

KNOWLEDGE, ATTITUDE AND PRACTICES TOWARDS CONDOM USE AMONG RESIDENTS OF NANSANA MUNICIPALITY, WAKISO DISTRICT, A CROSS-SECTIONAL STUDY.

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Abstract

Background

Condom use remains a critical component of Uganda's public health strategy in combating sexually transmitted infections (STIs) and reducing the spread of HIV/AIDS. This study aims to assess the knowledge, attitudes, and practices towards condom use among residents of Nansana municipality, Wakiso District.

Methodology

A descriptive cross-sectional study using quantitative methods, Multistage cluster sampling technique was used to recruit participants. Data was coded, entered, and cleaned in Microsoft Excel software and then transferred into Statistical Package for the Social Sciences (SPSS) version 27 for analysis. To measure knowledge and practice

Results

54 (67.5%) were aged between 18-30 years, 72(90.0%) were Christians. 52(65.0%) were self-employed, 35(43.8%) got information on condom use from their friends and peers. 69(86.3%) had good knowledge about condom use. 62(77.5%) knew that condoms offer protection against STDS, 63(78.8%) knew that condoms should be checked for holes before use, 50(62.5%) agreed that condom use doesn't give the desired sexual satisfaction, 43(53.8%) agreed that condom use causes delay in reaching orgasm, 54(67.5%) disagreed to the fact that condom use reduces sexual urge. 52(65.0%) didn't think that the condom slips in the female organ during intercourse. 44(55%) of the participants had negative attitudes towards condom use. 42(52.5%) used condoms, majority, 56(70.0%) used condoms in their last sexual intercourse, 63(78.8%) encountered no problems with condom use.

Conclusion

Overall, 86.3% of the participants had good knowledge about condom use, 55% of the participants had negative attitudes towards condom use, and 70% had used condoms during their last sexual intercourse.

Recommendation

The local government of Nansana municipality, in partnership with the Ministry of Health, should ensure adequate and steady availability of condoms in different points within the community to improve their use and accessibility.

Keywords: Knowledge, attitude and practices, Condom use, Residents of Nansana municipality.

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Background

An estimated prevalence of 44.6% in sub-Saharan Africa uses condoms consistently and correctly, with Uganda having a prevalence of 10.2% (Nakazibwe et al., 2022). Condoms are 98% effective when used correctly and consistently, and are critical for triple protection against STIs, HIV, and unintended pregnancies (Ajayi et al., 2019). However, most of the STIs and unwanted pregnancies that are on the rise in the community are due to risky sexual behaviors (Perera & Abeyseena, 2018). The high-risk sexual behaviors include attending night-clubs, alcohol consumption, having multiple sexual partners, premarital sex, and early sexual debut before 18 years of age without any

protection, hence leading to a high risk of adverse sexual and reproductive health consequences (Perera & Abeyseena, 2018).

The condom market in Uganda consists of three sectors: the public sector, which distributes fully subsidized (free) condoms, the social marketing sector, which distributes partially subsidized condoms at low cost, and the commercial sector, which sells condoms for a profit (Wagner & Wanyenze, 2021). Studies have shown that there is still a lack of comprehensive knowledge, negative attitudes, and inconsistent usage practices towards condom use among

sexually active individuals(Andrade et al., 2015; Vakilian, Abbas Mousavi, Keramat, & Chaman, 2018). This highlights the need for further research and interventions to promote positive behaviors and attitudes towards condom use. Condom use remains a critical component of Uganda's public health strategy in combating sexually transmitted infections (STIs) and reducing the spread of HIV/AIDS. Despite significant efforts and progress, challenges persist in promoting consistent and correct condom use across various demographic groups. In Uganda, despite low prevalence of condom use, less than a third of the population uses condoms consistently and correctly(Ssekamatte et al., 2022). This study assessed the knowledge, attitude, and practices towards condom use among residents of Nansana municipality, Wakiso district.

METHODOLOGY

Study design

This was a descriptive cross-sectional study using quantitative methods. The study was cross-sectional since it was carried out at one point in time to establish the attitudes, practices, and knowledge of participants.

Study area

The study was conducted among the residents of Nansana Municipality. Nansana is a town located in the Wakiso District in the Central Region of Uganda. It is one of the five municipalities in the district and is considered a municipal council consisting of four divisions - Nansana, Nabweru, Gombe, and Busukuma. These four divisions are independent units of local government at a lower level. The town is situated on the main Kampala-Hoima Road, approximately 12 kilometres (7 miles) northwest of Kampala, the capital and largest city of Uganda. It is also located about 8 kilometers (5 miles) south of Wakiso, where the district headquarters are located. The town's geographical coordinates are 0°21'50.0"N, 32°31'43.0"E, with the latitude being 0.363889 and the longitude being 32.528611. Data were collected from Ganda, Kabulengwa, and Nabweru villages.

Study population

This study was conducted among the residents of Nansana municipality, Wakiso district. Specifically, these were sexually active individuals (men and women) aged 18 years and above who were at the study site during the time of data collection.

Data collection procedure

After gaining ethical approval, the researcher approached the data collection site and recruited participants using multistage sampling. Those who met the criteria consented and were included in the study. Interviews were conducted by the researcher assistants who were previously trained in data collection. Data was collected using face-to-face interviews with the participants.

A researcher administered a questionnaire in English to collect quantitative data. The data collection process took place in the quiet places in the community. Interviews were held in English and, where necessary, translated into Luganda for clarity. All the study tools were reviewed for completion after every interview.

Sample size determination

The Krejcie, R. V., & Morgan, D. W. (1970) table was used to determine the sample size.

Given the margin of error between the estimated and true population prevalence, which is 5% =0.05, the Z-score (standard deviation) corresponds to a 95% confidence interval. Corresponding to the population size of about 6000 is the sample of 80.

Thus, n=80 participants.

Sampling technique

The study employed a multistage cluster sampling technique to recruit participants into the study. This method is appropriate for community-based studies since it ensures randomization and minimizes selection bias, which improves the overall quality of the findings as well as their generalizability.

Sampling procedure

Multistage cluster sampling was used to recruit study participants, and the four divisions of Nansana represent the four clusters. Out of the four divisions, 2 divisions were selected by simple random sampling. From each division, 1 ward/parish was selected by simple random sampling. Three villages were selected from the parishes by simple random sampling. Finally, study participants were selected from the villages by lottery method and recruited into the study. Data were collected from Ganda, Kabulengwa, and Nabweru villages.

Data collection method

This study employed quantitative methods of data collection. Specifically, a face-to-face interview method was used to collect data using an interviewer-administered semi-structured questionnaire.

Data collection tool

Data was collected using a pretested, semi-structured questionnaire. The questionnaire was developed by the researcher, and it contains questions that were adapted from similar previous studies. It was divided into four sub-sections, including the socio-demographic factors, the knowledge, practices, and attitude factors, with most of the questions being closed-ended.

Study variables

Dependent variables

The level of knowledge on condom use among residents of Nansana municipality, Wakiso district

Practices towards condom use among residents of Nansana municipality, Wakiso district

The level of attitudes towards condom use among residents of Nansana municipality, Wakiso district

Independent variables

These were socio-demographic characteristics (sex, age, religious affiliation), health system-related factors (availability of condoms, condom use awareness programs), and sociocultural factors (beliefs, taboos).

Quality control

For quality purposes, the researcher pretested the study tools among 20 residents of Namungoona to ensure that the tool is correct, valid, and reliable. The study tool was also subjected to reliability tests like the Cronbach's alpha test. The tool was also adopted from previous similar studies to ensure validity. Before data collection, the researcher briefed and trained research assistants on research ethics and conduct, and the data collection procedure. During data collection, participants were allowed enough time to reply to questions, and data collection lasted 2 weeks. Necessary adjustments were made in the employed research methods after the pilot study. Sexually active individuals aged 18 years and above who were staying in the selected sites of Nansana municipality were included in the study. Participants who failed to consent, those who were very ill, and catholic nuns were excluded from the study.

Data analysis and presentation

Data was coded, entered, and cleaned in Microsoft Excel software and then transferred into Statistical Package for the Social Sciences (SPSS) version 27 for analysis. To measure knowledge, practice, and attitudes, a cutoff point below and above the median score was considered to estimate the proportion of the residents with adequate/inadequate knowledge, good/poor practice, and positive/negative attitude, respectively, which was later summarized using percentages and frequencies. Overall knowledge and attitude score was 14, and those who scored 7 and above were regarded as having good knowledge/positive attitude, while those who scored below 7 were regarded as having poor knowledge/negative attitude, respectively.

Ethical considerations

Approval

Ethical approval was sought to collect and obtain data with the help of an introductory letter from Kampala school of health sciences administration and Institutional Research and Ethical Committee after approval by my supervisor; once permission was granted, site clearance was sought from the District Health Officer (DHO) of Wakiso district and the LCV of Nansana municipality, then data was obtained after explaining thoroughly to the respondents the objectives of the study and obtaining informed consent.

Informed consent

The research assistants gained written informed consent from each participant before being included in the study. Consenting participants signed on the consent forms.

Confidentiality and privacy

All participant information provided was not shared with any third parties. Participant real names were not recorded anywhere in the study tools.

Study limitations and their possible solutions

Self-report bias, whereby the responses from the participants were self-reported and influenced by the participants' feelings at the time. Recall bias, whereby the participants could have forgotten some information on past events. This was a cross-sectional study; hence, it may not have reflected a causal relationship between the level of awareness and factors affecting it at one point in time. Multivariate analysis was done to remove possible confounders.

RESULTS

Socio-demographic characteristics of the participants

Table 1: Socio-demographic characteristics of participants

Variable	Frequency (n=80)	Percentage (%)
Age		
18-30	54	67.5
31-45	18	22.5
46 and above	8	10.0
Sex		
Females	36	45.0
Males	44	55.0
Marital status		
Single	32	40.0
In a relationship	36	45.0
Married	12	15.0
Religion		
Christian	72	90.0
Moslem	7	8.8
Others	1	1.2
Occupation		
No formal employment	24	30.0
Self employed	52	65.0
Civil servant	4	5.0

Highest level of education		
No formal education	21	26.2
Completed primary level	23	28.8
Completed O-level	16	20.0

Table 1 continued

Completed A-level	12	15.0
Completed tertiary education	8	10.0
Number of sexual partners		
One partner	61	76.3
More than one	19	23.7

Table 1: A total of 80 participants were enrolled in the study, corresponding to a response rate of 100%. The majority, 54 (67.5%) of the study participants, were aged between 18-30 years, and more than half, 44 (55.0%) of the participants, were males. Nearly all 72(90.0%) reported being Christians, with a significant number, 36(45.0%), reporting being in relationships. About two-thirds, 52(65.0%) of the respondents reported being self-employed, and nearly a third, 23(28.8%) had at least completed the primary level of education. Three-quarters, 61(76.3%) of the respondents had only one sexual partner.

Level of Knowledge on condom use of residents of Nansana Municipality, Wakiso district

Figure 1: Source of Knowledge on condom use among residents of Nansana Municipality (N=80)

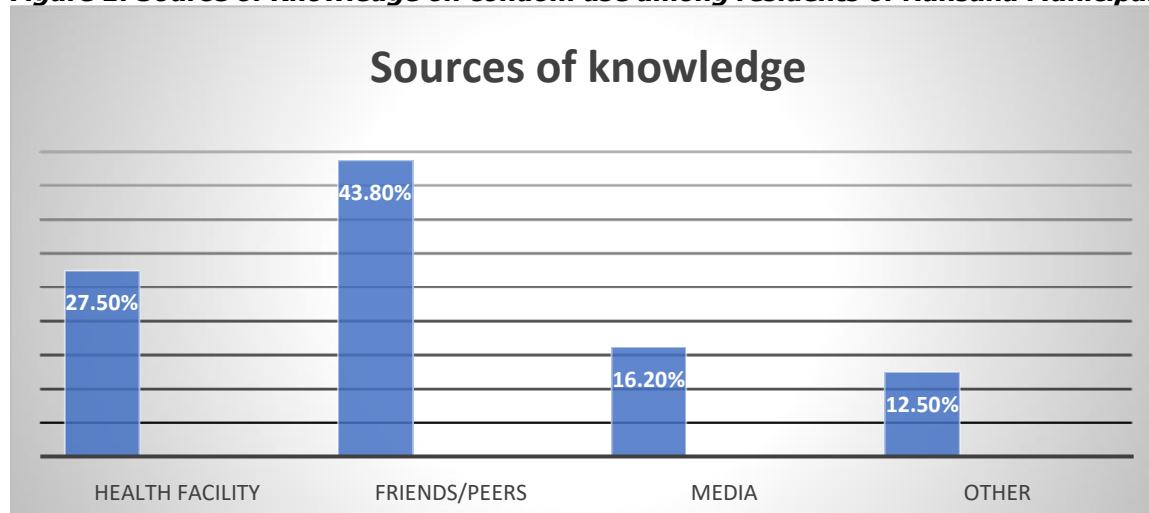


Fig 1, majority, 35(43.8%) of the participants got information on condom use from their friends and peers.

Figure 2: Overall Knowledge score on condom use among residents of Nansana Municipality N=80

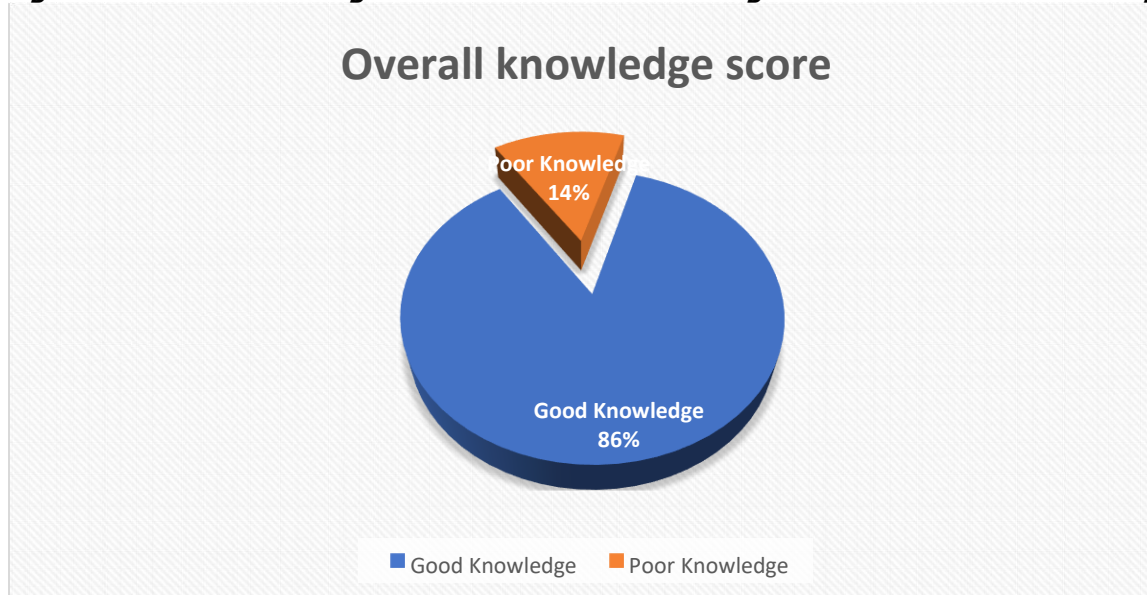


Fig 2, Majority, 69(86.3%) of the participants had good knowledge about condom use.

Table 2: Showing Knowledge on condom use among the residents of Nansana Municipality, Wakiso district

Variable	Frequency (n=80)	Percentage (%)
Condoms offer protection against STDs? Is it true?		
No	18	22.5
Yes	62	77.5
Do you agree that condoms offer protection against AIDS?		
No	12	15.0
Yes	68	85.0
Do you think condom use on every sexual intercourse prevents pregnancy?		
No	14	17.5
Yes	56	70.5
Not sure	10	12.5
Is there an expiry date on condoms?		
No	29	36.3
Yes	20	25.0
Not sure	31	38.7
Should a condom be checked for leaks and holes?		
No	9	11.2

Yes	63	78.8
Not sure	8	10.0
Should a condom be put on before any contact with the vagina?		
No	4	5.0

Table 2

Yes	74	92.5
Not sure	2	2.5
Is it alright to put on a condom just before ejaculation?		
No	59	73.8
Yes	11	13.7
Not sure	10	12.5
Can a condom be re-used?		
No	77	96.3
Yes	3	3.7
Not sure	0	0.0

From Table 2, about three quarters, 62(77.5%) of the participants knew that condoms offer protection against STDS, most 68(85.0%) of the participants knew that condoms protect against AIDS, majority, 56(70.5%) knew that condom use prevents pregnancy, and a third, 29(36.3%) did not know if condoms have expiry date. Most, 63(78.8%) of the

respondents knew that condoms should be checked for holes before use, almost all, 74(92.5%) knew that a condom should be put on before any contact with the vagina, 59(73.8%) knew it was not right to put on a condom just before ejaculation and almost all, 77(96.3%) knew that a condom cannot be reused.

Attitudes towards condom use among the residents of Nansana Municipality, Wakiso district

Table 3: Attitudes towards condom use among the residents of Nansana Municipality, Wakiso district

Variable				Frequency (n=80)	Percentage (%)
Condom use doesn't give the desired sexual					
satisfaction? Do you agree?					
Disagree				23	28.7
Agree				50	62.5
Neutral				7	8.8

Do you think condom use causes delay in reaching orgasm?		
Disagree	16	20.0
Agree	43	53.8
Neutral	21	26.2
Is it true that condom use reduces the sexual urge?		
Disagree	54	67.5
Agree	19	23.7
Neutral	7	8.8
Does the process of wearing a condom reduces one's sexual interest?		
Disagree	25	31.3
Agree	42	52.5
Neutral	13	16.2
Does condom use cause skin irritation after use?		
Disagree	47	58.7
Agree	10	12.5
Neutral	23	28.8
Do you agree condom use causes pain during sexual intercourse?		
Disagree	32	40.0
Agree	40	50.0
Neutral	8	10.0
I would like to know if you think if the condom slips into the female organ during intercourse?		
Disagree	52	65.0
Agree	19	23.7
Neutral	9	11.3

From Table 3, half, 50(62.5%) of the participants agreed that condom use doesn't give the desired sexual satisfaction, and

43(53.8%) agreed that condom use causes delay in reaching orgasm; the majority, 54(67.5%) disagreed with the fact that

condom use reduces sexual urge. About half, 42(52.5%) thought that the process of wearing a condom reduces one's sexual interest, more than half, 47(58.7%) thought condom use doesn't cause skin irritation, half, 40(50.0%) agreed that

condom use causes pain during sexual intercourse, and majority, 52(65.0%) didn't think that the condom slips in the female organ during intercourse.

Overall attitudes towards condom use among residents of Nansana Municipality (N=80)

Figure 3: Showing overall attitudes towards condom use among residents of Nansana Municipality, Wakiso district

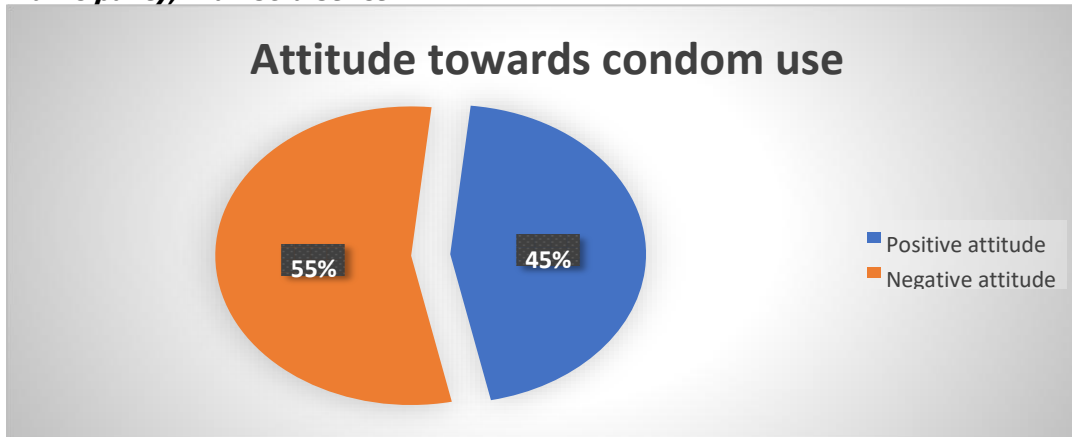


Figure 3, more than half, 44(55%) of the participants had negative attitudes towards condom use.

Practices of the residents of Nansana Municipality towards condom use

Table 4: Practices of the residents of Nansana Municipality towards condom use

Variable	Frequency (n=80)	Percentage (%)
Do you use condoms?		
No	38	47.5
Yes	42	52.5
Did you use condoms in your last sexual intercourse?		
No	56	70.0
Yes	24	30.0
How often do you use condoms?		
Always	26	12.5
Sometimes	38	47.5
Never	16	20.0

Do you encounter any problems using condoms? No	63	78.8
Yes	17	21.2

Table 4, half, 42(52.5%) of the respondents used condoms, the majority, 56(70.0%) used condoms in their last sexual intercourse, and about 38(47.5%) reported using condoms sometimes. Most, 63(78.8%), encountered no problems with condom use.

DISCUSSION

Assessment of Knowledge towards condom use among Nansana residents

The findings from this study showed that the majority, 69(86.3%) of the participants had good knowledge about condom use. This could be explained by the fact that there has been mass awareness creation by the Ministry of Health and its partners with regard to condom use, which could have boosted the knowledge of the participants. The findings in this study are in agreement with those obtained in Ethiopia, where the level of knowledge on condom use was 93.0% (Henok, Kassa, Lenda, Nibret, & Lamaro, 2015). In addition, most participants in this study knew that condom use prevents pregnancy and STDs. Similar findings were got at a referral hospital in Ethiopia, where 84.1% of respondents knew that the correct use of a condom would prevent HIV/AIDS transmission, while 79.0% of them only knew that condoms can also prevent other sexually transmitted infections (Mosisa, Abera, Bayisa, & Chennupati, 2017). Thus, community sensitization efforts on condom use should be sustained at all levels of the community.

Assessment of attitudes towards condom use among Nansana residents

In my study, more than half, 44(55%) of the participants had negative attitudes towards condom use. Additionally, 50(62.5%) of the participants agreed that condom use doesn't give the desired sexual satisfaction, 43(53.8%) agreed that condom use causes delay in reaching orgasm and 40(50.0%) agreed that condom use causes pain during sexual intercourse. The findings are similar to those obtained from a study done in Bushenyi where majority 46 (69%) of the participants had a negative attitude towards condom use, and thought that condoms reduce lubrication and are painful (Gabula, 2023). The negative attitudes among the residents could be due to having misconceptions and myths about condoms and condom use. Thus, to improve community attitudes, there is a need to demystify wrong information and misconceptions regarding condom use through continuous education of the masses.

ACKNOWLEDGEMENT

I would like to extend my sincere gratitude to the Lord for all He has brought me in life and in my academic journey. With profound gratitude, I acknowledge the excellent guidance of my supervisor, Mr. Alinde Patrick, throughout the research report work. Additionally, I appreciate my respondents from the Nansana community for their patience and willingness to

participate in this study, as well as their full consent to participate in this study.

Assessment of practices towards condom use among Nansana residents

Regarding the practices, half, 42(52.5%) of the respondents used condoms, and the majority, 56(70.0%) used condoms in their last sexual intercourse. Hence, the practices of the Nansana residents on condom use were relatively good. This could be due to a high level of knowledge of condom use among the participants. The findings in this study are consistent with those in Ethiopia, where more than half, 53.8%, of the respondents reported that they had used condoms at least once (Mosisa et al., 2017) and among college students in Ethiopia where 66.1% of them used condoms during the last sexual intercourse (Yosef & Nigussie, 2020). However, my results disagree with those obtained from the fishing communities in Uganda, where only 10.1% were using condoms (Nakazibwe et al., 2022). Hence, there is a need to design interventions aimed at improving condom use, such as the provision of free condoms at all social centers of the community.

Conclusion

Overall, 86.3% of the participants had good knowledge about condom use, 55% of the participants had negative attitudes towards condom use, and 70% had used condoms during their last sexual intercourse. The findings imply that the residents of Nansana municipality are knowledgeable about condom use and have safer sexual practices despite having unfavorable attitudes towards using condoms. Thus, attitude is a major limiting factor to condom use despite good awareness about condom use and the availability of free condoms.

Recommendation

Considering the study findings, the following recommendations can be made: The local government of Nansana municipality, in partnership with the Ministry of Health, should ensure adequate and steady availability of condoms in different points within the community in order to improve their use and accessibility.

Outreaches and medical camps can be utilized to provide free condoms to the residents in the community. There should be continuous awareness creation about the need to use and the benefits of using condoms during sexual intercourse.

This can be accompanied by demystifying any misconceptions attached to condom use. Further research should be done to explore the barriers and facilitators of condom use among the residents in the community.

ABBREVIATIONS

HIV: Human immunodeficiency virus

STIs: Sexually transmitted infections

Source of funding

The study was no funded

Conflict of interest

The author did not declare any conflict of interest

Author's contribution

Martha Nagawa collected data and drafted the manuscript of the study

Patrick Alinde directly supervised the study

Prosper Mubangizi was the overall supervisor of the study

Data availability

Data is available upon request

Ethical approval

Ethical approval was sought to collect and obtain data by help of an introductory letter from Kampala school of health sciences administration and Institutional Research and Ethical Committee after approval by my supervisor; once permission was granted, site clearance was sought from the District Health Officer (DHO) of Wakiso district and the LCV of Nansana municipality, then data was obtained after explaining thoroughly to the respondents the objectives of the study and obtaining and informed consent.

Informed consent

The research assistants gained written informed consent from each participant before being included in the study. Consenting participants signed on the consent forms.

Author's biography

Martha Nagawa is a student of clinical medicine and community health at Kampala School of Health Sciences.

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