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A study of factors predisposing the DSC personnel to high level of HIV prevalence

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OBJECTIVES

Anecdotal evidence of the lifestyle of DSC personnel had revealed that they are subjected to a looser discipline and supervision in their work environment. There was no exposure to situation likely to explain the higher incidence of HIV/AIDS in this sub group as revealed in Annual Health Reports.

METHODOLOGY

A multi-centric, cross-sectional, community based study was conducted in units posted with DSC personnel using an elaborate questionnaire to assess their psycho-social profile and lifestyle by personnel/ small group interview technique.

RESULTS

DSC personnel performed mainly guard duties and relaxed by watching TV/hearing radio or by resting/ sleeping. Unit physical activity in the form of PT/Games was limited but the majority was satisfied with the physical exercise. Job satisfaction was high and except for leave and lack of friends there appeared to be no stated problems. 81.6% of the respondents consumed alcohol and 13.8% revealed pre/ extra material sexual relationships.

RECOMMENDATION

The survey findings indicate that DSC personnel have a sedentary lifestyle, experience loneliness (lack of friends) and have provided a hint of high risk sexual behaviour possibly accompanied by alcohol intake. These aspects can be overcome by increased supervision of their daily activities including providing adequate organized exercise and recreational activities.