

## **Social-Demographic Characteristics and their Influence on Self-Efficacy in HIV Prevention among PLWHA in Kiambu County, Kenya.**

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### **ABSTRACT**

Human immunodeficiency virus (HIV) continues to be a major global community health issue. Despite the progress made in many countries which have witnessed a decline in new infections, progress in combating viral transmission is still not happening fast enough. There has been limited research on whether PLWHA adopt safe sexual and reproductive behaviour in order to prevent HIV and AIDS; a case of prevention with positives. This study sought to assess the influence of socio-demographic characteristics of PLWHA on their self-efficacy in HIV prevention in Kiambu County, Kenya. The study was guided by Health Belief Model and General Systems Theory. A cross-sectional survey of 239 respondents was drawn through stratified random sampling of selected support groups of PLWHA from three sub-counties purposively chosen in the study area was conducted. Data was collected and analyzed using both qualitative and quantitative methods. The study established that 52.8% of the respondents had high self-efficacy in HIV prevention while 47.3% had a low self-efficacy. Chi-square results yielded significant relationships between self-efficacy in HIV prevention and gender ( $p=0.000$ ), marital status ( $p=0.001$ ), monthly income ( $p=0.043$ ), and employment status ( $p=0.037$ ). Further analysis using Binary Logistic regression showed that gender ( $p=0.050$ ) and monthly income ( $p=0.002$ ) of PLWHA influenced their self-efficacy in HIV prevention. It was concluded that females and middle income earners predicted high self-efficacy in HIV prevention. The results are helpful to any HIV and AIDS programs which should promote inclusion of both men and women in HIV and AIDS programs; put in place sustainable income generating activities especially among the poor PLWHA who fall prey to the rich and strengthen consistent use of condoms. This is expected to increase self-efficacy in HIV prevention among PLWHA thus reducing the number of new HIV cases.

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