

# Knowledge of Sexually Transmitted Diseases among First-Year Undergraduate Students

BY: OLEBOGENG MOSHWENE; MRS. SUNASSY, DR. JACOBS

## Introduction and Background

- ▶ Sexually transmitted infections pose a substantial burden on sexual and reproductive health globally, with university settings similarly affected by these challenges.
- ▶ Undergraduate students, typically aged 18 to 25 years, are undergoing a transitional life stage often characterised by emotional adjustment, increasing independence, and separation from family support.
- ▶ This study aimed to assess and elucidate the level of knowledge among first-year undergraduate students at the university regarding sexually transmitted infections, with a particular focus on identifying areas of deficiency and recommending evidence-based, targeted interventions.



# PROBLEM STATEMENT



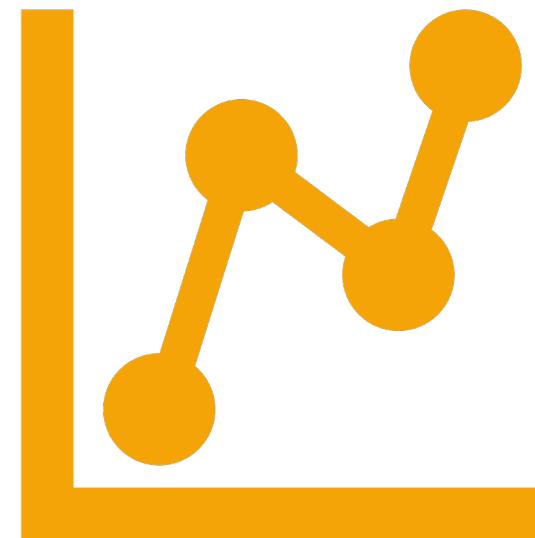
Sexually Transmitted Infections (STIs) are among the top five conditions at the Centre for Student Health and Wellness (C-SHAW) or clinic, where the researcher works as a nurse practitioner.

Observations during clinical consultations and health education sessions revealed that undergraduate students frequently demonstrate limited knowledge of STIs and encounter challenges in comprehending related health information.

Additionally, repeated treatment of some students for STIs was noted, raising concerns regarding the underlying causes of reinfection or possible instances of mistreatment.

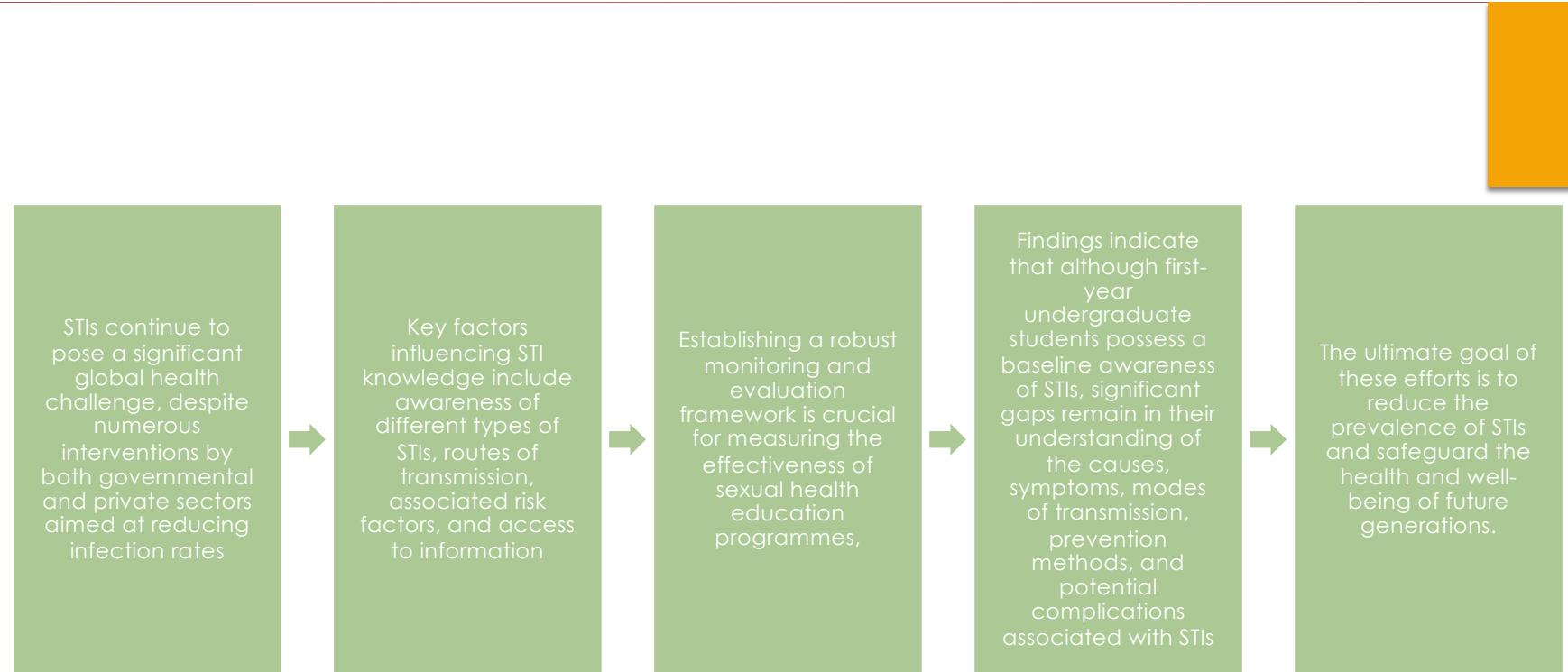
## RESEARCH DESIGN AND METHODS

- ▶ The study employed a quantitative descriptive research design. Data collection was conducted utilising a structured questionnaire.
- ▶ The study population consisted of all first-year undergraduate students at the university, with a total sample size of 408 participants. A total of 352 completed self-report questionnaires were analysed using IBM SPSS Statistics.
- ▶ Ethical compliance was rigorously maintained by adhering to fundamental ethical principles throughout the research process.



# RESULTS

<b>97.9% demonstrated strong knowledge on causes of STIs</b>	<b>2.1% showed lack of information</b>
93.4% correctly identified routes of transmission of STIs	6.6% demonstrated a lack of information
80% obtained STIs information from the internet	55% accessed their information from health centres
96.6% correctly identified pain in urination as a common symptom of STI	13.5% identified sore throat as a common symptom of STI



## CONCLUSION

## RECOMMENDATIONS

Establish collaborative relationships with the Department of Basic Education to ensure the continuation of adolescent sexual health education programmes

Short learning programmes (SLP) that prioritise clarifying sexual transmission as the primary risk factor, distinguishing STIs from other infections.

Comprehensive health education campaigns should address all common STIs and actively dispel persistent myths surrounding HIV transmission to ensure accurate knowledge dissemination among undergraduate students

University sexual health education programmes should be culturally sensitive, evidence-based, and explicitly designed to address these gender-specific knowledge gaps



Thank you. Any Questions?