

**FACTORS CONTRIBUTING TO MEN'S RELUCTANCE TO SEEK HIV
COUNSELLING AND TESTING AT PRIMARY HEALTH CARE FACILITIES OF
VHEMBE HEALTH DISTRICT, SOUTH AFRICA.**

BY

NDWAMATO ROBERT SIRWALI

STUDENT NUMBER: 9215257

**Mini-dissertation submitted in partial fulfilment of the requirements for Master
of Public Health degree, University of Venda.**

Supervisor: Professor H.A Akinsola

Co-supervisor: Dr. T. G Tshitangano

February, 2015

**UNIVEN LIBRARY
Library Item : 20150998**



ABSTRACT

Background and purpose

A cornerstone of HIV prevention in South Africa is voluntary HIV antibody counselling and testing, but only one in five South Africans aware of HCT have been tested. In 2008, the President of the Republic of South Africa launched the testing campaign where all South Africans were encouraged to go for Human Immunodeficiency Virus (HIV) testing. However utilisation of this service amongst men was very low. The aim of the present study was to explore the factors contributing to the reluctance of men to seek HIV counselling and testing in the primary health facilities in Vhembe Health District.

Methods

The design of the study was qualitative, using an in-depth interview method of data collection. Non-probability, purposeful sampling method was used to select between eight to ten men who met the eligibility criteria from the human resource register of the District regional office. The tool for the data collection used was an interview guide and the data was analysed using the TECHS's 8 steps method. The sample size of 15 officials out of 94 of the entire department population was used for the study.

Results

In this study, it was found that men are reluctant to go for testing because they are afraid of being disrespected by children if found to be positive. Stigma as human reaction to disease has been central in lowering the number of turn up individuals to seek counselling and testing from public health facilities.

11 out of 15 participants indicated that they are afraid to be tested, and revealed that to know their status will be detrimental to their aftermath survival. 80% of the participants' echoed that they do not have trust in the behaviour of lay counsellors who are providing HCT services and as result they developed negative attitudes towards HIV testing and counselling. 11 out of 15 revealed that pride may be resulted from lack of information and wrong information that made the majority of men not to attend HCT services, thus shows negative attitude.

Conclusions and recommendations

Most of the men in the District are aware of HIV Testing and Counselling services that are being rendered in both Public and private sectors. Establishment of Traditional Health Practitioners forum in the District must be strengthened to enforce relations and proper coordination of HCT services. In all strategic meetings, all politicians need to encourage men to go for HCT.

Key words: Factors contributing, men reluctance, HIV counselling and testing, PHC facilities