

Knowledge, Attitude and Condom Use Errors among Sexually Active Men

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Abstract

Background: In developing countries where resources are limited, low-cost strategies must be explored for prevention of unintended pregnancies and sexually transmitted infections (STIs).

Objective of study: This study assesses the impact of condom demonstration on knowledge, attitude and incidence of factual errors among sexually active men attending family planning and STI clinics, PGIMER, Chandigarh.

Methods: Quantitative approach to evaluate Knowledge, Attitude and Practices (errors) was used out of which 102 subjects were enrolled. Mean age of group 29.23 ± 3.5 ranged 20-41 years. Data was collected between July to September, 2016 at Family Planning and Sexually Transmitted Infection Clinics of PGIMER, Chandigarh.

Results: Although the men had heard of and/or knew about the purposes condoms, only (58.8%) were adequately informed while (11.8%) subjects were poorly informed. (86.3%) subjects had positive attitude towards condom use ($p < 0.005$). (56.9%) subjects reported errors (breakage, slippage or both). Immediate correct practice was significantly representative as (70.6%) subjects of experimental and (07.8%) subjects control group performed 7 or more correct steps on specific condom application and removal. However, the intervention group (94.1%) participants successfully pinched the reservoir tip during condom application compared to control group (29.4%) ($p < 0.003$). The study confirmed that knowledge only is not enough to bring change in practices. Regarding access to condoms it was observed that (>90.2%) subjects had easy access while (78.4%) had used condoms. The results depict that after three month of usage there has been a reduction in incidence of factual errors in cases (11.7%) compared to controls 17.6%.

Conclusion: The current study shows that the majority of subjects (90%) who know about the condom have never seen a demonstration before. Hence, the educative session regarding practices must be considered in the promotional strategies to get best out of this dual protection method.

Keywords: Condom demonstration; Factual errors; Breakage; Slippage

Introduction

It has been observed that while no barrier method is hundred percent effective, correct and consistent condom use can reduce the risk of transmission of HIV, sexually transmitted infections (STIs) and unintended pregnancy. The use of condoms has been an important and successful intervention for sexually active people [1]. Worldwide condom use during sexual intercourse, an estimated 44 million couples use condom for family planning while as many as 50% of all condoms are used to prevent cross infections. The effectiveness of condoms in preventing pregnancy or STIs depends on the user. Literature revealed that pregnancy rate among correct condom users is about 2% per year. The risk of pregnancy or STI is greater when condoms are not used correctly and consistently with every sexual act. However, when it's used every time and in the approved manner it could prevent up to 80 to 95% of HIV/STIs transmission [2]. There is a need to create a

positive image about condom use. There are a substantial proportion of men who do not know how to use condoms correctly and are at risk of condom failure (error). Condoms have the advantage of its low cost, easy access, simple disposal, minimal side effects, and enhancement of sexual pleasure by reducing anxieties about the risk of serious sexually transmitted infections and pregnancy. In order to be effective condom must be used consistently and correctly [3].

Methods

Quantitative research study was conducted at Family Planning and STI Clinics of PGIMER, Chandigarh a tertiary teaching hospital of North India. One hundred and two sexually active men were recruited and randomly divided in equal numbers to cases and control group. The objectives of the study were explained to the all subjects and informed written consent was obtained. They had been informed that the participation in the study is completely voluntary that they had right to interrupt the interview or not to participate in the study at any stage. A questionnaire having options of yes or no for every statement was prepared from pre-existing literature based guidelines and from

experts of the field, it consisted of knowledge and factual errors regarding correct and consistent use, quality check and opening the pack of condom; condom handling before, during intercourse and final disposal after use. Attitude was assessed with likert scale and condom demonstration assessed with a check list. Questionnaire also assessed socioeconomic background variables, number of sexual partners and condom use errors the correct response was given a score of one while zero score was given for the incorrect responses. The participants who secured $\leq 30\%$, 31-50%, 51-80% and more than 80% in knowledge were graded poorly, satisfactorily, adequately and very well informed. Data was collected through the interview method from each subject. During July-September, 2016. Data was entered in the Microsoft excel sheet and explored with statistical package for social sciences (SPSS version 16.0 Inc., IL) for analysis. Descriptive and inferential statistics were applied on the data. In the descriptive statistics percentage, mean and standard deviation were used to describe the data. In the inferential statistics Chi square Mann Whitney U test was used to compute the non-parametric data.

Intervention

Intervention consists of training cum demonstration of condom on model followed by returned demonstration to develop skills on condom use assessed by checklist to estimate number of errors and reported errors after three months assessed during subsequent visits or by telephone. The subjects of both the groups were not aware whether they were in experimental or control groups. Intervention group was given demonstration in between baseline and post assessment. Assessment done by observed return demonstration through check list to estimate errors.

Knowledge	Criteria %	Pre Intervention		Post Intervention		X ² p-value
		Experimental	Control	Experimental	Control	
Poorly Informed	≤ 30	06 (11.8)	06 (11.8)	--	03 (05.9)	0.838 #
Satisfactorily Informed	31-50	09 (17.6)	12 (23.5)	02 (3.9)	04 (07.8)	0.96
Adequately Informed	51-80	30 (58.8)	26 (51.0)	03 (5.9)	23 (45.1)	0.339
Very well Informed	>80	06 (11.8)	07 (13.7)	46 (90.1)	21 (41.2)	0.55
Mann-Whitney U		0.876				
p-value		0.001*				

Table 1: Respondents knowledge score between control and experimental groups pre and post intervention, # Fisher's exact test, *significant.

Attitude

It is someone's opinion or feeling about use of condom, expressed through behaviour. Most of participants (94.1%) had positive attitude towards use of condom. Results were found to be statistically significant (<0.005). Approximately 86% subjects were agreed to take partners consent to enhance the effectiveness of this dual protection barrier method.

Practices

Practice is a way of doing something especially as a result of habit, custom or tradition. It was observed that 83.3% subjects used condom in last three months and admitted easy accessibility but around 50%

Results

Among the 102 men in the study group more than 60% were in the age group of 20-30 years. Majority were Hindus (76.5%) followed by Sikh (21.6%) and Muslims (2%) More than sixty percentages of participants were educated up to 10+2 and above. 90% were married. Most of subjects were from rural background (68.6%) (Figure 1).

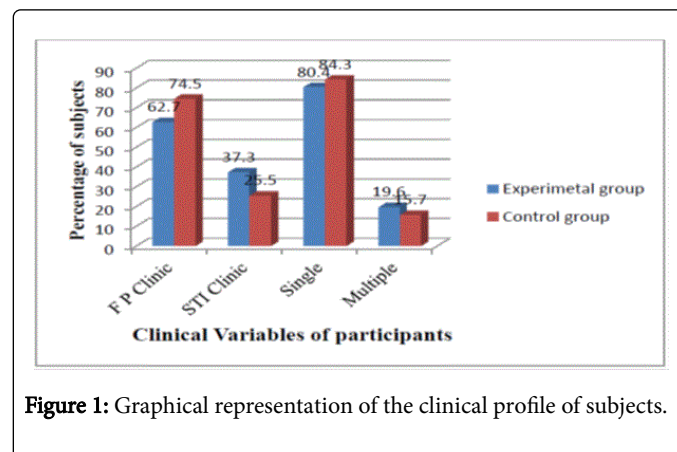


Figure 1: Graphical representation of the clinical profile of subjects.

Knowledge

In this study knowledge refers to degree of information respondent had about condom use. Majority of subjects $>90\%$ knew the purpose of condom and in view that correct condom use provide safety against unintended pregnancy, sexually transmitted infections and HIV (Table 1).

men encountered errors breakage and slippage (43.1%). After follow up of three months errors reduced to 10-15% of total participants. Post intervention 70.6% subjects performed ≥ 7 correct steps during demonstration.

Parameter of estimated errors of condom use was found out through questioning subjects at three months follow up (Table 2).

Reported Errors	Pre Intervention		Follow up After 3 months		X ² P value
	Experimental	Control	Experimental	Control	
Breakage	22 (43.1)	16 (31.3)	06 (11.7)	09 (17.6)	0.703 *

Slippage	07 (13.7)	11 (21.6)	--	--	0.04
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Table 2: Comparison of factual errors pre intervention and reported after three months within control and experimental groups.

Discussion

India ranks second populous country in the world after China. The literature suggests that incidences of condom failure are worldwide (1-13%) whereas it's almost double in developing countries. Condom has been found to be one of the better methods that have negligible side effects with very high success rate. It is easy to use and not only prevents unwanted pregnancies, but protects against risk of cross infection in people indulging in sexual act [4,5].

It is well known facts that correct condom use are of utmost importance for preventing unwanted pregnancy and sexually transmitted infections. Therefore, general awareness is necessary for practice of correct and consistent condom use among sexually active men.

Present study results shows that 90% subjects knew the purpose of condom and were aware about the protective effects of condom against STIs/HIV. The results are similar to the findings of a population based study was conducted on 3,542 men, living in Pelotas, by Silva et al. The authors concluded that more than 75% of the men were familiar with the condom as a protective factor against illnesses and/or AIDS. Condoms can effectively prevent both pregnancy and STIs [6].

Study revealed that 80-90% subjects were very well informed about condom use and its benefit. Similar findings were seen by Bankole et al. [6] who conducted a study in various African states found that majority of subjects had good knowledge about condoms use 83-86% in Burkina, 93-95% Faso and 84.2% in Malawi [7].

In study conducted by Warner et al. [7] findings suggests that the errors such as breakage and slippage were associated with deficient knowledge, experience and inappropriate use of lubricants. The present study revealed that 39.2% of subjects admitted that they had used non water based lubricants due to ignorance [8].

Crosby et al. [8] concluded that 35% of study subjects reported breakage or slippage during sex, results revealed that participants who had been instructed (group discussion) on correct condom use met with lesser number of errors. In present study 29% of subjects also encountered errors of such kind. The only difference was the subjects attended condom demonstration and thus reported less number of errors [9].

The finding of the present study found a higher rate of errors (43.1% breakage and 13.7% slippage) by Steiner et al. to the study done the findings are not comparable [10]. Findings of present study showed 80.3% of subjects had positive attitude towards condom use. In another study conducted by Balaiah et al. in rural Maharashtra 53.7% had positive attitude about condom use. The findings are consistent with current study [11].

Study results are suggestive for prevention of unwanted pregnancies and STIs, especially in clinical settings like family planning; STI clinics and integrated counseling and testing centre (ITCTs) where risk reduction counseling and practical educative session can be held routinely.

In addition sincere efforts such as periodic reinforcement activities should be done to ensure consistent and correct use of condoms among users. Men should be made to understand that they might be creating serious risk for self as well as partner; hence there is need to use condom for each sexual act, educative sessions regarding practices must be considered in the promotional strategies to get best out of this dual protection method, the key message is habit of correct condom use must be acquired irrespective of the partner.

Conclusion

Study concluded that despite adequate knowledge, and positive attitude correct and consistent usage was below the desired levels. The current study assessed the effect of observed condom demonstration on learned skills of correct and consistent condom use among sexually active men. In addition, condom use skills of sexually active men should be addressed and this is most optimally done through a combination of demonstration and practice. Mastering care for condom use is fundamental to promote safe and effective practice. Men need to be oriented on the phases that guarantee the best possible use.

Therefore, health professionals need to use advanced educative technologies to reach positive results for the development of personal skills for the management and handling of this contraceptive and preventive method of family planning.

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