

Analysis on the Research Progress of College Students' AIDS Health Education

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Abstract: The research on AIDS health education for college students in China started late. With the increase of the degree of social openness, the cases of AIDS among college students are not uncommon, and higher requirements are put forward for AIDS health education. This paper analyzes the research progress of AIDS health education for college students, and discusses the status quo of health education, the main methods of education, and the introduction of advanced concepts, and accumulates theoretical experience for the promotion and innovation of AIDS health education in college students in China.

1. Introduction

AIDS occurs in the human immune system and is a comprehensive disease with long incubation period, serious destructiveness and high transmission capacity. College students are at a critical period of physiological growth and maturity, coupled with the influence of social environment and sexual attitudes, making it a susceptible population of HIV. According to some surveys, the proportion of young people who are between 15 and 24 is about 96% due to sexually transmitted infections. The AIDS health education for college students has become the focus of social attention.

2. College Students' AIDS Health Education Status

2.1. Progress in AIDS health education

In recent years, China has actively used foreign advanced educational concepts and educational methods to try to find a AIDS health education model for college students in line with China's basic national conditions. At present, with the university students as the core, the combination of various educational methods has been basically completed. AIDS health education is conducted in three modules, namely knowledge, attitudes and habits. In knowledge education, students are sent AIDS pathology knowledge, communication channels, consequences, prevention measures, etc., in line with sexual concept guidance, behavioral habits and other means to improve students' awareness and importance to AIDS, and form a correct sexual recognition. Know, develop healthy behavior habits, self-discipline, self-love, and reasonable prevention of AIDS.

In the process of education, it can be found that the vast majority of students have a certain understanding of the seriousness of AIDS and the main channels of transmission, but there are still obvious deficiencies in the understanding of mosquito bites and the spread of living utensils, and there is no effective prevention method for AIDS. The main reason for this phenomenon is that the AIDS education of college students in China pays too much attention to the theoretical transmission and the teaching method is single. In the process of education, although the students maintain a high sensitivity to AIDS, they do not have enough AIDS health education courses. Pay attention to it. In addition, the lack of publicity has also made some college students have little knowledge of anti-AIDS knowledge and methods.

2.2. AIDS health education situation

First, the educational needs are diversified. Students hope to learn more about the basic knowledge and principles of AIDS, the various routes of transmission of AIDS, the development of AIDS treatment technology, and the construction of AIDS public welfare undertakings through AIDS health education. It can be seen that in addition to the basic knowledge, students also want to

understand the macro development in the field of AIDS prevention and treatment. Second, the demand for education is out of touch with the content of education. The physiological maturity of college students shows an early trend, and they are eager to acquire more sexual knowledge. However, the content and methods of AIDS health education in China are relatively lagging behind, which cannot meet the educational needs of college students[1]. Finally, health education has had limited success. The compulsory education stage in China has the penetration of health education. As the age of students increases, the breadth and depth of health education gradually increase. In the compulsory education stage, AIDS education has not been regarded as the focus of health education. Students lack understanding of AIDS knowledge. From the perspective of the entire education process, AIDS health education lacks coherence and limits its educational effectiveness.

3. College Students AIDS Health Education Methods

3.1. Course education

Course education is the most commonly used method for AIDS health education for college students in China. It provides AIDS-related knowledge to college students through the establishment of health education compulsory courses and elective courses, and public knowledge lectures. China's Ministry of Education has clearly pointed out that colleges and universities are required to teach college students about the channels, serious consequences, clinical manifestations and prevention methods of AIDS through curriculum education, so that college students can master the AIDS prevention skills and improve their self-health awareness so as to prevent the spread of AIDS among college students. The curriculum education has the advantages of wide coverage, low education cost and strong feasibility, which enables the students to master the AIDS professional knowledge. However, like other curriculum education, the effectiveness of AIDS health curriculum education is limited by many factors such as teaching methods and student learning preferences.

3.2. Publicity and education

Publicity and education are divided into two ways. First, watch the public welfare movie. Watching public welfare movies or animated short films about AIDS prevention and treatment, living conditions of people living with HIV, this method has a stronger sense of substitution, allowing college students to truly understand the seriousness of AIDS, and to face AIDS and treat AIDS with a correct attitude. By. And the way to watch movies is deeply loved by college students, which can attract students' active attention consciousness. Relatively speaking, the educational effect brought by this method is more obvious. Second, paper media propaganda. That is, publicizing AIDS-related knowledge by posting campus posters and issuing leaflets. The method of inducing publicity materials is also highly popular and easy to carry, but the amount of knowledge that can be withstood in paper materials is limited, and the educational method is relatively rigid. Therefore, this method is generally not used alone, often with public knowledge lectures. , film watching and other ways to cooperate.

3.3. Peer education

Peer education refers to bringing together people with the same experience, background, concept or interest characteristics to transfer knowledge or skills to achieve higher educational outcomes[2]. For example, in the university, select student representatives with strong language expression ability and high recognition among the student groups, conduct professional training, master the knowledge related to AIDS health education, and then let the representatives of these students pass the knowledge to the more divergent way. More students. Students exchange and discuss with each other to improve the awareness of AIDS among college students and to treat and prevent AIDS correctly. Peer education is frequently used in AIDS health education in colleges and universities in China. Generally, student cadres are selected as the first group of educated. After the activities, most students can have a certain understanding of the AIDS prevention methods and the degree of harm, and change the The attitude of AIDS health education has increased its recognition to actively

participate in educational activities.

3.4. Practical education

Transform the identity of college students and participate in various social AIDS prevention and treatment activities, for example, organizing students to carry out AIDS health promotion activities, visiting condolences to AIDS carriers, and listening to real stories of AIDS prevention and treatment. Let college students improve their professional knowledge of AIDS in a real environment, master more anti-AIDS knowledge, and in the process of serving the society, trigger emotional and spiritual resonance, be strict with self-discipline, develop healthy living habits and take the initiative AIDS awareness missions, care for AIDS carriers. The educational effect that practical education can bring is the most obvious. Many students have changed their attitudes after participating in the AIDS health education practice activities. In the subsequent AIDS health education work, the proportion of practical education can be appropriately increased.

4. College Students' AIDS Health Education Innovation

From a global perspective, the AIDS health education for college students in the United States started earlier, and accumulated a large amount of advanced education experience in the course of practice. The research on AIDS health education for college students in China draws on the excellent educational experience of the United States, combines the national conditions of the country and the situation of AIDS prevention and treatment among college students, and proposes localized AIDS health education innovation measures.

4.1. Expanding health education objects

The above mentioned that the disjointed education is a major reason for the AIDS health education effect of college students in China. Students' good living habits and the development of correctness concepts need to go through a long period of time. In order to make the student group understand the seriousness of AIDS and master the scientific knowledge of AIDS prevention as soon as possible, it is necessary for AIDS health education to start from a small age and build a continuous and systematic The health education system enables students to gain exposure to AIDS health education at all stages of their growth. For example, in primary and secondary education, the penetration of AIDS expertise through health classes has imperceptibly influenced the concept of AIDS among primary and secondary school students, and promoted the AIDS health education in China, thereby improving the AIDS health education ability and effectiveness of college students.

4.2. Introducing a comprehensive education model

Strictly protected by traditional ideas, sex education is relatively sensitive and special in China's education system. It is too conservative in the practice of sex education, which makes education flow in form and cannot play enough role in guiding students' healthy thinking and cultivating healthy living habits. However, in the current social context, the degree of openness and freedom of behavior of people's minds are gradually increasing. Sex education is very important for the healthy growth of students. To this end, the education system must face the importance of sexual education and profound understanding of sex education, and introduce a comprehensive education model that combines society, schools and familiesGuide family habits in family education, transfer knowledge in school education, sublimate sentiment in social education, form a sound and systematic HIV education process, and control the development and spread of AIDS among college students.

4.3. Combining social anti-AIDS organizations

The AIDS health education for college students in China mainly relies on school education. It is believed that the development trend of AIDS among college students is mainly due to the lack of health education in schools, and the educational resources of social AIDS organizations are not fully utilized. However, in countries with high levels of AIDS health education in the United States, social AIDS organizations play a pivotal role in student education. Most of the social anti-Aid

organizations are public welfare forms, and their personnel composition is more professional, which can accurately grasp the psychology and thinking of college students in the face of the sensitive topic of AIDS. Especially for students with HIV, professional anti-AIDS people can guide and soothe the students emotionally and spiritually, so that they can face the AIDS disease and return to normal study and life [3]. The social anti-Aid organization regards the principle of facing up and caring as the working principle, which just makes up for the neglect of the students' emotional and spiritual needs in school education and family education. Therefore, it is necessary to make full use of this part of educational resources.

5. Conclusion

AIDS prevention and treatment is a social task. As a national leader in the future development of the country, ensuring its healthy and safe growth is the focus of contemporary education. In the face of the rigorous situation of AIDS among college students, the education and AIDS prevention and control departments should continue to innovate AIDS education methods in line with the educational needs of college students, and move AIDS health education down to the various stages of education. Promote students to form correct sexual cognition, develop good living habits, and hinder the spread of AIDS among college students.

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