others	5	25
Total	**20**	**100**

Out of the 50 respondents who participated in the study, (96%) reported that they had ever heard about the condom. This indicates that almost all respondents were aware of condoms. This study finding agrees with a study that was conducted in Ethiopia among Axum preparatory school students by Silassie et al (2016), where most of the study respondents (90.8%) had never heard about the condom.

In addition to the above, most (44%) of the study respondents reported friends as their source of information on a condom. This could be attributed to the fact that friends were easy and simple to interact with issues relating to reproductive life. This finding disagrees with the study that was conducted in South Africa by Chavalala et al (2019), where results related to sources of information revealed that the majority of the students (90.5%) received information about condoms from health care providers.

About the study results, the majority (60%) of respondents knew both types of condoms. This could be due to the reproductive lectures offered at the institution. This is in line with the study that was conducted in Ethiopia by Silassie et al (2016) where most of the respondents (53.9%) knew both condoms.

Study results in regards to accessibility of condoms showed that the majority (86%) of the participants indicated that there was no access to get condoms at school. This implies that there was no availability of condoms at school. This finding disagrees with the study that was conducted at Kirinyaga University by Muiga & Kimamo (2017) where the majority of the respondents (94.5%) indicated that 'condoms are free and available in University and public health facilities'.

Given the study results, the majority (76%) of the respondents knew how to use a condom. This implies that since the respondents were pursuing health courses they had the knowledge and the right procedure for using a condom. This finding isn't in line with the study that was conducted at Kirinyaga University by Muiga & Kimamo (2018) where the majority of the respondents (80.7%) indicated that they had information on how to use a condom.

Based on the study findings, the majority (66%) of the respondents reported that condom use prevents HIV/AIDS transmission and other STIs. This is because the majority of the respondents had attained better knowledge of the prevention of STIs. This finding agrees with the study that was conducted in Nigeria by Ya'aba et al (2019) where the majority of the respondents (72.1%) agreed that condom is more effective in preventing HIV/STDs.

Attitude towards condom use among students

From the study of 50 respondents, the majority (80%) of the respondents agreed that condoms can reduce sexual pleasure. This could be attributed to the fact that a significant number of study participants tried to use a condom sometimes during sexual intercourse. This finding disagrees with a study that was conducted in Southwest Ethiopia by Tewodros Y and Tadesse N (2020), where (42.2%) of respondents agreed that condom reduces sexual pleasure.

Based on the findings, the majority (80%) of the respondents agreed that condoms are effective in preventing STIs including HIV. This could be attributed to the fact that a significant number of study participants had attained a high level of education and therefore the possibility of perceiving the effectiveness of condoms in the prevention of STIs was expected to be very high. This finding is in the line with a study that was conducted among college students at Northern Kentucky University

by Asare (2015) where (78%) of the participants strongly agreed that if they used a condom during sexual intercourse they would protect themselves against STIs.

Results also revealed that the majority (70%) of the study respondents reported that condom availability programs increase sexual activity among students. This could be due to the presence of a highly sexually active population of students on the campus. This finding disagrees with a study that was conducted in the United States by Algur et al (2019) where (76%) of the students believed CAP wouldn't increase sexual activity among students.

Given the study results, nearly all respondents (98%) reported that they prefer to use a male condom. This indicates that almost all the respondents had a good attitude towards male condoms which may be attributed to the knowledge, accessibility, and cheaper to use. This study finding isn't in line with a study that was conducted in Ethiopia by Silassie et al (2016) where (17%) of the respondents used male condoms.

The results showed that the majority (86%) of the respondents agreed that they would recommend a condom to anyone. This implies that some participants had trust in condoms in terms of protection. This is in line with the study that was conducted at Douala University by Henri et al (2019), where those who were not willing to offer it to other people were (61.7%).

Practices toward condom use among students

The majority (80%) of respondents reported that they had ever had sex. This indicates that most of the participants were sexually active. This finding disagrees with a study that was conducted in Ethiopia by Silassie et al (2016) where the participants (19.6%) had practiced sex with someone.

Among those who had ever had sex, (50%) reported an unknown number of sexual partners. This indicates that most of the participants had multiple sexual partners they played sex with. This finding is slightly in line with a study that was conducted in Southwest Ethiopia by Henok et al (2015) where (44.5%) of participants had a history of multiple sexual partners.

Based on the study findings, the majority (60%) of the respondents reported having ever used a condom. This may be attributed to the fact that most of the study participants had gained more knowledge on reproductive life. This finding disagrees with a study that was conducted in Ethiopia by Henok et al (2015) where (39.4%) of the study participants did not use condoms during sexual intercourse.

Among the study participants who had never used a condom (45%) reported being faithful to partners. This indicates that most of the participants had trust in their partners hence a reduced practice of condom use. This finding disagrees with a study that was conducted in Northwest Ethiopia by Kefale B & Y (2013) where (51.7%) of the study participants reported that sexual pleasure is reduced when using a condom.

The study results also revealed that the majority (68%) of the study participants reported that sometimes use a condom during sexual intercourse. This finding indicates the inconsistent use of condoms during sexual intercourse. This finding disagrees with the study that was conducted in Nigerian Universities by Ajayi et al where (38.6%) of sexually active students used condoms consistently.

Given the study results, the majority (60%) of the study participants reported that they didn't use a condom during first sexual intercourse. This indicates that they are involved in risky sexual behavior. The current finding isn't in line with a study that was conducted in Southwest Ethiopia by Henok et al (2015) where (44.4%) of the study participants reported that they used a condom during their first sexual intercourse.

5 Conclusion

The study established that knowledge of condom use was fairly satisfactory since (96%) of the study respondents ever heard about condoms, (44%) obtained information about condoms from friends, (60%) knew both condoms, (86%) indicated that there was no access to get condoms at school, (76%) knew how to use a condom and (66%) knew that condom use prevents HIV/AIDS transmission and other STIs.

Furthermore, the study also discovered a slightly negative attitude towards condom use because (80%) of the respondents believed that condoms can reduce sexual pleasure, (80%) reported condoms are effective in preventing STIs including HIV, (and 70%) believed that condom availability programs would increase sexual activity among students, (98%) preferred male condom to female con-

dom and (86%) of the respondents would recommend condom to anyone.

The study also established that practices towards condom use were not pleasing since (80%) of respondents ever had sex which (50%) had an unknown number of sexual partners, (60%) had ever used a condom of which (and 45%) of the 20 respondents had never used a condom reported to be faithful to their partners, (68%) sometimes use a condom during sexual intercourse and (60%) of respondents didn't use a condom during their first sexual intercourse.

Generally, the researcher concluded that even though the study participants exhibited knowledge towards condom use with a slightly negative attitude, the practices towards condom use were not pleasing since most of the respondents ever had sex with multiple sexual partners and most of the participants did not frequently use a condom during sexual intercourse which increases the risk of acquiring STIs and unwanted pregnancies.

Study limitations

The researcher faced inadequate time required to complete the study, and at the same time balancing the study and other demanding work at school, however, this was solved by drawing up a timetable that was strictly followed.

Some respondents lacked enough time to fill out the whole questionnaire while some were absent at the time of data collection. The researcher managed these limitations by drawing a brief questionnaire that needed less time and also provided the necessary explanation and elaborating more about the significance of the study to the respondents.

Condom use is one of the sensitive topics where the respondents fear opening up while responding. The researcher, therefore, tried his level best to alleviate the burden of fear by assuring total confidentiality of the respondents' information.

Lastly, due to the rapid spread of Covid 19 infection, the study would facilitate the exposure of study participants to the virus. Therefore this was checked by strictly emphasizing and following the MOH guidelines (SOPs) for the prevention of the Covid 19 infection.

Recommendations:

The ministry of health should set and implement strategies that will increase condom awareness and uptake through reproductive health campaigns not only at the health facilities but also community based including academic institutions, this will bridge the gap between condom awareness and accessibility to youth including students.

Reproductive health programs should be developed for the community members including students by a collaboration of the district health officer and district education officer targeting the extension of ways on how unwanted pregnancies and STIs including HIV could be prevented through the use of a condom.

The administration of KSHS should provide free accessibility of condoms to students and also continue with general sensitization of students about youth-friendly sexual and reproductive health programs, these will improve the condom use practices hence curbing the risk of acquiring STIs including HIV and unwanted pregnancies.

6 Acknowledgement:

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7 List of abbreviations:

AGYW: Adolescent girls and young women
AIDS: Acquired immune deficiency syndrome
CAP: Condom availability program
CSW: Commercial sex worker
KSHS: Kampala school of health sciences
HIV: Human immunodeficiency virus
MIHS: Mildmay institute of health sciences
MOH: Ministry of health
NIPRD: National institute for pharmaceutical research and development

PIASCY: Presidential initiative on AIDS strategy for communication to youth

SSA: Sub Saharan Africa

STDs: Sexually transmitted diseases

STIs: Sexually transmitted infections

UAHEB: Uganda allied health examinations board

UBOS: Uganda bureau of statistics

UNAID: Joint united nations program on HIV/AIDS

UNFPA: United nations population fund

WHO: World health organization

Definition of Key Terms:

Attitude: This is the way you feel towards something

Casual sex: Sexual activity that is undertaken without commitment, emotional attachment or the personal familiarity between the participants involved

Condom: Refers to a flexible sleeve made of latex or other impermeable material worn during intercourse by either of the partner

Consistent condom use: Refers to the ability to frequently use condoms per sexual intercourse

Debut: Means the first performance of a player

Ejaculation: The forcible ejection of semen from the urethra in response to sexual stimulation

Knowledge: This is the state of being aware of a particular fact or situation

Practice: Refers to the act of doing something usual to you

Prevalence: The total number of cases of a condition in a given population at a given time

Pornographic: Containing an explicit depiction of sexual activity

Quintile: Means a subset of something

Respondent: Person replying to a questionnaire

Transactional sex: Refers to the exchange of gifts for sex framed outside prostitution

8 References:

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