



## Risk Factors Associated with HIV/AIDS Awareness on Sexual Anxiety Amongst Undergraduates of Bayero University Kano, Nigeria

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### Abstract

**Background:** Adolescence is a period of significant physical, emotional, sexual, and socio-behavioural changes with associated increased courtship activity and sexual cues promoting the risk factors of contracting HIV/AIDS and resultant sexual anxiety. Groups such as undergraduates are at increased risk of HIV transmission and anxiety. Yet, few studies have examined the influence of HIV/AIDS awareness on sexual anxiety amongst these vulnerable groups. Therefore, this study set to examine the influence of HIV/AIDS Awareness on Sexual Anxiety amongst undergraduates of Bayero University Kano, Nigeria. **Method:** The study is a descriptive cross-sectional survey of Adolescents and young Adults. A multi-stage selection involving cluster and systematic sampling in the seven departments of the study faculty was used. Additionally, in-depth interview and focus group discussion (FGD) to obtain qualitative data to support the quantitative data. **Results:** Regression analysis showed that HIV/AIDS awareness influence sexual anxiety, amongst male and female undergraduates, as attested to by 95.7% of the respondents. More so, sexual behaviour varies greatly across cultures, age groups, socio-economic class and gender. Result also showed that, students' sexual behaviour is risky among adolescents' undergraduates despite their knowledge and awareness on the dangers of HIV/AIDS infection. **Conclusion:** there is positive and significant relationship between the levels of HIV/AIDS awareness on the level of sexual anxieties of undergraduate students. And also it has been found that despite the fact of higher level of HIV/AIDS awareness among undergraduates, there is a significant involvement of students' sexual risky behaviour.

**Keywords:** Risk factors, HIV/AIDS Awareness, Sexual-anxiety, Undergraduates

### Introduction

Adolescence is a period associated with significant physical, emotional, sexual, social and behavioural changes leading to a healthy natural transition to adulthood. Adolescents with HIV have significant psychosocial, emotional and cognitive complications that often accompany chronic illnesses. When infected with HIV adolescents have to navigate through their first relationships with fear of sexually transmissible diseases before

they ever had Sexual health promotion services and often prior to coitarche and this continues through into adulthood.

University undergraduate students are an important group exposed to a range of risky behaviours (NDHS, 2013). The increased privacy afforded by living outside of their parent's home provides a greater opportunity for sexual expression. Risky behaviour among undergraduate students may be further

worsened by the fact that they mostly live in campuses where there is so much freedom of interaction between students both males and females; peer pressure and economic problems and youth-friendly recreational facilities (Agardh *et al.*, 2012). Particularly, risky behaviour such as the consumption of alcohol, cigarette smoking, or the use of illicit drugs by adolescents has been shown to be associated with increased risks of sexual intercourse, multiple sexual partners and lower rates of condom use (Certain *et al.*, 2009).

In general, adolescent sexuality has been viewed as a problem, rather than as a natural process in the growth towards adulthood (Fine, 1988). The issue of sexual anxiety among Nigerian youths is rapidly changing with the country touring modernization and globalization paths (Gray, 1999). The increased courtship activity has the possibility of promoting the risk factor of contracting HIV/AIDS if it is associated with sexual contact and sexual anxiety may set in where there is exposure to sexual cues and proposal (UNAIDS 2013).

According to Nwagu, *et al.* (2012), young Nigerians are more vulnerable to HIV transmission due to increased sexual risk behaviours which include increased multiple sexual partners and unprotected intercourse. Studies suggest the target groups, such as university undergraduate students are at increased risk of HIV transmission (Alene, *et. al.*; 2004; & Yerdaw, *et. al.*; 2004). Yet, few authors have comprehensively examined the Influence of HIV/AIDS awareness on sexual anxiety among this vulnerable group. Therefore, the intent of this study is to examine the Influence of HIV/AIDS Awareness on Sexual Anxiety amongst undergraduates of Bayero University Kano, Nigeria.

It is in view of the above, the following questions were raised.

- ❖ Does the level of HIV/AIDS awareness influence the level of sexual anxiety of university undergraduates?
- ❖ Is there a gender difference in sexual anxiety among University Undergraduates?
- ❖ Does HIV/AIDS awareness amongst university undergraduates predict variance in their level of sexual anxiety?
- ❖ Does awareness of the consequences of HIV/AIDS infection influence the sexual anxiety of university undergraduates?

Clearly, dramatic changes in sexual and reproductive awareness and behaviour in many less developed countries are needed in order to defeat the HIV/AIDS epidemic (UNAIDS 2013).

#### **HIV/AIDS Awareness in Nigeria**

The 2008 NDHS respondents were asked whether they had heard of HIV or AIDS. Those who reported having heard of HIV or AIDS were asked a number of questions about whether and how HIV can be avoided. The percentage of women and men age 15-49 who have heard of HIV or AIDS, by background characteristics. In Nigeria, 88 percent of women and 94 percent of men have heard of HIV or AIDS. Awareness varies by background characteristics. Women and men who have never been married and have ever had sex are most likely to have heard of HIV or AIDS (97 and 98 percent, respectively), while women currently in union (86 percent) and men who have never been married and have not had sex (89 percent) are least likely to have heard of HIV or AIDS. Among urban women and men, HIV awareness is almost universal (95 and 98 percent, respectively), while awareness among rural women and men is lower (84 and 91 percent, respectively). When comparing results among zones, awareness is lowest among women in North Central (76 percent) and men in North East (88 percent), and highest among women in South East (97 percent) and men in South

West (98 percent). In Nigeria, 93 percent of women and 96 percent of men have heard of AIDS.

Sexual behaviour is the most important factor influencing the spread of HIV/AIDS in Africa, but the behaviour varies greatly across cultures, age groups, socio-economic class and gender (Global HIV/AIDS, 2013). Sexual behaviour is itself influenced by a host of factors, ranging from the daily and pragmatic (such as economic and social circumstance), to the complex and abstract (such as culture).

Nigeria has a high level of awareness on HIV/AIDS as 94 percent, knowledge of all routes of transmission and two methods of prevention have remained low with 54 percent and 52.5 percent respectively. Abdullahi (2009) in his study on HIV/AIDS knowledge and reactions revealed that the majority of respondents have knowledge on HIV/AIDS. The problem is not only to be knowledgeable but also to accept the fact that AIDS is real. Many people find it difficult to believe that AIDS is real. In a study of two motor parks (Hadejia and Kazaure) in Jigawa State, Abdullahi (1996) revealed that 93 percent of the survey sample is aware of HIV/AIDS. Abdullahi (2005) studied five different at-risk groups; Female Sex Workers (FSW), Intravenous Drug Users (IDU), National Union of Road and Transport Workers (NURTW), School drop-outs and in-school youth. The data on FSW indicated that a majority of them believed that HIV/AIDS is real and many of them had at different times seen AIDS patients.

#### **Studies on HIV/AIDS Awareness Amongst Youth**

Sa'ad, *et al.*, (2013) in a study on the awareness and vulnerability to HIV/AIDS among young Girls revealed that the respondents' knowledge and understanding on how HIV/AIDS is transmitted is vague as less than one fifth know that HIV/AIDS can be transmitted through breastfeeding and only 54 percent know that it can be transmitted through blood, drug injection and bodily fluid. Fayorsey (2002) in a study on knowledge,

attitude and practice on HIV/AIDS among students, teachers and among parents in selected schools in Ghana reported that a little over 10 percent of sexually active students had their first sexual encounter in primary school, nearly one third were in junior secondary school, majority of sexually active students (almost 60 percent) lost virginity while in Senior Secondary School and beyond. She opined that these findings appear to support the argument that sex education needs to begin at the primary level.

Boyer and Keggles (1997) cited in Omotoso (2006) opined that when young people are not rightly informed about HIV/AIDS, then they are more likely to be engaged in unprotected sexual intercourse which may lead to being infected with HIV and jeopardizing their education. The end result may be that there will be more students in hospitals, clinics, and health centres than in schools. Durojaiye, (2011) observed that young people are at the forefront of the HIV/AIDS epidemic as it continues to spread worldwide. Arogundade and Falore (2012) studied the relationship between HIV/AIDS Awareness as a predictor of students Dating Behaviour in South-Western Nigeria.

#### **Methodology**

##### **Historical Background of the Study Area**

Bayero University, Kano came into being in January 1960 when Ahmadu Bello College was established and located at the School for Arabic Studies. In 1975 the Abdullahi Bayero College was raised to the status of a University College with the right to award degrees on behalf of Ahmadu Bello University, Zaria. In 1977 the Federal Government of Nigeria made all the University Colleges in the country full-fledged universities. Thus, Bayero University College dropped 'Abdullahi and College' and became simply Bayero University, Kano (BUK).

##### **Target Population**

The study populations were returning 2013/2014 200 level undergraduate students

of the faculty of Social and Management Sciences being the highest faculty in terms of students' population. These groups are returning students with developmental characteristics of young and adolescent populations and include a tendency toward risk-taking behaviour and indifference to the importance of preventative measures.

The design is a cross-sectional survey. We used a convenient stratified random sampling method across the seven selected departments for easy accessibility to large students' population. A sample size of 1030 was considered adequate due to the homogeneous nature of the population. The purposive sampling technique was used in identifying the key respondents. A convenience sampling technique employed within the seven departments of the faculty using multi-stage selection process involving cluster, systematic sampling method and simple random sampling technique as appropriate. Additionally, 15 in-depth interview participants that include a class representatives from each of the seven departments under the faculty of social and management sciences, two nurses at SS Wali HIV/AIDS Centre, AKTH, two social health workers at the Centre, Dean of students' affairs, two Medical Officers (i.e. one from the Old Site and New Site Clinics, respectively), and the faculty officer bringing the total sample size of one thousand and sixty-one (1061) respondents was used for the study.

This comprised of 1030 level 200 students to obtain the quantitative data and thirty-one i.e. fifteen in-depth interviews (IDI) participants and sixteen focus group discussion (FGD) participants for the qualitative data. The total number of questionnaires distributed to the respondents was one thousand and thirty (1030) questionnaires and one thousand and twenty-three 1023 (one thousand and twenty-three) questionnaires were returned by the respondents while seven (7) questionnaires were not returned. Also, among the one thousand and thirty returned questionnaires,

one thousand and seven (1007) respondents answered 'yes' to HIV/AIDS awareness and sixteen (16) respondents answered 'no' to awareness which was excluded from the study. Therefore, the 1007 respondents' questionnaires were used for this study (i.e. 100 percent HIV/AIDS awareness). In this case, the study involved only students who are aware of HIV/AIDS.

Also, the focus group discussion was in two sections. The first section was comprised of eight male students and the second eight female students, respectively. A tape recorder was used to record the information of the participants. This qualitative data was used to complement and support the quantitative data obtained in the study otherwise known as triangulation method. The researchers obtained permission from the heads of the departments chosen. Questionnaires were issued to participants during lecture period in the departmental classroom on a fixed date and time; Questions were addressed by the researchers for clarity.

#### **Procedure for Data Analysis**

Quantitative data was analysed using Statistical Package for Social Sciences (SPSS version 17). Descriptive analysis was used to describe the percentage and distribution of the respondents by socio-demographic characteristics (age, sex, marital status, department, level, place of residence and religion). The completed questionnaires were checked for completeness and data was entered into Microsoft excel 2007 spreadsheet and imported into the Statistical Package for the Social Sciences version 21.0 for data analysis. Standard descriptive statistics were used to describe some of the findings. The results were summarized using percentages for categorical variables and means ( $M$ ) and standard deviations ( $SD$ ) for continuous variables. The Pearson Chi-square ( $\chi^2$ ) was used to explore the gender differences among the variables in the study. Additionally, an independent t-test was used to examine whether any difference exists between males and females on overall HIV/AIDS awareness

and sexual anxiety. All statistical tests were performed using two-tailed, and a  $p < 0.05$  were considered statistically significant. Other data were analysed using descriptive statistics. Chi-square, Cramer's V value, and Cross-tabulations were used to analyse the relationships between variables. Furthermore, regression analysis was employed to test the relationship between the level of HIV/AIDS awareness and the level of sexual anxiety amongst male and female undergraduates.

### Results

The majority of the respondents 82% are adolescents and young adults within the age range of 16 to 23 years; while 16% are found to be 24 to 31 years, this implies that the population of the respondents are of youthful age bracket. The majority of the respondents 86% are single and 12% are married, all (100%) are returning 200 level students out of which 43% reside in the hostel while 41% live with their parents or guardians. Furthermore, 89% of the respondents are Muslims with only 11% being Christians. This is due to the fact that Islamic religion is the dominant religion in Kano State where Bayero University is located.

#### Level of HIV/AIDS Awareness amongst University Undergraduates

All the respondents (100%) were aware of the disease. This awareness is partly due to the influence of the mass media in creating HIV/AIDS awareness among the populace. (FGD, 2016 with students) In the same vein, an in-depth interview (IDI) asserted "HIV/AIDS has been in Nigeria since 1986 and there has been a lot of campaigns over the media, so it is believed that students are aware of the disease but whether the awareness has made them play safe is a different thing". Also, many of the students during the in-depth interview claimed that they are aware of HIV/AIDS. This implies that most of the students are aware of the existence of HIV/AIDS. This awareness may influence their sexual anxiety.

Table 1 shows the respondents' level of awareness on HIV/AIDS. It indicates that 44.4% have a very high awareness of the disease, while 41.2 % have moderately high awareness. Also, 11.9% possess a low level of awareness of HIV/AIDS. This implies that 85.6 % of the respondents' awareness of HIV/AIDS is on the high side. Despite the fact that all the respondents are aware of HIV/AIDS (i.e. 100 percent) only about 85.6% have shown a high level of HIV/AIDS awareness, while the remaining 14.4% have a low level of HIV/AIDS awareness.

A Medical Officer with Bayero University Clinic in an In-depth Interview opined that:

*Almost all students are aware of HIV/AIDS and conscious of the disease. This may be why the University has not recorded any student who is HIV/AIDS positive during medical examinations. This is partly due to students' medical screening done during the admission process and their self-awareness about HIV/AIDS.*

In the same vein, another Medical Officer with the institution clinic says that:

*Students are aware of the effects and consequence of HIV/AIDS infection that may be the major reason why during medical investigations/examinations no students were found to be HIV/AIDS positive.*

The Faculty Officer also opined that the University has "no medical reports of any student with HIV/AIDS positive as of today."

#### Level of HIV/AIDS Awareness on Sexual Anxiety of University Undergraduates

This section presents the data with regards to the effect of awareness of HIV/AIDS on sexual anxiety of university undergraduates. Table 2 shows whether the level of awareness on HIV/AIDS influences the level of sexual anxiety of the respondents. Table 2 indicates that 65.4 percent of the respondents responded

that the level of HIV/AIDS awareness influences their sexual anxiety, while 34.6 percent disagree with the opinion.

Participants during the focus group discussion affirmed that:

*The awareness on HIV/AIDS amongst the undergraduates of Bayero University, Kano influences sexual anxiety in the sense that it makes students to be self-conscious of the disease and refrain from engaging in unprotected sexual intercourse.*

The respondents are aware that HIV/AIDS patients may still live a ‘normal life’ after infection as far as they can adhere to medical therapy of HIV/AIDS and the use of the anti-

retroviral drug. Discussants in the FGD confirmed that,

*Students are fully aware of the effects of HIV/AIDS and this awareness was brought about by information received from mass media especially radio and television and also from parents who warn them against illicit sexual intercourse and immoral acts according to religious teaching (FGD, 2016 with students).*

### Level of Sexual Anxiety amongst University Undergraduates

This section presents the data on the level of sexual anxiety among university undergraduates.

**Table 1:** Respondents’ Level of Awareness on HIV/AIDS

Level of Awareness	Frequency	Percentage
Very high	447	44.4
Moderately High	415	41.2
Low	120	11.9
Very Low	25	2.5
<b>Total</b>	<b>1007</b>	<b>100</b>

Source: Fieldwork, 2016

**Table 2:** Respondents’ responses on whether HIV/AIDS awareness has an effect on their Level of Sexual Anxiety

Responses on the level of Sexual Anxiety	Frequency	Percentage
Yes	659	65.4
No	348	34.6
<b>Total</b>	<b>1007</b>	<b>100</b>

Source: Fieldwork, 2016

**Table 3:** Respondents’ Level of Anxiety on HIV/AIDS Infection

Level of Anxiety	Frequency	Percentage
Very high	538	53.4
Moderately High	278	27.6
Low	109	10.8
Very Low	82	8.2
<b>Total</b>	<b>1007</b>	<b>100</b>

Source: Fieldwork, 2016

Table 3 shows the respondents' level of anxiety on HIV/AIDS infection. It indicates that 81 percent of the respondents have high anxiety on HIV/AIDS infection. Also, 10.8 percent and 8.2 percent have a lower level of anxiety of HIV/AIDS infection. This implies that 81 percent of the respondents' level of anxiety on HIV/AIDS infection is on the high side and 19 percent have a low level of anxiety. One of the participants (Faculty Officer) during the IDI opined that:

*It is better for the level of anxiety to be high among students, as this tends to deter them from unsafe sexual behaviour and prevent them from contracting sexually transmitted diseases, such as HIV/AIDS (IDI, 2016 with faculty officer).*

Students' participants during the focus group discussion affirmed that:

*It is better they have high anxiety about HIV/AIDS as this may help them to be conscious about the scourge of the disease, not to engage in sexual behaviour and*

*therefore prevent themselves against contamination. This helps to minimise the spread of the virus (FGD, 2016 with students)*

According to a participant (Faculty Officer) during the IDI, this probably could be the reason why most students in Bayero University tend to form social grouping or make friends along gender line (meaning female friends females counterpart while male also friends males, respectively).

Participants (students) during the focus group discussion opined that they are aware that, sex especially heterosexual relationship is the most common way of transmitting HIV/AIDS and as such are very conscious in engaging in such activities. In the same vein, most participants during the in-depth interviews affirmed the above opinion. However, a participant during the IDI said that "the prevalence of HIV/AIDS is due to heterosexual sex. If students would abstain from sex, the spread of the disease will be reduced." This implies that the respondents are aware of the various ways of transmitting the disease and sex is predominant.

**Table 4:** Responses on Whether the Respondents have Fear of Contracting HIV in relation to their Level of HIV/AIDS Awareness

Responses	Frequency	Percentage
Yes	931	92.5
No	76	7.5
<b>Total</b>	<b>1007</b>	<b>100</b>

**Source:** Fieldwork, 2016

Table 4 shows the respondents' awareness of whether they have a fear of contracting HIV. It indicates that 92.5 percent of the respondents have a fear of contracting HIV, while 7.5 percent have not. During the FGD members opined that:

*Fear of contracting HIV/AIDS either makes people to abstain from sex or be faithful to one sex partner. Heterosexual sex has*

*been the major way of contracting HIV/AIDS (FGD, 2016 with Students' Representatives).*

In the same vein, a participant during the in-depth interview said:

*The fear or anxiety of being infected with HIV/AIDS could make students not to engage in a*

*sexual relationship aside marriage and be faithful with one's marital partner. Thus, it is better for anxiety of HIV/AIDS to be on the high side among students, as this may deter them from engaging in any sexual behaviour.*

This implies that when there is a fear of HIV/AIDS, students would be conscious and

cautious of engaging in any sexual relationship

In an in-depth interview, a student revealed that “the measure of his fear to contract HIV/AIDS is equal to death itself. This is in relation to the stigmatization he witnessed when one of his cousins died of AIDS disease (IDI, 2016 with students).

**Table 5:** Respondents’ Level of Anxiety on Contracting HIV/AIDS Infection

Responses	Frequency	Percentage
Very high	760	75.5
Moderately High	203	20.2
Low	16	1.6
Very Low	28	2.8
<b>Total</b>	<b>1007</b>	<b>100</b>

Source: Fieldwork, 2016

Table 5 shows the respondents’ level of anxiety of contracting HIV/AIDS infection. It indicates that 75.5 percent and 20.2 percent of the respondents have a very high level of anxiety and moderately anxious about contracting HIV/AIDS infection, respectively. This implies that the majority 95.7 percent of the respondents have a high level of anxiety on being infected with the disease. This high level of anxiety could influence the students to engage in safe sexual behaviour that would not lead them to HIV/AIDS infection and other Sexually Transmitted Diseases, (STDs). However, participants (students; both males

and females) during the focus group discussion assert:

*There is no yardstick to measure the level of fear on contracting HIV/AIDS infection since there is no category of them that is naturally immune of contracting the disease, as such they all have the fear on being infected with the disease” (FGD, 2016 with Students’ Representatives).*

**Data Presentation: Analytical Testing of Hypotheses**

**Table 6** Relationship between the Level of HIV/AIDS Awareness and the Level of Sexual Anxiety of Contracting HIV Infection

Level of HIV/AIDS awareness	Respondents’ Level of Sexual Anxiety of Contracting HIV Infection				Total
	Very Anxious	Moderately Anxious	Anxious	Not Anxious At All	
High	540	213	119	119	<b>991 (98.4%)</b>
Low	11	0	2	3	<b>16 (1.6%)</b>
<b>Total</b>	<b>551 (54.7%)</b>	<b>213 (21.2%)</b>	<b>121 (12.0%)</b>	<b>122 (12.1%)</b>	<b>1007 (100%)</b>

**Source:** SPSS (V20) Extracts, 2016 Calculated (Pearson Chi-Square) Value: 4.618  
Table Value: 2.919 Degree of Freedom (DF) 1 Cramer V: 0.068

Table 6 shows the relationship of the respondents' level of HIV/AIDS awareness and respondents' level of sexual anxieties of contracting HIV infection. The Table 4.28 indicates that 98.4 percent who have a high awareness of HIV/AIDS claimed that they are very anxious about the effects of contracting HIV infection, 87.9 percent are sexually anxious about getting infected with HIV. While 12.1 percent of the respondents in table 4.28 indicates no anxiety at all. The decision is that

**“there is a significant relationship between the level of HIV/AIDS awareness and the respondents' level of sexual anxiety of contracting HIV/AIDS infection. This is indicated from the fact that the computed chi-square value is 4.618; is higher than the table value of 2.919 at a predetermined degree of freedom of 1 using 0.05 as the level of significance.**

## **Discussions**

### **Differences between the Levels of HIV/AIDS Awareness on Sexual Anxiety of University Undergraduates**

The research findings revealed that the awareness of HIV/AIDS has an effect on a person's sexual anxiety and this is based on symbolic interaction perspective otherwise known as symbolic abstractionism which is one of the theoretical framework adopted for this study. The perspective relies on the symbolic meaning that people develop and rely upon in the process of social relationship. If people see sex or money as the basis of their courtship or friendship, it may lead them to the temptation of engaging in sexual contact which may make them prone to having HIV/AIDS infection. This confirms Caldwell, et. al., (1992) assertion that increasing sexual relationship and monetization of the economy are said to have led to the creation of major sex industry in Nigeria. It has been demonstrated that this industry is the most significant factor in creating a self-sustaining and expanding HIV/AIDS epidemic. In a study among Female Sex Workers (FSW), Abdullahi

(2005a) reported that even though all respondents said HIV/AIDS is real because some of them have either seen AIDS patients, known or heard of a patient who died of AIDS disease, yet, they feel that everything is attached to one's predestination (Qadar). The data in this study indicated that, 98.4 percent of the respondents' who are aware of HIV/AIDS claimed that, awareness has a greater influence on their sexual anxieties, while only 1.6 percent of the respondents' who responded on the effects of awareness on sexual anxiety claimed that, the awareness of the disease has no effects on their level of sexual anxieties. In this research findings show the respondents' responses on the level of HIV/AIDS awareness on sexual anxiety of the respondents which indicates that 65.4 percent of the respondents opined that the awareness of HIV/AIDS influence their level of sexual anxiety, while 34.6 percent disagree with the opinion. Further, the level of awareness on HIV/AIDS influences the students' sexual anxiety in the sense that, it makes students be cautious and become fully conscious of the disease and this makes them to refrain from engaging in unprotected sexual intercourse.

### **Level of Sexual Anxiety among University Undergraduates**

The findings of the study revealed that, the level of HIV/AIDS awareness influence sexual anxiety, and that the level of sexual anxiety is on the high side, as shown by 81 percent of the respondents. Similarly, majorities 92.5% of the respondents have fear of contracting HIV and that the level of fear of contracting the disease is very high, as attested to by 95.7% of the respondents. According to Global HIV/AIDS (2013) that sexual behaviour is the most important factor influencing the spread of HIV/AIDS in Africa, but the behaviour varies greatly across cultures, age groups, socio-economic class. Sexual behaviour is itself influenced by a host of factors, ranging from the daily and pragmatic events (such as economic and social circumstance), to the complex and abstract (such as cultural ideas).

## Conclusion

The study shows that all of the respondents were aware of the existence of HIV/AIDS, with a high level of HIV/AIDS awareness amongst students. There is a positive relationship between the higher level of HIV/AIDS awareness and the high level of sexual anxiety found amongst the undergraduate students. A large number of respondents agreed that the awareness on the consequences of HIV infection has an effect on individuals' level of sexual anxiety and

risky sexual behaviour. Despite the fact that there is a high level of HIV/AIDS awareness among undergraduates, but risky sexual behaviours are still observed among adolescent students. Therefore, there is need to encourage adolescent undergraduates in their sexual self-control and also increase awareness on the scourges/dangers involved with HIV/AIDS infection especially among youth undergraduates and young adults in our tertiary institutions of higher learning.

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