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Education Through The Abat Method In Improving Teenagers Awareness of HIV/AIDS Risks At YPKP Sentani Vocational School

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ABSTRACT
Reproductive health issues frequently encountered during adolescence include premarital pregnancy, promiscuity, and other issues with all their consequences, which are among the causes of adolescents' risk of exposure to Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome (HIV/AIDS). Data from the Sentani City Health Center from January to August 2022 showed that 220 people were infected with HIV/AIDS. At the Sentani City Health Center, HIV/AIDS cases were handled through screening to determine the number of people infected with the virus each month. The method of implementing the activities was carried out through an approach, namely analyzing the conditions of the target area, followed by identifying problems, planning interventions and implementing implementation in addressing the planned problems by carrying out activities in the form of providing education. The promotional media used in this activity was the ABAT method on HIV/AIDS. ABAT stands for "Aku Bangga Aku Tahu" which in English means "I Am Proud I Know". Part of a campaign or approach under the Information, Education, and Communication, framework, specifically targeting young people (ages around 15-24) to increase their awareness and knowledge about HIV/AIDS. The results of this community service activity showed that respondents who scored well on the pre-test were 76%, increasing to 96% of respondents on the post-test score results. So it can be concluded that there was an increase in respondent scores between the pre-test and post-test with educational interventions through the ABAT method on HIV/AIDS prevention likes Comprehensive Sexual and Reproductive Health Education, Promotion of Safe Sexual Practices and Anti-Stigma Campaigns.

Keyword : ABAT Method, Education, HIV/AIDS

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INTRODUCTION

Human Immunodeficiency Virus (HIV) is a virus that attacks white blood cells, particularly CD4 cells, thereby weakening the immune system and increasing susceptibility to opportunistic infections such as tuberculosis, fungal infections, bacteria, and several types of

cancer (*HIV/AIDS*, 2021; Kumalasary, 2021). Acquired Immune Deficiency Syndrome (AIDS) is an advanced stage of HIV infection characterized by various symptoms due to decreased immunity. WHO data in 2020 showed that there were 37.7 million people living with HIV worldwide, with 1.5 million new cases and 680,000 deaths (Badan Narkotika Nasional (BNN), 2021; Laporan SIHA, 2022; Unaids, 2016). Of these, approximately 19.3 million were women. The latest data shows that Indonesia has a relatively high HIV prevalence rate, with approximately 0.4% of the total population infected with HIV(Unaids, 2016; UNAIDS, 2023). Among adolescents, this rate is increasing, especially in urban areas and among vulnerable groups such as drug users and sex workers. A report from the Ministry of Health also shows that approximately 50% of those infected with HIV in Indonesia are under the age of 30. This indicates that young people need to receive accurate and relevant information about HIV/AIDS to reduce the risk of transmission (Ketut Hari Mulyawan et al., n.d.; Komunitas et al., n.d.; Kumalasary, 2021; Nurwati & Rusyidi, 2018; People Living with HIV People Acquiring HIV People Dying from HIV-Related Causes, n.d.; United Nations Programme on HIV/AIDS (UNAIDS), 2022).

The spread of HIV/AIDS in Indonesia is at an alarming rate. Since its first discovery in 1987, HIV cases have been reported in 368 of the 497 districts/cities across all provinces. UNAIDS estimates that in 2015 there were 690,000 people living with HIV, with half a percent aged 15–49 years. Approximately 250,000 women ≥15 years were infected, AIDS deaths reached 35,000, and approximately 110,000 children were orphaned (Unaids, 2016) (Putri, 2019). Indonesia is facing one of the fastest-growing HIV/AIDS epidemics in Asia and has recorded the highest number of cases in recent decades. The spread of HIV is increasingly widespread across all levels of society, thought to be triggered by the increase in transactional sexual practices, not only commercial but also consensual relationships among adolescents (Jocelyn et al., 2024; Ketut Hari Mulyawan et al., n.d.; People Living with HIV People Acquiring HIV People Dying from HIV-Related Causes, n.d.; Rokom, 2023; United Nations Programme on HIV/AIDS (UNAIDS), 2022). Data from the Sentani City Health Centre in January to August 2022 showed that 220 people were infected with HIV/AIDS. At the Sentani City Health Centre, HIV/AIDS cases were handled through screening to determine the number of people infected with the virus each month (Sentani City Health Centre Data, 2022). Based on data from Inti Muda Papua, data was obtained in October 2022, the number of people infected with HIV/AIDS was 4,013, of which 52.7% were infected with HIV, and 47.3% were infected with AIDS. Therefore, adolescents require special attention because they have a high risk of contracting the HIV/AIDS virus (IMP Report, 2022). Based on data from the YPKP Vocational School, the number of students in the 2022/2023 academic year was 345 (YPKP Vocational School Data, 2022). The lack of accurate and relevant information about HIV/AIDS, coupled with the curiosity of adolescents, has led to them being among the high-risk populations. Furthermore, HIV/AIDS in adolescents not only negatively impacts physical health but can also impact mental health, emotions, economic well-being, and long-term social well-being. This impacts not only the adolescents themselves but also their families, communities, and the nation. The most effective HIV/AIDS prevention measures among adolescents, according to the three articles and the literature synthesis, are ongoing, psychosocially relevant HIV/AIDS education, accompanied by efforts to reduce barriers to access (both health services and infrastructure). Knowledge alone is not enough—education must be accompanied by changes in attitudes and behaviors, as well as concrete access to prevention tools (e.g., condoms), HIV testing services, and social/environmental support. Supporting factors include program continuity, adaptation to adolescents' emotional states, school integration, access to services, social support, and regular evaluation. (Ayubbana et al.,

2022; Dewi et al., 2024; Emilda, 2021; Kumalasary, 2021; Ningsih et al., n.d.; Nurwati & Rusyidi, 2018).

METHOD

A community service activity on HIV/AIDS prevention in adolescents was carried out at SMK YPKP Sentani in November 2024. The implementation team consisted of one lecturer as the leader, three team members (four lecturers), and two student assistants. The participants were 50 adolescents (17 boys and 33 girls) aged 13–18 years. The implementation began with permission and coordination with the school, then an educational session was scheduled. Before the education, participants took a pre-test, followed by the delivery of material through lectures and ABAT (I'm Proud to Know) videos on the definition, causes, symptoms, prevention of HIV/AIDS, and issues of discrimination against ODHA (Christofides et al., 2014; Dewi et al., 2024; Mason-Jones et al., 2016). The session ended with a post-test using the same questions as the pre-test but in a random order (Dewi et al., 2024).

RESULT

Tabel 1. Distribution of Pre-Test Knowledge Levels on HIV/AIDS Prevention at YPKP Sentani Vocational School

No	Knowledge	Pre Test	
		N	%
1	Good	38	76
2	Low	12	24
		50	100

Tabel 2. Distribution of Post-Test Knowledge Levels on HIV/AIDS Prevention at SMK YPKP Sentani

No	Knowledge	Pre Test	
		N	%
1	Good	48	96
2	Low	2	4
		50	100

DISCUSSION

Community service activities were carried out at SMK YPKP Sentani. With a total of 50 respondents, both male and female adolescents participated in the community service activities enthusiastically. The table above presents the results of the educational pre-test using the ABAT method on HIV/AIDS Prevention in Adolescents at SMK YPKP Sentani. The results of measuring the level of knowledge of the pre-test on HIV/AIDS prevention in adolescents at SMK YPKP Sentani obtained results of 38 respondents (76%) in the good category and the remaining 12 respondents (24%) in the Low category. The educational activities were carried out in the school hall in November 2024. The targets of this education were male and female adolescents, who were present at the time of the activity, namely 50 people. The adolescents who attended this education were on average grades 1 and 2. The provision of education related to the definition of HIV/AIDS, symptoms, methods of

transmission and how to prevent it. This education was carried out by giving a lecture using the help of power point media to convey the material and ended with a question and answer session. During the activity, the adolescents were active and paid close attention to the material presented. The success of the counseling program was measured by the youth's active participation in asking and answering questions from the counselor. During the question-and-answer session, several youth enthusiastically asked questions, and the youth were also active in answering questions appropriately. The results of the HIV/AIDS animation video production project indicated that the media category successfully explained important information about the disease in a simple and engaging manner. The animation video helped us understand how HIV/AIDS can be transmitted, such as through unprotected sex or sharing needles (Aspiawati, 2018; Sovia et al., 2019). We also attempted to convey the importance of HIV testing and ways to prevent the spread of the disease (Setyani et al., 2024). Through appropriate images, we can see how HIV is transmitted, staying faithful to one partner, and avoiding sharing needles can help prevent HIV transmission (Wulandari et al., 2020).

With this animated video, it is hoped that more teenagers in particular can understand how important it is to maintain our health, especially related to HIV/AIDS (Emilda, 2021; Robbani et al., 2025; Tanof et al., 2021). This activity is not only about providing information, but also about empowering the community to take preventive measures that can protect them from the risk of this disease (Putri, 2019). All of this is part of a joint effort to create a healthier and more health-conscious society (Ningsih et al., n.d.). The results of the post-test education using the ABAT method on HIV/AIDS Prevention in Adolescents at SMK YPKP Sentani. The results of the post-test knowledge level measurement on HIV/AIDS prevention in adolescents at SMK YPKP Sentani showed an increase, with 48 respondents (96%) in the good category and the remaining 2 respondents (4%) in the Low category.

Figure 1. Educational with animated video

CONCLUSION

The conclusion that can be drawn from the implementation of education using the ABAT method on HIV/AIDS prevention for adolescents at SMK YPKP Sentani, namely the success of the counselling is reflected in the active participation of adolescents in the question and answer session, where adolescents are not only enthusiastic about asking questions but also

provide appropriate answers. This shows the effectiveness of educational activities in conveying information to adolescents in an interesting way and motivating them to participate. The results of the good score of respondents in the pre-test of 76% increased to 96% in the post-test score. In the animated HIV/AIDS video that has been created, important information is conveyed in a simple and interesting way by describing how HIV is transmitted and preventive measures, such as being faithful to one partner and avoiding sharing needles. This activity is part of a joint effort to create a healthier and more aware society about their own health, especially regarding HIV/AIDS, with the aim of empowering them to take preventive measures.

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