

Counseling on The Danger of HIV/AIDS Disease to Junior High School (SMP) Students Slam Miftahul Ulum

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ABSTRACT

HIV/AIDS is a disease that can have a negative impact on sufferers. As many studies have shown, this disease is difficult to cure. Quantitatively, HIV/AIDS sufferers in Indonesia have increased from year to year with varying degrees of cases. These factors are due to promiscuous sexual relations, changing partners frequently, a healthy lifestyle that is not implemented properly, and because of moral degradation in society. The aim of community service activities is to provide knowledge and skills to students about HIV/AIDS, as well as efforts to prevent this disease. Practically providing education with a preventive approach in preventing and treating HIV/AIDS for students. This activity method goes through three stages, namely preparation by providing a place, materials, facilitators, preparing supporting equipment and asking the school principal for permission for the activity. After that, socialization activities were carried out to students using lecture, question and answer and discussion methods. For evaluation, a pre-test and post-test are carried out at the end of the activity. The results of the activities provide information that quantitatively there is an increase in knowledge about HIV/AIDS by 42%, while knowledge of efforts to prevent HIV/AIDS is 50% and skills in controlling transmission are 42%. Qualitatively, it can be concluded that students increased in aspects of their knowledge and skills about HIV/AIDS after participating in socialization activities.

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INTRODUCTION

AIDS (Acquired Immune Deficiency Syndrome) is one of the main causes of death throughout the world. The incidence of HIV/AIDS cases increased in 2019, with 184,929 HIV/AIDS cases reported over the last 10 years. DKI Jakarta has the highest number of HIV/AIDS cases (38,464), followed by East Java (24,104) (Fitri et al., 2022). In terms of age, HIV/AIDS/AIDS cases in Indonesia mostly attack the 25-49 year age group, with the 15-19 year age group ranking fifth (Infodatin, 2014). Adolescence is an age that is very vulnerable to HIV/AIDS infection. More than half of new HIV/AIDS infections worldwide occur in people aged 15 to 19 years, and most teenagers are infected through sexual contact (Yogyakarta 2022).

In recent years, economic developments and the influence of mass media have influenced teenagers' attitudes and perceptions of premarital sex. In fact, if we look at the level of knowledge about HIV/AIDS/AIDS, in the 15-24 year age group in Indonesia, 82.1% of men and 87.7% of women know the term HIV/AIDS/AIDS, but only 10.7% of men and 87.7% of women know how to prevent infection (Fitri et al., 2022). The process of psychological development during adolescence, the development of genital organs, as well as physical and emotional changes that influence adolescent behavior and attitudes, especially risky behavior (Yuliza, Hardisman, and Nursal 2019). Descriptive research consistently shows that adolescent groups are very vulnerable to HIV/AIDS (Satriawibawa et al., 2019).

The partner school was established in 2010 under the auspices of the Islamic boarding school foundation in Jember Regency. This madarasah has 88 students consisting of boys and girls. The facilities available are 3 classrooms, 1 teacher's room, courtyard, place of worship and parking. There are 20 teachers and staff at this institution, of which there are 9 teachers, 1 administrator, 10 school staff (Ministry of Education, Culture, 2023). This institution was chosen as the location for the activity, because students still lack knowledge about HIV/AIDS. Based on phenomena in the field, students in junior high schools still lack understanding, methods of transmission and prevention of the spread of HIV/AIDS/AIDS. This is because the school's location is in the hills and far from internet access, so exposure to HIV/AIDS/AIDS among students is still lacking (Mahayati, Darmawan, and Santiasari 2023). The problem of students' knowledge about HIV/AIDS/AIDS must be addressed by all members of the school community and outside the school, because if it is not properly anticipated it will give rise to a negative stigma among the community. Solutions that can be implemented to increase students' knowledge by means of socialization to increase understanding about HIV/AIDS/AIDS, thereby reducing the bad stigma circulating among the community.

METHOD

The method for community empowerment activities in the formal education community is at Miftahul Ulum Tanggul Islamic Middle School, which was attended by 24 grade 9 students. The facilitator for this activity was carried out by Group 18 of the Thematic KKN wave 1 2024 at the Muhammadiyah University of Jember. This activity was carried out on March 15- 2024.

TABLE 1. Activity Method

No	Stages	Indicator	Output
1.	Preparation	a. Prepare permits at the socialization location. b. Dig up information and determine solutions.	a. There is permission from the school. b. There is information related to the problems and solutions faced.

No	Stages	Indicator	Output
		c. Develop a socialization plan and schedule.	c. There is a schedule of socialization activities
2.	Implementation	a. Socialization about HIV/AIDS/AIDS. b. Discussion related to HIV/AIDS/AIDS material	a. Increasing students' understanding of HIV/AIDS/AIDS
3.	Evaluation	a. Measurement of understanding of HIV/AIDS/AIDS by holding a question and answer session	a. There is evaluation data that is used as a result of socialization

RESULT AND DISCUSSION

Most of the population in this study were students at Miftahul Ulum Tanggul Islamic Middle School, which was attended by 24 students. With the majority of students understanding enough about HIV/AIDS/AIDS.

TABLE 2. Frequency Distribution of Students According to Students' Knowledge of Understanding HIV/AIDS Level

Knowledge Level	Information	Percentage %
Good	8	33%
Enough	10	42%
Not Enough	6	25%
Total	24	100,0

Based on the table above, it shows that of the 24 students at Miftahul Ulum Tanggul Islamic Middle School, it was found that 8 students (33%) had good knowledge about HIV/AIDS.

TABLE 3. Frequency Distribution of Students According to Student Knowledge About How HIV/AIDSs Are Transmitted

Knowledge Level	Information	Percentage %
Good	6	25%
Enough	12	50%
Not Enough	6	25%
Total	24	100,0

Based on the table above, it shows that of the 24 students at Miftahul Ulum Tanggul Islamic Middle School, it was found that 6 students (25%) had good knowledge about how HIV/AIDS is transmitted.

TABLE 4. Frequency Distribution of Students According to Student Knowledge About HIV/AIDS Prevention

Knowledge Level	Information	Percentage %
Good	10	42%
Enough	8	33%
Not Enough	6	25%
Total	24	100,0

Based on the table above, it shows that of the 24 students at Miftahul Ulum Tanggul Islamic Middle School, it was found that 10 students (42%) had good knowledge about HIV/AIDS prevention. The main material for HIV/AIDS outreach activities includes the following:

Frequency Distribution of Students According to Teenagers' Knowledge of Understanding HIV/AIDS

Based on the results of socialization regarding knowledge of HIV/AIDS, it was found that from 24 students, 8 students (33%) had good knowledge about HIV/AIDS knowledge. According to the Big Indonesian Dictionary, knowledge is a learning process. This learning process is influenced by various internal factors such as motivation and external factors in the form of available information facilities, as well as social and cultural conditions (Sumakul et al. 2023). Knowledge can be obtained by a person naturally or through intervention, either directly or indirectly (Saputri, Damayanti, and Abdullah 2021). HIV/AIDS is an abbreviation for Human Immunodeficiency Virus, namely the virus that causes AIDS which attacks the human immune system so that it is able to protect it from attacks by other diseases. Then it causes AIDS. (Yuliza et al. 2019)

According to the group regarding student knowledge, students know and receive counseling from health workers such as print/electronic media such as television, radio, internet and others (Riani Mia, Gobel A Fatma, and Nurlinda Andi 2021). The number of students who have good knowledge about understanding HIV/AIDS is influenced by the age factor, most of whom are 15 years old, age has a person's understanding and mindset. The older a person gets, the more their perception and thinking patterns will develop.



FIGURE 1. Student participant

Frequency Distribution of Students According to Student Knowledge About How HIV/AIDS Is Transmitted

Based on the results of the socialization, it can be seen that students' knowledge about how HIV/AIDS is transmitted is obtained from 24 students, 6 students (25%) have good knowledge about how HIV/AIDS is transmitted. There are 3 ways of transmitting HIV/AIDS, namely vaginal, anal and oral sexual intercourse with HIV/AIDS sufferers, (Sri Wahyuni, Negara, and Putra 2023) direct contact with blood or needles, vertical transmission such as through pregnant women HIV/AIDS sufferers to their babies either during pregnancy at birth or after birth. The highest number of viruses are found in blood, sperm, vaginal and cervical fluids, as well as fluid in the brain. Meanwhile, only a small amount is found in saliva, tears and sweat (Holifah, Tutik Sri Hariyati, and Faradita Aryani 2023). HIV/AIDS cannot be transmitted through the air, such as sneezing,

coughing, contact with someone with HIV/AIDS such as shaking hands, kissing on the cheek, hugging, mosquito and insect bites, through public facilities such as toilets and swimming pools, sharing food or using tools. eating together (Salbila and Usiono 2023). All activities are safe as long as there is no means of transferring body fluids and blood (Karjadi 2023).

Frequency Distribution of Students According to Students' Knowledge of HIV/AIDS Prevention

Based on the results of the socialization, it can be seen that students' knowledge about how HIV/AIDS is transmitted was obtained from 24 students. 10 students (42%) had good knowledge about HIV/AIDS prevention. Prevention of HIV/AIDS transmission is basically the same as preventing sexually transmitted diseases. (Darti and Imelda 2019). We can avoid HIV/AIDS by not changing partners, not having sexual relations outside of marriage, using condoms when having sexual relations (Suhaimi, Savira, and Krisnadi 2009), especially high risk groups such as commercial sex workers, wherever possible. perhaps avoid blood transfusions of unknown origin, use medical and non-medical equipment that is guaranteed to be sterile, and do not use shared drug injection needles (Oktafirnanda et al. 2024).



FIGURE 2. Activity Team Documentation

CONCLUSION

Based on the results of outreach to students at Miftahul Ulum Tanggul Islamic Middle School about HIV/AIDS with a total of 24 students, it can be concluded that the results are that the majority of students have good knowledge about the meaning of HIV/AIDS/AIDS (33%), the majority of students who have knowledge about the method of transmission of HIV/AIDS/AIDS is good (25%) and the majority of students have good knowledge about preventing HIV/AIDS/AIDS (42%). It is hoped that the results of these findings will become input material and can be applied to students as reference material in increasing knowledge about HIV/AIDS/AIDS.

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