

A Report on the Survey of the Sexual Awareness and Sexual Behavior for the Prevention of HIV/AIDS Infection in the Republic of Malawi

Matsui Ikuko

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Introduction

The HIV seroprevalence in the World are reported to be about 34,300,000 at the end of 1999. It increased over 10% in the last year. Such persons in the developing countries account for more than 90% of all. It is supposed that over 70% of HIV seroprevalence are in Sub-Sahara of Africa which has only 10% of the world population. It is considered that four fifth of the dead are caused by AIDS-related complex in such countries. As a result, it makes worse the infants under five mortality and the average life span than before. Decrease in working population would cause the more severe poverty in Malawi. Furthermore, the orphans whose parents have died of HIV/AIDS are recently on the increase and it causes new troubles that the orphans reach the age of puberty. It's quite a burden for the government to support the AIDS orphans.

Malawi, one of the countries of Sub-Sahara of Africa, has also many problems. Although many countries are

supporting Malawi for the prevention of HIV/AIDS infection, Malawian's own efforts are needed. Therefore the main theme of this study is analysis of the present state and the problem about the prevention of HIV/AIDS infection in Malawi and search for the possibility of the improvement.

In this report I would like to focus on the results of the field survey in 1999 that have done for the study.

Field survey

Objects for the survey

1. To grasp the sexual awareness and sexual behavior in Malawi.
2. To identify the present state of AIDS orphans and to analyze the Malawian's recognition on AIDS orphans reaching puberty.

Methods and subjects for the survey

For ten weeks, 15th October - 25th December 1999.

Self-registering method for students and Interview method for others using the questionnaire.

1. The survey on sexual awareness and sexual behavior in Malawi using self-registering method with the questionnaire

At first I asked the principals of some schools to cooperate in my survey. Four school ; College of Health Science and Kamzu College of Nursing in Lilongwe, Malawi College

of Accountant and Sunnyside Secondary School in Blantyre agreed to my proposal.

Subjects : 28 students in College of Health Science were given a detailed explain about my study and way of fill out in the questionnaire. At that time 28 questionnaires were collected together. 11 students of the other in College of Health Science, 4 students in Kamzu College of Nursing, 31 students in Malawi College of Accountant and 11 students in Sunnyside Secondary School were given the questionnaire with a detailed explain about my study and way of fill out in the questionnaire. Then after one or two weeks they were collected. Total 84 of 85 questionnaire were effective.

2. The survey on sexual awareness and sexual behavior in Malawi using interview method by Chewa and Tumbka language with the questionnaire.

Subjects : Total 296 people were interviewed after obtaining informed oral consent by trained interviewers with the questionnaire using Chewa language in central and southern area and Tumbka language in northern area. The community health nurse, the director and the general manager of the district hospital, the headman and TBA (Traditional Birth Attendants) of the village were given a detailed explain about my survey and requested to cooperate in it. After they agreed to my proposal we started it.

Result and consideration of the survey

1. About 70 % of subjects mentioned the modern method like injection, condom and pill for family planning (Figure 1).

Furthermore most subjects choose them (Figure 2).

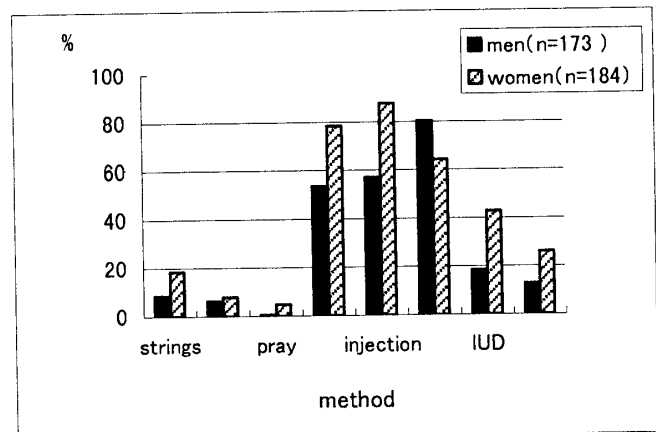


Fig.1. The known method for family planning

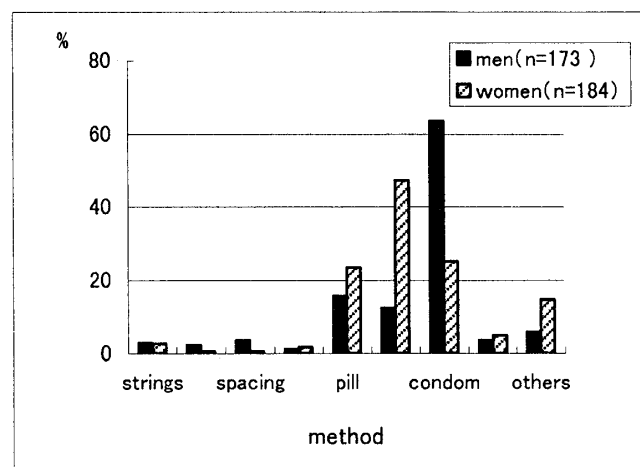


Fig.2. The selection method for contraceptive

There were some differences between men and women on the selection method for family planning. A lot of men said that they choose condom and on the other hand many women said that they choose injection. It's supposed that any method is possible to be selected by their own initiative.

There were also some differences in schools and between students and others about it. Malawi College of Accountant and Sunnyside Secondary School have many single and low age people comparatively. Therefore most students didn't have many knowledge on it and they said that they choose condom by their selves. On the other hand, although students of College of Health science and Kamzu College of Nursing

also had knowledge about traditional methods such as strings and herb (Figure 3), they said that they choose modern methods (Figure 4). On the selection reason for condom, the largest number of subjects answered "easy" and secondly "safety". The prevailing knowledge about safety of condom is supposed to be the good result by the effort of IEC (Information, Education and Communication) of Malawi government (Table 1).

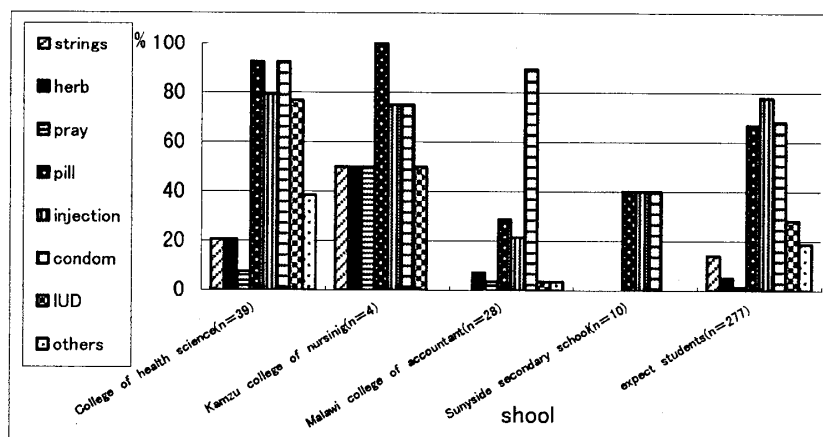


Fig.3. The known method for family planning

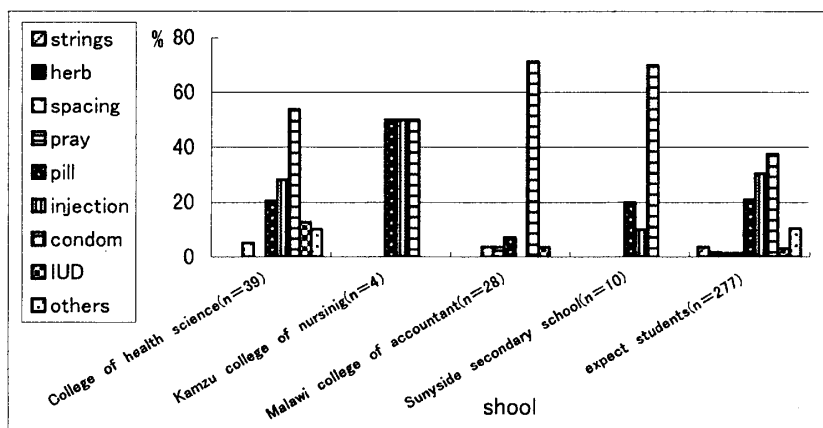


Fig.4. The selection method for contraceptive

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Table1. The selection reason for the method

		safety	certainly	easy	cheep	others
strings	men(n=173)	1.2	0	2.3	1.7	0
	women(n=184)	0	0	1.6	0.5	0.5
herb	men(n=173)	0.6	0	1.7	1.2	0.6
	women(n=184)	0	0	0.5	0	0
spacing	men(n=173)	1.2	0	0.6	0	0
	women(n=184)	0.6	0	0	0	0
pray	men(n=173)	0.6	0	0.6	0	0
	women(n=184)	0.5	0	1.1	0.5	0
pill	men(n=173)	4.0	2.9	8.1	4.0	0.6
	women(n=184)	7.1	3.3	9.8	4.9	2.2
injection	men(n=173)	6.9	5.2	9.8	5.2	0
	women(n=184)	7.1	4.3	** 31.0	6.5	2.2
condom	men(n=173)	** 23.1	3.5	** 26.0	* 12.7	1.2
	women(n=184)	10.3	0	* 11.4	6.5	1.1
IUD	men(n=173)	1.2	0.6	1.2	1.2	0
	women(n=184)	1.1	0	3.8	0.5	0
others	men(n=173)	1.2	1.7	1.2	0	0
	women(n=184)	3.3	1.1	3.8	1.1	1.1

** p<0.01

* p<0.05 plural answers

2. On the route of HIV/AIDS infection, 96% of subjects answered that it's sexual intercourse. On the other hand the answers were 26%

for mother to child transmission making a matter recently in spite of about 80% in the prior study (Figure 5).

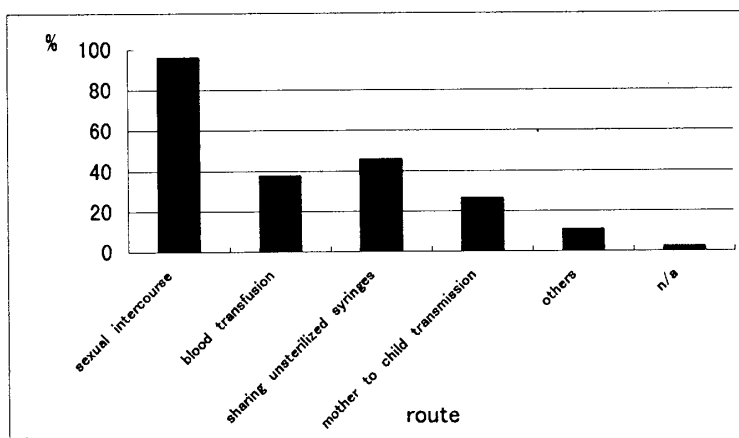


Fig.5. The route of HIV/AIDS infection

It's imaginable that subjects have many students whose generation don't feel a birth real. In the other two schools as a training school of medical person, most of students have the knowledge about mother to child transmission naturally, but it seems that the information about it doesn't spread to general people (Figure 6).

On the information of the route of HIV/AIDS infection, the result was similar to the prior studies; that is many subject's answers were radio and hospital (Figure 7), while the answer among students were school, radio, hospital and newspaper more than friends and relatives, which were prevailed in the prior study (Figure 8).

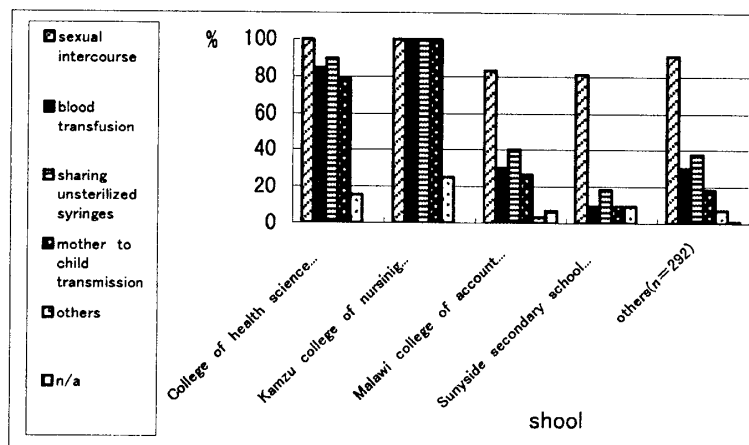


Fig.6. The route of HIV/AIDS infection

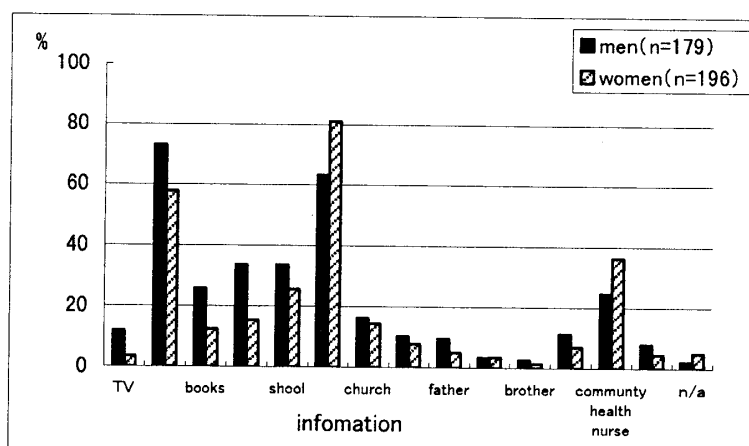


Fig.7. The information of the route of HIV/AIDS infection

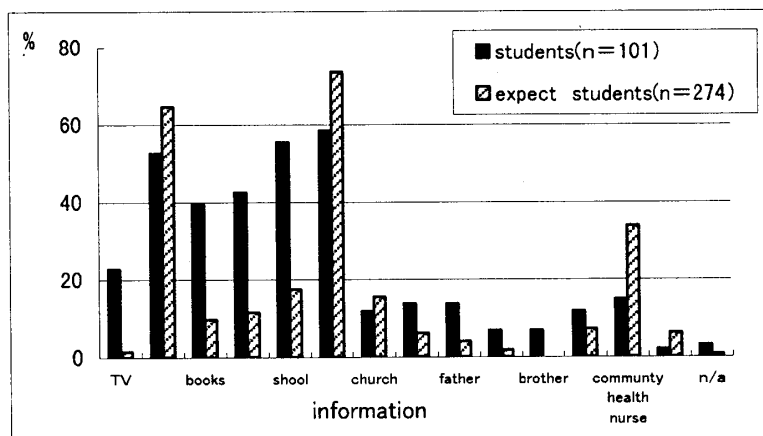


Fig.8. The information of the route of HIV/AIDS infection

It's considered that men are higher in the rate of school attendance and bigger economic power than women in Malawi, thus men hold a dominant position of access to collect the information than women. Furthermore they answered television that didn't exist before. School education and television are expected as the new providing source of information in future.

3. Although most subjects, both men and women, chosen condom as practicing way for the prevention of HIV/AIDS infection, ways of "other" such as "abstain" or "keep one partner" were selected by women especially of 30's rather than men. Because 30's people are reproducibile age and they acutely want to baby, it's supposed that they would choose the method which can get pregnant preventing HIV/AIDS infection.

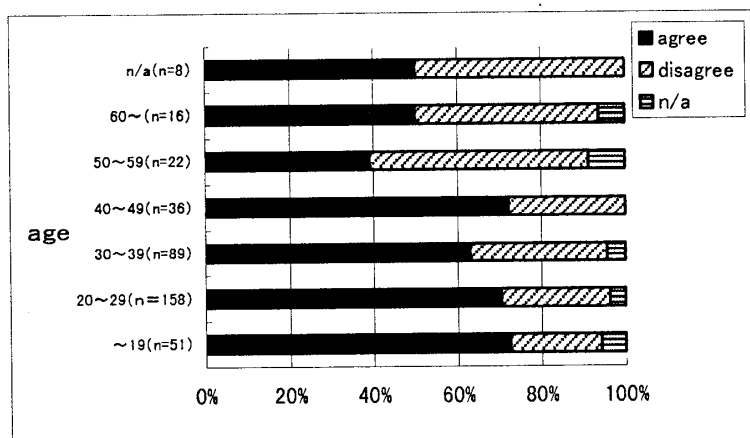


Fig.9. Condom use among married couples

4. About using condom among married couples, a lot of subjects in teens and twenties agreed with it, but many of them in fifties disagreed with it (Figure 9). There were also some differences among schools. 80 % of subjects in Sunnyside Secondary School, Malawi College of Accountant and Kamzu College of Nursing agreed with it, because most students are single and in teens or early of twenties.

On the other hand, 54 % of subjects in College of Health Science disagreed with it, because 60 % of them were married and their average age were 30 years old (Figure 10). The reason might be that many students of College of Health Science had known about not only condom but also other methods and they were forming their own families.

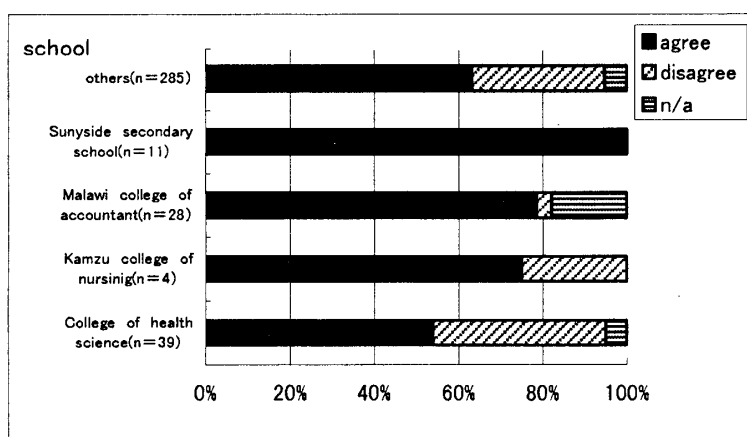


Fig.10. Condom use among married couples

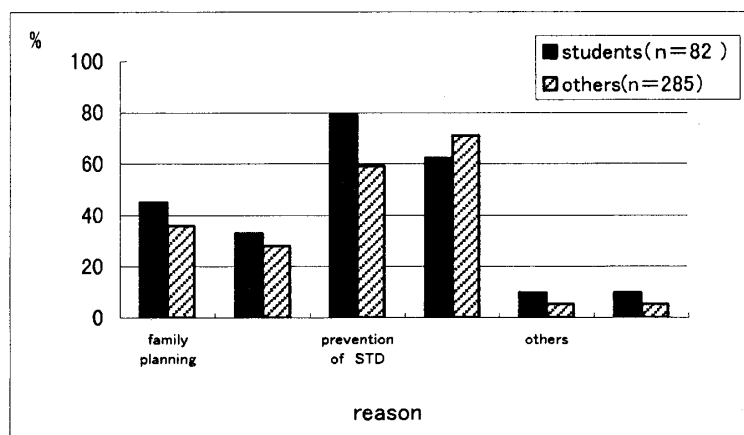


Fig.11. Reason for condom use among married couples

As indicated in Sunnyside Secondary School having no opposite students, there is a possibility of consciousness change such as their sense of resistance to the condom use was lessen by the youth in teens.

On the means of condom use among marriage couple, there is not different in age and sex. There are many people expect of students thinking condom use for prevention of HIV/AIDS infection (Figure 11). This may be because of reality of danger of HIV/AIDS in community. On the reason of disagree of condom use among marriage couple there were such as “don’t need for marriage couple”, “trust partner” and “don’t like condom” etceteras.

5. On the sexual intercourse before marriage, about 80% of all answered that is a “problem”, but about 20% of teens and twenties allowed it (Figure 12). There was a difference between the College of Health Science and other schools (Figure 13). Today, young people in Malawi are facing adolescence in free social situation and accessible society in the information gathering different from the former society. Therefore it’s supposed that the awareness of youth about sexual morality and sexual standard such as a sense of resistant in condom use and a reduction in men and women difference has remarkably changed.

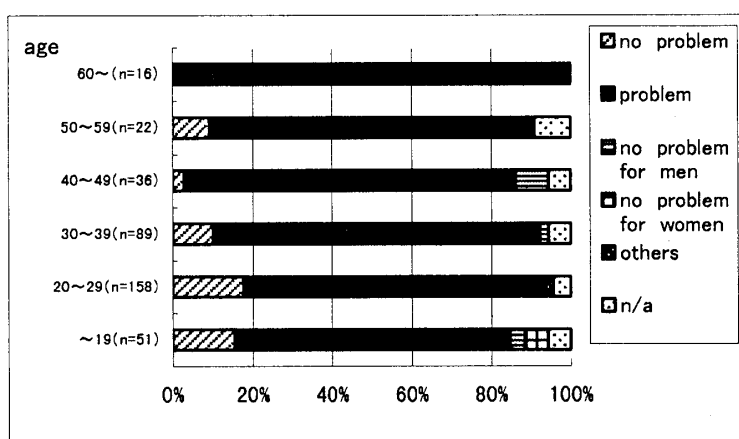


Fig.12. Sexual intercourse before marriage

6. In the prior studies it's described that although men have a chance of getting education more than women, men are doing the dangerous sexual behaviors such as contact more than one sexual partners and a prostitute as a first sexual partner.

In the result of this study it's also reported that men have more than one sexual partners (Figure 14) and the first sexual partner of men is a person except their spouse unlike women (Figure 15).

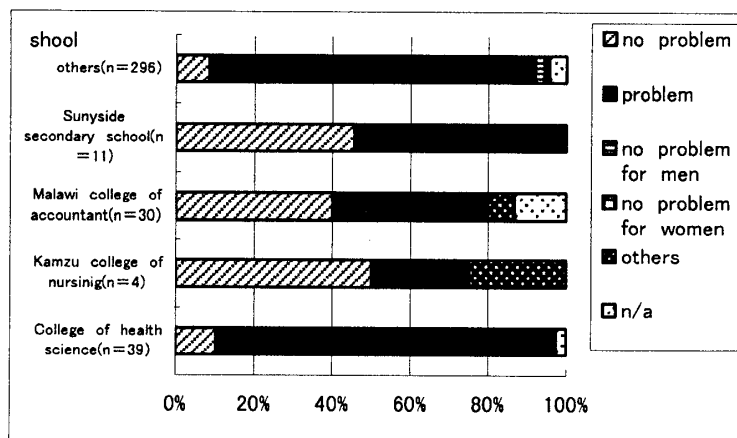


Fig.13. Sexual intercourse before marriage

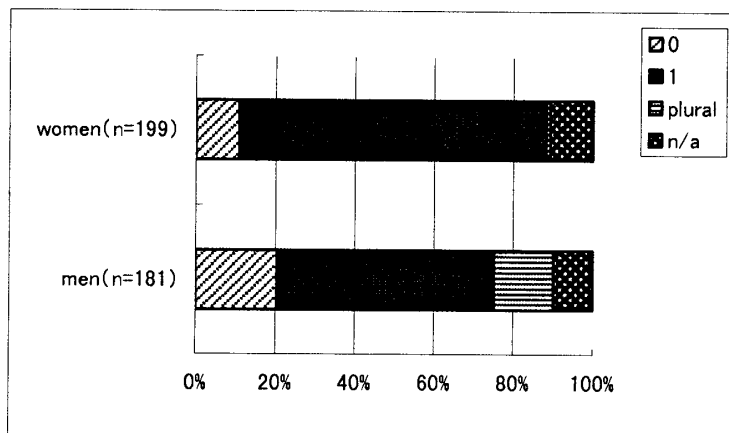


Fig.14. Number of sexual partners

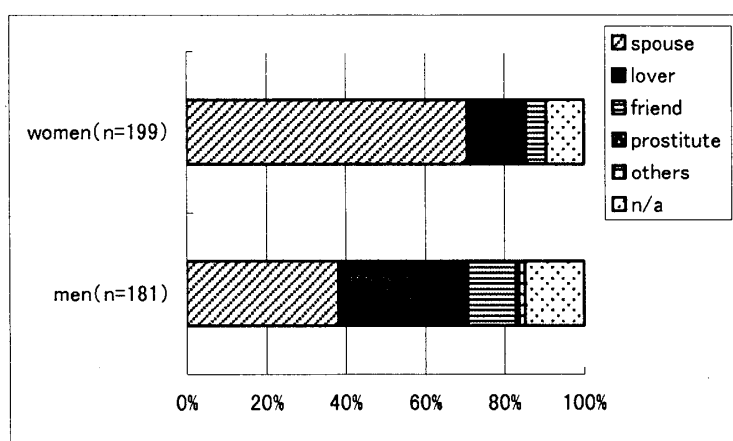


Fig.15. First sexual partner

7. On the answer whether they know or not about AIDS orphans, over 90% of all know it. Furthermore over 80% of them answered that "some of AIDS orphans become street children". The most majority reason for become street children were "nobody take care of them". It's supposed that the result came from the idea that children in a village should be brought up in a village. On countermeasures to AIDS orphans there are a lot of answers; "the general education about HIV/AIDS infection" and "building the facilities for AIDS orphans". Reflection of the life of Malawian appear in the free answers such as "I want to give foods, clothing and housing", "If possible we want to take care of them by ourselves" and "Community should take care of them". Such answers might suggest the validity of the activities of the government such as "Uniting approach in a community".

Conclusion

In this field survey the characteristic answers by students and excluding students were derived. The following respects were clarified.

1. As a whole, among the known method of family planning, the modern method such as "injection" and "condom" were about 70%. Furthermore as the reason to select condom, the subjects answered "safety" except "easy" were majority. It's supposed that the recognition of the safe condom has spread widely. This may be a result of the IEC activity of the government.

2. Young generation such as students agreed the condom use of married couple and allowed the premarital sex. It's supposed that the change of sexual standard than before appeared remarkably. Compared with this, the subjects except students, especially women and thirty's selected more "abstain or avoid sex" and "stick one partner" than "use condom". If a

company of condom carry out an effective projects with the statistics as sales promotion for young generation, it's supposed that condom use for against HIV/AIDS infection will spread immediately and produce satisfactory results.

3. In the access to collect information through the internet and the television broadcast, it's found that the difference came from more "social stratum difference" than "vary according to locality".

4. It was realized that generally men have an opportunity to get education and information about HIV/AIDS infection easier than women, but they used to have multiple sexual partners and the dangerous sexual behavior such as out of marriage and before marriage.

5. While most Malawian identified AIDS orphans, the solution for problems depended on the power of only individual and community as in the past. It appears to be necessary not only general education but also sexual education including HIV/AIDS are provided to AIDS orphans reaching puberty immediately, as we must break off the vicious circle of HIV/AIDS infection. Though Malawi government should solve the problems in future, it's necessary they have to grasp the real number of AIDS orphans and to secure funds continuously.

6. For general acceptance of the prevention of HIV/AIDS infection by Malawian, at first it's necessary that

education about HIV/AIDS should be provided for youth who aren't shackled traditional sexual standard as target. Furthermore it's necessary to support the headman as a leader with some educational roles in a community. Because even if the social situation changes, most Malawian keep living in a community.

Acknowledgement

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QUESTIONNAIRE

May I ask you some questions?

- 1) Age _____ 2) Sex a) Male b) Female
- 3) Religion a) Christian b) Moslem c) Local d) Others _____
- 4) Marital status a) Married b) Single c) Divorce d) Separated e) Widowed
- 5) Occupation _____ 6) Tribe a) Chewa b) Tonga c) Tumbuka d) Yawo e) others
- 7) Academic career _____ 8) Income MK _____ /month
- 9) Family member _____ Total _____
- 10) Do you know any methods for Family Planning? YES NO
If your answer is YES, what kind of method do you know?
(Strings, Herb, Pray, Pill, Injection, Condom, IUD, Others _____)
Where do you get the knowledge?
(TV, Radio, Book, Newspaper, School, Hospital, Church, Mother, Father, Sister, Brother, Friend, Community Health Nurse, Others _____)
- 11) If you would like to prevent contraception, what kind of method do you use?
(Strings, Herb, Spacing, Pray, Pill, Injection, Condom, IUD, Others _____)
Why do you choose? (Safety, Certainly, Easy, Cheap, Others _____)
- 12) Do you know about the route of HIV infection? YES NO
If your answer is YES, what kind of route do you know?
(Sexual intercourse, Blood transfusion, Sharing unsterilized syringes, Mother to child transmission, Others _____)
Where do you get the knowledge?
(TV, Radio, Book, Newspaper, School, Hospital, Church, Mother, Father, Sister, Brother, Friend, Community Health Nurse, Others _____)
- 13) Do you use any HIV preventive measures when having sex? YES NO
If your answer is YES, what kind of method do you use?
(Herb, Pray, Charm, Medicine, Condom, Others _____)
If your answer is NO, why don't you prevent? (_____)
- 14) Do you have any AIDS patients in your community? YES NO
If your answer is YES, how do you associate with them?
(Avoid, As much as possible you avoid, Occasionally associate, Constantly associate, Others _____)
Why do you think they suffer from AIDS?
(Sexual intercourse, Blood transfusion, Sharing unsterilized syringes, Mother to child transmission, Others _____)
- 15) Do you know any STD? YES NO
If your answer is YES, what kind of STD do you know?
(Syphilis, Gonorrhea, Chlamydia, HIV, Others _____)
- 16) Do you know the route of STD? YES NO
If your answer is YES, what kind of route do you know?
(Sexual intercourse, Blood transfusion, Sharing unsterilized syringes, Mother to child transmission, Others _____)
Where do you get the knowledge?
(TV, Radio, Book, Newspaper, School, Hospital, Church, Mother, Father, Sister, Brother, Friend, Community Health Nurse, Others _____)
- 17) If you suffered from any STD, what kind of treatment did you take?
(Herb, Pray, Charm, Medicine, Hospital, African doctor, Others _____)
How do you prevent against STD?
(_____)
- 18) Do you know what is condom? YES NO
If your answer is YES, do you know how to use? YES NO
If your answer is YES, where do you get the knowledge?
(TV, Radio, Book, Newspaper, School, Hospital, Church, Mother, Father, Sister, Brother, Friend, Community Health Nurse, Others _____)

- 19) What do you think that a married couple use condom? Agree Disagree
 If your answer is agree, why do you agree?()
 If your answer is disagree, why do you disagree?()
- 20) If you use condom, what do you want to achieve?
 (for Family planning, for the contraception, for the prevention of STD,
 for the prevention IV, Others_____)
- 21) If someone have a sexual contact before marriage, what do you think about it?
 (No problem, Problem, No problem for men, No problem for women, Othres_____)
 Why do you think so?()
- 22) In marriage case, do you agree a sexual contact out of marriage?
 (Agree, Disagree, No problem for husbands, No problem for wives, Others_____)
 Why do you think so?()
- 23) Do you know a prostitution? YES NO
 If your answer is YES, what do you think about a sexual contact with prostitutes?
 (Agree, Disagree, No problem for single, Others_____)
 Why do you think they work as a prostitute?
 ()
- 24) Do you know anyone who had sex with prostitutes? YES NO
 If your answer is YES, what do you think about them?
 (No problem, Problem, If possible I want, Others_____)
 Why do you think so?()
- 25) Do you have any acquaintance who works as a prostitute? YES NO
 If your answer is YES, what do you think about it?
 (No problem, Problem, If possible I want, Others_____)
 Why do you think so?()
- 26) How many sexual partners do you have?
- 27) What kind of person is your first sexual partner?
 (Husband, Wife, Lover, Friend, Prostitute, Others_____)
- 28) Do you know anyone who sales their daughter in your community? YES NO
 If your answer is YES, what do you think the reason?
 ()
- 29) Do you know TBA in your community? YES NO
 If your answer is YES, how do you know them?()
 What do you think about them?()
- 30) Do you think that TBA can assist to prevent HIV/AIDS infection in a Village?
 YES NO
 If your answer is YES, why do you think so?()
 If your answer is NO, why do you think so?()
- 31) Do you know about AIDS orphans? YES NO
 Is it true that some of Street Children are AIDS orphans? YES NO
 If your answer is YES, why do you think AIDS orphans become Street children?
 (Lose parents, Nobody take care of them, Family collapse, Poverty, Their voluntary acts,
 Others_____)
- 32) What should you do in order to change the actual condition of AIDS orphans?
 (Giving the education for preventing HIV/AIDS, Providing the information about HIV/AIDS,
 Preparing the home for orphans, Establishing the new system for AIDS orphans,
 Preventing the spread of HIV/AIDS infection, Forbidding to share syringe,
 Others_____)
- 33) What shall we do for the prevention of HIV/AIDS infection?

[]

Thank you for your cooperation.