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Knowledge, Attitude and Practices of Condom use Among Youth Aged 18-30 Years: A Case Study of Seeta Parish Goma Sub County, Mukono District

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ABSTRACT

Globally, condoms are an important method of family planning and prevention of sexually transmitted infections especially human immune deficiency virus HIV/acquired immune deficiency syndrome AIDS. Condoms prevent unwanted pregnancies s and protect sexually active youths from STDs. This study was conducted to assess knowledge, attitudes and practices in. This study was carried out to assess the knowledge, attitude and practice of condom use among youth aged 18-30 years using Seeta parish Goma sub county Mukono district as a case study. The study was a descriptive-cross-sectional study design using quantitative data collection and analytical methods. A total of 382 youths aged 18-30 years was selected using systematic random sampling. The data was collected using researcher administered questionnaires while data was analyzed using Microsoft Excel program. Descriptive statistics such as frequencies and proportions and graphs were generated to present the study findings that answered the specific objectives of the study. The study found out that the level of knowledge about condom use among youth aged 18-30years in Seeta, Mukono district was high while the attitude towards condom use was generally negative. the level of use of condoms was low with even those youths using condoms not doing so consistently. Despite the youth aged 18-30years in Mukono district being quite knowledgeable about condoms, the use of condoms among the majority is inconsistent most likely owing to their poor attitude towards condom use.

Keywords: knowledge, attitude, practices, condom, youth, 18-30 years

INTRODUCTION

Condom exists as a popular barrier in providing protection from sexually transmitted infections (STIs) and as a method of preventing pregnancy, it acts as a barrier that stops sperms from entry to the female genitalia [1-4]. The Manufacture of condoms can be tracked down from a long time ago in the fifteenth century where it was used to address the Syphilis pandemic in Europe. Materials such as animal gut and leather were used to develop the texture of condoms however, the quality was improved in the eighteenth century through technological development [5-9]. Due to its elasticity and strength, rubber was developed establishing the work of the male condom in safeguarding against infections that are sexually transmitted and contraception within the same period in the same country [10-12].

Worldwide, the number of people living with HIV/AIDS is said to be around 2.1 million of young adults aged 10 and 19 having 1.4 million residing in African countries in the East and South. While self-restraint from sex is a desired method of preventing one from getting HIVand other infections transmitted sexually among the teenagers, it is not practical for most youths thus condoms have to be repeatedly and rightly used [13,14-20].

There is great efficiency when condoms are used as they are known to minimize HIV transmission, unplanned child births as well as other diseases acquired through sexual relations. Condoms if appropriately and unfailingly used are said to render almost 94% decrease in threat of spreading HIV [15-21].

This study therefore was carried out to bridge this gap to enable the government, local leaders and other stakeholders to start campaigns for awareness of condom use in the community and reduce the chances of future increase in burden of risky sexual behaviors among youth aged 18-30years in Seeta, Mukono district and Uganda at large.

METHODOLOGY

Study design and rationale

It was a community based descriptive cross-sectional study using quantitative data collection and analytical methods. This design was used because it saved time and money bearing in mind the researcher's limited time and financial resources.

The Study area

The study was conducted in Seeta parish Goma Sub County, Mukono district.

Study population

The study targeted both male and female youths aged 18-30 years that were permanent residents of All youths aged 18-30 years and permanent residents of Seeta parish Goma sub county, Mukono district.

Sample size determination

The minimum number of study subjects **(n)** was estimated by using a sample size formula by Kish and Leslie (1965) for cross-sectional studies.

where **(n)** is calculated by the formula

$$= \frac{z\alpha^2 p(1-p)}{\delta^2}$$

pis the proportion of the population with the desired characteristic i.e., the prevalence of condom uses among youth in Uganda (46%) [16].

Where Zα = Standard normal deviation at 95% confidence interval corresponding to 1.96;

δ = Margin of error *of*5% or 0.05;

n = estimated sample size for a population greater than 10,000

$$\mathbf{n} = \frac{1.96^2 \times 0.46 \times 0.54}{0.05 \times 0.05}$$

n= 381.7

Therefore, n = 382 participants.

Therefore, a sample size of 382 study participants was considered for this study.

Sampling procedure

Multistage and simple random sampling techniques were used to obtain the participants of the study. The various stages of sampling in the division were the villages and households. Simple random sampling was used to select two village/cells from 5 villages in the parish. Then from each of the villages a total of 191 youths aged 18-30 years was selected by purposive sampling where all easily accessible households were visited. From the households visited any youth of any gender aged 18-30 years was considered for the study till the required number was achieved.

Inclusion criteria

The following was the inclusion criteria for the participants;

- Being permanent resident of Seeta parish Goma subcounty Mukono district
- Being of sound mind and hence able to answer questions in the questionnaire.

Exclusion criteria

The study excluded;

- Visitors, non-permanent residents of Seeta parish Goma sub county Mukono district
- Those with mental disorders.

Data Management and Statistical Analysis

The filled questionnaires were serialized to avoid double entry and were checked at the end of each day to ensure completeness and no additional information was added to the questionnaire after data collection. The questionnaires were kept under lock and key after analysis of data for future reference. Data was then analyzed using Microsoft excel program and presented in percentage, frequency distribution tables, pie charts and bar graphs.

Ethical consideration

Prior to data collection clearance was obtained from the dean Faculty of Clinical Medicine and Dentistry (KIU-Western Campus), who gave the researcher an introductory letter, the basis of which the researcher was allowed to conduct the study. Participants were informed about the purpose of the study and their full right to or not to be interviewed at all. Informed written consent from every participant was obtained before conducting the interview. The address and names of the respondents was not included for the sake of confidentiality. The participants' privacy was ensured by interviewing the respondents in privacy. The participants were assured that there were no rewards/incentives for participating in the study or harm for not participating or refusing to participate in the study.

RESULTS

Table 1: Demographic characteristics of respondents (n=382)

Characteristic	Frequency	Percentage (%)
Age group		
18-20 years	70	18.3
21-24 years	177	46.3
25-27years	106	27.7
28-30years	29	7.6
Gender		
Female	151	39.5
Male	231	60.5
Level of education		
None	29	7.6
Primary	105	27.5
Secondary	95	24.9
Tertiary/UniversityS	153	40.1
Occupation		
Casual worker	141	36.9
Farmer/Peasants	78	20.4
Formal employment	47	12.3
Others	116	30.4
Marital status		
Single	208	54.5
Married/Cohabiting	164	42.9
Separated	2	0.5
Widow/er	8	2.1
Religion affiliation		
Catholics	167	43.7
Protestants	133	34.8
Muslims	39	10.2
Others	43	11.3

From the table above, most of the study participants i.e. 177(46.5%) were in the age group of 21-24years; 106(27.7%) with a mean age of 23 years. Regarding the gender of the study participants, the majority, 231(60.5%) while 151(39.5%) were male. with respect to education level, most of the respondents i.e. 153(40.1%) were of tertially/university education level; 105(27.5%) were of primary education level; 95(24.9%) had secondary education level and finally, 14(7.6%) had no academic qualification.

On the occupation of the study participants, most of the respondents i.e. 141(36.9%) were casual workers; 78(20.4%) were farmers or peasants; 47(12.3%) were formally employed; and finally, 116(30.4%) were falling in other categories such as students, boda boda riders and unemployed.

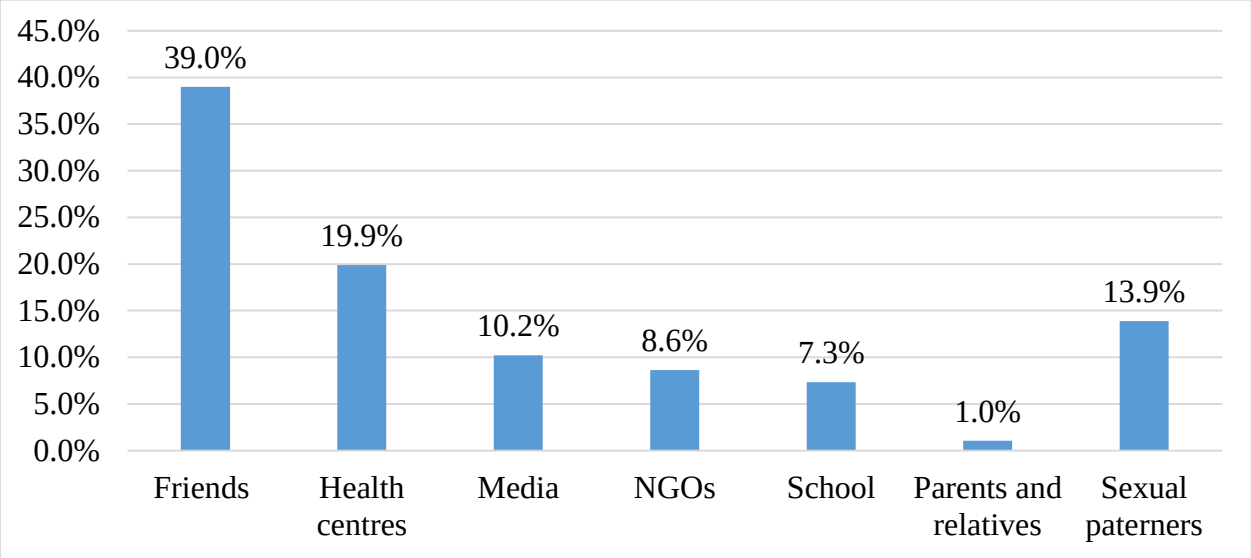

Fig 1: Source of information about condoms (N=382)

The bar graph above presents the source of information about condom use among youth aged 18-30years in Seeta, Mukono district; and the findings show that most of the study participants i.e. 39.0% got information about condom use from their friends, 19.9% got the information from health centers, 13.9% got the information from sexual partners, 10.2% got the information from media, 8.6% got the information from NGOs, 7.3% got the information from schools and finally, only 1% got information about condom use from the parents.

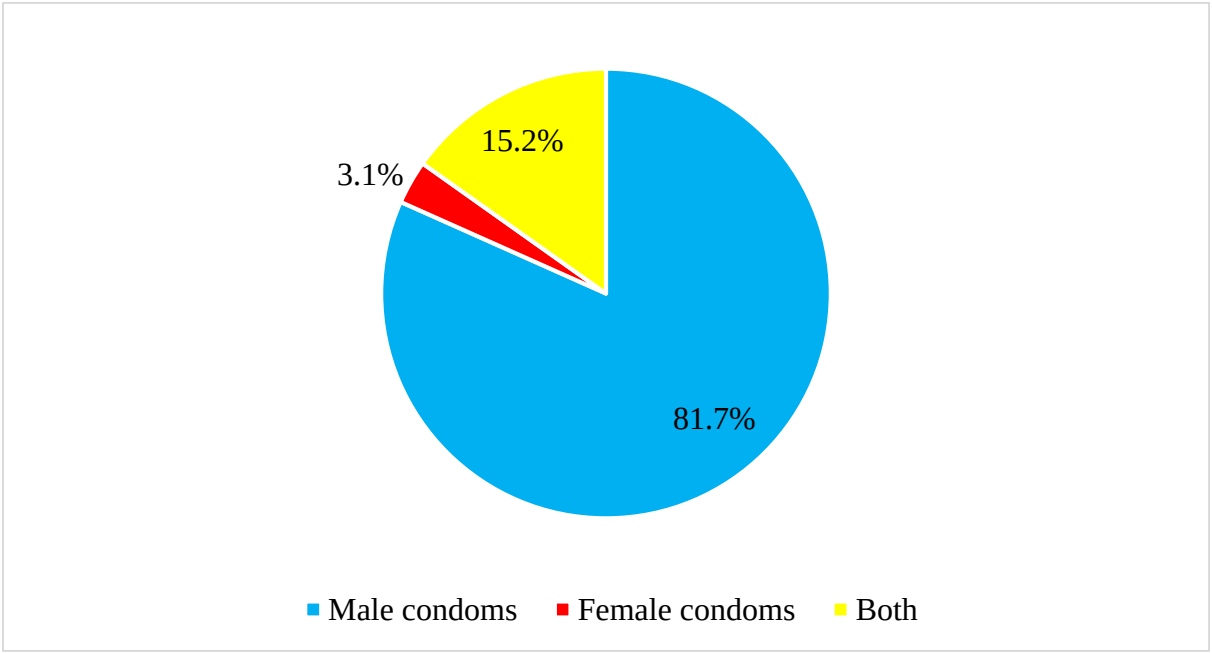

Fig 2: Knowledge on the types of condoms

From the study findings presented in the pie-chart above; most of the youth (81.7%) knew male condoms, only 3.1% new the female condoms and 15.2% new both male and female condoms. Therefore, there was lack of knowledge on the female condoms and most of the respondents had never heard about female condoms nether seen them.

Table 2: Knowledge on the brands of condoms in Seeta, Mukono district

Response	Frequency	Percentage (%)
Trust	241	63.1
Protector	51	13.4
Life guard	90	23.6

In this study, most of the youth 241(63.1%) knew trust condoms, 90(13.4%) new lifeguard condoms and 51(13.4%) new protector condoms. Trust condoms were widely known among the youth because they were for free and accessible in all public health facilities in Mukono district.

Table 3: Knowledge on correct usage of condoms

Response options	Yes		No	
	Frequency	Percentage (%)	Frequency	Percentage (%)
A condom is put on before ejaculation	382	100.0	0	0.0
Condoms can be re-used	0	0.0	382	100.0
I check the expiry date of a condom before use	40	10.5	342	89.5
Check for the holes or leaks in a condom before use	0	0.0	382	100.0
A condom can disappear into the woman's vagina	283	74.1	99	25.9

All the respondents i.e. 382(100%) were aware that a condom is put on before ejaculation, 100%(382) responded that a condom cannot be re-used; 342(89.5%) don't check for the expiry date of condoms before use and only 40(10.5%) check for the expiry date;all the participants responded i.e. 382(100%) that they don't check for the holes or leaks in condoms before use; most of the study respondents 283(74.1%) responded that condom can disappear into the woman's vagina and only 99(25.9%) responded that condom cannot disappear into the woman's vagina.

Table 4: Knowledge on protection and prevention by condom use

Response options	Yes		No	
	Frequency	Percentage (%)	Frequency	Percentage (%)
Using a condom protects from HIV/AIDS	361	94.5	21	5.5
Condoms prevents STIs	314	82.2	68	17.8
Prevents pregnancy	368	96.3	14	3.7

Finally, the researcher assess the knowledge of the youth aged 18-30years in Seeta about the protection and prevention by the condom use and established that;- 361(94.5%) of the participants responded that using condoms protects from HIV/AIDS; and 21(5.5%) responded that using condoms does not offer full protection from HIV/AIDS. 314(94.5%) of the participants responded that using condoms prevents STIs; and 68(5.5%) responded that using condoms does not prevent STIs. Finally, 368(96.3%) responded that using condoms prevents pregnancy; and 14(3.7%) responded that using condoms does not prevent pregnancy.

Table5: Attitude towards condom use

Response	Strongly Agree		Agree		Neutral		Disagree		Strongly disagree	
Attitude towards condom use	**N**	**%ge**	**N**	**%ge**	**N**	**%ge**	**N**	**%ge**	**N**	**%ge**
Condoms are expensive	35	9.2	171	44.8	13	3.4	111	29.1	52	13.6
It's shameful for someone to find condoms in my bedroom	102	26.7	219	57.3	21	5.5	34	8.9	6	1.6
It's hard to ask for condoms from drug shops or hospitals	148	38.7	201	52.6	0	0.0	31	8.1	2	0.5
Using a condom reduces appetite during sex	71	18.6	189	49.5	47	12.3	64	16.8	11	2.9
Using a condom makes sex uncomfortable	56	14.7	226	59.2	29	7.6	38	9.9	33	8.6
A person uses a condom because he/she doesn't trust the partner	34	8.9	93	24.3	70	18.3	134	35.1	51	13.4
Use of a condom is hard to discuss with a partner	19	5.0	44	11.5	89	23.3	152	39.8	78	20.4
Sex with a condom is better than sex without a condom	7	1.8	18	4.7	27	7.1	197	51.6	133	34.8
Using a condom is like eating a sweet with "kavera"	122	31.9	247	64.7	12	3.1	1	0.3	0	0.0
I would refuse to have sex with a partner who refuses to use a condom	102	26.7	221	57.9	0	0.0	36	9.4	23	6.0
Condom use fully prevents unwanted pregnancies, HIV and STIs	163	42.7	210	55.0	3	0.8	4	1.0	2	0.5

Findings in the table above show that; -
Most of the respondents i.e., 171(44.8%) agreed that condoms were expensive; 35(9.2%) strongly agreed; 13(3.4%) were neutral; 111(29.1%) disagreed that condoms were expensive; and finally, 52(13.6%) strongly disagreed that condoms were expensive. In this regard, more than 50% of the study participants believed that condoms were expensive which showed a negative attitude towards condom use among the youth aged 18-30 years in Seeta, Mukono district.

Most of the respondents i.e., 219(57.3%) agreed that it's shameful for someone to find condoms in their bedroom; 102(26.7%) strongly agreed; 21(5.5%) were neutral; 34(8.9%) disagreed that It's shameful for someone to find condoms in their bedroom; and finally, 6(1.6%) strongly disagreed. 84% of the study participants responded that It's shameful for someone to find condoms in their bedrooms which showed a strong negative attitude towards condom use among the youth aged 18-30 years in Seeta, Mukono district.

Most of the respondents i.e. 201(52.6%) agreed that it's hard to ask for condoms from drug shops or hospitals; 148(38.8%) strongly agreed; 0(0.0%) were neutral; 31(8.1%) disagreed that It's hard to ask for condoms from drug shops or hospitals; and finally, 2(0.5%) strongly disagreed.

The findings show that 91.4% of the study participants responded that it's hard to ask for condoms from drug shops or hospitals which showed a very strong negative attitude towards condom use among the youth aged 18-30 years in Seeta, Mukono district.

189(49.5%) of the respondents agreed that using a condom reduced appetite during sex; 71(18.6%) strongly agreed; 47(12.3%) were neutral; 64(16.8%) disagreed that using a condom reduced appetite during sex; and finally, 11(2.9%) strongly disagreed. The findings show that 68% of the study participants responded that using a condom reduced appetite during sex hence negative attitude towards condom use among the youth aged 18-30 years in Seeta, Mukono district.

Most of the respondents i.e. 134(35.1%) disagreed that a person uses a condom because he/she doesn't trust the partner; 51(13.4%) strongly disagreed; 70(18.3%) were neutral; 93(24.3%) agreed that person uses a condom because he/she doesn't trust the partner; and finally, 34(8.9%) strongly disagreed.

152(39.8%) of the respondents disagreed that using a condom is hard to discuss with a partner; 78(20.4%) strongly disagreed; 89(23.3%) were neutral; 44(11.5%) disagreed that using a condom reduced appetite during sex; and finally, 19(5.0%) strongly disagreed. The findings show that 60% of the study participants were free to discuss with their partners about using condoms hence positive attitude towards condom use among the youth aged 18-30 years in Seeta, Mukono district.

133(34.8%) strongly disagreed that sex with a condom is better than sex without a condom; 197(51.6%) disagreed; 27(7.1%) were neutral; 18(24.3%) agreed that sex with a condom is better than sex without a condom; and finally, 7(1.8%) strongly disagreed. Also, 247(64.7%) agreed that using a condom is like eating a sweet with "kavera"; 122(31.9%) strongly agreed; 12(3.1%) were neutral and only 1(0.3%) disagreed. This showed that there was a negative attitude towards condom use among the youth aged 18-30 years in Seeta, Mukono district.

Most of the respondents i.e. 221(57.9%) agreed that they would refuse to have sex with a partner who refuses to use a condom; 102(26.7%) strongly agreed; none was neutral; 36 (9.4%) disagreed that they would refuse to have sex with a partner who refuses to use a condom; and finally, 23(6.0%) strongly disagreed. In this regard, the findings represented a positive attitude towards condom use among the youth aged 18-30 years in Seeta, Mukono district.

Finally, 210(55.0%) of the respondents agreed that condom use fully prevents unwanted pregnancies, HIV and STIs; 163(42.7%) strongly disagreed; 3(3.3%) were neutral; 4(1.0%) disagreed that condom use fully prevents unwanted pregnancies, HIV and STIs; and finally, 2(0.5%) strongly disagreed. The findings show that 97.7% of the study participants believed that condom use fully prevents unwanted pregnancies, HIV and STIs hence positive attitude towards condom use among the youth aged 18-30 years in Seeta, Mukono district.

Table 6: Sexual activity and Condom use practices

Perception	Frequency	Percentage (%)
Ever had sex		
Yes	341	89.3
No	41	10.7
Knows HIV status		
Yes	179	46.9
No	203	53.1
Knows HIV status of the current sex partner		
Yes	348	91.1
No	34	8.9
Ever used a condom		
Yes	277	72.5
No	105	27.5
Frequency of condom use		
Rarely	191	50.0
Always	86	22.5
Never	105	27.5
Have condoms my bedroom		
Yes	10	2.6
No	372	97.4

Primary data, 2021

The table above presents the practices of youth aged 18-30years in Seeta, Mukono district towards condom use and the findings showed that;-

Most of the respondents i.e. 341(89.3%) had never had sex; and only, 41(10.7%) responded had never had sex. Majority of the participants i.e. 203(53.1%) did not know their HIV status; and only 179(46.9%) know their HIV status of the study participants, 277(72.5%) had ever used condoms; and 105(27.5%) had never used condoms. Regarding the frequency of condom use, 191(50.0%) rarely used condoms; and only 86(22.5%) always used condoms while 105(27.5%) never used condoms. 372(97.4% responded that they did not have condoms in their bedrooms and only 10(2.6%) had condoms in their bedrooms. Hence the practices of youth aged 18-30years in Seeta, Mukono district towards condom use still low.

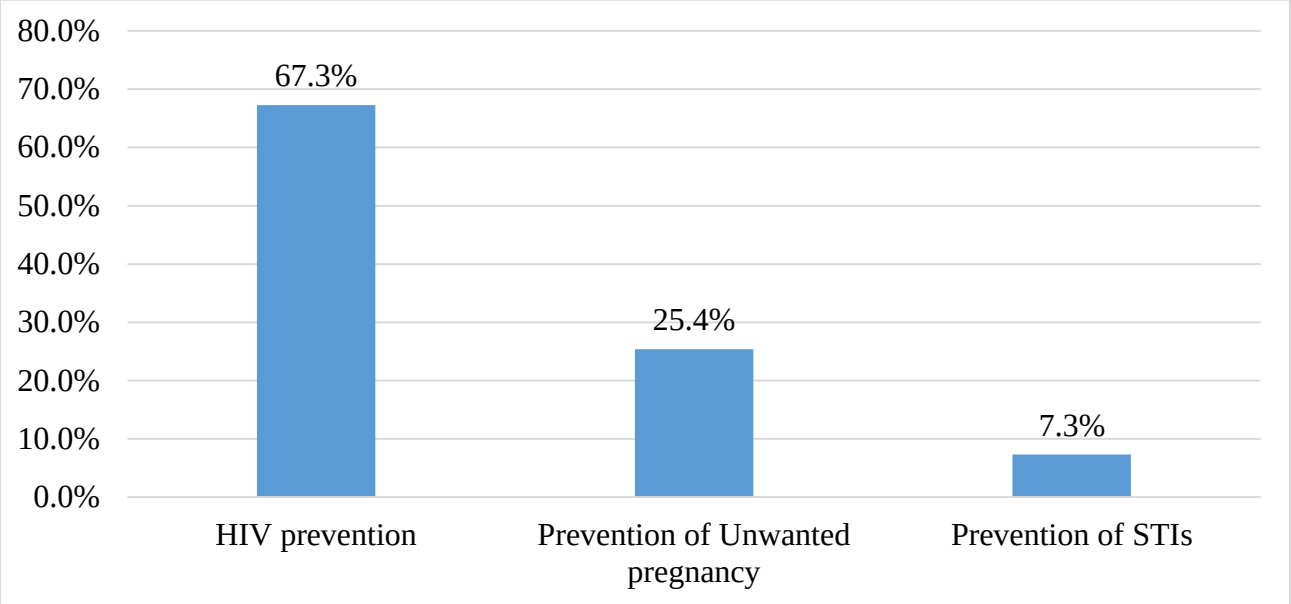

Figure 3: Reasons for using condoms

Most of the study participants (67.3%) of the participants responded that they used condoms for HIV prevention; 25.4% used condoms for prevention of unwanted pregnancy and 7.3% used condoms for prevention of STIs.

DISCUSSION

The findings of the study showed that 382(100%) the youth aged 18-30 years in Seeta, Mukono district were aware that a condom is put on before ejaculation and they also mentioned that a condom cannot be re-used; which signifies that they knew the correct use of condoms.

However, the majority, 342(89.5%) of the youth aged 18-30 years in Seeta, Mukono district didn't check for the expiry date of condoms before use and all those interviewed, 382(100%) reported that they don't check for the holes or leaks in condoms before use; most of the study respondents 283(74.1%) responded that condom can disappear into the woman's vagina and only 99(25.9%) responded that condom cannot disappear into the woman's vagina [17-19]. Hence majority of the youth aged 18-30 years in Seeta, Mukono district did not know the importance of the expiry date and had a misconception that condom can disappear into the woman's vagina which showed a knowledge gap that needs to be filled.

CONCLUSION

On the knowledge of condom use, the study found out that the level of knowledge about condom use among youth aged 18-30years in Seeta, Mukono district was high. 96.9% knew male condoms and 18.3% knew female condom. The youth aged 18-30years in Seeta Mukono had learnt about condoms and their usage from various sources that included 39.0% got information about condom use from their friends, 19.9% got the information from health centers, 13.9% got the information from sexual partners, 10.2% got the information from media, 8.6% got the information from NGOs, 7.3% got the information from schools and finally, only 1% got information about condom use from the parents. The findings showed 382(100%) the youth aged 18-30 years in Seeta, Mukono district were aware that a condom is put on before ejaculation and they also mentioned that a condom cannot be re-used; which signifies that they knew the correct use of condoms.

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