

Title of Abstract: HIV Voluntary Counselling and Testing For Young People: The Antidote for a Healthy and Positive Living in Nigeria.

Authors: Adekeye, O. A.

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Abstract:

Young people account for over 50% of new HIV infections worldwide and one major avenue to reduce the spread of HIV is through voluntary counselling and testing (VCT). The study investigated the disposition of young people towards HIV voluntary counselling and testing in Nigeria because it is the antidote for a healthy and positive living. The sample consisted of six hundred and five young people (n=605, mean= 19.5years). To accomplish this research purpose, three research questions and two hypotheses were formulated. The research adopted a descriptive survey method and the instrument for data collection was a 55-item questionnaire titled Questionnaire on HIV VCT (QHVCT). Descriptive and inferential statistics at 0.05 alpha level were used to analyze the data. The finding of this study shows that young people have very poor knowledge of VCT sites. The study revealed that there is a significant difference in the disposition to HIV VCT between respondents who have experienced sexual intercourse and those who have not ($t = -23.36$, $df = 603$; $p < 0.05$). Another finding reveals that sex and age would significantly predict attitude of young people towards HIV VCT ($R = 0.642$; $R^2 = 0.412$; $F_{(3, 601)} = 140.147$; $p < 0.05$). Based on the findings, it was recommended that young people should be sufficiently enlightened and counselled on the imperatives of voluntary HIV counselling and testing

Key words: Pre and post-test Counselling, HIV Testing, HIV Prevention, young people, healthy living, knowledge of HIV/AIDS and VCT sites.