

THE EFFECT OF HEALTH EDUCATION ON INCREASING KNOWLEDGE ABOUT HIV/AIDS AMONG ADOLESCENT

Sri Rahayu¹, Uu Sunarya*², Hilman Taufik Wijaya Somantri³

¹ Student of the Public Health Sciences Study Program, Faculty of Health Sciences, Universitas Sebelas April

² Nursing Sciences Study Program, Faculty of Health Sciences, Universitas Sebelas April

³ Public Health Sciences Study Program, Faculty of Health Sciences, Universitas Sebelas April

Article Info

Article history:

Received Oct 12, 2023

Revised Nov 20, 2023

Accepted Nov 26, 2023

Keywords:

HIV/AIDS
Knowledge
Health Education
Teenager

ABSTRACT

Health education in the form of counseling about HIV/AIDS for students is very important because the incidence of HIV/AIDS in parts of the world is increasing every year. This research aims to determine the effect of health education on teenagers' knowledge about HIV/AIDS at SMP Negeri 7 Sumedang. The research method used is a quantitative approach with a pre-experimental design with a one group pretest posttest design, namely experimental research carried out on only one group that is selected at random and no stability and clarity tests are carried out on the group's condition before being given treatment. This one group pretest posttest research design was measured using a pretest carried out before giving treatment and a posttest carried out after being given treatment. The population in this study were 120 class VIII students with a research sample of 100 respondents. This sampling technique was carried out using a purposive sampling technique. Bivariate analysis used the data normality test and then tested again using the Wilcoxon test. The results of the research are that there is an influence of health education on knowledge teenagers about HIV/AIDS at SMPN 7 Sumedang because there was an increase in knowledge and attitudes between before being given health education and after being given health education .



Copyright © 2023 PHSAJ . All rights reserved.

Corresponding Author:

Uu Sunarya ,
Nursing Science Study Program ,
Faculty of Health Sciences, Universitas Sebelas April ,
Jalan Cipadung No. 54 Kotakaler Sumedang .
Email: uu.sunarya@unsap.ac.id

1. INTRODUCTION

HIV infection is a viral infection that progressively destroys white blood cells. Infection with HIV usually results in progressive damage to the immune system, causing opportunistic infections and certain cancers (especially in adults) (Ardhiyanti, et al, 2015) . Acquired Immunodeficiency Syndrome (AIDS) is one of the most well-known diseases and is caused by progressive failure of the body's immune system, although it is characterized by the gradual destruction of cell-mediated immunity (T-cells), AIDS also attacks humoral immunity and CD4+T autoimmunity in the body. immune reaction.

The World Health Organization (WHO) noted that there were around 38.4 million people living with HIV throughout the world in 2021. If we look at it based on gender, in 2021 the majority of women living with HIV will reach 19.7 million people compared to men . 16.9 million men. Meanwhile, based on age groups, global HIV cases in the age group 15 years and over were 36.7 million cases. Meanwhile, in the age group of children 15 years and under, there were only 1.7 million cases (databoks.katadata.co.id).

The Indonesian Ministry of Health released the latest data on people affected by HIV or PLWHA in Indonesia, reaching 519,158 people as of June 2022. What's worse, according to the Indonesian Pediatrician

Association (IDAI) report, around 1,188 children in Indonesia are HIV positive. This data was obtained during January-June 2022. The Indonesian Ministry of Health noted that more men than women suffer from HIV. Data for 2021, 75% men and 25% women. The majority of sufferers are those of productive age (Kemenkes.go.id, 2022). The West Java Provincial Health Service stated that the number of HIV cases in West Java as of October 2022 was 57,914 cases and the cumulative number of AIDS cases as of October 2022 was 12,353 cases (dinkes.jabarprov.co.id). From the records of the Sumedang District Health Service in 2020, 2021 and 2022, PLWHA always experience an increase of up to dozens of people. As of October 2022, there are 133 people with HIV, 10 of whom have reached AIDS and the trend continues to increase. The number of HIV sufferers in Sumedang is dominated by those of productive age, namely those aged between 25-49 years with a percentage reaching 70.7%. Followed by ages 20-24 as much as 18.5%, 0-14 years 6.4%, and ages 15-19 years 3.6%.

Research by Asfar and Asnainar (2018) states that health education in the form of counseling about HIV/AIDS for teenagers is very important because the incidence of HIV/AIDS in parts of the world is increasing every year. The problem of HIV/AIDS is a public health problem that requires serious attention, this can be seen from its spread a very fast disease without respecting the borders of countries and communities in the world. Therefore, this research aims to determine the effect of health education on adolescents' knowledge about HIV/AIDS. Through school students can learn and gain knowledge. It is time for students to learn about sexual knowledge in their teens. Thus, there is a need for health education to increase students' knowledge about sexual matters.

Understanding sexual behavior in adolescents is a transition period from childhood sexual behavior to adult sexual behavior. Lack of understanding about sexual behavior in teenagers is very detrimental to teenagers themselves, including their families, because at this time teenagers experience emotional, social and sexual experiences. Therefore, the research wants to provide health education about the sexually transmitted disease HIV/AIDS in adolescents. Based on the research results of Bakara, et al (2014), it is said that the difference in the average value of students' knowledge about HIV/AIDS before and after being given health education is p value 0.000. This means that counseling about HIV/AIDS affects students' level of knowledge. Health education about HIV/AIDS can increase teenagers' knowledge about HIV/AIDS, with the results of research before health education showing that a small number of respondents got the lowest score of 13 (1.2%), and the highest score was 93 (6%), the largest number of respondents got a score of 80 (27.5%). After counseling, a small number of respondents got the lowest score of 33 (0.6%), and 7.2% got the highest score (100), and the majority of respondents got a score of 93 (35.3%).

Based on a preliminary study at SMPN 7 Sumedang, which was conducted with the principal by means of question and answer, 100% of students had been given information about HIV/AIDS. Students of SMPN 7 Sumedang have never received counseling from the Community Health Center regarding HIV/AIDS. Therefore, there is a relationship between information and students' knowledge about HIV/AIDS. SMPN 7 Sumedang is located on Jl. Pangeran Kornel Km 3.6, Pasanggrahan Baru, South Sumedang District. Currently, the wrong social patterns are clearly visible, after school the students ride together with boys and girls with an impolite attitude. Based on the background above, the author is interested in conducting research in the form of a thesis with the title "The Influence of Health Education on Adolescents' Knowledge about HIV/AIDS at SMPN 7 Sumedang".

2. METHOD

The research method used is quantitative research with an analytical design approach using the pre-experimental design method with one group pre-test post-test design. The population in this research is 120 students at SMP Negeri 7 Sumedang. The sampling used in this research was sampling with a sample size of 100 students. The instrument used is a questionnaire. Data analysis includes univariate and bivariate analysis using the Wilcoxon test.

3. RESULTS AND DISCUSSION

3.1. Results

- A. Univariate Analysis
 - 1) Knowledge Overview
 - a. Before being given health education

Table 1
Adolescents' Knowledge Before Being Given Health Education

Knowledge Before Treatment	Frequency (F)	Percentage (%)
Not enough	16	16%
Enough	58	58%
Good	26	26%
Total	100	100%

Based on table 1 , it appears that before being given health education, there were 26 respondents (26%) with good knowledge, 58 respondents (58%) with sufficient knowledge, and 16 respondents with poor knowledge (16%).

- b. After being given health education

Table 2 Description of Knowledge of Adolescents Who Have Been Given Health Education

Knowledge After Treatment	Frequency (F)	Percentage (%)
Not enough	0	0%
Enough	6	6%
Good	94	94%
Total	100	100%

Based on T ab le 2 shows that after being given health education, respondents' knowledge increased with good knowledge of 100 respondents (100%).

B. Bivariate Analysis

- 1) Testing the Effect of Health Education on Adolescents' Knowledge About HIV/AIDS

Table 3 Statistical Test of the Effect of Health Education on Adolescents' Knowledge About HIV/AIDS

Knowledge	Kolmogrov-Smirnov Test			Knowledge Pretest - Knowledge Posttest	
	Statistics	Df	Sig.	Z	
Pretest	,302	100	,000	Asymp. Sig.	0,000
Posttest	,539	100	,000		

Based on T ab le 3. The results of the data normality test using the Kolmogorov Smirnov test above show that the data is not normally distributed because the sig is 0.000 and $0.000 < 0.05$. Based on the results of the Wilcoxon knowledge test, it shows a sig of 0.000 and a value < 0.05 which means that there is an influence of health education on teenagers' knowledge about HIV/AIDS at SMPN 7 Sumedang.

3.2. Discussion

A. Knowledge About HIV/AIDS

The research results showed that before being given health education about HIV/AIDS, there were 16 respondents with good knowledge (16%), 58 respondents with sufficient knowledge (58%), and 26 respondents with poor knowledge (26%). A person's knowledge before being given health education can be greatly influenced by education, information/mass media, social, cultural and economic, environment, experience and age (Budiman and Riyanto, 2013).

A person has their own level of knowledge, including knowing, understanding, application, analysis, synthesis and evaluation (Efendi and Makhfudi, 2009). The research results showed that after being given health education about HIV/AIDS, 94 respondents (94%) had good knowledge, six respondents (6%) had sufficient knowledge and zero respondents (0%) had poor knowledge. The research results illustrate that after

being given health education, it has the effect of increasing students' knowledge, from initially having sufficient knowledge to good knowledge. Knowledge is the most important determining factor for changing health behavior. A person's knowledge can be obtained through various methods, namely the method of trial and error, the method of chance, the method of power or authority, based on personal experience, the method of common sense, truth through revelation, intuitive truth, through thought, induction and through deduction (Notoatmodjo, 2018).

B. The influence of health education on teenagers' knowledge and attitudes about HIV/AIDS at SMPN 7 Sumedang

Based on data analysis from questionnaires that researchers distributed to 100 respondents in June, the results of statistical tests of knowledge and attitudes using the Wilcoxon signed rank test were obtained. P-Value (0.000) was obtained, meaning $P\text{-Value} < 0.05$. So H_0 was accepted, which means there is an influence between health education and teenagers' knowledge and attitudes about HIV/AIDS at SMPN 7 Sumedang. This means that health education through leaflets and posters can effectively increase knowledge and attitudes about HIV/AIDS at SMPN 7 Sumedang.

It is proven that health education in the form of counseling through leaflets and posters about HIV/AIDS is quite effective and efficient and has an influence on increasing teenagers' knowledge in a short period of time and in accordance with existing theories. Apart from that, the appearance of the material is attractive, the way the material is delivered and the language in which the material is delivered is adjusted to the level of education and age which have an influence on increasing knowledge and attitudes. The older you are, the more mature a person's level of maturity and strength will be in thinking, increasing age will have an effect on increasing a person's knowledge and attitudes. This increase in knowledge and attitudes is due to the provision of information, in which there is a learning process with guidance through health education, because it can improve knowledge and attitudes so that attitudes can respond in a better direction.

This was also stated by Bakara (2014) in the results of his research that, the research conducted showed a difference in the average value of students' knowledge about HIV/AIDS before and after being given health education with a p value of 0.000. This means that health education about HIV/AIDS affects knowledge and attitudes. Health education about HIV/AIDS increases knowledge and changes attitudes of teenagers.

4. CONCLUSION

Based on the discussion carried out in CHAPTER IV regarding the influence of health education on teenagers' knowledge and attitudes about HIV/AIDS at SMPN 7 Sumedang, the following conclusions can be drawn:

- a. The average level of knowledge of respondents before being given health education was 58 respondents (58%).
- b. Respondents' knowledge after health education was carried out, the average respondent with good knowledge was 94 respondents (94%), with this there was an increase in knowledge before and after being given health education.
- c. There is an influence of health education on teenagers' knowledge about HIV/AIDS at SMPN 7 Sumedang (p value 0.000).

REFERENCES

- Ardhiyanti, Y., Novita, L., Kiki, M. 2015. *Aids Teaching Materials in Midwifery Care*. Yogyakarta: CV Budi Utama.
- Asfar, A. and Asnaniar, WOS 2018. *The Influence of Health Education on the Level of Knowledge and Attitudes about HIV/AIDS in Baznas Middle Schools, South Sulawesi Province*. FKM UMI Nursing Science Study Program.
- Bakara, D. M., Esmiati., Wulandari. 2014. *The Effect of Health Education about HIV/AIDS on the Knowledge Level of High School Students*. Nursing Department, Health Polytechnic, Ministry of Health, Bengkulu.

- Budiman and Riyanto, 2013. *Capita Selecta Questionnaire: Knowledge and Attitudes in Health Research*. Jakarta: Salemba Medika.
- Effendi, Ferry., Makhfudi. 2009. *Community Health Nursing, Theory and Practice in Nursing*. Jakarta: Salemba Medika
- https://diskes.jabarprov.go.id/informationpublik/detail_berita/K2lLenFxYzRpc3R5OTEvZnJpdU1idz09#:~:text=Numlah%20cumulative%20HIV%20di%20Java,until%20with%20October%20asmulative%2012.353
- Notoatmodjo, S. 2018. *Health Research Methodology*. Jakarta : Rineka Cipta.