

Preventing The Impact Of Unequal Thought Social Media On LGBT And HIV-AIDS In Mindset Of Gen Z

Erlina Puspitaloka Mahadewi^{1*}, Intan Silviana Mustikawati², Mohamad Reza Hilmy³,
Suryari Purnama⁴, Arman Harahap⁵

^{1,2,3,4} Universitas Esa Unggul, Jakarta Indonesia

⁵ Universitas Labuhanbatu, North Sumatra, Indonesia

*Corresponding Author:

Email: erlina.puspitaloka@esaunggul.ac.id

Abstract.

The present study reports the comprehensive study after pandemic era in early 2024, aims to determine an effective methodical approach in exploiting the impact of thought inequality when using social media as an effort to prevent the transmission of HIV/AIDS (LGBT) infections. The preparation of this literature review uses the narrative literature review method by entering keywords into the PubMed, ProQuest, Wiley, CINAHL and databases of ScienceDirect. The results of the research show that the effective method used in utilizing social media in efforts to prevent the transmission of HIV/AIDS (LGBT) infections including Network Monitoring Systems and direct intervention. The Network Monitoring System method can analyze the scientific role of health sociology in statistical data or social change trends which are used as material considerations in formulating health promotion policies. Meanwhile, direct intervention with a comprehensive educational approach in empowering individuals, communities or groups becomes a stimulant for one is the potential to oversee health problems independently. In conclusion, both produce outputs in the form of increasing awareness in the prevention and transmission of HIV/AIDS (LGBT), healthy sexual knowledge, minimizing stigma towards HIV/AIDS sufferers, getting accurate target tracing paths, education will be provided.

Keywords: Attitude, behavioral, hiv/aids and impact of social media.

I. INTRODUCTION

The high cumulative number of HIV/AIDS cases in Indonesia is a warning to remain alert to the spread and transmission of the HIV/AIDS virus. The risk of spreading HIV/AIDS, such as sexual behavior, is one of the handling indicators that continues to be monitored in the 2030 Sustainable Development Goals (SDGs)[1]. The development of the internet and the existence of social media has brought a new trend as an intermediary medium for sexual behavior that carries the risk of transmitting HIV/AIDS. The focus on fulfilling sexual needs in this digital era has certainly created a variety of unusual sexual interests, currently known as LGBT to the trend of changing gender due to easy access to information and even the communities they form through social media. This statement is proven in research [2] that there is a relationship between social media use and sexual behavior with a p-value of $0.005 < 0.0$. This is in line with research [3] explained that the use of social media access (Instagram) is an activity that causes premarital sexual behavior with a p-value of $0.027 < 0.005$. Human Immunodeficiency Virus (HIV) is a type of virus that infects white blood cells which causes a decrease in human immunity. The global prevalence of the HIV epidemic reached 37.7 million people worldwide in 2020, and 1.5 million new people infected with HIV were recorded in 2020 and 1.1 million deaths due to AIDS[4]. The cumulative number of HIV/AIDS cases in Indonesia is 558,618. Then this continues to a virtual relationship between two strangers with unknown backgrounds, and the potential risk of sexual behavior which causes the spread of HIV/AIDS (LGBT) infection triggered by using social media, especially Gen Z[5].

Human Immunodeficiency Virus (HIV) is a virus that can attack the human immune system and can weaken the ability or strength of the body to be able to survive all kinds of diseases that enter the body. The virus also damages the immune system in humans by decreasing the body's resistance so that it is easy to catch infections. AIDS or Acquired Immune Deficiency Syndrome is a group of disease symptoms that arise due to decreased immunity caused by HIV infection. Acquired Immune Deficiency Syndrome (AIDS) is a collection of symptoms or diseases caused by damage to the immune system, not congenital diseases but acquired because of transmission by the Human Immunodeficiency Virus (HIV). AIDS is the final stage of

HIV infection[6]. Human Immunodeficiency Virus (HIV) is a type of virus that infects white blood cells which causes a decrease in human immunity. Acquired Immune Deficiency Syndrome (AIDS) is a collection of symptoms that arise due to decreased immunity caused by HIV infection. HIV sufferers require treatment with antiretroviral (ARV) to reduce the amount of HIV virus in the body so that it does not enter the AIDS stage, while AIDS patients require ARV treatment to prevent opportunistic infections with various complications. The definition of AID according to the CDS (Centers of Disease Control and Prevention) looks more at the symptoms that arise in the stages of change of HIV/AIDS sufferers, namely adults or adolescents 13 years or older [7] is the presence of one of several conditions indicating severe immunosuppression associated with HIV infection, such as *Pneumocystis Carnii* Pneumonia (PCP), an infection that rarely occurs in people who are not infected with HIV[8].

HIV/AIDS is one of the topics that remains the center of attention throughout the world, as evidenced by the set targets for its elimination AIDS and HIV issues on the agenda of the Sustainable Development Goals (SDG's) in year 2030. The problem of HIV/AIDS is contemporary problems related to human risky behavior because this problem is not just a health problem. People with HIV/AIDS are a vulnerable population with social, economic, cultural, and political problems especially at a young age. People with HIV/AIDS are classified as vulnerable to social problems related to the relationships between and other people in their environment. The social problems experienced by ODHA occur because people still give a negative stigma to PLHA so that makes PLHA reluctant to interact with the public. Besides in addition, the lack of public knowledge about the spread of the HIV virus makes people afraid to be near ODHA and knowingly or unknowingly treated ODHA in a discriminatory manner. The data shows the number of people with HIV/AIDS, especially adolescents, is increasing, and this phenomenon is common and spread throughout the world. The spread and transmission of HIV/AIDS (LGBT) among adolescents and young adults is closely related to the knowledge of adolescents about the dangers of HIV/AIDS and the process of its spread, is also related to aspects of adolescent knowledge about reproduction health. According to data from the Directorate General of Disease Control and Environmental Health, Ministry of Health Health (MOH) of the Republic of Indonesia as of August 15, 2012, shows that for the age range of 15-19 years there are 1,134 people suffering from AIDS.

Of course, this number continues to grow from 2017 to 2023[9]. Youthful age which includes the characteristics of wanting to youthful age looking for experience, likes to try new things, tends to be emotionally unstable so that it is easily influenced by the surrounding environment. In addition, the vulnerability of adolescents to sexual deviation and AIDS stems from physiological and psychological changes related to organ development adolescent reproduction[10]. Since 2005, socialization about the dangers of HIV/AIDS is one of the forms of HIV/AIDS prevention efforts, has started to enter every high school or gen Z. However, because HIV/AIDS mostly attacks productive and young age, including students, socialization is expected not only to be carried out only for high school students, but also for students at a lower level of education, namely junior high school in the hope of preventing more youth from engaging in risky sexual behavior and drug abuse. Therefore, adolescents need further guidance as an effort to prevent the spread of HIV/AIDS. The present study reports the comprehensive study after pandemic era for the prevention and education of Infectious Disease acquired Immunodeficiency Syndrome (AIDS) among youth in Cirebon Indonesia, caused by the Human Immunodeficiency Virus HIV/AIDS (LGBT) the number of people living with HIV/AIDS continues to grow, this needs to be balanced with efforts to prevent the transmission of HIV/AIDS since earlier [11].

II. METHODS

Several literature studies have discussed various impact of social media that are used as an effort to prevent the transmission of HIV/AIDS (LGBT) infections among youth, but there has been so limit literature review that examines the methodological approaches used to use impact of social media more effectively in efforts to prevent the transmission of HIV/AIDS infections. As research conducted and explains the types of digital education interventions used include the official WeChat application method, Short Message Service, mobile phone applications, and online E-Health, have proven effective as interventions to increase the

prevention and transmission of HIV/AIDS[12]. The development of the existence of social media features from one to another certainly requires health workers to be more critical in selecting method approaches that are considered more practical and effective in efforts to prevent the transmission of HIV/AIDS infections.

This narrative review aims to determine effective methods in using social media as an effort to prevent the transmission of HIV/AIDS infection and the impact of Gen Z thinking. This research uses a narrative literature review method through comprehensive, critical, and objective analysis. Keywords ("Social Media"[Mesh]) AND "prevention and control" AND "HIV Infections"[Mesh] using an electronic database, namely PubMed, ProQuest, Wiley, CINAHL and Science Direct. Each search was limited to randomized controls and trials published in English. Search results in the database with advance search found 627 articles. After that, check for duplication so that there are 482 articles remaining. Article analysis focused on effective methods in using social media as an effort to prevent the transmission of HIV/AIDS (LGBT) infections, selected through title and abstract screening to obtain thirty-three relevant articles. Then, a feasibility assessment was conducted on the articles by reading the full text and sorting the articles according to the focus and objectives of the literature review. There were twelve articles that were quite relevant and met the requirements, extracted using the DSVIA (Design, Sample, Variable, Instrument and Analysis) method.

III. RESULT AND DISCUSSION

Data give the results obtained and based on the results literature review, two methods were found to be applied in the use of social media-based prevention of the spread of HIV, including using the network monitoring system, and direct intervention towards target groups with sexual behavior at risk of the spread of HIV/AIDS (LGBT).

Direct Intervention to Community

The direct intervention method is by providing a special program designed by researchers based on social media or using a third person which is considered capable of inviting many people to take part in the program being run. Eight out of ten results of the literature review used direct intervention in the use of social media to prevent the spread of HIV/AIDS infection by LGBT for unequal though of Gen Z. The conclusion from each intervention in the form of programs and the use of health influencers is considered effective in preventing the spread of HIV/AIDS (LGBT) for the younger generation.

Network Monitoring System (NMS)

Network Monitoring System (NMS) method, where researchers only study patterns based on the number of keywords used in internet networks to educate about risky sexual behavior. In the monitoring method, research results can be used as material for developing interventions in the form of health technology or used as material for evaluating the success of an intervention. On social media, 382 messages were found about substance abuse and HIV/AIDS. In other research results, the network monitoring system research method was used to monitor the extent of sexual behavior and characteristics of HIV/AIDS prevention in Facebook groups. The result was that groups or community who were HIV/AIDS (LGBT) positive tended to join fewer groups on Facebook because of privacy, while groups who engaged in risky sex tended to have open Facebook groups with more members.

IV. CONCLUSION

The research was conducted from December 2023 to March 2024 with the results the development of the existence of social media as an intermediary media causes the impact of inequality in Gen Z's thinking on sexual behavior which is at risk of the spread of HIV/AIDS infection, the development of social media-based HIV/AIDS prevention interventions is of course utilized by the medical world. Preventive efforts are planned in a structured manner with a learning process in nature dynamic[13]. With the aim of increasing knowledge, skills or changing attitudes towards improving healthy lifestyles[14]. Various modifications of social media-based methods were developed to create the most effective preventive interventions to prevent the spread of HIV infection[4]. Based on the results of this systematic review, several effective methods used in utilizing social media in efforts to prevent the transmission of HIV/AIDS infection include the Network

Monitoring System (NMS) and direct intervention. In the Network Monitoring System (NMS) method, researchers study patterns based on the number of keywords used in internet networks to educate about risky sexual behavior.



Fig 1. Group photo with the community before the education activities Gen Z



Fig 2. Group photo at Cirebon the lord major office during the activities.



Fig 3. Group photo at Cirebon with member of the lord major for discussion the result field activities.

The results of a narrative literature review show that monitoring sexual behavior and HIV/AIDS prevention on Facebook (Pachauri et al., 2022) found that very few people who were positive for HIV/AIDS joined online communities on Facebook to share information related to HIV/AIDS, but found many online communities on Facebook that were formed to network to find partners to engage in casual sex or risky sex

alternately. The results of this research prove the scientific role of health sociology in statistical data or trends in community social change so that it can be used as material for consideration in formulating health policies, policy analysis, technical planning and program implementation[15]. In the direct intervention method, the researcher has thought comprehensively about the intervention that will be given to the respondent. The results of the narrative literature review show the types of interventions that use the method direct intervention. Among them is a web-based intervention, where this intervention was created as a recommendation for at-risk sex offenders to routinely undergo regular HIV/AIDS screening, every 3 and 6 months, but did not provide meaningful results[16]. This is due to internal factors, namely the lack of an approach that addresses the obstacles experienced by participants in conducting an HIV test. The sound of the intervention is only a recommendation without an explanation of why it is important conducted, so the results are not significant. The intervention given was in the form of instructions to have awareness and apply 10 HIV prevention steps created by researchers via Facebook and Instagram to the gay couple community[17]. Of course, before providing intervention, you must think about confounding factors in the form of sexual orientation, relationship characteristics, access to HIV-related health services so that the interventions provided can be significant[18].

A similar intervention was found in Online Peer Education (HOPE), where the intervention provided general information about health for 12 weeks uninterrupted via Facebook group. As a follow-up to the results of research by [19], participants had safe sexual relations, had regular HIV/AIDS screening, began to understand where they could get health services related to sexual health and this was discussed in online social media forums[5]. The next direct intervention method uses figures who are listened to by the community, thus strengthening the license to implement health empowerment programs with meaningful results [20]. As shown in the results of the narrative literature review, the use of Sexual Health Influencers (SHI) acts as a social supporter by forming health promotion cadres from patients who are positive for HIV/AIDS on social networks. So, the participants' confidence in preventing HIV/AIDS transmission emerged, because it provided education to people who had direct experience related to HIV/AIDS[21]. In contrast to the MyPEEPS mobile application intervention, in planning researchers thought comprehensively about sample diversity. The content of the intervention provided is education on HIV and Sexually Transmitted Infections (STIs) which can indirectly raise awareness regarding the stress of minority individuals, for example in this case Gen Z will build knowledge, self-awareness, and self-efficacy. An effective approach is formed during the delivery of the intervention resulting in higher self-awareness in HIV prevention behavior mypeep[22]. The results obtained are certainly more effective in the form of participants being able to conduct regular HIV/AIDS tests, the number of anal sexes without condoms is reduced, and sexual health improves. This proves that an educational approach in empowering individuals or groups as well as communities acts as a stimulant for one is [23]potential to manage health problems independently.

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