

DECLARATION

I hereby declare that to the best of my knowledge, the work presented in this study, for the Masters in Public Health has not been presented either wholly or in part for any other Masters in Public Health Degree and is not currently submitted for any other degree.

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Student

Having supervised and read this dissertation, we confirm that the work has been completed satisfactorily and the befits the award of a Master's Degree in Public Health

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STATEMENT

I hereby certify that this work presented for the Degree of Master of Public Health, is in all entirely the results of my own independent investigations. The various sources to which I am indebted are gratefully acknowledged in the text and in the bibliography

Signed.....

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APPROVAL

This dissertation of Remmy Mulenga is approved in part I fulfilment of the requirement for the award of the degree in Master of Public Health by the University of Zambia.

Examiners'

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Sign

Date.....

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Sign.....

Date.....

3. Names.....

Sign.....

Date.....

DEDICATION

This dissertation is dedicated to my children, my closest friends and family members for the physical, mental and spiritual support rendered to me

ACKNOWLEDGEMENTS

I wish to express my sincere gratitude and deep appreciation to individuals, organizations, and departments that made it possible for me to fulfil the requirements of this dissertation and these include the faculty of Department of Community Medicine, School of Medicine, University of Zambia.

Special and sincere gratitude goes to the Service Commanders and respective Unit Commanders of the military cantonments where I collected my research data, for facilitating the process. Appreciation goes to Brigadier General (Dr) J.S. Banda for according me an opportunity to undergo this course, and my sponsors USAID – Zambia.

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ABSTRACT

This is a cross sectional study aimed at establishing prevalence and factors associated with casual sex engagement among military personnel in the Defence Force.

The general objective of the study was to identify factors associated with casual sexual intercourse among military personnel so as to develop appropriate measures to address the problem and avert HIV and other sexually transmitted infections.

Specific objectives were to determine the prevalence of casual sex among military personnel; examine the extent to which demographic factors such as age, education and marital status could influence casual sex among military personnel, and also establish any association between length and frequency of military operations; and engagement in casual sex.

Data was collected quantitatively by administering a standard pre – tested questionnaire to each participant from a sample size of 341. A convenient sample was chosen from the six military camps in Lusaka. The sample size was calculated to enable 95% confidence.

Results show that 46.0% of surveyed respondents engaged in pre/extramarital sexual activities. There were significant relationships between respondent participation in military operations ($p = <0.001$), marital status ($p = 0.001$) and engagement in pre/extramarital sex. There were no significant relationships between the respondent's age, sex, education qualification, rank and engagement in pre/extramarital sex. Among the surveyed respondents, only 46.5% used condoms consistently with a non regular partner.

It can be concluded from this study that the high prevalence of casual sex with multiple relationships among military personnel carries the risk of HIV transmission. Contributing factors from the study are; long periods of absence from home on military duty; influence of alcohol, boredom and peer pressure. The Defence Force needs to play a more proactive role in HIV/AIDS prevention programmes. Personnel on deployment, in – and outside the country should be provided with the necessary awareness messages aimed at behaviour change and to guard against HIV infection.

TABLE OF CONTENTS

ITEMS	PAGE NUMBER
Declaration	i
Statement	ii
Approval	iii
Dedication	iv
Acknowledgement	v
Abstract	vi
Table of Contents	vii
List of Tables	ix
Acronyms	x
CHAPTER ONE: INTRODUCTION	1
1.1.0 Background	1
1.1.1 National population and military profile	1
1.1.2 Prevalence of HIV and AIDS in Zambia	2
1.2.0 Statement of the problem	3
1.3.0 Significance of the study	9
1.4.0 Research Questions	9
1.5.0 Objectives	9
1.5.1 General objective	9
1.5.2 Specific objectives	10
1.6.0 Research study variables	10
1.6.1 Dependent variable	10
1.6.2 Independent variables	11
CHAPTER TWO: LITERATURE REVIEW	12
CHAPTER THREE: METHODOLOGY	19
3.1.0 Study design	19
3.2.0 Study setting	19
3.3.0 Study population	19
3.4.0 Sampling	20
3.4.1 Sampling method	20
3.4.2 Inclusion Criteria	20
3.4.3 Exclusion Criteria	20
3.4.4 Sample size	21
3.5.0 Data Collection methods	21

3.6.0	Data processing and analysis	21
3.7.0	Data quality control	22
3.8.0	Pilot study	22
3.9.0	Ethical consideration	22
3.10	Utilization of the results	23
3.11	Study Limitation	23

CHAPTER FOUR: DATA ANALYSIS AND PRESENTATION OF RESULTS

4.1	General study characteristics	21
4.2	Factors associated with casual sex	30
4.3	Self risk assessment	35
4.4	Preferred duration of military operation	36
4.5	Multivariate analysis	37

CHAPTER FIVE: DISCUSSION OF FINDINGS

5.1	Summary of results	38
5.2	Prevalence of casual sex	38
5.3	Military operations and casual sex	40
5.4	Alcohol and casual sex	41
5.5	Sexual activity and condom use	42
5.6	Self risk assessment for HIV infection	44
5.7	Respondents preferred length of military operation	45

CHAPTER SIX: CONCLUSIONS AND RECOMMENDATIONS 46

6.1	Recommandations	47
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APPENDICES

Appendix I	References	50
Appendix II	Study Questionnaire	53
Appendix III	Participant Information	61

LIST OF FIGURES

Figure 1	Problem analysis diagram showing factors that may influence casual among military personnel	8
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LIST OF TABLES

Table 1: Social demographic features	25
Table 2: Ever been involved in military operations	26
Table 3: Number of times separated away from home	26
Table 4: Sexual activity by number of sex partners	27
Table 5: Took alcohol at the last time had sex	27
Table 6: Used a condom last time had sex	28
Table 7: Reasons for not using condom last time had sex	28
Table 8: How likely your last sex partner had other sex partners	29
Table 9: Ever tested for HIV	29
Table 10: Ever paid or been paid for sex	29
Table 11: Casual sex and marital status	30
Table 12: Casual sex and gender	30
Table 13: Casual sex and mobility	31
Table 14: Occasions spent away from home and casual sex	31
Table 15: Military operations and casual sex	32
Table 16: Ever used condom and casual sex	33
Table 17: Consistent condom use and casual sex	33
Table 18: Alcohol consumption and casual sex	34
Table 19: Influence of other factors other than alcohol on casual sex	34
Table 20: How likely your last casual partner had other sex partners and casual sex	35
Table 21: HIV testing and casual sex	35
Table 22: Whether concerned might be infected with HIV and casual sex	36
Table 23: Duration of Military operations and casual sex	36

ACRONYMS

AIDS	Acquired Immune Deficiency Syndrome
ART	Antiretroviral Therapy
CBoH	Central Board of Health
CSO	Central Statistical Office
DFMS	Defence Force Medical Services
FGD	Focus Group Discussion
FSW	Female Sex Worker
HIV	Human Immune Virus
NAC	National (Acquired Immune Deficiency Syndrome) Counsel
PEPFAR	President's Emergency Plan for Aids Relief
STI's	Sexually Transmitted Infections
TB	Tuberculosis
UNAIDS	United Nations Program on Acquired Immune Deficiency Syndrome
USA	United States of America
VCT	Voluntary Counselling and Testing
ZANARA	Zambia National Response to Aids
ZDF	Zambia Defence Force
ZR	Zambia Regiment
PLWHA	People Living with HIV/AIDS
CT	Counselling and Testing

