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PERSONALITY TYPES AS PREDICTORS OF STIGMATIZATION OF HIV/AIDS INFECTED UNDERGRADUATE STUDENTS IN PUBLIC UNIVERSITIES IN ANAMBRA STATE

Ezeokafor C. Obiageli & Prof. N. J. Obikeze
Department of Educational Foundations Chukwuemeka Odumegwu Ojukwu University Igbariam Campus

ABSTRACT

The study investigated personality types as predictors of stigmatization of HIV/AIDS infected undergraduate students in public universities in Anambra State. Two research questions guided the study and two null hypotheses were tested at 0.05 level of significance. This study adopted correlational research design which seeks to establish a relationship between two variables. The area of this study is Anambra State. The population of the study comprised 8,642 third year undergraduate students from Nnamdi Azikiwe University, Awka and Chukwuemeka Odumegwu Ojukwu University, Igbariam. The sample size is 324 students drawn using disproportionate stratified random sampling technique. Two instruments were used for data collection: Adolescents' Personality and School Adjustment Scale (Ap-SAS). The instruments were subjected to face and construct validation by three experts. The average coefficient values of 0.80 for AP and 0.85 for SAS are considered highly reliable and suitable for the study. Simple regression analysis was used to answer research question while multiple regression analysis was used to test the hypotheses at 0 .05 level of significance. The study revealed that Male Type A personality has low negative relationship with undergraduate students in public universities in Anambra State. The study also indicated that Female Type A personality has a low positive relationship with undergraduate students' stigmatization of persons living with HIV/AIDS in public Universities in Anambra State. Male Type B personality has a low positive relationship with undergraduate students' stigmatization of persons living with HIV/AIDS in public universities in Anambra state. Female Type B personality has a low positive relationship with undergraduate students' stigmatization of persons living with HIV/AIDS in public universities in Anambra state. The relationship between Type A personality and undergraduate students' stigmatization of persons living with HIV/AIDS in public Universities in Anambra state is significant, and the relationship between Type B personality and undergraduate students' perceived stigmatization of persons living with HIV/AIDS in public Universities in Anambra State not significant, based on these findings the following recommendations were made among others, health counsellors should provide counselling services to the people living with HIV/AIDS and develop instrument to identify their social needs.

Keywords: Personality Types, Stigmatization, HIV/AIDS, Infected Undergraduate Students and Public Universities**,**

Introduction

Human immune deficiency virus (HIV) infection and acquired Immune Deficiency syndrome (AIDS) remain a major health challenge in the whole world and Anambra State in particular. As a result, obtaining universal access to HIV/AIDS prevention, treatment, care, and support has become extremely difficult. Anambra State should make every effort to embrace the objective of providing universal access to HIV/AIDS prevention, treatment, care, and support. The Centers for Disease Control (2015). In 2016, the World Health Organization (WHO) issued a directive to test and treat all who are with HIV infection regardless of their viral load. The goal is to close the knowledge gap between those who have access to HIV/AIDS information and those who do not, as well as to improve HIV/AIDS prevention techniques, particularly for people who are unsure about their personality type status. International Health Organization, 2017).

Anambra State is one of the most populous state in Nigeria and Anambra State is a home for all, and many people are living in it, (World health organization, The Joint United Nations Programme on HIV and AIDS, AIDs epidemic, 2016). The National HIV/AIDS Program needs to fortify their health system and block all human treatment and prevention programs in order to reach the 2010 target of universal access to HIV/AIDS prevention, treatment, care, and support. Anambra State has employed every tactic possible to halt the disease's spread.There were reports that about 51 percent of undergraduates are living with HIV/AIDS in Anambra State. These statistics are a cause of concern and need to be examined with the prevalence rate of HIV/AIDS has increased progressively since the first report case of HIV/AIDS in Nigeria (UNAIDS country progress report Nigeria (UNGASS Report 2017).

The researcher therefore opined that HIV/AIDS infection is a life-threatening disease, some undergraduates are infected because of ignorance, disbelief, culture and tradition, uninformed health practices, homosexuality, careless sexual relationship and a host of others. Stigmatization is an undesirable attribute given to an individual which reduces an individual's status in the eyes of the society (Okonko & Nnodim, 2015). HIV/AIDS stigma is a negative attitude and beliefs about people with HIV/AIDS. It is the prejudice that comes with labelling an individual as part of a group that is believed to be socially unacceptable (Olusola, Olusola, et al, 2017).

Stigmatization has been an age-long phenomenon with many ugly implications and devastating effects on the individuals. Stigmatization seems to have negative connotations, particularly among undergraduates living with HIV/AIDS. This phenomenon seems to be particularly observed among individuals living with the Human Immunodeficiency Virus leading to acquired immunodeficiency syndrome (HIV/AIDS) scourge. Stigmatization is often understood to mean unlawful acts of exclusion, social or physical isolation, gossip, and other forms of psychological abuse. Undergraduates living with HIV/AIDS tend to face stigmatization that is associated with the disease. Stigmatization probably has the worst psychological impact on individuals living with HIV/AIDS (Agbu, 2019).

Furthermore, the stigmatization and discrimination associated with HIV/AIDS is not more prevalent with non-communicable diseases like diabetes, cancer and hypertension. This may be due to the fact that HIV is primarily transmitted through sexual intercourse and people sometimes erroneously link HIV infection with sexual promiscuity. Self-stigmatization can also occur, and it is manifested in self-blaming and shame, leading to psychological consequences such as depression, withdrawal and feelings of worthlessness (Olusola, Oshiname, Otovwe & Abideen, 2017). The overall effect of stigmatization of people living with HIV/AIDS is social exclusion.

Stigmatization is intrinsically linked with the workings of social inequality by its ability to devalue some groups and make some groups appear superior. The socio-cognitive and structural aspects of HIV/AIDS stigmatization was broadly conceptualized to involve the interrelated components of labelling, cultural beliefs of negative stereotypes, separation of "us" from "them" due to status loss of individuals living with HIV/AIDS (Olusola, Olusola, Oshiname, Otovwe & Abideen, 2017). Stigmatization tends to be an act of identifying, labelling, or attributing undesirable qualities to the HIV/AIDS affected persons to discredit and set them apart. Power and control exerted over the devalued person or group create social inequality and result in the social exclusion of such person or group (Dahlui, Azahar, Bulgiba, Zaki, Oche, Adekunjo and Chinna 2015). Some authors (Burris, 2018; Hatzenbuehler, Phelan & Link, 2013, Marmot, 2016 and Tsai, Bangsberg & Weiser, 2013) have classified stigmatization into two: perceived and enact stigmatization. Enacted stigmatization (external stigmatization, discrimination) refers to the experience of unfair treatment by others. Felt/Perceived stigmatization can be as damaging as enacted stigmatization since it leads to withdrawal and restriction of social support.

Many psychiatric disorders can be hidden once the person has recovered. AIDS stigmatization, by association with someone who is HIV positive, is classified as secondary stigmatization or "courtesy stigmatization" which can affect family and friends of people living with HIV/AIDS, as well as health care workers. Other classifications identify stigmatization and discriminations operating at three levels; personal, community and institutional (Monjok, et al 2013).

Statement of the Problem

The prevalence of stigmatization on undergraduates living with HIV/AIDS seems to attract much attention in recent time. There has been well established evidence of the existence of HIV/AIDS stigmatization among individuals and groups in our society. Research on HIV/AIDS stigmatization of undergraduates living with HIV/AIDS revealed that HIV/AIDS seem to be the most highly stigmatized illness in both developed and developing countries of the world with its attendant consequences. In a bid to explore and experiment on sex and sex related activities, students engage in behaviours that expose them to HIV infection, totally ignorant of the symptoms, mode of transmission and measures for self-protection. Despite advances in treating AIDS, problems associated with HIV

stigmatization have continued and even increased in recent years.

Stigmatization affects students in negative ways such as lack of attention, depression, and ultimately resort to alcohol and hard drugs. These automatically have effect on their academic endeavor. The stigmatized students are not only dealing with the illness, but also with apparent social rejection as a result of stigmatization. The double jeopardy places the victims of stigmatization in serious academic difficulty often resulting in poor academic achievement. Some may not even graduate because of several courses they failed as a result of the ever present physical and psychological illness – HIV disease and the attendant stigmatization. If HIV/AIDS patients are stigmatized, the researcher wants to ascertain whether personality type plays a role in stigmatization of individuals living with AIDS. In other words, personality type predict stigmatization of HIV Positive undergraduate students in public Universities in Anambra State.

Purpose of the Study

The major purpose of this study is to examine whether personality types predict stigmatization of HIV/AIDs infected undergraduates in public Universities in Anambra State, Nigeria.

Specifically, the study sought to:

1. determine relationship between type A personality and stigmatization of HIV/AIDS infected undergraduate students in public university in Anambra State
2. establish the relationship between type B personality and stigmatization of HIV/AIDS infected undergraduate students in public Universities in Anambra State.

Research Questions

The following research questions guided the study:

1. What is the relationship between type A personality and stigmatization of HIV/AIDS infected undergraduate students in public university in Anambra State?
2. What is the relationship between type B personality and stigmatization of HIV/AIDS infected undergraduate students in public Universities in Anambra State?

Hypotheses

The following null hypotheses were tested at 0.05 level of significance:

1. There is no significant relationship between type A personality and stigmatization of HIV/AIDS infected undergraduate students in public university in Anambra State
2. There is no significant relationship between type B personality and stigmatization of HIV/AIDS infected undergraduate students in public Universities in Anambra State

Methodology

This study adopted correlational research design which seeks to establish a relationship between two variables. Nworgu (2015) maintains that a correlational design shows both the direction and the magnitude of the relationship between two variables. This design is considered appropriate for this study because the effort is to establish a possible relationship between personality

types and stigmatization of HIV positive undergraduate students of public Universities in Anambra State. The area of the study is Anambra State. There are two public universities in Anambra State which are Nnamdi Azikiwe University, Awka and Chukwuemeka Odumegwu Ojukwu University, Igbariam. The population of the study comprised 324 third year undergraduate students from NnamdiAzikiwe University, Awka and Chukwuemeka Odumegwu Ojukwu University, Igbariam comprising 176 male students and 148 female students. The sample size is 324 studentsdrawn using disproportionate stratified random sampling technique.Two instruments were used for the study. The instrument for the study was a self-structured questionnaire, titled (APSAS). The instrument is made up of three sections; A B and C. section A sought demographic information of the respondents such as personal data like Institution, sex and level in the university,while section B which is divided in clusters with 16 items and C is divided in clusters with 10 items.. The items were placed on 4-point scale of Strongly Agree (SA), Agree (A), Disagree (D) and Strongly Disagree (SD). The instrument was validated by three experts two from Educational Management and one from Educational Measurement and Evaluation, all from Department of Educational Foundations, Faculty of Education, Chukwuemeka Odumegwu Ojukwu University, Igbariam Campus. The questionnaire was administered to the respondents with the help of two research assistants. The reliability of the instrument was determined using Cronbach Alpha formula and average coefficient values of 0.73 for AP and 0.71 for SAS are considered highly reliable and suitable for the study. Data were analyzed using Simple regression analysis was used to answer research question while hypotheses was tested using multiple regression analysis at .05 level of significance. The probability value (p.value) was used to determine whether to reject or not reject the null hypothesis. Thus, when the obtained p.value is less than, or equal to .05 level of significance, then null hypothesis is rejected, but when the p.value is greater than .05 level of significance, the null hypothesis is not rejected.

Research Question 1: What is the prediction of type A personality on stigmatization of HIV positive undergraduates in public universities in Anambra State?

Table 1: Type A personality predicting on stigmatization of HIV positive undergraduates in public universities in Anambra State.

Variation	N	Coefficient(r)	r^2	Remarks
Type A personality	324	.867	.752	Very strong positive prediction
Stigmatization		.		

Result in type 1 showed that type A personality predicted stigmatization of HIV positive undergraduates in public universities in Anambra state. The correlation (r) of .867 indicated that there was a very strong positive prediction between type A personality and

stigmatization of HIV positive undergraduates. (r =.867, N = 324). The coefficient of determination (r2 = 0.752) for stigmatization of HIV positive undergraduates revealed 75/2% of total variability in stigmatization of HIV positive undergraduates in public universities in Anambra State. Can be explained by type A personality undergraduates.

Research Question 2: What is the prediction of type B personality on stigmatization of HIV positive undergraduates in public universities in Anambra State?

Table 2: Type B personality predicting on stigmatization of HIV positive undergraduates in public universities in Anambra State

Variation	N	Coefficient(r)	(r)	Remarks
Type B personality	324	.494	.244	Moderate
Stigmatization		.		positive prediction

Table 2 indicated that efficient(r) between Type B personality predicting I stigmatization of HIV positive undergraduates in public universities in Anambra State was r = .494 which indicated a moderate positive prediction (r = 0.494 N = 324). The coefficient of determination (r^2 = .244) for stigmatization of HIV positive undergraduate revealed that 24.4% of total variability in stigmatization of HIV positive of undergraduates in public universities type B personality undergraduates.

Test of Hypotheses

In order to make decision on stigmatization of HIV/AID positive undergraduates in public universities in Anambra State based on type A and Type B personalities, the following null hypotheses were tested at .05 level of significance.

Hypothesis I: Type A personality does not significantly predict stigmatization of HIV positive undergraduates in public universities in Anambra State.

Table 3: Simple regression of type A personality predicting stigmatization of HIV positive undergraduates in public universities.

Sum of mean

Model	Squares	df	Square	F-ratio	P-value
Regression	1425.942	1	1425.942	976.732	.000
Residual	470.092	322	1.460		
Total	1896.034	323			

- Dependent variable: Stigmatization of HIV/AIDS; Predictor: Type A personality

Table 3 showed that F ratio was F (1/324) = 976.732 and a P- value of .000 which is less than .05 level than .05 level of significance, the null hypothesis was rejected. Thus, type A personality is a significant predictor of stigmatization of HIV positive undergraduates in public universities in Anambra State.

Hypothesis 2: Type B personality does not significantly predict stigmatization of HIV positive undergraduates in public universities in Anambra State.

Table 4; Simple regression of type B personality predicting stigmatization of HIV positive undergraduates in public universities.

Sum of Mean

Model	Squares	Df	Square	F-ratio	P-value
Regression	1515.723	1	1515.723	1283.327	.176
Residual	380.311	322	1.181		
Total	1896.034	323			

- Dependent variable: Stigmatization of HIV/AIDS
- Predictor: Type B personality.

The findings from table 4 revealed that F-ration was F(1/324) = 1283.327; P –value of .176 which was greater than .05 level of significance. Since the p-value of .176 was greater than .05 level of significance, the null hypothesis was not rejected. Therefore, type B personality undergraduates are not significant predictors of stigmatization of HIV positive undergraduates in public universities in Anambra State.

Discussion

The findings of the study as shown on table 1 revealed that type A personality undergraduates had a very strong positive prediction on stigmatization of HIV positive undergraduates in public universities in Anambra State. The result of the null hypothesis showed that type A personality is a significant predictor of stigmatization of HIV positive undergraduates in public universities in Anambra State. This was significant as the F-ratio was F(1/324)= 976.732 and a p-value of .000 which was less than .05 level of significance. The findings of this study are in consonance with the result of Lateef, Muhammad and Muhammad (2019); Poorva and Tejinder (2016); Mirrie, Faith, Gibson, Thompson (2018) who found out that type A generally demonstrate positive stigmatization of HIV undergraduates. Predictive value of type B personality on stigmatization of HIV positive undergraduates in public universities in Anambra State.

The findings of the study shown on table 2 indicated that type B personality undergraduates had a moderate positive

prediction on stigmatization of HIV positive undergraduates. The result of the null hypothesis showed that type B personality is not a significant predictor of stigmatization of HIV positive undergraduates in public universities in Anambra State. This was not significant as the F-ratio was F (1/324) = 1283.327 and a p-value of .176 which was greater than .05 level of significant. The findings which show that type B personality of undergraduates had a moderate positive prediction on stigmatization of HIV students in Anambra state. This is in agreement with the findings of Pilar et al (2019) who found a negative prediction of type B personality. However, the result contradicts the finding of Lateef et al (2019) that supported type B personality.

Predictive value of type A personality of male and female undergraduates on stigmatization of HIV positive undergraduates in public universities in Anambra State.

Summary of the findings

Based on the findings of the study, the following finding emerged that.

1. type A personality undergraduates had a very strong positive prediction on stigmatization of HIV positive undergraduates. Type A personality undergraduates is a significant predictor of stigmatization of HIV positive undergraduates in public universities in Anambra State.
2. type B personality undergraduates had a moderate positive prediction on stigmatization of HIV positive undergraduates. Type B personality undergraduates are not significant predictors of stigmatization of HIV positive undergraduates in public universities in Anambra State.

Conclusion

The study investigated personality types as predictors of stigmatization of HIV/AIDS infected undergraduates in public universities in Anambra State. Based on the finding the researcher concluded that type A and type B personalities predict jointly predict stigmatization of HIV positive undergraduates in public universities in Anambra State.

Recommendations

Based on the discussion and conclusion of the findings, the following recommendations were made

1 Health counselors should provide counseling services to the people living with HIVAIDS and should developed instrument to identify their psychological needs. Health counselors should encourage people living with HIVAIDS to accept their conditions, identify their needs and acquire relevant skill in order to develop at equal level with other members of the community
2. Counsellors and other health providers should collaborate and bring support services to the door steps of the people living with HIV/AIDS. This is necessary in area of social and financial support.

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