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Demographic Factors and Sexual Self-Disclosure: HIV/AIDS Counselling Implications in Universities in Kenya

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Abstract:

The study set out to determine the relationship between student demographic factors and sexual self-disclosure with a view of discerning HIV/AIDS counselling implications in public universities in Kenya. Four hundred and fifty-six undergraduate students from Egerton University, Kenyatta University and University of Nairobi participated in the study. Results indicated that demographic factors such as age, gender, ethnicity, knowledge of languages and disabilities do not affect the level of sexual self-disclosure during voluntary counselling and testing ($F(5, 449) = 2.21, p = .266$). Implications of these findings on HIV/AIDS counselling are discussed.

Keywords: HIV/AIDS counselling implications, sexual self-disclosure, student demographic factors, universities in Kenya

1. Introduction

According to Gromet and Pronin (2009), individuals may be reluctant to disclose their concerns, anxieties, and doubts despite the drawbacks of self-concealment because they do not predict the responses of other people accurately. In short, they assume they will be perceived unfavourably. They are, however, not perceived as unfavourably as they anticipate. They sometimes do not realize they will be perceived favourably as a consequence of their apparent honesty.

Gromet and Pronin (2009) conducted a study where participants, all of whom were university students, were exposed to either a list of 40 statements about their potential anxieties or insecurities, such as "I can be extremely impulsive..." or a list of 40 statements that were not as aversive, such as "I am pretty secure in who I am". They chose five statements they felt applied to their lives, and imagined revealing these statements to another student. Finally, they rated the extent to which they would be liked or disliked by the other student. Another set of participants imagined that another student had revealed these five statements. They evaluated the degree to which they might like this person. Generally, participants assumed they would be liked less if they revealed negative information, anxieties and concerns rather than positive information. The results of this study showed that participants actually preferred students who revealed negative information. Individuals who reveal information are more likely to be liked (Kleinke & Kahn, 1980) unless all of their comments are self-incriminating (Robinson, Johnson, & Shields, 1995). These findings indicate that students who reveal negative information are perceived as more honest, which in turn shapes the overall perceptions of liking.

Determinants of self-concealment are varied. However, the most prevalent factors that determine self-concealment include relational mobility, cues that relate to privacy, the wellbeing in other people, age, sex, marital status, religion and identity crisis (Schug, Yuki, & Maddux, 2010). According to Schug, Yuki, and Maddux (2010), relational mobility is when some individuals feel they can readily form new friendship and terminate older friendships. This relational mobility tends to lower self-concealment. Self-concealment elicits both benefits and drawbacks in an individual. It can strengthen relationships by building closeness and trust. On the other hand, after individuals reveal personal information, they might be rejected. The benefits of low self-concealment are more important than are the drawbacks. Because relationships can be readily terminated, the capacity to strengthen these bonds is valued. Since relationships can be readily formed, rejection is not especially distressing. However, relationships are seldom terminated and can as a result cause upset if one is rejected.

According to John, Acquisti, and Loewenstein (2010), cues that underscore the importance of privacy tend to increase self-concealment. Cues like promises of confidentiality can actually increase self-concealment. These cues may increase the salience of privacy concerns. Accordingly, VCT procedures that actually increase confidentiality can underscore privacy concerns and therefore, paradoxically, reduce sexual self-disclosure (Singer, Hippler, & Schwarz, 1992). These findings can possibly suggest that the level of self-concealment does not only depend on rational calculations but also on subtle and sometimes misleading cues.

Self-concealment in one person may also compromise the wellbeing of another individual, at least indirectly. Jordan, Monin, Dweck, Lovett, John, and Gross (2011) argued that many people conceal rather than reveal the negative emotions they experience such as anxiety, depression, loneliness, and other problems from friends. They do not recognize their anxieties and concerns are prevalent, even in their friend and colleagues to warrant sharing. According to Jordan et al (2011), people are more likely to conceal rather than discuss negative emotions than positive emotions. Thus, this

reluctance to disclose negative emotions could, at least partly, explain the tendency of individuals to underestimate the prevalence of unpleasant feelings in other people.

2. Methods and Procedures

The study employed a survey study and it adopted an ex-post facto research design. Kerlinger and Lee (2000) explains that an ex-post facto research design is a systematic, empirical research, in which the researcher does not have direct control over independent variables because their manifestations have already occurred, or because they are inherently not manipulated. The independent variables in this study were demographic factors (age, gender, ethnicity, knowledge of languages and disabilities) which were already manifest in the participants and therefore, could not have been manipulated by the researcher. Likewise, the dependent variable, that is, sexual self-disclosure, had already occurred and the researcher had no control over it. Questionnaires were used to elicit information to test the research hypothesis.

The study was carried out in Kenya at Egerton University, Kenyatta University and the University of Nairobi. These universities were selected for this study because they offer voluntary counselling and testing that is appropriate in providing opportunity to examine the implications of student demographic factors on sexual self-disclosure during HIV/AIDS counselling.

3. Results

This study sought to determine the relationship between student demographic factors and sexual self-disclosure with a view of discerning HIV/AIDS counselling implications in public universities in Kenya.

Table 1 presents an analysis of respondents' age in years and their sexual self-disclosure during a VCT session.

		Sexual Self-Disclosure During VCT Session			Total	
		S ₁ SS-D	S ₂ SS-D	OSS-D		
Age in years	18 and below	Count	56	10	6	72
		% within Age in years	77.8%	13.9%	8.3%	100.0%
		% of Total	12.3%	2.2%	1.3%	15.8%
	19 – 22	Count	117	18	23	158
		% within Age in years	74.1%	11.4%	14.6%	100.0%
		% of Total	25.7%	3.9%	5.0%	34.6%
	23 – 26	Count	138	17	32	187
		% within Age in years	73.8%	9.1%	17.1%	100.0%
		% of Total	30.3%	3.7%	7.0%	41.0%
27 and above	Count	35	0	4	39	
	% within Age in years	89.7%	0.0%	10.3%	100.0%	
	% of Total	7.7%	0.0%	0.9%	8.6%	
Total		Count	346	45	65	456
		% within Age in years	75.9%	9.9%	14.3%	100.0%
		% of Total	75.9%	9.9%	14.3%	100.0%

Table 1: Respondents' Age in Years and Sexual Self-Disclosure During VCT Session
Key: S₁SS-d – Superficial Sexual Self-Disclosure. S₂SS-d – Selective Sexual Self-disclosure. OSS-d - Open Sexual Self-Disclosure

Table 1 shows respondents' age in years and their sexual self-disclosure during VCT session. The table shows that 77.8% of respondents who were 18 and below had superficial sexual self-disclosure during VCT session, 13.9% had selective sexual self-disclosure and 8.3% had open sexual self-disclosure representing 12.3%, 2.2% and 1.3% of the total respondents respectively. The table also indicates that 74.1% of respondents who were between 19 and 22 had superficial sexual self-disclosure during VCT session, 11.4% had selective sexual self-disclosure and 14.6% had open sexual self-disclosure representing 25.7%, 3.9% and 5.0% of the total respondents respectively. In the table, 73.8% of respondents who were 23 and 26 had superficial sexual self-disclosure during VCT session, 9.1% had selective sexual self-disclosure and 17.1% had open sexual self-disclosure representing 30.3%, 3.7% and 7.0% of the total respondents respectively. The table shows that 89.7% of respondents who were 27 and above had superficial sexual self-disclosure during VCT session, none had selective sexual self-disclosure and 10.3% had open sexual self-disclosure representing 7.7%, 0.0% and 0.9% of the total respondents respectively. In total, 75.9% of the respondents had superficial sexual self-disclosure, 9.9% had selective sexual self-disclosure and 14.3% had open sexual self-disclosure.

Table 2 presents an analysis of respondents' gender and their sexual self-disclosure during a VCT session.

		Sexual Self-Disclosure During VCT Session			Total	
		S ₁ SS-D	S ₂ SS-D	OSS-D		
Gender	Male	Count	182	26	32	240
		% within Gender	75.8%	10.8%	13.3%	100.0%
		% of Total	39.9%	5.7%	7.0%	52.6%
	Female	Count	164	19	33	216
		% within Gender	75.9%	8.8%	15.3%	100.0%
		% of Total	36.0%	4.2%	7.2%	47.4%
Total		Count	346	45	65	456
		% within Gender	75.9%	9.9%	14.3%	100.0%
		% of Total	75.9%	9.9%	14.3%	100.0%

Table 2: Respondents' Gender and Sexual Self-Disclosure During VCT Session

Key: S₁SS-D – Superficial Sexual Self-Disclosure. S₂SS-D – Selective Sexual Self-Disclosure. OSS-D – Open Sexual Self-Disclosure

Table 2 shows respondents' gender and their sexual self-disclosure during VCT session. It shows that 75.8% of male respondents had superficial sexual self-disclosure during VCT session, 10.8% had selective sexual self-disclosure and 13.3% had open sexual self-disclosure representing 39.9%, 5.7% and 7.0% of the total respondents respectively. The table indicates that 75.9% of female respondents had superficial sexual self-disclosure during VCT session, 8.8% had selective sexual self-disclosure and 15.3% had open sexual self-disclosure representing 36.0%, 4.2% and 7.2% of the total respondents respectively.

Table 3 presents an analysis of respondents' ethnicity and their sexual self-disclosure during a VCT session.

		Sexual Self-Disclosure During VCT Session			Total	
		S ₁ SS-D	S ₂ SS-D	OSS-D		
Ethnicity	Bantu	Count	230	36	35	301
		% within Ethnicity	76.4%	12.0%	11.6%	100.0%
		% of Total	50.4%	7.9%	7.7%	66.0%
	Cushitic	Count	25	2	11	38
		% within Ethnicity	65.8%	5.3%	28.9%	100.0%
		% of Total	5.5%	0.4%	2.4%	8.3%
	Nilotic	Count	91	7	19	117
		% within Ethnicity	77.8%	6.0%	16.2%	100.0%
		% of Total	20.0%	1.5%	4.2%	25.7%
Total		Count	346	45	65	456
		% within Ethnicity	75.9%	9.9%	14.3%	100.0%
		% of Total	75.9%	9.9%	14.3%	100.0%

Table 3: Respondents' Ethnicity and Sexual Self-Disclosure During VCT Session

Key: S₁SS-D – Superficial Sexual Self-Disclosure. S₂SS-D – Selective Sexual Self-Disclosure. OSS-D – Open Sexual Self-Disclosure

Table 3 shows respondents' ethnicity and their sexual self-disclosure during VCT session. The table shows that 76.4% of respondents who were Bantu had superficial sexual self-disclosure during VCT session, 12.0% had selective sexual self-disclosure and 11.6% had open sexual self-disclosure representing 50.4%, 7.9% and 7.7% of the total respondents respectively. The table also indicates that 65.8% of respondents who were Cushitic had superficial sexual self-disclosure during VCT session, 5.3% had selective sexual self-disclosure and 28.9% had open sexual self-disclosure representing 5.5%, 0.4% and 2.4% of the total respondents respectively. In the table, 77.8% of respondents who were Nilotic superficial sexual self-disclosure during VCT session, 6.0% had selective sexual self-disclosure and 16.2% had open sexual self-disclosure representing 20.0%, 1.5% and 4.2% of the total respondents respectively.

Table 4 presents an analysis of respondents' knowledge of languages and their sexual self-disclosure during a VCT session.

			Sexual Self-Disclosure During VCT Session			Total
			S ₁ SS-D	S ₂ SS-D	OSS-D	
Knowledge of languages	None	Count	164	12	22	198
		% within Knowledge of languages	82.8%	6.1%	11.1%	100.0%
		% of Total	36.4%	2.7%	4.9%	44.0%
	One	Count	113	6	28	147
		% within Knowledge of languages	76.9%	4.1%	19.0%	100.0%
		% of Total	25.1%	1.3%	6.2%	32.7%
	Two and more	Count	69	21	15	105
		% within Knowledge of languages	65.7%	20.0%	14.3%	100.0%
		% of Total	15.3%	4.7%	3.3%	23.3%
Total		Count	346	39	65	450
		% within Knowledge of languages	76.9%	8.7%	14.4%	100.0%
		% of Total	76.9%	8.7%	14.4%	100.0%

Table 4: Respondents' Knowledge of Languages and Sexual Self-disclosure during VCT Session

Key: S₁SS-d – Superficial Sexual Self-Disclosure. S₂SS-d – Selective

Sexual Self-disclosure. OSS-d - Open Sexual Self-Disclosure

Table 4 shows respondents' knowledge of languages and their sexual self-disclosure during VCT session. The table shows that 82.8% of respondents who had no knowledge of language other than their mother tongue, Kiswahili and English had superficial sexual self-disclosure during VCT session, 6.1% had selective sexual self-disclosure and 11.1% had open sexual self-disclosure representing 36.4%, 2.7% and 4.9% of the total respondents respectively. The table also indicates that 76.7% of respondents who had no knowledge of one language other than their mother tongue, Kiswahili and English had superficial sexual self-disclosure during VCT session, 4.1% had selective sexual self-disclosure and 19.0% had open sexual self-disclosure representing 25.1%, 1.3% and 6.2% of the total respondents respectively. The table shows that 65.7% of respondents who had knowledge of two and more languages other than their mother tongue, Kiswahili and English had superficial sexual self-disclosure during VCT session, 20.0% had selective sexual self-disclosure and 14.3% had open sexual self-disclosure representing 15.3%, 4.7% and 3.3% of the total respondents respectively.

Table 5 presents an analysis of respondents' disabilities and their sexual self-disclosure during a VCT session.

			Sexual Self-Disclosure During VCT Session			Total	
			S ₁ SS-D	S ₂ SS-D	OSS-D		
Disabilities	None	Count	343	40	65	448	
		% within Disabilities	76.6%	8.9%	14.5%	100.0%	
		% of Total	75.2%	8.8%	14.3%	98.2%	
	Visual	Count	0	5	0	5	
		% within Disabilities	0.0%	100.0%	0.0%	100.0%	
		% of Total	0.0%	1.1%	0.0%	1.1%	
	Physical	Count	3	0	0	3	
		% within Disabilities	100.0%	0.0%	0.0%	100.0%	
		% of Total	0.7%	0.0%	0.0%	0.7%	
	Total		Count	346	45	65	456
			% within Disabilities	75.9%	9.9%	14.3%	100.0%
			% of Total	75.9%	9.9%	14.3%	100.0%

Table 5: Respondents' Disabilities and Sexual Self-Disclosure During VCT Session

Key: S₁SS-D – Superficial Sexual Self-Disclosure. S₂SS-D – Selective

Sexual Self-Disclosure. OSS-D - Open Sexual Self-Disclosure

Table 5 shows respondents' disabilities and their sexual self-disclosure during VCT session. It shows that 76.6% of respondents who had no disability had superficial sexual self-disclosure during VCT session, 8.9% had selective sexual self-disclosure and 14.3% had open sexual self-disclosure representing 75.2%, 8.8% and 14.3% of the total respondents

respectively. None of the respondents who had visual disability had superficial sexual self-disclosure during VCT session, 100% had selective sexual self-disclosure and none had open sexual self-disclosure representing 0.0%, 1.1% and 0.0% of the total respondents respectively. The table indicates that 100% of respondents who had physical disability had superficial sexual self-disclosure during VCT session, none had selective sexual self-disclosure and none had open sexual self-disclosure representing 0.7%, 0.0% and 0.0% of the total respondents respectively.

The null hypothesis stated: The level of sexual self-disclosure during voluntary counselling and testing is not affected by self-concealed demographic factors such as age, gender, ethnicity, knowledge of languages and disabilities. A multiple regression (enter method) was done to test whether the level of sexual self-disclosure during voluntary counselling and testing is not affected by self-concealed demographic factors such as age, gender, ethnicity, knowledge of languages and disabilities. The theoretical model entered was: $Y = a + b_1X_1 + b_2X_2 + b_3X_3 + b_4X_4 + b_5X_5$ where Y is sexual self-disclosure (dependent variable) and 'a' is the constant while X_1, X_2, X_3, X_4, X_5 are age, gender, ethnicity, knowledge of languages and disabilities respectively (independent variables). Results using a multiple regression analysis is presented.

Table 6 presents descriptive statistics of the self-concealed demographic factors.

	Mean	Std. Deviation	N
Sexual self-disclosure during VCT session	2.3838	.72300	456
Age in years	2.4232	.85590	456
Gender	1.4737	.49986	456
Ethnicity	1.5965	.86920	456
Knowledge of languages	1.7933	.78974	456
Disabilities	1.0241	.19178	456

Table 6: Descriptive Statistics of Self-Concealed Demographic Factors

Table 6 shows that the respondents had a mean of 2.3838 in the sexual self-disclosure scale implying that they had superficial sexual self-disclosure during VCT session. They had a standard deviation of .723 showing that each respondent had a low score difference from the mean in the sexual self-disclosure scale oscillating between no sexual self-disclosure and selective sexual self-disclosure. The mean age of the students was 2.4232 implying that their mean age was in the 19 to 22 years range. However, their standard deviation was .85590 indicating that most of them were between the 18 and below age range and 23 to 26 age range. Gender of the respondents was almost balanced with most respondents belonging to the Bantu ethnic group. Most respondents knew one language besides their mother tongue, Kiswahili and English. Almost all respondents had no disability.

Table 7 presents the anova of demographic variables predicting voluntary counselling and testing.

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	3.381	5	.676	1.293	.266
	Residual	232.150	444	.523		
	Total	235.531	449			

Table 7: Anova of Demographic Variables Predicting Voluntary Counselling and Testing
Dependent Variable: Sexual Self-Disclosure during VCT Session.

Predictors: (Constant), Disabilities, Age ?in Years, Ethnicity, Gender, Knowledge of Languages.

Note: N = 449; Df = 5; A = .05; F = 1.293; P = .266; Critical Tabled F Value = 2.21

Table 7 presents the Analysis of variance (ANOVA) of the demographic variables. It shows that the observed F (1.293) is less than the critical tabled F value of 2.21 (N = 449; df = 5; $\alpha = .05$). The null hypothesis is accepted. For the F test, the probability of the null hypothesis (that the level of sexual self-disclosure during voluntary counselling and testing is not affected by self-concealed demographic factors such as age, gender, ethnicity, knowledge of languages and disabilities) being true is .266. Since this probability is more than the preset level of significance (.05), the null hypothesis is accepted and concludes that the level of sexual self-disclosure during voluntary counselling and testing is not affected by self-concealed demographic factors such as age, gender, ethnicity, knowledge of languages and disabilities.

Table 8 presents correlations between self-concealed demographic factors and sexual self-disclosure.

		A	B	C	D	E	F
Pearson Correlation	A	1.000	.003	.013	.034	.115	.012
	B	.003	1.000	-.059	.003	-.058	-.049
	C	.013	-.059	1.000	-.095	.010	-.051
	D	.034	.003	-.095	1.000	-.084	.072
	E	.115	-.058	.010	-.084	1.000	.193
	F	.012	-.049	-.051	.072	.193	1.000

Table 8: Correlations between Self-Concealed Demographic Factors and Sexual Self-Disclosure

Note: 2- Tailed Test; N = 449; A = .05; Df = 447; Critical Tabled R Value = .087

Key: A – Sexual Self-Disclosure During VCT Session B – Age in Years C – Gender D – Ethnicity

E – Knowledge of Languages F – Disabilities

Note: B and A: R = .003 C and A: R = .013 D and A: R = .034 E and A: R = .115 F and A: R = .012

Table 8 shows that the observed Pearson Correlation Coefficient(r) for age in years and sexual self-disclosure during VCT session is .003 which is lesser than the critical tabled r value of .087 (N = 449; df = 447; $\alpha = .05$). The null hypothesis is not rejected and concludes that the relationship between age in years and sexual self-disclosure during a voluntary counselling and testing session among university students in Kenya is not statistically significant.

The observed Pearson Correlation Coefficient(r) for gender and sexual self-disclosure during VCT session is .013 which is lesser than the critical tabled r value of .087 (N = 449; df = 447; $\alpha = .05$). The null hypothesis is not rejected and concludes that the relationship between gender and sexual self-disclosure during a voluntary counselling and testing session among university students in Kenya is not statistically significant.

The observed Pearson Correlation Coefficient(r) for ethnicity and sexual self-disclosure during VCT session is .034 which is lesser than the critical tabled r value of .087 (N = 449; df = 447; $\alpha = .05$). The null hypothesis is not rejected and concludes that the relationship between ethnicity and sexual self-disclosure during a voluntary counselling and testing session among university students in Kenya is not statistically significant.

The observed Pearson Correlation Coefficient(r) for knowledge of languages and sexual self-disclosure during VCT session is .115 which is more than the critical tabled r value of .087 (N = 449; df = 447; $\alpha = .05$). The null hypothesis is rejected and concludes that the relationship between knowledge of languages and sexual self-disclosure during a voluntary counselling and testing session among university students in Kenya is statistically significant.

The observed Pearson Correlation Coefficient(r) for disabilities and sexual self-disclosure during VCT session is .012 which is lesser than the critical tabled r value of .087 (N = 449; df = 447; $\alpha = .05$). The null hypothesis is not rejected and concludes that the relationship between disabilities and sexual self-disclosure during a voluntary counselling and testing session among university students in Kenya is not statistically significant.

Table 9 presents self-concealed demographic variables entered or removed in the regression equation.

Model	Variables Entered	Variables Removed	Method
1	Disabilities, Age in years, Ethnicity, Gender, Knowledge of languages	.	Enter

Table 9: Self-Concealed Demographic Variables Entered/Removed

Dependent Variable: Sexual Self-Disclosure During VCT Session

Table 9 shows that none of the demographic variables that were entered in the regression equation was removed. Table 10 presents the model summary of self-concealed demographic variables entered in the regression equation.

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.120	.014	.003	.72309

Table 10: Model Summary of Self-Concealed Demographic Variables Entered

Predictors: (Constant), Disabilities, Age in Years, Ethnicity, Gender, Knowledge of Languages

Dependent Variable: Sexual Self-Disclosure During VCT Session

Table 10 indicates the model's ability to explain sexual self-disclosure during VCT session. The R-square values are slightly larger than the adjusted R-square values, but the adjusted R-square compensates for model complexity to provide a more fair comparison of model performance. As a whole, the regression does a poor job of modelling sexual self-disclosure during VCT session. Only .120 (12%) of the variation in sexual self-disclosure during VCT session is explained by the model.

Table 11 presents coefficients of self-concealed demographic variables that predicted sexual self-disclosure.

Model		X		Y	T	Sig.	Z	Collinearity Statistics		
		B	Std. Error					Beta	LB	Tolerance
1	(Constant)	2.117	.254		8.347	.000	1.619	2.616		
	Age in years	.009	.040	.011	.224	.823	-.069	.087	.992	1.009
	Gender	.023	.068	.016	.338	.735	-.111	.157	.985	1.015
	Ethnicity	.039	.039	.046	.979	.328	-.039	.116	.977	1.024
	Knowledge of languages	.112	.044	.122	2.545	.011	.025	.198	.951	1.052
	Disabilities	-.050	.181	-.013	-.275	.784	-.405	.306	.952	1.051

Table 11: Coefficients of Self-Concealed Demographic Variables That Predicted Sexual Self-Disclosure
Dependent Variable: Sexual Self-Disclosure during VCT Session

Key: X – Unstandardized Coefficients Y – Standardized Coefficients Z – 95.0% Confidence Interval for B U.B – Upper Bound L.B – Lower Bound

Table 11 indicates the independent variables included in the model that contributed to the prediction of sexual self-disclosure. The column labelled Beta under Standard Coefficients indicates that in the model knowledge of languages (.122) made the largest contribution. It also made a notable significant contribution because it had a significance of .011. It was followed by ethnicity (.046), gender (.016), age in years (.011) and disabilities (-.013) respectively. The estimated model is:

$Y = 2.117 + .009X_1 + .023X_2 + .039X_3 + .112X_4 - .050X_5$ (2.117 = constant, Y = sexual self-disclosure, X_1 = age in years, X_2 = gender, X_3 = ethnicity, X_4 = knowledge of languages, X_5 = disabilities)

The model explains the results with all the variables entered. It shows that all explanatory variables in the model except knowledge of languages are not statistically significant. It also indicates that the explanatory variables have positive coefficients implying that for each explanatory variable, a negligent percentage is associated with a higher level of sexual self-concealment. For example, in the model, taking disabilities and having controlled for the other variables (holding these variables constant), then for every 1% increase in disability, there is a decrease of -.050% in the predicted value of sexual self-disclosure.

Students' sexual self-disclosure during voluntary counselling and testing had a similar trend across the years. This implies that sexual self-disclosure was not determined by the age of the student. This finding contrasts findings by Kim and Omizo (2003) which had revealed that age predicted intentions to seek counselling on sexual issues where disclosure is central in the counselling process. This finding contradicts earlier findings among Italian lesbian and gay adolescents in Italy (Baiocco, et al, 2012) that sexual disclosure is higher among older adolescents than younger ones.

The study reveals that female students self-disclose more sexual information during voluntary counselling and testing session than male students. Sexual self-disclosure across gender was almost similar thus supporting the communication privacy management theory (Petronio, 2004) while contradicting Wen-Bin and Chin-Sheng(2006)) that male adolescents self-disclose more and deeper than females. Female students in this study viewed voluntary counselling and testing as unthreatening and therefore they were freer in self-disclosing than the male respondents. Male students were particularly evasive about sexual dishonesty. This can possibly be attributed to engagement in multiple relationships making them shy away from disclosing.

The study reveals that students who were Bantu and cushitic provide little sexual self-disclosure during voluntary counselling and testing session than students who were Nilotic. This finding agrees with Petronio (2004) and Komiya et al (2000) that ethnic groups differ on the value of openness and disclosure. Sexual self-disclosure is therefore pegged on students' ethnicity. According to Lefton and Valvatne (1996) attitudes predisposing one to self-disclose are neither innate nor hereditary but are learned and organized through experience in a community.

The study found that students who had no knowledge of languages other than their mother tongue, Kiswahili and English provide little sexual self-disclosure during voluntary counselling and testing session students who had knowledge of one language other than their mother tongue, Kiswahili and English. Knowledge of multiple languages influenced sexual self-disclosure during voluntary counselling and testing session. This finding points out that knowledge of multiple languages eases communication during disclosure.

The study reveals that students who had no disability gave superficial sexual self-disclosure during voluntary counselling and testing session than those who had disability during voluntary counselling and testing session. This finding shows that disability indeed has an effect on students' sexual self-disclosure.

4. Conclusion

There is no significant relationship between self-concealed demographic factors and sexual self-disclosure among university students during voluntary counselling and testing sessions. The study revealed that demographic factors such age, gender, ethnicity and disabilities do not predict sexual self-disclosure during voluntary counselling and testing. However, knowledge of other languages besides mother tongue, English and Kiswahili increases the level of sexual self-disclosure during VCT session.

5. Implications

There is need for counsellors in universities in Kenya to have an attitudinal paradigm shift in practice based on student demographic characteristics. Counsellors should avoid biases based on student characteristics during HIV/AIDS therapy sessions in order to enhance counselling outcomes.

6. References

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