

# Knowledge of Njala Campus Athletes about Abstinence from Diseases Associated with Unsafe Sexual Practices such as Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome {HIV/AIDS}, Gonorrhoea {GR} and Syphilis {SP}, aimed as Primary Prevention Strategy in Minimizing the Process of Ageing

Bebeley Samuel Joseph; Yi-gang, Wu; Yang, Liu

## ARTICLE AUTHORSHIP & AFFILIATION DETAILS

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**Bebeley Samuel Joseph (Phd scholar)**  
Shanghai University of Sport, China

**Yi-gang, Wu** Prof. & Dean, School of International Cultural Exchange, Shanghai University Of Sport. China

**Yang, Liu** Associate Prof. School of Physical Education, Shanghai University Of Sport. China

E-Mail: bsaj2004@hotmail.co.uk  
or bsaj2004@gmail.com

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## Abstract

This study was aimed at the primary prevention strategy in minimizing the process of ageing among Njala campus athletes. The rationale of the study is to evaluate the knowledge of Njala campus athletes about abstinence from diseases associated with unsafe sexual practices such as human immunodeficiency virus/acquired immune deficiency syndrome (Hiv/Aids), gonorrhoea {Gr} and syphilis {Sp}, aimed as primary prevention strategy in minimizing the process of ageing. The participants with a quantum of one hundred and fifty {n=150} for the study were mainly athletes within the undergraduate sector of the university of which, 63% were male {n=95} and 37% were female {n=55}; 27% Christian-male {n=40} and 20% Christian-female {n=30}; 36.6% Muslim-male {n=55} and 16.6% Muslim-female {n=25}; 4% married-male {n=6} and 3% married-female {n=4}; 59% single-male {n=89} and 34% single-female {n=51}; 43.3% south/east-male {n=65} and 23.3% south/east-female {n=35}; 20% north/west-male {n=30} and 13% north/west-female {n=20}, were randomly sampled from four schools using the systematic random sampling i.e. 26.6% male {n=40} from school of agriculture/environmental science and 16.6% female {n=25} from school of agriculture/environmental science; 37% male {n=55} from school of education/technology and 20% female {n=30} from school of education/technology. Also randomly sampled from four levels were 53% male {n=80} from {100-200} levels and 30% female {n=45} from {100-200} levels; 10% male {n=15} from {300-400} levels and 7% female {n=10} from {300-400} levels; 40% male {n=60} were ranked within {18-25} years and 20% female {n=30} were ranked within {18-25} years; 23% male {n=35} were ranked within {26-30+} years and 17% female {n=25} were ranked within {26-30+} years. The results were compared using the dependent t-test (t) and scaled @ p < 0.05 level of significance. Analysis of results about abstinence from diseases associated with unsafe sexual practices such as human immunodeficiency virus/acquired immune deficiency syndrome (hiv/aids), gonorrhoea (gr) and syphilis (sp), indicate a holistic significance differences are highlighted. Conclusion: the results indicate that Njala campus athletes did display professional experience about primary prevention strategic knowledge of minimizing the process of ageing with special reference to abstinence from diseases associated with unsafe sexual practices such as human immunodeficiency virus/acquired immune deficiency syndrome {Hiv/Aids}, gonorrhoea {Gr} and syphilis {Sp}. This study therefore recommends that availability and accessibility of training workshops, seminars and clinical test be given readily and frequently to Njala Campus Athletes prior to any intercollegiate competitions.