



UNIVERSITI PUTRA MALAYSIA

**A COMPARISON OF PEER-LED AND TEACHER-LED
INTERVENTIONS IN CHANGING KNOWLEDGE AND
ATTITUDES RELATED TO HIV/AIDS AMONG
SECONDARY SCHOOL STUDENTS**

ANBUKKARASI A/P KANNAN

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ANBUKKARASI A/P KANNAN

**Thesis Submitted to the School of Graduate Studies,
Universiti Putra Malaysia for the
Degree of Master of Science**

May 2003



Dedicated to my beloved family:

Dad, Mum, Brothers,

Dearest Husband and Children



Abstract of thesis presented to the Senate of Universiti Putra Malaysia in
fulfilment of the requirement for the degree of Master of Science

**A COMPARISON OF PEER-LED AND TEACHER-LED INTERVENTIONS IN
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AMONG SECONDARY SCHOOL STUDENTS**

By

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May 2003

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Faculty : Medicine and Health Sciences

The main objective of this study was to compare the effectiveness of peer-led and teacher-led HIV/AIDS interventions in changing knowledge and attitudes related to HIV/AIDS among secondary school students. The study sample consisted of 306 Form Four students from three secondary schools in Kajang. A total of 102 students from each school were matched closely with respect to socio-economic status, ethnic group, sex and academic achievement. The three schools were randomly assigned to either peer-led intervention, teacher-led intervention or control. All the respondents completed a questionnaire before and immediately after an HIV/AIDS intervention. Follow-up questionnaires were completed at one and three months after the intervention.

The results of the ANOVA (GLM Repeated Measure Design) and Post Hoc Test showed that there was a significant difference ($p < 0.05$) in the mean knowledge and



attitude scores between before intervention and immediately after intervention, before intervention and one month after intervention and before intervention and three months after intervention of the peer-led group and teacher-led group. The results of the study also showed that there was no significant difference in the mean knowledge and attitude scores between before intervention and immediately after intervention, before intervention and one month after intervention and before intervention and three months after intervention of the control group.

Meanwhile, the results of the ANCOVA and Post Hoc test showed that after adjusting for pre-knowledge scores, the adjusted mean score of peer-led group was significantly higher ($p < 0.05$) than the adjusted mean score of teacher-led group at immediately after intervention, one month after intervention and three months after intervention.

As for the adjusted attitude scores, the results of the ANCOVA and Post Hoc test showed that there was no significant difference between the mean scores of peer-led and teacher-led groups at immediately after intervention and one month after intervention. However, at three months after intervention, the mean score of peer-led group was significantly higher ($p < 0.05$) than the teacher-led group.

In conclusion, the study showed that the HIV/AIDS related knowledge and attitudes of both peer-led and teacher-led groups had improved after the HIV/AIDS intervention. The study also showed that peer-led intervention was more effective than teacher-led intervention in changing the students' knowledge immediately after intervention, one

month after intervention and three months after intervention. As for attitudes, peer-led intervention was more effective than teacher-led intervention only at three months after intervention. Based on these results, it is recommended to implement HIV/AIDS education in secondary schools and to utilize peer educators to conduct HIV/AIDS intervention programs instead of teachers.

Abstrak tesis yang di kemukakan kepada Senat Universiti Putra Malaysia
sebagai memenuhi keperluan untuk Ijazah Master Sains

**PERBANDINGAN INTERVENSI HIV/AIDS YANG DIKELOLAKAN OLEH
RAKAN SEBAYA DAN GURU MENGUBAH PENGETAHUAN
DAN SIKAP BERKAITAN DENGAN HIV/AIDS
DI KALANGAN PELAJAR-PELAJAR
SEKOLAH MENENGAH**

Oleh

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Objektif kajian ini adalah untuk membandingkan keberkesanan intervensi HIV/AIDS yang dikelolakan oleh rakan sebaya dan guru mengubah pengetahuan dan sikap berkaitan dengan HIV/AIDS di kalangan pelajar-pelajar sekolah menengah. Sampel kajian melibatkan 306 pelajar Tingkatan empat dari tiga sekolah menengah di Kajang. Seramai 102 pelajar dari setiap sekolah dipadankan berdasarkan tahap sosio ekonomi, kumpulan etnik, jantina dan pencapaian akademi. Ketiga-tiga sekolah diagihkan secara rawak kepada intervensi HIV/AIDS yang dikelolakan oleh guru, rakan sebaya dan kawalan. Semua responden melengkapkan borang maklumat sebelum dan selepas

intervensi. Borang maklumat susulan di lengkapkan pada satu dan tiga bulan selepas intervensi.

Keputusan ujian ANOVA (GLM Repeated Measure Design) dan Post Hoc menunjukkan perbezaan yang signifikan ($p < 0.05$) dalam min skor pengetahuan dan min skor sikap berkaitan dengan HIV/AIDS di antara sebelum dan seurus selepas intervensi, sebelum dan sebulan selepas intervensi dan sebelum dan tiga bulan selepas intervensi bagi kedua-dua kumpulan rakan sebaya dan kumpulan guru. Hasil kajian juga menunjukkan perbezaan yang tidak signifikan dalam min skor pengetahuan dan sikap berkaitan dengan HIV/AIDS di kumpulan kawalan di antara sebelum dan seurus selepas intervensi, sebelum dan sebulan selepas intervensi dan sebelum dan tiga bulan selepas intervensi.

Keputusan Ujian ANCOVA dan Post Hoc pula menunjukkan min skor pengetahuan kumpulan rakan sebaya yang telah diubahsuaikan adalah lebih tinggi dan signifikan ($p < 0.05$) daripada kumpulan guru seurus selepas intervensi, sebulan selepas intervensi dan tiga bulan selepas intervensi.

Manakala bagi sikap yang telah diubahsuaikan pula, keputusan Ujian ANCOVA dan Post Hoc tidak menunjukkan perbezaan yang signifikan di antara kumpulan rakan sebaya dan guru seurus selepas intervensi dan sebulan selepas intervensi. Min skor kumpulan rakan sebaya adalah lebih tinggi dan signifikan ($p < 0.05$) hanya pada tiga bulan selepas intervensi.

Kesimpulannya, kedua-dua intervensi HIV/AIDS yang dikelola oleh rakan sebaya dan guru dapat meningkatkan tahap pengetahuan dan sikap pelajar-pelajar selepas intervensi. Kajian ini juga menunjukkan intervensi yang dikelola oleh rakan sebaya adalah lebih efektif meningkatkan tahap pengetahuan pelajar daripada intervensi yang dikelola oleh guru selepas, sebulan selepas dan tiga bulan selepas intervensi. Bagi sikap berkaitan dengan HIV/AIDS, intervensi yang dikelola oleh rakan sebaya adalah lebih efektif daripada guru hanya selepas tiga bulan dari intervensi.

Dengan itu dicadangkan supaya pendidikan HIV/AIDS diimplementasikan di kalangan pelajar-pelajar sekolah menengah untuk meningkatkan tahap pengetahuan dan sikap mereka terhadap HIV/AIDS. Juga dicadangkan supaya menggunakan rakan sebaya menggantikan guru sebagai tenaga pengajar dalam pendidikan HIV/AIDS di sekolah.



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LIST OF ABBREVIATIONS

GLM	General Linear Model
UPM	Universiti Putra Malaysia
HIV	Human Immuno Deficiency Virus
AIDS	Acquired Imunno Deficiency Syndrome
STD	Sexually Transmitted Disease
WHO	World Health Organization
PMR	Penilaian Menengah Rendah
SMEH	Sekolah Menengah Kebangsaan Engku Husain
SMJR	Sekolah Menengah Kebangsaan Jalan Reko
SMJB	Sekolah Menengah Kebangsaan Jalan Bukit



CHAPTER 1

INTRODUCTION

Preamble

The emergence of the disease, Acquired Immune Deficiency Syndrome (AIDS), in the United States of America in 1981 among a group of male homosexuals provoked intense discussion and fear in society. Initially, society as a whole was not concerned about AIDS since it appeared to be a problem only for homosexuals. As time progressed, it became evident that other segments of society were susceptible to developing AIDS.

AIDS is the terminal stage of a viral infection caused by a retrovirus called Human Immunodeficiency Virus (HIV). Despite advances in biomedical research, there is still no preventive vaccine or medical cure for this deadly disease. In just over a decade, AIDS has become the most serious infectious disease in contemporary history. In the year 2001, there were around five million of people newly infected with HIV throughout the world whereas the number of people living with HIV/AIDS throughout the world until the end of December 2001 was around 40 million. In terms of AIDS deaths, around three million people had died from AIDS since the beginning of the epidemic (UNAIDS, 2002). The scale of the epidemic is

