

## Education on Prevention of HIV Virus Transmission in Adolescents at SMAN 7 Kediri

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### ABSTRACT

HIV (Human Immunodeficiency Virus) is a virus that attacks human white blood cells and can cause decreased body immunity, this virus is very dangerous. As a result, if not treated immediately will develop into AIDS and can be life threatening. Therefore, we, students of the Bachelor of Nursing Study Program, Strada Indonesia Institute of Health Sciences, Kediri, carry out community service activities to provide education on preventing the transmission of the HIV virus to PMR teenagers at SMA 7 Kediri. We use the offline Activity Unit (SAP) method. Based on the results of the respondents' knowledge about preventing the transmission of the HIV virus in young PMR when practicing their knowledge, it showed that 33.3% or 2 respondents still did not understand what HIV was and as many as 15 respondents or 66.7% indicated that they already understood what HIV was and how to prevention. Before the activity was carried out on participants, data was obtained from 17 respondents, there were 100% who did not understand HIV as a whole, in independent activities and character building in adolescents to be aware of the importance of prevention methods and the characteristics of the HIV virus. This figure shows us that all the respondents who attended this activity did not really know HIV thoroughly.

**Keywords:** AIDS, HIV, prevention, virus, youth

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### INTRODUCTION

*Acquired Immune Deficiency Syndrome* (AIDS) is a collection of disease symptoms due to gradual decline in the body's immune system caused by infection *Human Immunodeficiency Virus* (HIVs). This disease is a dangerous disease and must be watched out for where it spreads very quickly. HIV/AIDS is an infectious disease that occurs in the community for which no vaccine or effective drug has been found to date to prevent HIV/AIDS. Globally there are 36 million people with HIV worldwide, in South and Southeast Asia there are approximately 5 million people with HIV. Indonesia is one of the countries with the fastest increasing number of HIV/AIDS cases in Southeast Asia, with an estimated increase in the incidence of HIV infection by more than 36%. The HIV/AIDS epidemic in Indonesia is growing the fastest among countries in Asia (UNAIDS, 2014).

Risk factors for HIV/AIDS transmission until 2015 occurred in heterosexuals (84.7%), IDUs (5.7%), homosexuals (4.7%), perinatal (4.6%) and transfusion (0.1%). Based on age group, the highest percentage of HIV/AIDS cases was found at the age of 20-29 years (32.0%), 30-39 years (29.4%), 40-49 years (11.8%), 50-59 years (3.9%) then 15-19 years (3%). Currently HIV/AIDS infects a large number of women, cumulatively until 2015 there were 61.5% and 38.50% men (Kemenkes RI, 2011).

ODHA stands for People with HIV/AIDS, sufferers which refers to the understanding that the person has been positively diagnosed with HIV infection. Based on the East Java regional regulation (2004) People with HIV/AIDS (ODHA) are people who are already infected with the HIV/AIDS virus in their bodies, people who are already infected with HIV both at the symptomatic and asymptomatic stages. The number of people living with HIV/AIDS (PLWHA) in Indonesia is 193,030 people, 11% of whom are regular partners of injecting drug users and users of commercial sex worker services, so that around 21 thousand permanent partners are already living with HIV/AIDS (RI Ministry of Health, 2010).

Teenagers are a forum for the younger generation to help prepare for future development. Based on the results of monitoring in the field, there is no local content or activities that provide them with an understanding of the importance of anticipating the spread of the HIV virus, which is 9% likely to occur in their environment. Even though as a young generation/adolescents this will play the role of being an agent of change. Based on the analysis of the situation, it is necessary to have an awareness movement for the community to have awareness of the emergence of HIV cases.

## **METHOD**

It should be known that the HIV virus is very dangerous. From here, it's not just medical people who need to know how to prevent the transmission of the HIV virus, but ordinary people also need to know about these actions. therefore we are here to carry out community service activities at SMA 7 Kediri to educate about how to prevent the transmission of the HIV virus. So that they understand more about HIV as a whole. The implementation method that we use was the Counseling Program Unit (SAP) which is one of the study unit counseling models carried out in this activity to achieve the desired goals and determine the results of the development of a PPSI system (Instructional System Development Procedure).

## **RESULT**

The results of educational activities and questionnaires showed that the respondents' knowledge of HIV increased. This shows that the knowledge of PMR students regarding prevention and transmission of the HIV virus before carrying out activities or education, some of them still do not understand, but there are several respondents, namely as many as 2 children who already understand. So it can be concluded that the average respondent's knowledge is good enough. With an increase in children's knowledge about HIV, this is supported by research conducted by UNAIDS, 2014 which stated that *Acquired Immune Deficiency Syndrome* (AIDS) is a collection of disease symptoms due to gradual decline in the body's immune system caused by infection *Human Immunodeficiency Virus* (HIV). This disease is a dangerous disease and must be watched out for where it spreads very quickly. HIV/AIDS is an infectious disease that occurs in the community for which no vaccine or effective drug has been found to date to prevent HIV/AIDS. Globally there are 36 million people with HIV worldwide, in South and Southeast Asia there are approximately 5 million people with HIV. Indonesia is one of the countries with the fastest increasing number of HIV/AIDS cases in Southeast Asia, with an estimated increase in the incidence of HIV infection by more than 36%. The HIV/AIDS epidemic in Indonesia is growing the fastest among countries in Asia.

## DISCUSSION

HIV/AIDS is an infectious disease that occurs in the community for which no vaccine or effective drug has been found to date to prevent HIV/AIDS. Globally there are 36 million people with HIV worldwide, in South and Southeast Asia there are approximately 5 million people with HIV. Indonesia is one of the countries with the fastest increasing number of HIV/AIDS cases in Southeast Asia, with an estimated increase in the incidence of HIV infection by more than 36%. The HIV/AIDS epidemic in Indonesia is growing the fastest among countries in Asia (UNAIDS, 2014).

The cause of HIV and AIDS can be directly infected or in terms of transmission. If viewed from the angle of promiscuity, then there is much that can be studied more deeply. Especially among teenagers. Adolescents are a very vulnerable age regarding promiscuity and the impact or consequences of promiscuity itself.

This activity was held on 5 MAY 2023 at SMAN 7 KEDIRI, Jl. Guarantee No.4, RT.34/RW.07, Bandar Lor, Kec. Mojoroto, Kediri City, East Java 64117. This activity was attended by 17 participants from their early teens. Activities include: distributing snacks, preparing for activities, then delivering education to PMR students about "preventing the transmission of the HIV virus" and then continuing with yells, quiz sessions and giving prizes to those who can answer. All participants took part in the activities properly and correctly, after the activities were carried out the PMR students could find out about the prevention and transmission of the HIV virus.



Figure 1. Group Photo



Figure 2. Counseling Session



Picture 3. Question and Answer Session

### Characteristics of Respondents

Nominal age	Child	
	Frequency	Gender
16	3	Man
16	2	Woman
17	5	Man
17	7	Woman

Table 1.1. From the table above shows a total of 17 respondents.

Respondents have children aged 16, 2 girls and 3 boys, and respondents have children aged 17, 7 girls and 5 boys with a total gender of 9 girls and 8 boys.

### Recapitulation of level of knowledge about HIV

Knowledge level	Less	Enough
Before being educated	<96%	4%
After being educated	<6%	94%

Table 1.2. From the results of direct briefing, before we provide education or conseling we provide some questions first regarding the HIV virus, questions such as "who already knows what HIV disease is?" and there were 2 students who answered or it was found that as many as 96% of respondents or all respondents totaling 17 people who knew only 2 respondents but the answers were not correct or not correct and from there we could know what we should convey to students especially those who did not understand really related to knowledge about HIV, especially topics they don't know about such as HIV prevention, how HIV can be transmitted, this disease attacks anyone and from here after we provide education, we can evaluate that they really understand HIV related to the method that we convey through the LCD. And from what we saw, because they already knew, we ended up not showing an animated video about HIV.

### CONCLUSION

HIV/AIDS is an infectious disease that occurs in the community for which no vaccine or effective drug has been found to date to prevent HIV/AIDS. Globally there are 36 million people with HIV worldwide, in South and Southeast Asia there are approximately 5 million people with HIV. The cause of HIV and AIDS can be directly infected or from a transmission perspective. If viewed from the angle of promiscuity, then there is much that can be studied more deeply. Especially among teenagers. Adolescents are a very vulnerable age regarding promiscuity and the impact or consequences of promiscuity itself.

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