

Factors in HIV Prevention

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ABSTRACT

Objectives: The main objective of this study is to identify the factors in HIV prevention. **Methodology:** A descriptive and analytical research design was adopted among 404 respondents. Simple random sampling technique was used to select the respondents from different groups. The Study was conducted in Kathmandu valley. **Result:** A significant association exists between the awareness raising activities, mandatory blood testing of suspected people, isolating PLHIV from society, addressing the problem of unemployment, improving individual risk behaviour, managing separate red-light area, and stopping stigma and discrimination with HIV risk reduction. **Conclusion:** Individual people should be more responsible for improving their risk behaviour. Besides that, the society should be amenable to reduce the social taboo about HIV and AIDS and the government should address the problem of unemployment and manage the sex-trade.

KEYWORDS

Factors, HIV, AIDS, Prevention

INTRODUCTION

HIV and AIDS has become a burning public health problem since it was identified in Nepal. Gradually, it is being transmitted from the high risk groups like sex workers, gigolo (male sex workers), injective drug users and migrant workers to general population like housewives and children. There are various latent and manifest functional units of society which have contributed to the increase in the risk of HIV transmission.

As in other developing countries, the transmission of HIV in Nepal is driven by factors such as poverty, low literacy levels, low levels of male and female condom use, cultural and religious factors, stigma and discrimination (Ministry of Health and Population (MOHP), 2012, p. 189). In Nepal, 'the topography, environmental degradation, poverty and economic migration are all interlinked and they combine with other factors to increase vulnerability to HIV' (Ramamurthy, 2005, p. 173). Besides, 'the gender inequality, low level of education and literacy, denial, stigma and discrimination are major factors to HIV and AIDS vulnerability in Nepal' (WHO & UNAIDS, December 2003, p. 7). The Strategic Plan for HIV and AIDS Prevention has recognized factors like the mobility of population, urbanization, heavy labour migration to areas to foreign shores, the open border between Nepal and India and poverty as causal factors for the spread of the infection of HIV in Nepal (Ramamurthy, 2005, p. 178). Besides these factors, it is also reported that the prevalence is due to lack of awareness about the infections. A low level of awareness contributes to the growing AIDS problem in Nepal. This lack of awareness in the country, low rate of literacy, lack of appropriate AIDS education, and strong cultural prohibitions against the public discussion of sex are the main causes of the prevalence (WHO and., 1999).

We can observe that there is an inverse relationship between the social factors and the epidemics of HIV and AIDS. While the social factors directly or indirectly influence the spread of HIV, the epidemic of HIV and AIDS also affects the socio-economic scenario of the society and the country. Regarding this fact, preventing measures should be identified. So, data have been collected from the respondents to know the measures of prevention from the sociological perspective.

METHODOLOGY

Cross-sectional data have been collected, and descriptive and analytical research design has been adopted to analyze the association the factors in HIV prevention. 404 respondents have been selected by using the simple random sampling method from the workers of garment factory, brick factory, health sector and transport sector. Respondents have been selected from the 15-49 age groups. Self-reported structured questionnaires have been developed in dichotomous and 5 Likert scale having with 1 = strongly agree and 5 = strongly disagree. Reliability and validity test of the data collection

tools has been carried out through translation and back-translation of the language, consultation with subject experts, pilot study, and Cronbach's Alpha test. The value of Cronbach's Alpha is .908. Data has been analyzed by using the SPSS. Cross tabulation, frequency table and Chi-square test have been applied to describe and analyze the data.

RESULT

There were 404 respondents in the study, among them 29.46 percent constituted females and rests comprised of males. Ethnicity wise, 53.2% of respondents were Janjatis followed by 30.44% Chhetris and Brahmins, 11.38% Dalits and 5% Muslims and other Madheshees, mostly Yadav. Two hundred and twenty nine (56.68%) respondents were married and 175 (43.32%) were unmarried. The education level of the respondents shows that the majority (25.50%) of respondents had a primary level of education followed by 27.48% respondents who were from the higher secondary level and above, 21.29% of respondents were from lower secondary level, 13.12% from secondary level, 7.92% from the literate, and 4.70% from the illiterate groups.

Respondents' opinions have been collected to identify the factors associated with prevention of HIV transmission. The data are tabulated and discussed as below:

Respondents were asked about the effectiveness of awareness-raising activities to reduce the risk of HIV transmission. 84.7% of the respondents strongly agree that awareness-raising can help reduce the risk of HIV transmission followed by 10.6% who agree on the same. Only that very few respondents (.7%) disagree (Table 1).

| Responses | | Occupation of Respondents | | | | Total | Pearson Chi-Square |
|--------------------------|------------------------------------|---------------------------|-------------------------|-------------------|-----------------------|--------|---------------------------------------|
| | | Health workers | Garment factory workers | Transport workers | Brick factory workers | | |
| Strongly agree | % within the total respondents | 25.1% | 22.5% | 24.6% | 27.8% | 100.0% | Asymp. Sig. (2-sided) .004 (S) |
| | % within occupation of respondents | 85.1% | 76.2% | 83.2% | 94.1% | 84.7% | |
| Agree | % within the total respondents | 32.6% | 25.6% | 27.9% | 14.0% | 100.0% | |
| | % within occupation of respondents | 13.9% | 10.9% | 11.9% | 5.9% | 10.6% | |
| Neutral | % within the total respondents | 6.3% | 68.8% | 25.0% | 0% | 100.0% | |
| | % within occupation of respondents | 1.0% | 10.9% | 4.0% | 0% | 4.0% | |
| Disagree | % within the total respondents | 0% | 50.0% | 50.0% | 0% | 100.0% | |
| | % within occupation of respondents | 0% | 1.0% | 1.0% | 0% | .5% | |
| Strongly disagree | % within the total respondents | 0% | 100.0% | 0% | 0% | 100.0% | |
| | % within occupation of respondents | 0% | 1.0% | 0% | 0% | .2% | |
| Total | % within the total respondents | 25.0% | 25.0% | 25.0% | 25.0% | 100.0% | |
| | % within occupation of respondents | 100.0% | 100.0% | 100.0% | 100.0% | 100.0% | |

Sources: Field survey, 2013

Awareness-raising activity is one tool which has been mostly launched by Nepal Government and other organizations to prevent the HIV transmission.

A significant association ($p=.004$) has been found among the respondents about their perception of awareness-raising to reduce the risk of HIV transmission.

Establishing the VCT (volunteering, counseling and testing) centre is one of the working strategies of HIV prevention. The centre provides the free counselling and testing services for the vulnerable people who voluntarily want to test their blood. Regarding this fact, this researcher asked respondents whether the mandatory blood test of suspected person could reduce the risk of HIV transmission or not. On this question of the mandatorily blood test of suspected people, more than

55% respondents have agreed the risk of HIV transmission can be reduced through a mandatory blood test of the suspected people (Table 2): 29.2% have reported ‘strong agree’, while 27.0% have reported ‘agree’.

Table 2: Mandatory blood testing and risk reduction

| Responses | | Occupation of respondents | | | | Total | Pearson Chi-Square |
|--------------------------|------------------------------------|---------------------------|-------------------------|-------------------|-----------------------|--------|-----------------------------------|
| | | Health workers | Garment Factory workers | Transport workers | Brick factory workers | | |
| Strongly agree | % within the total respondents | 22.9% | 30.5% | 33.1% | 13.6% | 100.0% | Asymp. Sig. (2-sided) .000 (S) |
| | % within occupation of respondents | 26.7% | 35.6% | 38.6% | 15.8% | 29.2% | |
| Agree | % within the total respondents | 20.2% | 21.1% | 29.4% | 29.4% | 100.0% | |
| | % within occupation of respondents | 21.8% | 22.8% | 31.7% | 31.7% | 27.0% | |
| Neutral | % within the total respondents | 16.2% | 43.2% | 27.0% | 13.5% | 100.0% | |
| | % within occupation of respondents | 5.9% | 15.8% | 9.9% | 5.0% | 9.2% | |
| Disagree | % within the total respondents | 22.7% | 19.3% | 14.8% | 43.2% | 100.0% | |
| | % within occupation of respondents | 19.8% | 16.8% | 12.9% | 37.6% | 21.8% | |
| Strongly disagree | % within the total respondents | 50.0% | 17.3% | 13.5% | 19.2% | 100.0% | |
| | % within occupation of respondents | 25.7% | 8.9% | 6.9% | 9.9% | 12.9% | |
| Total | % within the total respondents | 25.0% | 25.0% | 25.0% | 25.0% | 100.0% | |
| | % within occupation of respondents | 100.0% | 100.0% | 100.0% | 100.0% | 100.0% | |

Sources: Field survey, 2013

These data vary between the opinion of respondents and the procedure of HIV testing, which is voluntarily.

There was a significant association (p=.000; it is less than .05) that was found between the respondents on their perception of mandatory blood testing of the suspected people.

Still community people do not want to disclose their HIV status. In this study also, 41.8% respondents replied that they did not want to disclose their HIV status. So, respondents were asked whether the risk of HIV transmission would be reduced if the PLHIVs were isolated from the community. In response, the data show that 35% respondents (17.9% reported ‘strongly agree’ followed by 14.1% that reported ‘agree’) agree that HIV can be reduced by keeping PLHIVs in isolated places (Table 3).

Table 3: Isolation of PLHIV and risk reduction

| Responses | | Occupation of respondents | | | | Total | Pearson Chi-Square |
|--------------------------|------------------------------------|---------------------------|-------------------------|-------------------|-----------------------|--------|-------------------------------|
| | | Health workers | Garment Factory workers | Transport workers | Brick factory workers | | |
| Strongly agree | % within the total respondents | 2.8% | 33.3% | 36.1% | 27.8% | 100.0% | Asymp. Sig. (2-sided) .000 |
| | % within occupation of respondents | 2.0% | 24.0% | 25.7% | 19.8% | 17.9% | |
| Agree | % within the total respondents | 3.5% | 19.3% | 52.6% | 24.6% | 100.0% | |
| | % within occupation of respondents | 2.0% | 11.0% | 29.7% | 13.9% | 14.1% | |
| Neutral | % within the total respondents | 13.2% | 31.6% | 44.7% | 10.5% | 100.0% | |
| | % within occupation of respondents | 5.0% | 12.0% | 16.8% | 4.0% | 9.4% | |
| Disagree | % within the total respondents | 27.2% | 24.3% | 15.5% | 33.0% | 100.0% | |
| | % within occupation of respondents | 27.7% | 25.0% | 15.8% | 33.7% | 25.6% | |
| Strongly disagree | % within the total respondents | 48.1% | 21.1% | 9.0% | 21.8% | 100.0% | |
| | % within occupation of respondents | 63.4% | 28.0% | 11.9% | 28.7% | 33.0% | |

| | | | | | | |
|--------------|------------------------------------|--------|--------|--------|--------|--------|
| Total | % within the total respondents | 25.1% | 24.8% | 25.1% | 25.1% | 100.0% |
| | % within occupation of respondents | 100.0% | 100.0% | 100.0% | 100.0% | 100.0% |

Sources: Field survey, 2013

The above data indicate that 35% people have wrong notion of HIV transmission and they stigmatize the PLHIVs.

There was a significant association ($p=.000$; it is less than .05) that was found among the respondents about their perception of awareness-raising comparing that can help reduce the risk of HIV transmission.

Unemployment which is one of the reasons of migration in Nepal, contributes towards the vulnerability of people. Regarding this fact, respondents were asked about the association of job with HIV prevention.

| Responses | | Occupation of respondents | | | | Total | Pearson Chi-Square |
|--------------------------|------------------------------------|---------------------------|-------------------------|-------------------|-----------------------|--------|----------------------------|
| | | Health workers | Garment Factory workers | Transport workers | Brick factory workers | | |
| Strongly agree | % within the total respondents | 13.8% | 28.4% | 10.1% | 47.7% | 100.0% | Asymp. Sig. (2-sided) .000 |
| | % within occupation of respondents | 14.9% | 30.7% | 10.9% | 51.5% | 27.0% | |
| Agree | % within the total respondents | 36.8% | 21.6% | 24.6% | 17.0% | 100.0% | |
| | % within occupation of respondents | 62.4% | 36.6% | 41.6% | 28.7% | 42.3% | |
| Neutral | % within the total respondents | 22.0% | 36.6% | 31.7% | 9.8% | 100.0% | |
| | % within occupation of respondents | 8.9% | 14.9% | 12.9% | 4.0% | 10.1% | |
| Disagree | % within the total respondents | 18.9% | 18.9% | 47.2% | 15.1% | 100.0% | |
| | % within occupation of respondents | 9.9% | 9.9% | 24.8% | 7.9% | 13.1% | |
| Strongly disagree | % within the total respondents | 13.3% | 26.7% | 33.3% | 26.7% | 100.0% | |
| | % within occupation of respondents | 4.0% | 7.9% | 9.9% | 7.9% | 7.4% | |
| Total | % within the total respondents | 25.0% | 25.0% | 25.0% | 25.0% | 100.0% | |
| | % within occupation of respondents | 100.0% | 100.0% | 100.0% | 100.0% | 100.0% | |

Sources: Field survey, 2013

Respondents were asked about the employment opportunity. 27.0% reported 'strongly agree' followed by 42.3% that reported 'agree' providing people with job opportunity in Nepal can reduce the risk of HIV transmission. However 20.5% respondents disagreed (Table 4).

There was a significant association ($p=.000$; it is less than .05) that was found among the respondents about perception of job opportunity within Nepal as being catalyst to the reduction of the risk of HIV transmission.

Individual behaviour is identified as one of the major factors in the increase of the risk of HIV transmission. 84.7% respondents strongly agree that the risk of HIV can be reduced by improving the individual behaviour. Only 9.7% respondents have reported 'agree'. Very few (only 1.7%) have reported that they disagree (Table 5).

| Responses | | Occupation of respondents | | | | Total | Pearson Chi-Square |
|-----------|--|---------------------------|-------------------------|-------------------|-----------------------|-------|--------------------|
| | | Health workers | Garment factory workers | Transport workers | Brick factory workers | | |

| | | | | | | | |
|--------------------------|------------------------------------|--------|--------|--------|--------|--------|---|
| Strongly agree | % within the total respondents | 21.3% | 24.0% | 26.6% | 28.1% | 100.0% | Asymp. Sig. (2-sided) .001 |
| | % within occupation of respondents | 72.3% | 81.2% | 90.1% | 95.0% | 84.7% | |
| Agree | % within the total respondents | 51.3% | 23.1% | 12.8% | 12.8% | 100.0% | |
| | % within occupation of respondents | 19.8% | 8.9% | 5.0% | 5.0% | 9.7% | |
| Neutral | % within the total respondents | 25.0% | 50.0% | 25.0% | 0% | 100.0% | |
| | % within occupation of respondents | 4.0% | 7.9% | 4.0% | 0% | 4.0% | |
| Disagree | % within the total respondents | 60.0% | 20.0% | 20.0% | 0% | 100.0% | |
| | % within occupation of respondents | 3.0% | 1.0% | 1.0% | 0% | 1.2% | |
| Strongly disagree | % within the total respondents | 50.0% | 50.0% | 0% | 0% | 100.0% | |
| | % within occupation of respondents | 1.0% | 1.0% | 0% | 0% | .5% | |
| Total | % within the total respondents | 25.0% | 25.0% | 25.0% | 25.0% | 100.0% | |
| | % within occupation of respondents | 100.0% | 100.0% | 100.0% | 100.0% | 100.0% | |

Sources: Field survey, 2013

There was a significant association ($p=.001$; it is less than .05) that way found among the respondents on their perception of the improving the individual behaviour which can help reduce the risk of HIV transmission.

Sex workers are identified as one of the major bridging populations for HIV transmission from high risk groups to general population. In Nepal, sex business is illegal and the government punishes such people or organizations which are involved in promoting the sex business still persist.

| Response | | Occupation of respondents | | | | Total | Pearson Chi-Square |
|--------------------------|------------------------------------|---------------------------|-------------------------|-------------------|-----------------------|--------|---|
| | | Health workers | Garment Factory workers | Transport workers | Brick factory workers | | |
| Strongly Agree | % within the total respondents | 2.6% | 23.1% | 50.0% | 24.4% | 100.0% | Asymp. Sig. (2-sided) .000 |
| | % within occupation of respondents | 2.0% | 17.8% | 39.0% | 18.8% | 19.4% | |
| Agree | % within the total respondents | 16.7% | 30.7% | 29.8% | 22.8% | 100.0% | |
| | % within occupation of respondents | 18.8% | 34.7% | 34.0% | 25.7% | 28.3% | |
| Neutral | % within the total respondents | 33.3% | 35.9% | 23.1% | 7.7% | 100.0% | |
| | % within occupation of respondents | 12.9% | 13.9% | 9.0% | 3.0% | 9.7% | |
| Disagree | % within the total respondents | 21.7% | 16.7% | 21.7% | 40.0% | 100.0% | |
| | % within occupation of respondents | 12.9% | 9.9% | 13.0% | 23.8% | 14.9% | |
| Strongly disagree | % within the total respondents | 48.2% | 21.4% | 4.5% | 25.9% | 100.0% | |
| | % within occupation of respondents | 53.5% | 23.8% | 5.0% | 28.7% | 27.8% | |
| Total | % within the total respondents | 25.1% | 25.1% | 24.8% | 25.1% | 100.0% | |
| | % within occupation of respondents | 100.0% | 100.0% | 100.0% | 100.0% | 100.0% | |

Sources: Field survey, 2013

This researcher has collected opinions of respondents about the way of HIV prevention by managing the separate red light areas for sex business. The above data show that 47.7% respondents (19.4% 'strongly agree' and 28.3% 'agree') agree on the above mentioned way of HIV prevention. Similarly, 42.7% respondents (27.8% 'strongly disagree' and 14.9% 'disagree') had different ideas; they disagree about the above way of HIV prevention. In their opinion, managing the separate area for sex business is at odds with the Nepalese culture and it will only boost the risk of HIV transmission. 9.7% were in neutral (neither agree nor disagree) (Table 6).

There was a significant association ($p=.000$; it is less than .05) that was found among the respondents about their perception of having a separate red-light areas, which can contribute to the reduction of HIV transmission.

Human trafficking is a key factor in making people vulnerable to HIV transmission. Many previous literatures have mentioned human trafficking as a causative factor which indirectly promotes the risk of HIV transmission. Regarding the same issue, respondents were asked the question about the preventive measures for reducing the risk of HIV transmission. 67.6% respondents strongly agree that controlling human trafficking can reduce the risk of HIV transmission followed by 27% that reported 'agree'. Only very few respondents had reported 'disagree' (.7%) and 'strongly disagree' (.5%) (Table7).

| Responses | | Occupation of respondents | | | | Total | Pearson Chi-Square |
|--------------------------|------------------------------------|---------------------------|-------------------------|-------------------|-----------------------|--------|-------------------------------|
| | | Health workers | Garment factory workers | Transport workers | Brick factory workers | | |
| Strongly agree | % within the total respondents | 27.5% | 24.5% | 23.4% | 24.5% | 100.0% | Asymp. Sig. (2-sided) .181 |
| | % within occupation of respondents | 74.3% | 66.3% | 63.4% | 66.3% | 67.6% | |
| Agree | % within the total respondents | 22.0% | 22.0% | 26.6% | 29.4% | 100.0% | |
| | % within occupation of respondents | 23.8% | 23.8% | 28.7% | 31.7% | 27% | |
| Neutral | % within the total respondents | 11.8% | 47.1% | 41.2% | 0% | 100% | |
| | % within occupation of respondents | 2.0% | 7.9% | 6.9% | 0% | 4.2% | |
| Disagree | % within the total respondents | 0% | 33.3% | 33.3% | 33.3% | 100% | |
| | % within occupation of respondents | 0% | 1% | 1% | 1% | .7% | |
| Strongly disagree | % within the total respondents | 0% | 50% | 0% | 50% | 100% | |
| | % within occupation of respondents | 0% | 1% | 0% | 1.0% | .5% | |
| Total | % within the total respondents | 25% | 25% | 25% | 25% | 100% | |
| | % within occupation of respondents | 100% | 100% | 100% | 100% | 100% | |

Sources: Field survey, 2013

There was no significant association ($p=.181$; it is less than .05) that was found among the respondents about their perception of that control of human trafficking contributing to the reduction of the risk of HIV transmission.

Stigma and discrimination are reported as two of the major factors in increasing the risk of HIV and AIDS. In Nepalese context, stigma and discrimination are strongly associated with HIV and AIDS because of the misunderstanding about how HIV is transmitted. Majority of the people think that HIV is transmitted only through sex. In this research also, 94.1% of the respondents have mentioned that unsafe sex is the means of HIV transmission followed by 45.3% of the respondents who have mentioned that sharing of the needles is the main factor (Table 8).

| Responses | | Occupation of respondents | | | | Total | Pearson Chi-Square |
|-----------------------|------------------------------------|---------------------------|-------------------------|-------------------|-----------------------|--------|-----------------------------------|
| | | Health workers | Garment Factory workers | Transport workers | Brick factory workers | | |
| Strongly agree | % within the total respondents | 18.6% | 21.6% | 26.0% | 33.8% | 100.0% | Asymp. Sig. (2-sided) .000 (S) |
| | % within occupation of respondents | 42.6% | 49.5% | 59.4% | 77.2% | 57.2% | |
| Agree | % within the total respondents | 38.7% | 23.7% | 19.4% | 18.3% | 100.0% | |
| | % within occupation of respondents | 35.6% | 21.8% | 17.8% | 16.8% | 23.0% | |
| Neutral | % within the total respondents | 21.2% | 48.5% | 30.3% | - | 100.0% | |

| | | | | | | |
|--------------------------|------------------------------------|--------|--------|--------|--------|--------|
| | % within occupation of respondents | 6.9% | 15.8% | 9.9% | - | 8.2% |
| Disagree | % within the total respondents | 25.8% | 35.5% | 29.0% | 9.7% | 100.0% |
| | % within occupation of respondents | 7.9% | 10.9% | 8.9% | 3.0% | 7.7% |
| Strongly disagree | % within the total respondents | 43.8% | 12.5% | 25.0% | 18.8% | 100.0% |
| | % within occupation of respondents | 6.9% | 2.0% | 4.0% | 3.0% | 4.0% |
| Total | % within the total respondents | 25.0% | 25.0% | 25.0% | 25.0% | 100.0% |
| | % within occupation of respondents | 100.0% | 100.0% | 100.0% | 100.0% | 100.0% |

Sources: Field survey, 2013

More than 80% (57.2% ‘strongly agree’ and 23.0% ‘agree’) respondents agreed that if we stopped the stigma and discrimination towards the PLHIVs, then we could reduce the risk of HIV transmission.

There was a significant association ($p=.000$; it is less than .05) that was found among the respondents about their perception of the reduction in stigma and discrimination as contributing to the decrease in the risk of HIV transmission.

DISCUSSION

The above findings are compared with previous studies to know the similarity and variation in data. In this study, around 70% respondents agree HIV transmission can be reduced by addressing the problem of unemployment. In Nepal, labor migration is high because of the lack of job opportunity in home towns. From the previous study it is known that labor migrants seeking work in India constitute one of the “bridging populations” in the transmission of sexually transmitted infections (STIs) and the human immunodeficiency virus (HIV) (Teijlingen, April 2009). Sharma has stated that most of the migrant workers are highly mobile and often live in unhygienic conditions in urban slums. Long working hours, relative isolation from the family and geographical mobility may foster casual sexual relationships and make them highly vulnerable to STI, HIV and AIDS (Sharma, 2006, p. 254). A 2006 study among Nepali migrants travelling to Indian cities for work has found that 27% of men engage in high risk sexual behaviours. HIV prevalence was nearly 8 % among the migrants returning from Mumbai, India in 2002 (Nora, August 2008) which increased to 46% in 2005, and similar pattern was found in 2007 also (Health Services Department, 2008/09).

Social taboos about HIV and AIDS is another precipitating factor in Nepalese societies. From the observation it is understood that self-humiliation is greater than social stigma. In this study, around 40% respondents have reported that they will not disclose their HIV status because the fear of losing social prestige. Sharma has also stated that many PLHIVs fear stigma and discrimination. Therefore, they do not get tested even if they belong to ‘high risk’ groups. What compounds this problem further is the fact that, the ability to make accurate estimates of the number of PLWHA in Nepal has been hindered. One major reason for the stigmatization of PLWHA is the array of incorrect information that has circulated about HIV and AIDS. For instance, Sharma’s research has shown that the populist misconception is that HIV can be transmitted through everyday contact such as shaking hands, hugging, coughing or sneezing, using public toilet, sharing bed linen, sharing utensils or food, and, even contact with animals or mosquito (HIV/AIDS and You, 2006).

The buck of the previous studies reports human trafficking as a key factor in the risk of HIV transmission. As it is generally reported in the Nepali media that each year 5,000-7,000 Nepalese women and girls are trafficked or lured into brothels in India. It must be noted that 100,000-200,000 Nepalese women and girls are working in Indian brothels, large proportions of them in Mumbai (Nepal B., Sep 2007, p. 269). In this study, around 90% respondents agree that a proper addressal of human trafficking problem can reduce the risk of HIV transmission. But there was no significant association that was found about the perception of respondents regarding the regulation of human trafficking for HIV prevention.

Commercial sex work has been identified as a primary factor in the spread of AIDS in Nepal. The discourse on HIV and AIDS has subsequently been subsumed within the wider discourse of commercial sex work (Beine, 2003, p. 76). The Nepal government has designated female sex workers as one of the most-at-risk population' (MARP) as regards to HIV (Amatya, 2010, p. 11). The mapping and size estimation exercise estimates the number of FSWs in Nepal as between 24649 and 28359 and FSWs share 1% of the total estimated HIV infection (APLF & UNAIDS, 2011, p. 23). So, regarding this problem, around 48% respondents agreed to have manage and separate red-light areas to prevent HIV transmission.

CONCLUSION

This researcher had asked about 8 preventive measures awareness-raising activities, mandatory blood testing of suspected people, isolating PLHIV from society, addressing the problem of unemployment, improving individual risk behaviour, managing seprate red-light areas,controlling human trafficking and stoping stigma and discrimination. A consensus is found amon the participants regarding human trafficking as one of the factors in HIV transmission.

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