

**ASSESSMENT OF KNOWLEDGE OF HIV/AIDS AND PERCEIVED  
ATTITUDE TOWARDS PERSONS LIVING WITH HIV/AIDS IN  
SELECTED HOSPITALS IN CALABAR METROPOLIS OF CROSS  
RIVER STATE NIGERIA: IMPLICATIONS FOR COUNSELLING**

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**Key words: Knowledge of HIV/AIDSs, Attitude, Persons living with HIV/AIDSs, Counselling, Students, Hospitals, Residents.**

**ABSTRACT:**

This study assessed knowledge of HIV/AIDSs and perceived attitude toward persons living with HIV/AIDSs in selected public hospitals in Calabar Municipality, Cross River State, Nigeria: Implications for counselling. One research question was defined to control the investigation. Literature was completed dependent on the variable under examination. Engaging overview investigate configuration was used. Basic arbitrary inspecting strategy was utilized in choosing the 200 respondents tested for the investigation. An approved 10 things, two rating scale survey of Yes or No was the instrument utilized for information assortment. The unwavering quality gauge of the instrument was 0.78 utilizing Cronbach Alpha dependability technique. Information was dissected utilizing the clear examination of mean and standard deviation. The aftereffect of the examination uncovered information on HIV/AIDSs impacts individuals' demeanor toward

people living with HIV/AIDS in chosen open medical clinics in Calabar city. It was suggested that there is requirement for inhabitants of Calabar city to turn out to be better educated about HIV and AIDS to lessen the shame related with HIV, which will thusly decrease unfair mentalities toward individuals living with HIV. Inspirational perspectives towards HIV will urge them to look for clinical consideration for their illness, which will control additionally spread of this pestilence.

## 1. INTRODUCTION:

Over the years, HIV/AIDS disease has spread quickly accross the globe, and till today, it has kept on being a significant worldwide general medical issue in our general public since the main instance of (AIDS) was declared in the US in the mid 1980s. Measurably, the World Health Organization (WHO) revealed that at roughly 36.7 million individuals were living with human immunodeficiency infection (HIV), and 1.1 million individuals kicked the bucket from HIV-related causes all around in 2018 (World Health Organization, 2018).

In Nigeria, in 2018, 1 900 000 individuals were living with HIV and the quantity of new HIV diseases among the uninfected populace more than one year—among all individuals of any age was 0.65. The level of individuals living with HIV—among grown-ups (15–49 years) was 1.5%. 130 000 individuals were recently tainted with HIV. 53 000 individuals kicked the bucket from an AIDS-related disease. In any case, there has been progress in the quantity of AIDS-related passings since 2018, with a 26% decline, from 72 000 passings to 53 000 passings. The quantity of new HIV contaminations has risen, in any case, from 120, 000 to 130, 000 in a similar period (Donald, 2019).

Cross River State has a HIV commonness of (7.7% for urban and 4.2% for provincial) 6.6% (2018 study by the Federal Ministry of Health) and positioned fifth situation in Nigeria. HIV pervasiveness is higher in the Urban than in the provincial setting. For instance, in both Calabar South and Calabar Municipal, the prevalence decreased (1.4%) from 10.4% to 9%; Ikom 6.3%; Akamkpa increased (2.1%) from 2.6% in 2010 to 4.7% in 2014; an increase of 2.1% in Gakem (Bekwarra) and Ogoja LGA increased (3.4%) from 0.6% in 2014 to 4% in 2018 (Federal Ministry of Health, 2019).

However the situation of HIV/AIDS in Cross River State, it is certain that as far as human nature is concerned, one of the most fundamental determinants of an individual's action towards a given issue, an event, a given situation or circumstance is the person's attitude (Omoogun & Odok, 2013). An individual's attitude refers to the person's evaluation of developing a positive (favourable) or negative (unfavourable) tendency towards demonstrating or showing a given behaviour. This implies that when someone develops and harbours a positive attitude towards any scenario which involves the display of his or her action, the person would be more prone to acting in a positive manner. On the other hand, if the person develops and harbours a negative attitude, such a person would be more prone to acting in a negative and destructive manner. The above definition presents disposition to mean the way an individual thinks or acts towards a given subject or issue.

The degree of consistency among perspectives and conduct is influenced by an individual's information, open verbal duty and his/her awareness of other's expectations. A comprehension of the rhythmic movement of people and aggregate perspectives versus explicit issues, and the mentality related with different alternatives, is extremely critical. The main causes and reasons for stigmatization of HIV/AIDS patients are poor public awareness and knowledge,

social and cultural problems etc. Lack of residents' knowledge of HIV/AIDS is a result of high level of depression imposed on HIV patients. Since people are not aware of the causes and transmission of HIV/AIDS, they simply stigmatize patients.

It is important to note that several efforts have been made by government to sensitize the public and curb HIV/AIDS diseases and stigmatization. Among these efforts are the National Adolescents and Young People (AYP) HIV Prevention Campaign which means to diminish new HIV contaminations among youngsters by expanding their entrance to sexual orientation responsive, HIV counteraction data and administrations. The establishment of the National Agency for the Control of Aids (NACA) and so on. In spite of all these efforts, the HIV/AIDS epidemics and stigmatization keeps persisting. It is based on this background and problem that this study evaluated how the level of knowledge of HIV/AIDS influences people's attitude toward persons living with HIV/AIDS in selected public hospitals in Calabar metropolis and its implications to counselling.

### **1.1 Purpose f the study:**

The purpose of this study is to assess the level of influence of knowledge of HIV/AIDS on people's attitude toward persons living with HIV/AIDS in selected public hospitals in Calabar metropolis and its implications to counselling.

### **1.2 Research question:**

To what extent does knowledge of HIV/AIDS influences people's attitude toward persons living with HIV/AIDS in selected public hospitals in Calabar metropolis and its implications to counselling?

## **2. LITERATURE REVIEW:**

The knowledge of people toward HIV/AIDS patients plays important roles in the determination of a person's attitude and behavior (Trivedi & Ayanian, 2016). Pessimistic perspectives or preference, as saw by individuals, are related with the degree of information picked up [5,6]. The higher the degree of HIV information (HK), the lower the degree of narrow mindedness and nervousness among individuals and human services staff (Gordin, Willoughby, Levine, Gurel & Neill, 2017). Information on HIV disgrace and segregation is a prognosticator of less oppressive mentalities toward HIV/AIDS patients grinding away (Platten, Pham, Nguyen, Nguyen & Le, 2014).

All inclusive, surviving written works have estimated the degree of information and mentalities toward HIV and individuals living with HIV/AIDS. In Fiji, clinical understudies indicated a significant level of information on HIV/AIDS and inspirational mentality. By the by, an enormous extent of members confessed to having a dread of managing HIV patients through clinical practice [21]. An investigation in Russia detailed that a larger part of clinical understudies have negative mentalities toward PLHIV. The hesitance to treat was progressively clear among clinical years' understudies (Lui, Sarangapany, Begley, Coote & Kishore, 2014). In an Islamic nation like Pakistan, an examination demonstrated solid adverse perspectives in regards to HIV/AIDS and individuals living with HIV/AIDS. Around 64% of the members said that kids with HIV contamination ought to be prohibited from going to open schools (Shaikh, Khan, Ross and Grimes, 2017). In addition, Malaysian investigation detailed pessimistic convictions in regards to divulgence, secrecy, and condition of care toward individuals living

with HIV/AIDS. Nonetheless, the perspectives toward offering care to individuals living with HIV/AIDS were certain (Choy, Rene & Khan, 2013).

Research proposes that people who express more prominent concurrence with vilifying articulations about People living with HIV/AIDS are the individuals who have off base information about HIV transmission (Ekstrand, Bharat, Ramakrishna and Heylen, 2012). Vilifying isn't just confined to unfair articulations; it likewise stretches out to biased conduct toward PLHIV. Studies have indicated that HIV-related shame and segregation repress HIV anticipation and moderation and at last lead to shirking of HIV testing by individuals living with AIDS and reluctance of the general network to offer social help to PLHIV (Kalichman, Eaton, Cain, Sikkema, Skinner, Watt & Pieterse, 2012).

Individuals living with HIV dread being vilified and they envision prejudicial conduct not just from the network. PLHIV experience dismissal from others when they uncover their ailment status. Uncovering HIV status can have some constructive outcomes; for instance the danger of illness transmission can be decreased and PLHIV can begin drug prior, may consistently take prescription, and get its advantageous impacts Nevertheless, to stay away from social dismissal, PLHIV don't for the most part unveil their malady status and rather keep it mystery (Chandra, Deepthivarma & Manjula, 2013).

Rozina, Lekhraj, Munn-Sann and Hejar (2010) completed a cross-sectional investigation to decide the mentalities identified with HIV/AIDS among understudies in a state funded college in Malaysia. The understudies were chosen dependent on a two-organize likelihood proportionate to measure arbitrary examining technique. Information was broke down utilizing SPSS form 17. Out of the 1773 respondents, 57.3 % were female and the mean age was 22.5 years. The outcomes demonstrated that lone 19.5 % expressed that they will advise their accomplices or family whenever analyzed constructive for HIV contamination and 43 % were happy to think about a HIV tainted individual in their own home. The general mean disposition score was 24.1. Information was fundamentally connected with the mentality towards HIV/AIDS among understudies. Be that as it may, age, instructive level, conjugal status, spot of habitation was not related with the disposition towards HIV/AIDS among understudies.

Once more, Colins and Jane-Francis (2016) inspected Knowledge, perspectives and works on with respect to HIV/AIDS among senior optional school understudies in Fako Division, South West Region, Cameroon. A cross-sectional examination completed on 464 understudies matured 13–25 years, chose by precise quantity arbitrary testing from some auxiliary schools to assess their Knowledge Attitude and Practices (KAPs) with respect to HIV/AIDS. Members were drawn from one optional school in every one of the four wellbeing locale in Fako. Pre-trying polls were managed to the understudies to get data about their KAPs on HIV/AIDS. Information were broke down utilizing SPSS variant 20.0. All respondents knew about HIV/AIDS. Wellsprings of data changed, the most widely recognized being sex training in school. Most of members showed a sufficient comprehension of HIV transmission and anticipation. Notwithstanding, misguided judgments about courses of transmission were seen in 3.4 to 23.3 % of respondents. Dangerous practices were found among members as around 60 % practice safe sex and 40 % detailed not to. Up to 196 (42.2 %) respondents had a background marked by sex of which 108 (56.25 %) had utilized a condom during their last three sexual experiences. About portion of the respondents had contrary perspectives about HIV contaminated individuals. Understudies with medium (34.3 %) and high (62.1 %) levels of information were bound to show uplifting mentalities Although measurably not huge, we found that as information expanded the capacity of respondents to report more secure sex diminished

(95 % CI, P=0.922). Understudies had a good degree of information on HIV/AIDS anticipation. Those with sufficient information were bound to show inspirational perspectives towards PLHIV. Having satisfactory information didn't suggest taking part in safe practices. This examination none-the-less featured a few confusions about HIV transmission, narrow minded and unfair mentalities towards PLHIV, and dangerous sexual practices among study members which can be amended by strengthening sex instruction educational plan as sex training in school was their primary wellspring of data on HIV/AIDS.

Asekun-Olarinmoye, Olajide and Asekun-Olarinmoye (2018) evaluated the information, mentality and practice of preventive proportions of HIV/AIDS among in-school teenagers in a sub-urban network in south western, Nigeria. In an expressive cross-sectional examination structure, a multistage inspecting strategy was utilized to pick the example size from two out of three open optional schools in the network. Information was dissected with SPSS variant 11. Frequencies and Chi-square qualities were produced and importance level was set at 0.05. The examination uncovered that there were 248 (55.1%) guys and 202 (44.9%) females, middle period of respondents was 17years, mean age was 16.6 + 1.2 years with lion's share in the age bunch 15-19, and guys were more explicitly dynamic than females. Greater part, 92.0% of the respondents knew about the presence of HIV/AIDS; commonest wellspring of data being electronic media however their insight into courses of transmission and methods of anticipation of the infection was mistaken and deficient because of a few misguided judgments. There was commonly a narrow minded demeanor towards HIV contaminated individuals and numerous respondents will get a kick out of the chance to know their status if the test was free. There was poor act of preventive measures among the respondents. Our proposals incorporate arrangement of free/moderate HIV guiding and screening test focuses in or approach optional school grounds, consideration of sex instruction in auxiliary school educational program, and association of wellbeing training/HIV preventive projects for school.

Absence of sufficient information has been suggested as a significant purpose behind high hazard hetero conduct and in Nigeria the most widely recognized method of transmission of HIV is by means of sex (Akpabio, Asuzu, Fajemilehin and Ofi, 2009). Numerous papers have repeated that different accomplices, early sexual experience and conflicting utilization of condoms have been liable for the ascent in the malady among youngsters (Owolabi, Onayade, Ogunlola, Ogunniyi & Kuti, 2015). These recommend that an inspirational demeanor towards sexual wellbeing in youngsters or HIV/AIDS preventive methodologies/measures could create attractive practices and diminish risk(Akpabio, Asuzu, Fajemilehin & Ofi, 2009)..

Numerous investigations have demonstrated high mindfulness about HIV/AIDS, different examinations have indicated that data and training are insufficient to emphatically affect on conduct change. Tragically, Nigerian understudies have been appeared in certain investigations to see AIDS as a profoundly feared infection which prompts evasion of data and disavowal of hazard (Akande and Ross, 2017).

Rukhsana, Arshia and Shakira (2017) investigated the relationship between information about HIV and prejudicial perspectives toward individuals living with HIV in Pakistan. The frequency of HIV among high-chance gatherings in Pakistan has come to 5% or higher, showing a concentrated pestilence. Be that as it may, little proof is accessible about the perspectives of everybody toward individuals living with HIV. Individuals living with HIV dread being criticized and envision oppressive conduct from social insurance suppliers and the general network. Having inaccurate information about HIV prompts progressively biased mentalities. This investigation depends on auxiliary examination of information from the Pakistan

Demographic and Health Survey (PDHS) directed in 2012-13. Ever-hitched ladies and men age 15-49 who had found out about AIDS were remembered for the investigation. Factors estimating composite information about HIV and biased mentalities were formed and sorted into three gatherings with the end goal of measurable examination: no information, some information, and more information. A chi-square test and multinomial relapse investigation were performed to see the relationship between HIV/AIDS information and prejudicial mentalities by foundation attributes of the examination gathering.

The investigation found a measurably huge backwards connection between information about HIV and biased mentalities toward individuals living with HIV. That is, having more information about HIV was related with a lower probability of displaying a progressively unfair mentality. The probability of having a progressively prejudicial disposition toward individuals living with HIV diminished as the degree of information about HIV expanded. Relapse investigation demonstrated that the impacts of riches, training, and locale were likewise measurably noteworthy. Respondents with optional and advanced education and those in the center, rich, and most noteworthy riches quintiles were more averse to hold an unfair mentality. Men, in spite of having more information than ladies about HIV, held a progressively unfair disposition toward individuals living with HIV. The outcomes recommend that there is a requirement for Pakistani society to turn out to be better educated about HIV and AIDS to lessen the shame related with HIV, which will thusly decrease biased perspectives toward individuals living with HIV. Inspirational perspectives towards HIV will urge them to look for clinical consideration for their sickness, which will control additionally spread of this pestilence.

### **3. METHODOLOGY AND MATERIALS:**

The research design utilized in this study is the descriptive survey research design. The survey design was considered appropriate for this study because it helps to assess thoughts, opinions, feelings, perception and interaction of respondents by the researcher (Denga & Ali, 1998). The area of the study is Calabar city of Cross River State. It is comprised of Calabar South and Calabar Municipality Local Government Areas. The city is contiguous the Calabar and Great Kwa streams and rivulets of the Cross River. Calabar city is regularly portrayed as the travel industry capital of Nigeria, particularly because of a few activities executed during the Duke Administration (1999-2007), which made the city the cleanest and naturally most amicable city in Nigeria. Officially, the city is isolated into Calabar Municipal and Calabar South Local Government Areas. It has a zone of 406 square kilometers (157 sq mi) and an anticipated populace of 471,022 people (National populace commission, Cross River State).

200 respondents were arbitrarily chosen and utilized as test for the examination. The instrument for information assortment was a ten things two point rating scale survey of Yes or No and titled: Knowledge and Attitude toward HIV/AIDS Questionnaire (KATHQ). Information was broke down utilizing the graphic measurements of mean and standard deviation. A cut off of 2.5 was picked while mean rating of 2.5 or more were proficient and biased while beneath 2.5 were not educated and not prejudicial.

### **4. RESULTS/DISCOVERIES :**

The engaging investigation of the mean ( $\bar{x}$ ) and standard deviations (SD) of the factors can be deciphered by looking at the determined mean of the factors with the populace mean of the instrument. The result from the data of the exploration is better introduced arranged by the

examination inquiries for better understanding of the results. The exploration question is keen on surveying the to what degree information on HIV/AIDS impacts individuals' demeanor toward people living with HIV/AIDS in chosen open clinics in Calabar city and its suggestions to advising. The outcome is introduced in Table 1.

The responses of the respondents in item one indicate that 51.9 % and 48.1 % agreed and disagreed respectively to whether HIV/AIDS is spread through coughing or sneezing. The mean and standard deviation ( $\bar{x} = 2.49$ ,  $SD = 2.84$ ) were obtained indicating that knowledge of HIV/AIDS does not influence the attitude of people to persons living with HIV/AIDS in the research area. The responses of the respondents in item two further indicate that 46.2% and 53.8% agreed and disagreed respectively to whether HIV/AIDS can be transmit through sharing of food utensils with an infected person. The mean and standard deviation ( $\bar{x} = 2.57$ ,  $SD = 1.33$ ) were obtained indicating that knowledge of HIV/AIDS significantly influence the attitude of people toward persons living with HIV/AIDS in the research area.

Again, the responses of the respondents in item three indicated that 68.1% and 31.9% agreed and disagreed respectively to whether they like making friends with HIV patients since HV/AIDS can be transmitted through touching the blood of an infected person. The mean and standard deviation ( $\bar{x} = 2.81$ ,  $SD = 2.84$ ) were obtained indicating that knowledge of HIV/AIDS significantly influences the attitude of people toward persons living with HIV/AIDS in the research area. The responses of the respondents item four indicated that 50.7% and 49.3% agreed and disagreed respectively to they are willing to care for a family member with AIDS in their own home. The mean and standard deviation ( $\bar{x} = 1.99$ ,  $SD = 1.99$ ) were obtained indicating that knowledge of HIV/AIDS does not influence the attitude of people to persons living with HIV/AIDS in the research area.

Furthermore, the responses of the respondents in item five indicated that 55.9% and 44.1% agreed and disagreed respectively to whether HIV/AIDS can be transmitted through cats and dogs. The mean and standard deviation ( $\bar{x} = 2.66$ ,  $SD = 2.88$ ) were obtained indicating that knowledge of HIV/AIDS significantly influences the attitude of people toward persons living with HIV/AIDS in the research area. Also, the responses of the respondents in item six indicated that 68.4% and 31.6% agreed and disagreed respectively to whether they accept to live with an HIV patient. The mean and standard deviation ( $\bar{x} = 2.72$ ,  $SD = 1.69$ ) were obtained indicating that knowledge of HIV/AIDS significantly influences the attitude of people toward persons living with HIV/AIDS in the research area.

The responses of the respondents in item seven indicate that 81.4% and 18.6% agreed and disagreed respectively to whether persons living with HIV/AIDS in Calabar metropolis should be isolated. The mean and standard deviation ( $\bar{x} = 2.98$ ,  $SD = 2.43$ ) were obtained indicating that knowledge of HIV/AIDS significantly influences the attitude of people toward persons living with HIV/AIDS in the research area. The responses of the respondents in item eight indicate that 45.3% and 54.7% agreed and disagreed respectively to whether there is a treatment for patients with HIV/AIDS, similar to treatment for other diseases. The mean and standard deviation ( $\bar{x} = 2.55$ ,  $SD = 1.62$ ) were obtained indicating that knowledge of HIV/AIDS significantly influences the attitude of people toward persons living with HIV/AIDS in the research area.

The responses of the respondents in item nine indicated that 49.3% and 50.7% agreed and disagreed respectively to whether HIV/AIDS can be transmitted through sharp objects. The mean and standard deviation ( $\bar{x} = 2.37$ ,  $SD = 1.77$ ) were obtained indicating that knowledge of

HIV/AIDs does not significantly influence the attitude of people toward persons living with HIV/AIDs in the research area. Finally, the responses of the respondents indicate that 50.8% and 49.2% agreed and disagreed respectively to whether HIV/AIDs can be prevented through having one sex partner. The mean and standard deviation ( $\bar{x} = 2.88$ ,  $SD = .93$ ) were obtained indicating that knowledge of HIV/AIDs significantly influences the attitude of people toward persons living with HIV/AIDs in the research area.

**TABLE 1: Descriptive analysis of the influence of knowledge of HIV/AIDs on attitude toward persons with HIV/AIDs**

S/N	Variable Item	Yes (%)	No (%)	$\bar{x}$	SD	Remarks
1.	Is it true that HIV/AIDs spreads through coughing or sneezing?	51.9	48.1	2.49	2.84	Rejected
2.	Can HIV/AIDs be transmitted through sharing of food utensils with an infected person?	46.2	53.8	2.57	1.33	Accepted
3.	Do you like making friends with HIV patients since HV/AIDs can be transmitted through touching the blood of an infected person?	68.1	31.9	2.81	2.84	Accepted
4.	Are you willing to care for a family member with AIDS in your own home?	50.7	49.3	1.99	1.77	Rejected
5.	Can HIV/AIDs be transmitted through cats and dogs?	55.9	44.1	2.66	2.88	Accepted
6.	Do you accept to live with an HIV patient?	68.4	31.6	2.72	1.69	Accepted
7.	Should a person living with HIV/AIDs in Calabar metropolis be isolated?	81.4	18.6	2.98	2.43	Accepted



8.	Is there a treatment for patients with HIV/AIDS, similar to treatment for other diseases?	45.3	54.7	2.55	1.62	Accepted
9.	Can HIV/AIDS be transmitted through sharp objects?	49.3	50.7	2.37	1.77	Rejected
10.	Can HIV/AIDS be prevented through having one sex partner?	50.8	49.2	2.88	.93	Accepted
		<b>Grand mean 2.60</b>				Accepted

#### 4.1 Discussion of results

Considering the great mean of 2.60 as against the normal mean of 2.50, the examination question can in this manner be addressed that information on HIV/AIDS impacts individuals' disposition toward people living with HIV/AIDS in chosen open emergency clinics in Calabar city. This outcome isn't astonishing on the grounds that information brings mindfulness, and mindfulness impacts demeanor. This outcome is couple with the consequence of Colins and Jane-Francis (2016) that individuals with satisfactory information are bound to show uplifting perspectives towards individuals living with HIV/AIDS. Having sufficient information didn't suggest taking part in safe practices. This examination none-the-less featured a few misinterpretations about HIV transmission, bigoted and prejudicial perspectives towards individuals iving with HIV/AIDS, and dangerous sexual practices among study members which can be adjusted by strengthening sex training. This outcome is likewise upheld by Akpabio, Asuzu, Fajemilehin and Ofi, (2009) that absence of sufficient information has been suggested as a significant purpose behind high hazard hetero conduct and in Nigeria the most widely recognized method of transmission of HIV is by means of sex.

The aftereffect of the investigation unequivocally concurs with Rukhsana, Arshia and Shakira (2017) who investigated the relationship between information about HIV and unfair perspectives toward individuals living with HIV in Pakistan. In any case, little proof is accessible about the perspectives of everyone toward individuals living with HIV. Individuals living with HIV dread being disparaged and envision unfair conduct from human services suppliers and the general network. The examination found a measurably critical backwards connection between information about HIV and prejudicial perspectives toward individuals living with HIV. That is, having more information about HIV was related with a lower probability of displaying a progressively biased disposition. The probability of having an increasingly prejudicial mentality toward individuals living with HIV diminished as the degree of information about HIV expanded. The investigation presumed that having off base information about HIV prompts progressively biased perspectives.

## **5. IMPLICATIONS FOR COUNSELING:**

The result of this examination can helps instructive advisors in instructing individuals to settle on educated choices, adapt better to their conditions, live increasingly positive lives, and forestall HIV transmission. Directing is significant in light of the fact that contamination with HIV is long lasting. Job of advising in HIV/AIDS is maybe more significant than in some other illness.

The discoveries of the investigation can help invigorate the dynamic contribution of guides in assisting with lessening, make more mindfulness on the causes and transmission of HIV/AIDS. The examination may help the Ministry of Health in Cross River State and Nigeria everywhere on the need to sort out in-administration preparing for advocates in open emergency clinics. The finding can energize educational plan organizers in the consideration of sex training in optional school educational program, and association of wellbeing instruction/HIV preventive projects for the general population.

## **6. CONCLUSION:**

In accordance with the outcomes acquired from this investigation, it was inferred that information on HIV/AIDS impacts individuals' disposition toward people living with HIV/AIDS in chosen open emergency clinics in Calabar city. Individuals living with HIV/AIDS dread being defamed and they foresee prejudicial conduct not just from the network. They experience dismissal from others when they reveal their ailment status. Unveiling HIV/AIDS status can have some constructive outcomes; for instance the danger of infection transmission can be diminished and those with HIV/AIDS can begin medicine prior, may normally take prescription, and get its advantageous impacts Nevertheless, to stay away from social dismissal.

## **7. RECOMMENDATION:**

In view of the discoveries of the examination, it is prescribed that there is requirement for occupants of Calabar city to turn out to be better educated about HIV and AIDS to decrease the shame related with HIV, which will thus lessen oppressive perspectives toward individuals living with HIV. Uplifting mentalities towards HIV will urge them to look for clinical consideration for their infection, which will control additionally spread of this scourge.

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