

CHAPTER 5

CONCLUSIONS AND RECOMMENDATIONS

This descriptive study was conducted to describe the knowledge, attitude and risk behavior regarding HIV/AIDS among Chinese adolescents. A stratified random sampling method was used to select 294 students who studied in Beijing University of Aeronautics and Astronautics and Beijing University of Finance and Economy, Beijing, People's Republic of China. The period of data collection was from November 1999 to January 2000. The instrument used in this study was the questionnaire composed of four parts: Demographic Data Profile, Knowledge regarding HIV/AIDS Questionnaire, Attitude Regarding HIV/AIDS Questionnaire and Risk Behavior Regarding HIV/AIDS Questionnaire. The reliabilities of the instrument on part KAQ, AAQ, and PABQ were .94, .93, and .89 respectively, which were obtained by means of Cronbach's coefficient alpha. Descriptive statistics were used to analyze the data. This chapter presents the conclusion, implications for nursing practice and education, as well as limitations and recommendations for further research.

Conclusions

Based on the findings of this study, the following conclusions are made.

1. The total mean score of the knowledge regarding HIV/AIDS of adolescents was at a fair level ($\bar{X}=17.28$ $SD=3.76$). Most of the subjects (64.29%) had fair levels of knowledge regarding HIV/AIDS.

2. The total mean score of the attitudes regarding HIV/AIDS of adolescents was at a high level ($\bar{X}=38.61$ $SD=4.40$). Most of the subjects (69.73%) had high levels of attitudes regarding HIV/AIDS.

3. Most of the subjects (91.84%) never had sexual experience and only 8.16% of them had sexual experience. The total mean score of the risk behaviors regarding HIV/AIDS of adolescents who had had sexual experience was at a low level ($\bar{X}=2.53$ $SD=1.02$).

Implications of findings

The findings of this study provide implications for nursing practice and nursing education. Each of these implications is discussed.

Implications for nursing practice

The findings of this study provide nurses, especially community nurses with some basic information about the knowledge, attitude and risk behavior regarding HIV/AIDS of adolescents. Nurses can apply the information to

nursing practice, particularly in community health care to assess the students' knowledge, attitude and risk behavior regarding HIV/AIDS. Moreover, nurses can develop specific HIV/AIDS education programs for adolescents based on the information derived from this study. These HIV/AIDS educational programs may be included in systemic curriculum in schools and universities, consultations, and periodical lectures. The findings of the study will also provide basic informations for health care providers to plan for appropriate intervention, to enhance knowledge and positive attitudes regarding HIV/AIDS and to prevent risk behaviors among adolescents in China.

Implications for nursing education

The findings of this study will help nursing educators to foster students' awareness of the knowledge, attitude and risk behavior regarding HIV/AIDS of adolescents, and instruct the nursing students to acquire more knowledge and skills which are essential for HIV/AIDS educational programs.

Limitations of the study

Chinese ethics and culture may be a barrier to the subjects' expressing their feelings and thoughts.

A self-reported method was employed in this study which may have led to a biased response.

Because of the limitations of resource and time, the study was conducted only in Beijing. The subjects were

selected from two universities. This limits the generalization of the findings of this study.

Recommendations for future research

1. Further analysis for relationships between knowledge, attitude and risk behaviors regarding HIV/AIDS may need to be investigated.

3. Replications of this study in other settings with random and larger sample sizes are recommended to provide more confidence in the generalization of this study.

4. Qualitative studies may provide better understanding of adolescents attitudes and personnel behaviors regarding HIV/AIDS and overcome some shortages of the questionnaire.

5. Intervention strategies for prevention of HIV/AIDS may be recommended for further study.