

Efforts to Increase Knowledge of Pregnant Women Through Education about HIV/AIDS Disease

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ABSTRACT

The number of female HIV/AIDS sufferers is increasing along with the increase in transmission of unsafe sexual behavior in men who then transmit HIV to their sexual partners. In addition, HIV transmission from HIV-infected mothers to their babies tends to increase along with the increase in the number of HIV-infected women, which is why HIV/AIDS requires serious attention from parties involved in front-line health services. This community service is to increase pregnant women's knowledge about HIV/AIDS. This activity was carried out by providing counseling with leaflets to pregnant women about HIV/AIDS by giving a pre-test before counseling and a post-test after counseling. The technique is accidental sampling. The results of the counseling were obtained before the counseling was given as many as 2 participants (25%) with sufficient knowledge and after the activity there was an increase to 6 participants (75%) with Good knowledge. It is hoped that further education will focus on preventing HIV/AIDS in pregnant women.

Keywords: Education, HIV/AIDS, knowledge, pregnant women

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INTRODUCTION

Data from the United National Joint Program for HIV and AIDS states that in 2012 around 35.3 million people in the world were living with HIV/AIDS. In the same year the number of new HIV cases in the world reached 2.3 million cases and deaths due to AIDS reached 1.6 million cases (Darlis et al., 2022). The highest incidence of HIV occurs in the 25–49 year age group with a percentage of 73.4%. Risky sexual behavior in heterosexuals is the highest risk factor, namely 45.6% for HIV and 78.4% for AIDS. The ratio of the number of male and female sufferers is 1:1 for HIV and 2:1 for AIDS (Ramadhana et al., 2016). The number of female HIV/AIDS sufferers is increasing along with the increasing transmission of unsafe sexual behavior in men who then transmit HIV to their sexual partners. In addition, HIV transmission from HIV-infected mothers to their babies tends to increase along with the increase in the number of HIV-infected women. In the third quarter of 2013, the risk factor for HIV transmission from mother to child was 4.3%, an increase of 0.2% from the Ministry of Health's report on HIV in the second quarter of 2013.

Transmission of HIV from mother to child can occur during pregnancy, childbirth, and breastfeeding. The Ministry of Health has made efforts to prevent mother-to-child transmission of HIV/AIDS in accordance with WHO recommendations by publishing.

Guidelines for Preventing Mother-to-Child Transmission of HIV (Putri et al., 2021). PPIA is an effort to control HIV/AIDS and Sexually Transmitted Infections (STIs) in Indonesia and is part of the Maternal and Child Health (KIA) program. The PPIA program aims to control HIV/AIDS transmission, reduce HIV cases as low as possible, reduce stigma and discrimination, and reduce deaths due to AIDS (Getting to Zero) (Herdiani et al., 2020). This program can be implemented in an integrated manner at every level of health services and can be implemented by community health centers and their staff, hospitals, and independent practicing midwives. Midwives in this case have a very important role, where midwives are at the forefront of maternal and child health services. The increasing transmission of HIV from mother to child means that the PPIA program must be implemented immediately.

METHOD

This community service activity was attended by 8 pregnant women which was held on Tuesday 28 November 2023 in Kumapo Village, Southeast Sulawesi Province. The method used in this community service activity is to provide education to pregnant women using leaflets about HIV/AIDS in pregnancy by providing pre-test questions before counseling and post-test questions after counseling.

RESULT

Tabel 1. Knowledge of Pregnant Women

Knowledge Category	Before		After	
	f	%	f	%
Not Enough	2	25	0	0
Enough	2	25	2	25
Good	4	50	6	75
Total	8	100	8	100



Figur 1. HIV/AIDS Knowledge Education Leaflet



Figur 2. HIV/AIDS knowledge Counseling

The community service program in the form of health education regarding "Efforts to increase the knowledge of pregnant women through education about HIV/AIDS, can increase the knowledge of pregnant women about: understanding, signs of symptoms, how to prevent and how HIV/AIDS is transmitted and through this activity pregnant women can take decisions in utilizing health service facilities in the community, in an effort to minimize the incidence of HIV/AIDS in pregnant women. From table 1 it can be seen that knowledge before the counseling was given were 2 participants (25%) with sufficient knowledge and after the activity there was an increase to 6 participants (75%) with good knowledge. This shows that participants are very enthusiastic about increasing their knowledge about HIV/AIDS in pregnant women.

DISCUSSION

As is known, HIV infection is a chronic disease that can be controlled by administering ARV drugs for life (Retnaningtyas et al., 2022). Therefore, services are needed that are easy to reach to maintain continuity of patient care and treatment. Availability of services needs to be expanded to the level of community health centers or supporting community health centers, even village police/poskesdes, especially for areas with a large HIV burden (Witarini, 2021). Prevention efforts are carried out through education and community outreach, especially aimed at at-risk populations who easily spread disease to pregnant women (Wulandari, 2020). The transmission and spread of HIV/AIDS is closely related to risky behavior, therefore prevention must pay attention to factors that influence this behavior (Elisanti, 2018). Counseling/KIE is one of the prevention approaches through changing risky behavior (Hasanah et al., 2022). Meanwhile, behavior is strongly influenced by acquired knowledge and attitude factors. Public knowledge, especially about health, can be obtained from several sources, including print, written, electronic, internet media, school education, counseling and others (Wahyuni, 2023).

Management involves encouraging pregnant women to live with only one partner, and also during pregnancy to routinely carry out integrated antenatal care during pregnancy, because laboratory tests will be carried out related to HIV/AIDS, to anticipate that if the results of the HIV/AIDS test are positive, treatment can be carried out from an early age (Merida et al., 2020). Apart from that, counseling from health workers also needs to be carried out regularly, so that pregnant women know about HIV/AIDS (Simangunsong et al., 2020).

CONCLUSION

Counseling for 8 pregnant women was held on Tuesday 28 November 2023 in Kumapo Village, Southeast Sulawesi Province. Before the counseling was given, there were 2 pregnant women (25%) with sufficient knowledge and after the activity there was an increase in knowledge to 6 pregnant women (75%) with good knowledge. HIV/AIDS education activities have been proven to increase knowledge in pregnant women. By increasing knowledge, it is hoped that the incidence of HIV/AIDS in pregnant women can be reduced or such cases will not occur.

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