**HIV/AIDS AND NATION BUILDING: A MUSICOLOGY PERSPECTIVE**

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**ABSTRACT**

An enlightened citizenry is undoubtedly a necessary precondition for national stability, lasting peace, progress and nation building. A nation is regarded as the people living within a particular region and a healthy nation is an asset to national development. However, HIV/AIDS constitute a great danger to nations and threat to the entire world. This paper examines the place of music in curbing the negative effects of the HIV/AIDS in nation building. The study examined the place effectiveness of communication through music among the citizenry. Awareness is a critical aspect of prevention of any kind of pandemic and an effective means of prevention, spread and contracting the disease. Therefore the study brought to fore the various kinds of music strategy that has helped in the fight against the scourge of HIV/AIDS. Primary data were sourced through interview and library method for secondary data on previous findings. The results of findings revealed that music serves as a means of propagate the danger of contrasting HIV/AIDS and prevention strategy that the people may adopt.

**Keywords:** HIV/AIDS, Nation Building**,** National Development, Awareness

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**Introduction**

The word ‘health’ means different things to different people, depending on the situation. The English word ‘health’ comes from the Old English word *hale*, meaning ‘wholeness, being whole, sound or well,’ *hale* comes from the Proto-Indo-European root *kailo*, meaning ‘whole’, uninjured, of good omen’. *Kailo* comes from the Proto-Germanic root *khalbas*, meaning "something divided". The most famous modern definition of health was created during a Preamble to the Constitution of the World Health Organization as adopted by the International Health Conference, New York, 19-22 June, 1946; signed on 22 July 1946 by the representatives of 61 States *(Official Records of the World Health Organization, no. 2, p. 100)* and entered into force on 7 April 1948. "Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity." However, threats to humans’ reproductive health especially those of adolescents remain global challenge as evident from series of international attention it has generated over the last decades.

The study noted that little attention was paid to the role of music in the awareness and prevention campaign against HIV/AIDs among the Nigerian general populace. However, HIV/AIDs awareness and prevention campaign is growing in Nigeria with the little available media. Therefore, this work fills this gap in knowledge by examining the place of music in HIV/AIDs awareness for nation building. The aim of this study is to examine the functional role of music in creating awareness of HIV/AIDS in Nigeria. The study is important because it explores how music could be adopted as a campaign strategy in curbing the spread of the HIV/AIDs in Nigeria. The paper examines the pandemic data and gives the analysis of songs which serve as message of awareness against contracting the disease.

From the foregoing, it is important to intensify public awareness campaign, especially through the opportunities available in the entertainment industry to which music belongs. Music is an art form which provides individuals with artistic skills that enable them exchange their creative ability for the benefits of the society. Beyond performance, it performs variety of functions which include information dissemination, public awareness, therapeutic functions and it is generally enjoyed by the people. This article investigates the role of music in empowering the people against HIV and AIDS among the Nigerian populace. Research data was generated through uncensored questionnaire, as well as exploration of available research articles. And discussion of findings was done using content analysis.

**Nigerians and HIV/AIDS Pandemic**

There has been an increasingly controversial question recently. Understanding the burden of HIV in Nigeria is more important now than ever before, because, aside from Nigeria having the second largest population of people living with HIV, and only being able to find about 750,000 people to put on treatment, we are also the subject of an embarrassing Global Fund investigation. Many Nigerians working on HIV/AIDs attended the International Conference on AIDs that was held in South Africa, only the second time ever it is being held in Africa, with the inevitable scrutiny this will bring the HIV responsible in Nigeria. The official HIV prevalence by UNAIDS in Nigeria is 3.2% among the adult population, giving a total estimate of 3.4 million Nigerians living with HIV, and not 5 million as widely reported by Nigerian newspapers recently. The most recent national prevalence survey for HIV carried out in Nigeria in 2013/2014, undertaken by the National AIDs and STI Control Programme of the Federal Ministry of Health, put overall HIV prevalence among women attending antenatal clinics in Nigeria are 3.0%. In Nigeria, as in most countries with generalised epidemics, national HIV estimates are based on surveillance systems that focus on pregnant women who attend a selected number of *sentinel* antenatal clinics. The major assumption here is that prevalence among pregnant women is a good approximation of prevalence among the adult population of men and women (15-49 years). Since the first case of AIDs in Nigeria was reported in 1986, Nigeria adopted ANC sentinel surveillance as the system for monitoring the epidemic, in line with WHO guidelines. The first HIV Sentinel Survey in 1991 showed a prevalence of 1.8%. Subsequent sentinel surveys produced results as illustrated in the graph below. The epidemic appears to have peaked in about 2001 and has been on the decline since then.

In addition, to the sentinel surveys, two population-based surveys for HIV were also conducted in Nigeria in 2007 and 2012. These pout the overall HIV prevalence at 3.6% in 2007 and 3.4 in 2012, broadly similar to the estimates based on ANC surveys, although the sub-national estimates varied from those of the ANC surveys in terms of high prevalence states. In summary, neither the ANC surveys not the population-based surveys have produced a national prevalence estimate of below 3%. Despite the surveys, there have been comments by some people working on HIV in Nigeria that HIV prevalence may not be as high as the surveys have persistently shown. In a recent interview in Calabar, the Director, Partnerships Coordination of National Agency for the Control of AIDs, Dr Emmanuel Alhassan, gave the national HIV prevalence, as understood by NACA, as “way below 2%”, referring to NACA’s programmatic data. Some newspapers gave his comments their uncritical coverage with the headline, “HIV prevalence rate below 2% in Nigeria – NACA”. By broadly making these comments in public and on camera, he opened up a debate that has been taking place behind the scenes for months: What really is the prevalence of HIV in Nigeria?

The estimation of the number of people infected with HIV is a very important process for purposes of advocacy, programme planning and evaluation. We cannot manage what we do not measure properly. With a population as large as ours, these things matter, as a 1% difference in HIV prevalence equates to about 1 million people. For instance, treating 750,000 people with antiretroviral drugs out of 2.5 million people would appear a lot better than out of 3.5 million people. An accurate estimate of prevalence, therefore, matters for everything from resource allocation to measurement of impact.

The limitations of antenatal surveys for the estimation of HIV prevalence have long recognised. The primary purpose of antenatal clinic-based surveillance is the assessment of *trends* in HIV prevalence as well. There are several factors that can affect the extent to which pregnant women attending antenatal clinics in the surveillance system are representative of all pregnant women in the country, including non-attendance at antenatal clinics, the use of private clinics, and the location of participating clinics. These are important variables that we should be measuring, especially how they have changed over time. Some countries, like South Africa, have improved the quality of ANC-based surveillance by using Probability Proportional to Size (PPS) sampling to select 400 clinics in the nine provinces of South Africa to carry out annual rounds of surveillance, which yield data on about 16,000 pregnant women on which surveillance is based. These annual surveys in South Africa are carried out as part of the government-funded HIV response activities, and analyses are done in a few weeks after the surveys, figures, it is difficult to be certain about Nigeria’s HIV response progress.

At the International Conference on AIDs in South Africa, the focus were inevitably on the countries with the two highest disease burdens in Africa; Nigeria and South Africa. South Africa will be reporting significant progress achieved in the last 10 years. It was reported that largest ARV treatment programme in the world with over 3 million people on treatment funded by the government; also reported are the increase in life expectancy from 52 years in 2003 to 63 years in 2015, the most rapid increase ever reported. From Nigeria, it was reported in the conference at Durban, of uncertainty about the size of the epidemic.

It has become obvious that there is a lack of confidence among stakeholders regarding prevalence estimates in Nigeria, and it is hurting the country’s capacity to focus on the response. Achieving consensus on the prevalence of HIV in Nigeria has to be the priority of the government. If the relevant government agencies cannot agree on the process to measure this, then competent independent organisations should be commissioned to carry out the appropriate analysis to arrive at a prevalence estimate that we can all confidently work with. Once this is done, we can focus on why nearly all indicators assessed on HIV in Nigeria show stagnation and suggest that Nigeria is still facing significant hurdles, despite all the resources invested. This will be the question on the kinds of most people attending the International Conference on AIDs in South Africa.

**Music and Social Awareness**

Awareness is the state of being conscious and the concept is often synonymous to consciousness. It is the state or ability to perceive, to feel, or to be conscious of events, happenings, objects, or sensory patterns.The entertainment function of music is also not in doubt because humans engaged in music for various functions ranging from domestic purposes and for ceremonies in the society. It is also noteworthy that music serves as a weapon of media to put across messages within a given society, hence, music entertains as well as it educates. According to Nketia (1974), Singhal and Rogers (1999) music remains one of the ancient entertainment tardyons that draw large audiences. Meanwhile Nketia (1974: 195) also notes that satirical songs have been especially suited for insult, exhortation, and warning the people in African societies. Traditional music is largely indigenous music: song, instrumentation and dance that have been practice by indigenous people for several centuries. Omobiyi-Obidike (1988) opines that traditional music centres on folklore which crystallises the history, philosophy, arts and literature of the people and Nzewi (1988) explains that traditional music is a social organiser; those songs may be addressed to individuals, either commoner, king, dead or alive or a group in the society. It also brings out individuals who deserve to be criticised, ridiculed or praised. Those who are praised or ridiculed may be mentioned by name. Sometimes, the satire may be presented through the use of appropriate allusions or oblique references. The following songs were used for campaign rally to pass message of awareness to the Nigeria populace. The song below is an example of the educative role of songs in creating awareness on the danger of contracting the HIV/AIDs



 (HIV does not show on face of an infected person)

HIV is a kind of decease that not easily identify in the human face. Many people would not experience any symptoms at all during the early (acute) stage of infection. This stage is a deceptive period and the virus can easily be spread without realizing it. The above song is warning against indiscriminate and risky sexual behaviour since no one can guarantee by mere looking at somebody’s face. Since HIV/AIDs, like other sexually transmitted infections is mainly transmitted through unprotected sex especially intercourse with multiple sexual partners. The only way to be ware and know for sure whether you or your partner is HIV positive is to get tested.



The reality of HIV in the society is the message of awareness in the above short piece. It is a deadliest pandemic in recent history. This is the reason why the United Nations planned to combat the scourge through several messages of awareness. Several warning songs in the society informed about some restraints especially on sexual matters. The following song is another simple composition on carefulness on HIV because it has no respect for anybody.



Music is a global language that can reach across all races and religion. For example the K-boys in the Northern Nigeria released a song on the prevention of AIDS in Nigeria titled “Nasiha” which means ‘Caution’ in English and ‘Kariya’ means protection. The song talked about the day to day suffering of the people of Kano and need to prevent the spread of HIV/AIDS and other social vices in Kano.

**Prevention of HIV transmission**

The main thrust of HIV prevention strategies in Nigeria is based on the following: information, education, and communication; condom promotion; behaviour change; and vaccine development. However, all the mentioned prevention strategies may be used as song lyrics especially in pop music. Since 2000, the government of Nigeria, with outside support and the help of nongovernmental organizations in the country, has been conducting public education campaigns about HIV/AIDS. Interventions currently being used to limit transmission include promoting abstinence before marriage; encouraging, through a combination of mass media campaigns and counselling, faithfulness to one partner; and various HIV education programs. It is very important to state unequivocally that music; children songs, pop songs should be encouraged as a weapon against HIV. Although some of these efforts are likely to bear fruit if they are sustained and spread across the entire country.

Again, poverty, enormous cultural and religious diversity, and an increased allocation of funds to AIDS treatment threaten the maintenance of effective prevention and control strategies. Overall, there are several important lessons to be learned about prevention. Pilot tests have shown that interventions can be successful in significantly reducing the spread of HIV. It is important to intervene as early as possible with a mix of interventions, especially through music, that have proved effective in reaching the largest possible number of people and that can achieve maximum impact. The most effective interventions are those that focus on population groups with the highest transmission rates. Prevention through behaviour change, condom promotion, and STI treatment is thought to be the most cost effective approach and should be included in adult music awareness. Applying interventions on a large scale is costly, and success is difficult to measure, therefore, musicians should be encouraged by the provision of necessary gadget for campaign. Those countries recognized the seriousness of the epidemic early and implemented strong national programs to reduce the spread of HIV.

**Summary and Conclusion**

This study examined the functional role of music in the campaign on the awareness and reduction of the scourge of HIV/AIDs in Nigeria. The paper reviewed the state of HIV/AIDs in Nigeria and suggested some ways whereby the spread of the disease could be reduced through awareness campaign. The paper recommends that education through popular music should be encouraged in Nigeria. Popular music is a type musical genre that is wide spread among the people. Therefore, Nigerian pop singers should be encouraged to compose songs that would promote message of awareness in the society. The government at all levels that is local, state and the Federal government should strengthen the various agencies working to improve the state of the Nigerian health. The term wellness was first used by a doctor called Halbert L. Dunn, USA, who published a small booklet entitled *"High Level Wellness"* in 1961. The term is much more widely used in North American than in the United Kingdom. According to the Mickinley Health Center, University of Illinois, wellness "is a state of optimal well-being that is oriented toward maximizing an individual's potential.

This is a life-long process of moving towards enhancing your physical, intellectual, emotional, social, spiritual, and environmental well-being." The University of East Carolina defines wellness as "the integration of mind, body and spirit. Optimal wellness allows us to achieve our goals and find meaning and purpose in our lives. Wellness combines seven dimensions of well-being into a quality way of living. Overall, wellness is the ability to live life to the fullest and to maximize personal potential in a variety of ways. Wellness involves continually learning and making changes to enhance your state of wellness. When we balance the physical, intellectual, emotional, social, occupational, spiritual, and environmental aspects of life, we achieve true wellness."

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