

Increasing Knowledge through Counseling Activities of HIV/AIDS at Yakbado SMTK Dogiyai District

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ABSTRACT

Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome (HIV/AIDS) is a health problem in the world, including Indonesia. The number of HIV/AIDS cases continues to increase from year to year. HIV/AIDS is a deadly disease for which no cure has been found needed innovation to cure HIV/AIDS sufferers. Therefore, it is necessary to carry out counseling to prevent an increase in HIV/AIDS sufferers in public. 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 tested statistically. The results of statistical tests show that there was 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 10 questions.

Keywords: Counseling, HIV/AIDS, Students

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INTRODUCTION

HIV/AIDS is a health problem 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 implemented, including through print media and electronic as well as through lecture and discussion methods. Various treatments with antiretroviral also have been researched and carried out. HIV/AIDS is a deadly disease for which no cure has been found needed innovation to cure HIV/AIDS sufferers. AIDS is a manifestation of HIV infection that significantly suppresses function immunity somebody. Several anti-HIV chemical agents have been developed, but apart from their high price there are also several side effects and limitations associated with the use of chemotherapy and HIV infection therapy. Several plants have been studied. (Muhamad Rizki Prayuda, 2015) The largest HIV-infected population in the world is on the African continent (25.7 million people), then in Southeast Asia (3.8 million), and in America (3.5 million). Meanwhile, the lowest was in the West Pacific with 1.9 million people. The high population of HIV-infected people in Southeast Asia requires Indonesia to be more vigilant about the spread and transmission of this virus. Even though it tends to fluctuate, data on HIV/AIDS cases in Indonesia continues to increase from year to year. Over the last eleven years the number of HIV cases in Indonesia reached

its peak in 2019 with 5 provinces, namely East Java 8,935 cases, DKI Jakarta 6,701 cases, West Java 6,066 cases, Central Java 5,630 cases, and Papua 3,750 cases, out of a total of 50,282 HIV cases. North Maluku is not reported HIV cases. The five provinces with the highest number of AIDS cases are Central Java 1,613 cases, Papua 1,061 cases, East Java 958 cases, DKI Jakarta 585 cases, Riau Islands 441 cases, and North Maluku 61 cases. There are 529 HIV/AIDS sufferers in Dogiyai Regency City, therefore it is necessary to carry out counseling to prevent an increase in HIV/AIDS sufferers in schools (Dogiyai District Health Office, 2023). Based on the results of the Field Learning Experience Report (FLE), it shows that the importance of student knowledge about HIV/AIDS among teenagers is lacking. Therefore, efforts need to be made to increase students' knowledge about HIV/AIDS through outreach activities. Counseling is a form of health education activity by spreading messages, increasing confidence, so that people are not only aware, know and understand, but are also willing and able to carry out recommendations related to health (Waryana, 2012). By conducting counseling, it is hoped that it will be able to provide education about the danger of HIV/AIDS disease, increasing knowledge about HIV/AIDS, which in turn can improve community attitudes and behavior to prevent HIV/AIDS transmission. Due to the lack of public awareness and legal firmness towards prostitutes, this regional regulation is still not implemented properly so that HIV/AIDS increases every year the more it increases. HIV/AIDS education for teenagers is an activity that must be carried out to increase knowledge and understanding. By implementing HIV/AIDS education activities for teenagers, it is hoped that teenagers will be able to face and prevent the risk of contracting HIV/AIDS. As a partner in implementing this Community Service is SMTK Yakbado. Based on the situation analysis, several problems can be identified faced by partners, 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, Student SMTK Yakbado own risk of infection with HIV/AIDS

METHODS

Community Service Activities was carried out from 21 – 28 August 2023, with socialization to increase student health knowledge about HIV/AIDS at SMTK using the talk, discussion and question and answer. Population in this community service is all students from SMTK Habakuk Wogee, Dogiyai Regency with a population of 28 students.

RESULTS

Implementation all activity community service by providing health education with the theme Increasing Student Knowledge about HIV/AIDS by students of Institute of Health Sciences STRADA Indonesia was conducted smoothly, this was proven by the participation of SMTK Yakbado student members who were very enthusiastic in taking part in all series of events.

DISCUSSION

Health education activities are carried out in conjunction with routine health center counseling activities which are held regularly on the third Friday of the week. The series of activities began with directions from the School Principal and health workers at the Moanemani Community Health Center, followed by education pretest to determine knowledge about HIV.

In general, the infectious disease prevention and control program at the Moanemani health center has been running well. All activities also receive support from the community with continued increasing activity in carrying out HIV checks at community health centers.

The results of interviews with several students stated that they knew about HIV but often had difficulty following the directions of health workers in treatment, especially lifestyle changes,

and many still 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 they have no complaints. There are also those who are still reluctant to carry out routine health monitoring, so that many have uncontrolled health conditions.

The community service activities carried out ran smoothly, this was proven by the enthusiasm of the participants in expressing their opinions, asking about how to adopt a healthy lifestyle to avoid HIV transmission and not experience complications due to their HIV. When evaluating health education achievements, participants can also explain activity and examinations that must be carried out regularly to maintain the quality of life of sufferers.

The supporting factor for the success of the activity program implemented in student groups is the full support of school leaders and the Community Health Center, both with the existence of supporting infrastructure and facilities for activities as well as active health workers. In the student group itself, there are members who are active in the group. Apart from routine activities according to the program, additional activities are also held at the members' initiative. Whereas inhibiting factors include limited time for carrying out community service activities so that they cannot carry out continuous follow-up and ensure that student group members continue to implement healthy lifestyles to increase 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 ran smoothly with student members enthusiastically participating in the entire series of activities that had been planned.
2. Community service activities provide a positive impact and refresh information related to HIV care and management to increase knowledge, especially for student group members 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, Public Health Center and the community.

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