



Joko Prasetyo
Doctoral in Public
Health, Postgraduate,
STRADA Institute of
Health Sciences



Isak Waine
Doctoral in Public
Health, Postgraduate,
STRADA Institute of
Health Sciences

INCREASING KNOWLEDGE THROUGH COUNSELING ACTIVITIES ABOUT HIV/AIDS AT SMTK YAKBADO, DOGIYAI REGENCY

Joko Prasetyo¹, Isak Waine²

^{1,2} Doctoral in Public Health, Postgraduate, STRADA Institute of Health Sciences
Corresponding Author: amoyewaine873@gmail.com

Abstract. *Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome (HIV/AIDS)* is one of the health problems in the world, including Indonesia. The number of HIV/AIDS cases continues to increase from year to year. HIV/AIDS is one of the deadly diseases that has not yet been found a cure, so innovation is needed to cure HIV/AIDS sufferers. Therefore, counseling needs to be carried out to prevent an increase in HIV/AIDS sufferers in the community. Counseling activities about HIV/AIDS were carried out on August 25, 2023, at SMTK Yakbado, Dogiyai Regency, using counseling and questionnaires in the form of Pre-Test and Post-Test in statistical tests. The results of the statistical test showed an increase in knowledge before and after counseling about HIV/AIDS from the results (*pretest* 6.30% and *posttest* 7.88%) from 28 students with ten questions.

Keywords: HIV/AIDS, Students, Counseling

INTRODUCTION

HIV/AIDS is one of the health problems in the world, especially in Indonesia. The number of HIV/AIDS cases continues to increase from year to year. Various things have been done to prevent the spread of HIV/AIDS. Various forms of counseling or education have also been carried out, including through print and *electronic media* and lecture and discussion methods. Various treatments with *antiretrovirals* have also been researched and

carried out. HIV/AIDS is one of the deadly diseases that has not yet been found a cure, so innovation is needed to cure HIV/AIDS sufferers.

AIDS is a manifestation of HIV infection that significantly suppresses a person's *immune function*. Several anti-HIV chemical agents have been developed, but in addition to their high price, there are also some side effects and limitations associated with the use of chemotherapy and HIV infection therapy. Several plants have been studied. (Muhamad Rizki Prayuda, 2015) The world's largest HIV-infected population is in Africa (25.7 million people), then in Southeast Asia (3.8 million), and in the Americas (3.5 million). While the lowest is in the Western Pacific with 1.9 million people. The high population of people infected with HIV in Southeast Asia requires Indonesia to be more vigilant against the spread and transmission of this virus.

Although it tends to fluctuate, data on HIV/AIDS cases in Indonesia continues to increase from year to year. Over the past eleven years, the number of HIV cases in Indonesia peaked in 2019 with five provinces, namely East Java, 8,935 cases; DKI Jakarta, 6,701 cases; West Java, 6,066 cases. Central Java had 5,630 cases, and Papua had 3,750 cases, out of a total of 50,282 HIV cases., North Maluku has no reported HIV cases. The five provinces with the highest number of AIDS cases are Central Java, with 1,613 cases, Papua with 1,061 cases; East Java, with 958 cases; DKI Jakarta, with 585 cases; Riau Islands, with 441 cases; and North Maluku, with 61 cases. (Pusdatin Ministry of Health of the Republic of Indonesia, 2020) In 2004-2018, there were 529 people with HIV/AIDS in the city of Dogiyai Regency. Therefore, counseling is needed to prevent an increase in HIV/AIDS patients in schools (Dogiyai Regency Health Office, 2023).

Based on the results of the Field Learning Experience Report (PBL-I), it shows that the importance of learners' knowledge about HIV/AIDS among adolescents is lacking. Therefore, it is necessary to make an effort to increase students' knowledge about HIV/AIDS through counseling activities. Counseling is a form of health education activity that spreads messages and increases confidence so that people are not only aware, know, and understand but also willing and able to make recommendations related to health (Waryana, 2012).

By conducting counseling, it is hoped that it will be able to provide education about HIV/AIDS disease and increase knowledge about HIV/AIDS, which can later improve people's attitudes and behaviors to prevent HIV/AIDS transmission. Due to the lack of

public awareness and legal firmness to prostitutes, the local regulation is still not implemented properly, so the HIV/AIDS disease is increasing every year. HIV/AIDS counseling for adolescents is an activity that must be carried out to increase knowledge and understanding. The implementation of HIV/AIDS counseling activities in adolescents is expected to be able to face and prevent the risk of contracting HIV/AIDS in adolescence. SMTK Yakbado is a partner in the implementation of this Community Service. Based on the analysis of the situation, several problems faced by partners can be identified, namely: Lack of knowledge of students at SMTK Yakbado about HIV/AIDS, Students at SMTK Yakbado Dogiyai are easily influenced by inaccurate information, especially about HIV/AIDS, Students at SMTK Yakbado are at risk of being infected with HIV/AIDS

METHOD

Community Service activities were held from August 21 to 28, 2023, with Socialization to Increase Student Health Knowledge about HIV/AIDS at SMTK through lectures, discussions, and question-and-answer methods. The population in community service was all students from SMTK Habakuk Wogee, Dogiyai Regency,, with a population of 28 students.

RESULTS AND DISCUSSION

The implementation of all community service activities by providing health education with the theme of Increasing Student Knowledge about HIV/AIDS by students of the Doctoral Program of the STRADA Indonesia Institute of Health Sciences went smoothly, and this is evidenced by the participation of SMTK Yakbado student members who were very enthusiastic in participating in all series of events.

Health education activities are carried out in conjunction with routine counseling activities at the health center, which are held regularly on Fridays in the third week. The series of activities began with directions from the principal and health workers at the Moanemani Health Center, followed by pre-test education to learn more about HIV.

The infectious disease prevention and control program at the Moanemani Health Center has been running well. The community has also supported all activities by continuing to increase their activeness in carrying out HIV checks at health centers.

The results of interviews with several students said that they had known about HIV experienced but often had difficulty following the directions of health workers in

treatment, especially lifestyle changes, and there were still many who did not comply with the directions of health workers. There are still many who are exposed to HIV who do not follow the ARV drug program that has been programmed because they feel that their body condition is good and no complaints are felt. Some are still reluctant to carry out routine health monitoring, so many have uncontrolled health conditions.

The community service activities that were carried out went smoothly, as evidenced by the enthusiasm of the participants in expressing their opinions and asking about how to implement a healthy lifestyle to avoid HIV transmission and not experience complications due to HIV. During the evaluation of health education achievements, participants can also explain activities and examinations that must be carried out regularly to maintain patients' quality of life.

The supporting factor for the success of the activity program carried out in the student group is the full support of school leaders and Puskesmas, both with the existence of infrastructure facilities to support the activities as well as health workers who actively facilitate activities. In the student group itself, there are active members in the group, in addition to routine activities according to the program, there are also additional activities on the initiative of members. The inhibiting factors include the limited time to carry out community service activities, so they cannot carry out continuous follow-up and ensure that student group members continue to implement a healthy lifestyle to improve knowledge and quality of healthy life.

CONCLUSION

Based on the description above, several conclusions can be drawn, including the following:

1. The community service activities carried out went smoothly, and student members were enthusiastic about participating in the entire series of planned activities.
2. Community service activities positively impact and refresh information related to HIV treatment and management to increase knowledge, especially among members of student groups at SMTK Yakbado.
3. After participating in counseling activities, there was an increase in knowledge after counseling about HIV/AIDS
4. The community service activities carried out received appreciation and support from the School, the Health Center, and the community.

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