

Ubudoda Abukhulelwa – Responsible Manhood

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VALORISATION

Valorisation

The sexual act is characterized by a series of decisions that are impacted on by many factors. Perceived social influence is seen as demonstrated by this study to play one of the most pivotal roles in decisions to engage or not to engage in sexual acts. Social influence is how words and actions of others impact on one's thoughts, feeling and ultimately behaviour. How we see ourselves in the context of the social environment is analogous to how a cell responds to the environment or medium it is placed in. It is these responses to the external social environment that will help explain how we ultimately behave in any given situation. The sexual act epitomizes the interaction between the individual and the external environment. This dissertation attempts to add to the body of knowledge that explains some of these behaviours. Not using a condom, not testing for HIV, not reducing alcohol and drug intake, not avoiding sex when intoxicated and not avoiding sex with intoxicated people are all behaviours that place young people at risk of HIV infection. The influence exerted on the young men by people they look up to show up strongly as a prediction for intention towards testing for HIV, decision to use a condom or not to, avoiding sex when personally intoxicated, and finally avoiding sex with intoxicated people.

Future research should focus on careful designing of theory-based interventions. The systematic approach of using Intervention Mapping (IM) should be strongly considered. IM is a protocol for developing theory and evidence-based behaviour change interventions.

There are six steps, where each is made up of tasks that incorporate theory and evidence. The completion of each step serves as a guide for the subsequent step, whereby when all the steps are completed the result is a blueprint for designing, implementing and evaluating an intervention based on a foundation of theoretical, empirical, and practical information. The research should put emphasis on having members of the communities play an active role such as becoming part of the planning groups. This has been shown to strengthen the development of the objectives. In closely following the steps as outlined by IM, it will be possible to design sound interventions that speak to the problems facing the community. The social relevance of this study would be to propose that the future studies pay more attention to social influence because it would help give insights into sexual context and some of the other social behaviours that can have a negative impact on the wellbeing of communities.