

THE OVERVIEW OF BELIEFS, ATTITUDE, KNOWLEDGE, AND BEHAVIOR OF HIV/AIDS PREVENTION IN ADOLESCENTS

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Abstrak

Perilaku pencegahan ABCDE merupakan upaya untuk menghentikan penyebaran HIV dan AIDS. Namun, masih banyak remaja yang belum mengetahui tentang perilaku preventif ini. Penelitian ini bertujuan untuk mendeskripsikan pengetahuan, sikap, keyakinan, dan perilaku pencegahan HIV/AIDS pada remaja di SMA. Metodologi yang digunakan adalah studi deskriptif cross-sectional. Teknik pengumpulan data berbasis Google Form. Penelitian ini menggunakan teknik yang disebut analisis univariat untuk menganalisis data. Hasil penelitian menunjukkan bahwa sebagian besar responden memiliki tingkat pengetahuan yang tinggi tentang pencegahan HIV/AIDS, sedangkan responden lainnya memiliki sikap positif terhadap topik tersebut, keyakinan yang kuat tentang topik tersebut, dan perilaku pencegahan HIV/AIDS yang baik. Disarankan agar siswa berperan aktif dalam kegiatan sekolah seperti PKPR.

Kata kunci: Pengetahuan, Sikap, Kepercayaan, Perilaku, Siswa, Pencegahan, HIV/AIDS

Abstract

ABCDE prevention behavior is an attempt to stop the spread of HIV and AIDS. However, there are still many teenagers who do not know about this preventive behavior. This study aims to describe knowledge, attitudes, beliefs, and prevention behaviors regarding HIV/AIDS among adolescents in high school. The methodology employed is cross-sectional descriptive study. Google Form-based data collection technique. This research uses a technique called univariate analysis to analyze the data. The findings revealed that most respondents had a high level of knowledge on HIV/AIDS prevention, while the remainder respondents had a positive attitude toward the topic, strong beliefs about it, and good HIV/AIDS preventative behavior. It is suggested that students actively participate in school activities such as youth care and health services (PKPR).

Keywords: Knowledge, Attitudes, Beliefs, Behavior, Students, Prevention, HIV/AIDS

INTRODUCTION

ABCDE prevention behavior is an attempt to stop the spread of HIV and AIDS. But there are still many teenagers who do not know about prevention; this is a reproductive health problem in adolescents. Based on WHO data, which was conducted in several developing countries, around 40% of adolescents aged 18 had sexual intercourse even though they were not married. Around 12% of those who had sexual contact tested positive for STDs, and about 27% tested positive for HIV/AIDS (Mangando et al., 2014). According to the Ministry of Health's official statistics, 42,838 men, 24,282 women, and 11,172 others were among the estimated 32,711 people in Indonesia who were HIV-positive and 7,864 who were AIDS-positive between January 1 and March 31, 2016. (Ministry of Health, RI, Directorate General of PP and PL, 2016). According to information from the Ministry of Health, there were 499 cases of HIV/AIDS in 2018, an increase from the 445 cases in 2017. In 2017, there were 15,001 patients who were tested for HIV/AIDS, while in 2018, there were 42,967 patients who were tested for HIV/AIDS. This indicates that health services have increased their screening of HIV/AIDS cases. 68,917 cases of HIV/AIDS were reported to the Republic of Indonesia's Ministry of Health (KEMENKES RI). Based on age group, the highest percentage of HIV/AIDS cases in 2015 occurred among adolescents.

Good knowledge about the disease will help youth make prevention efforts. The largest level of social mobility occurs throughout adolescence. Due to his high social mobility, he will have more possibilities to experience different social, cultural, physical, and psychological changes. This makes these young people highly susceptible to the spread of numerous infections, particularly HIV/AIDS. Particularly among teens, who are at a very productive age, there has been a trend lately toward an increase in HIV/AIDS cases. A member of the RNA virus family, the Human Immunodeficiency Virus (HIV) targets the human immune system particularly and results in acquired immunodeficiency syndrome (AIDS). HIV-positive people are people who have been infected with the HIV virus and whose bodies have formed antibodies (antibodies) against the virus. They are a potential source of

infection for others. AIDS (acquired immunodeficiency syndrome, acute immunodeficiency syndrome, or SIDA) is a collection of clinical symptoms due to a decrease in the immune system arising from opportunistic infections, malignancies, metabolic disorders, and others (Aisyah, 2017).

The knowledge that adolescents have about HIV/AIDS, especially in terms of transmission and prevention, is still low. Most teenagers think that HIV/AIDS is only limited to groups of foreigners, commercial sex workers, drug and needle users, and homosexuals. Those who do not know that the behavior that puts them at risk of contracting HIV/AIDS can trigger them to get infected or become infected and can cause HIV/AIDS. Knowledge of HIV/AIDS greatly influences attitudes toward taking action to prevent (Nugroho et al., 2023). Adolescents' response to HIV/AIDS is social punishment in the form of discrimination by adolescents and society; people with HIV/AIDS are exiled from their families and friends or residents where they live. Teenagers have the erroneous idea about HIV/AIDS, believing it to be a fatal illness. They fear having direct contact with people with HIV/AIDS.

PLWHA (people with HIV/AIDS) are associated with behaviors such as homosexuality and commercial sex workers (PSK), and society considers it to be a moral error such as sexual perversion that deserves punishment. This shows that adolescents do not understand or have stigmatizing views, so they do not know or do not understand how HIV/AIDS is transmitted. One way to increase adolescent knowledge is through the provision of health education in the form of counseling. After receiving counseling, it is hoped that adolescents will have a better level of knowledge than before receiving counseling so that they can recognize HIV/AIDS from the start. Adolescents who do not have sufficient knowledge cannot understand risky behaviors that can increase the likelihood of HIV/AIDS infection. Perceptions about knowledge, attitudes, and prevention are related to efforts to prevent HIV/AIDS through risky behavior among junior high school students. So that knowledge and attitudes are both forms of predisposing factors of behavior (Parinussa et al., 2023).

According to the findings of a high school preliminary survey, information on the issues students face with reproductive health was gathered from guidance and counseling teachers. Every year, there are students who do not continue school due to unwanted pregnancies, and there are students who leave school because of drug rehabilitation treatment. In senior high schools, there is a youth health information center (PIKR) program but its activities are not running optimally. According to the findings of interviews with a number of pupils, the kids had learned about HIV/AIDS from friends and counseling, but there were some students who were still unsure about answering questions about how HIV/AIDS is transmitted (Nurhidayah et al., 2012). Based on the results of researchers' observations of students in high school, in terms of association, they do not limit themselves to the opposite sex and are indifferent to their environment. In addition, information obtained about the common problems experienced by adolescents is related to academics, namely that they are very varied: there are students who often skip school, there are students who come late to school, there are students who smoke at school, and there are students who try to make medicinal concoctions (Olifia et al., 2020).

Belief or value in PLWHA is a negative treatment given by society because it is considered that HIV/AIDS is suffered as a result of self-defeating behavior and is different from other viral diseases. In addition, this condition is exacerbated because most of the cases transmission in PLHIV are caused by sexual activity with multiple partners. Even though a person's beliefs are permanent, they can be changed by increasing knowledge that HIV/AIDS attacks any human being, regardless of age, profession, ethnicity, sexual orientation, social status, and other differences. As long as their behavior poses a risk of transmitting, there is a possibility that someone will contract. So the myth that says that HIV/AIDS is only transmitted by gays, transgender people, sex workers, and injecting drug users is not true (Pratiwi & Basuki, 2011).

Factors like knowledge, perspective, education, gender, age, economic status, and exposure to sources of information about HIV/AIDS all have an impact on stigma and discrimination towards PLWHA, and interactions with PLHIV, which also affect a person's stigma towards PLWHA. In Indonesia, proportion of adolescents who had a heavy stigma against PLHIV totaled 148 (69.8%). There was a tendency for low knowledge, negative perceptions, having never interacted with PLHIV, and low family economic status (Aisyah, 2017).

METHOD

Descriptive research using a cross-sectional design is the method employed. There were 570 high school students who made up the population of this study. Students in grades 10, 11, and 12 who were

chosen at random made up the research sample. Proportional random sampling was used in this investigation as the sampling method. A questionnaire was utilized as the research tool, and the questions were taken from several studies. The questionnaire will be tested for validity and reliability in schools that have the same characteristics as the research sample. Respondents were asked to fill out the questionnaire independently. The research instrument used in this study was a questionnaire containing closed-ended questions and a checklist that the respondent self-administered and filled out. The questions asked in the questionnaire include knowledge factors and attitude factors. Analysis of the research data using univariate analysis. A univariate analysis was performed to describe the data characteristics of each variable studied.

RESULTS AND DISCUSSION

According to the study's findings, of the 235 respondents, the majority had high knowledge about HIV/AIDS, namely 73.2%, while respondents who had low knowledge about HIV/AIDS were 63 respondents (26.8%). Almost all of the respondents' knowledge was good, but in the item "knowledge related to people who use drugs (sharing needles) can be infected with HIV/AIDS," there were still many who answered incorrectly, around 38.8%. A majority of the 235 respondents (64.7%) had a favorable attitude toward HIV/AIDS prevention, whereas 35.3% had a negative attitude toward the disease. Almost all of the respondents' attitudes were good, but in the attitude, statement regarding "using condoms," there were still many who answered incorrectly, around 30.6%. And in the statement "I will stay away from friends who suffer from HIV/AIDS," there are still many who answered incorrectly, around 58.3%, which means that there are still students who have a negative attitude towards PLWHA among high school students. Out of 235 respondents, the majority of respondents who had positive beliefs about HIV/AIDS were 56.2%, while respondents who had negative beliefs about HIV/AIDS were 43.8%. Almost all of the respondents' beliefs were good, but in the statement of belief related to "HIV sufferers are short-lived," there were still many who answered incorrectly, around 59.1%, which means that there are still students who have negative beliefs about PLHIV among high school students. 235 people were surveyed, and 51.1% of them demonstrated good conduct in terms of HIV/AIDS prevention, while respondents who had poor behavior regarding HIV/AIDS were 48.9%. Almost all of the respondents' behavior was good, but in the behavior, statement related to "Have you ever had sex?" there were still many who answered yes, around 4.7%, which meant that there were still students who had negative behavior towards PLHIV among high school students.

The univariate analysis's findings revealed that 73.2% of high school students had a high prevalence of awareness of preventive behavior for HIV/AIDS prevention. Because the majority of students have received health education, there is already a high level of knowledge of HIV/AIDS among students (73.2%). Additionally, the category of adolescents includes students' ages. Because they are influenced by experience and a person's level of maturity as they age, this age group also causes the knowledge and information acquired to increase. According to studies (Arika Indah Setyarini et al., 2017), teenagers who are well-informed can take the necessary steps to prevent HIV/AIDS. A related study found a correlation between adolescents' knowledge of HIV/AIDS and attitudes toward preventing the disease, with the majority of adolescents having both high knowledge levels and favorable attitudes. Because schools have introduced Adolescent Reproductive Health Education (KRR), which is integrated into biology, physical education, and religion teachings, the majority of pupils have a high level of understanding about HIV/AIDS. The majority of students have taken classes on reproductive health

The univariate analysis's findings revealed that 64.7% of high school students had good attitudes regarding combating the HIV/AIDS epidemic. This is consistent with research that demonstrates a link between attitude and HIV/AIDS prevention strategies. Compared to pupils who have a negative attitude, those who are optimistic about HIV/AIDS are more likely to take preventive measures. It's not always possible to see positive attitudes toward health principles in actual behavior. This is brought on by a number of factors, including the fact that the attitude will translate into action based on the circumstances at hand and makes reference to other people's experiences. The impact of attitudes on behavior is restricted to three things, according to the "reasoned action" theory put forth by Ajzen and Fishbein: 1) behavior is not greatly determined by general attitudes but by specific attitudes towards something; and 2) behavior is influenced not only by attitudes but also by subjective norms. 3) Attitudes toward conduct with subjective norms lead to intents to behave in a particular way. Subjective norms are beliefs about

other people's opinions about the activities to be taken. The majority of high school pupils (64.7%) have a positive attitude regarding HIV/AIDS. Since students have strong information, they have positive attitudes toward HIV/AIDS prevention.

The findings of the univariate analysis revealed that high school students had a relatively high prevalence of positive beliefs in HIV/AIDS prevention, namely 56.2%. but there are 43.8% who still have negative beliefs, so there are still many students who believe in the myths of HIV/AIDS in society. As a result of the circulation of these myths, a number of stigmas and discrimination emerge from society against HIV sufferers; therefore, the role of students is very important to provide understanding that can change the perceptions of individuals and society, including family, neighbors, and community leaders, about HIV/AIDS. Although knowledge and attitude can both contribute to the embodiment of a concept, an attitude need not always translate into action. It need enabling conditions, such as facilities and support from other parties like family, school, the environment, and peer groups, for a belief to be realized and turn into an actual action. Trust is strongly influenced by the environment, perhaps even more so than by human traits (for instance, motivation, values, personality, and attitudes). One of the causes of the high confidence of students and I regarding HIV/AIDS prevention is the lack of confidence of students and I regarding the myths of HIV/AIDS that are spread in the community so as to make students and I have good confidence regarding HIV/AIDS prevention.

According to the findings of the univariate analysis, 51.1% of high school students reported engaging in behaviors that contributed to the prevention of HIV/AIDS. But there are still 48.9% who still behave negatively; there are still students who have had sexual intercourse with more than one person and do not use condoms. The high level of knowledge, attitudes, and beliefs that students and I have about HIV/AIDS prevention contribute to the high level of positive conduct that students and I display in relation to HIV/AIDS prevention. This is consistent with earlier studies on high school students, which discovered that 57.0% of respondents demonstrated positive behavior towards HIV/AIDS prevention. In addition to information, other elements such as emotional considerations, personal experiences, the media, educational institutions, the influence of other people who are viewed as significant, and culture also have an impact on good behavior.

CONCLUSION

According to the findings of the univariate analysis, 73.2% of high school students had a good level of awareness on HIV/AIDS and AIDS prevention. The univariate analysis's findings revealed that high school students had a prevalence of positive views regarding HIV/AIDS and AIDS prevention of 64.7%. The univariate analysis's findings revealed that high school students had a prevalence of positive opinions about HIV/AIDS and AIDS prevention of 56.2%. According to the findings of the univariate analysis, 51.1% of high school pupils had positive test results for HIV/AIDS and AIDS prevention. Through the Adolescent Care Health Service (PKPR) program, which is frequently carried out through activities in the Adolescent Information and Counseling Center, also known as the Adolescent Reproductive Health Information and Counseling Center (PIK-KRR), schools add student discussion forums about reproductive health. So that knowledge about HIV/AIDS can increase and become a medium for discussion that can increase the attractiveness of students studying the science of reproductive health in a comprehensive manner. The presence of a person in charge, such as a teacher or parents, in this discussion activity can be carried out in groups or interpersonally so that it can help to monitor student behavior and provide direction to be able to form a positive attitude toward the prevention. Students choose trusted sites on electronic media, especially the internet, so that they get the right and trusted sources of information about HIV/AIDS, such as journals, special websites for HIV/AIDS, ministries, KPAI, and other health sites that are trusted and can be accounted for. Students participate more actively in the activities of the Youth Health Information Center (PIKR) program in schools. Students actively participate in school activities that are used to increase knowledge and form positive attitudes toward the prevention.

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