

Increasing Knowledge and Attitudes About HIV/AIDS and the Impact of Free Sex Through Counseling at MTs Darul Ulum, Sasa City of Ternate

Sitti Nurhidayanti Ishak^{1*}, Hairudin La Patilaiya², Nurhalisa Sahbudin³

^{1,2,3} Faculty of Health Sciences, Public Health Study Program, University of Muhammadiyah, North Maluku, Indonesia

* Corresponding Author:

Email: nurhidasiti8@gmail.com

Abstract.

The case of HIV/AIDS is a serious problem in several countries, including Indonesia. The government has done a lot of handling by way of counseling and assistance to suppress this problem. One of the parties who play a major role in this response is the school where many teenagers spend their time in the school environment. For this reason, this program aims to increase the knowledge and attitudes of students at MTs Darul Ulum, Sasa sub-district, Ternate city about HIV/AIDS, as well as the impact of the risks of having premarital sex. This service begins with observing the location and making a schedule. Furthermore, the service team conducted counseling at the Darul Ulum MTs school, Sasa sub-district, Ternate city which was attended by teachers and school students. The results of this service can increase students' knowledge and attitudes about the dangers of HIV/AIDS and the impact of free sex behavior. This can be seen from the enthusiasm of the students and the two-way discussion with the students. This program is expected to run sustainably so that the vision, mission, and goals of education can be achieved properly.

Keywords: Health education, HIV/AIDS, free sex, generation, prevention

I. INTRODUCTION

Adolescence is a period of transition from childhood to adulthood. Adolescents experience many changes both physically, psychologically, sexually, and socially. These changes encourage teens to do new things that are considered interesting or fun. Teenagers often fall into free sex behavior and use drugs as a coping mechanism to deal with problems or search for identity (Bromberg & O'Donohue, 2013). Both of these behaviors are risk factors for HIV/AIDS (Febrika et al., 2021). Problems that are often experienced in adolescence are problems related to sexuality or reproductive health. Physical changes and the start of the functioning of the reproductive organs of adolescents sometimes cause various problems, one of which is a problem that is directly related to the sex organs, especially for adolescents who lack knowledge about reproductive health (Arini & Adhin Al Kasanah, 2021). HIV/AIDS cases in Indonesia in 2017 were reported as 48,300 new HIV-positive cases and 9,280 AIDS cases. In June 2018 there was an increase in the number of new cases to 301,959 people found at the age of 25-49 years and 20-24 years. Meanwhile, the case of HIV/AIDS in Ternate, North Maluku, from data from the Health Service noted, cumulative HIV/AIDS cases in Ternate City from 2007 to October 2021, as many as 641 people (Indotimur, 2022). Of course, this figure is data compiled by the Ternate City Health Office, which is only a small number of cases recorded by the government. Of course, HIV/AIDS is an iceberg phenomenon, namely that many sufferers do not report these cases to the Ternate City Health Office.

People living with HIV/AIDS in Indonesia are increasing significantly from year to year. Various factors cause the high transmission of HIV/AIDS, one of which occurs through risky sexual activity, whether carried out with heterosexual or homosexual partners. This is of course a threat that causes high morbidity and mortality rates, so it becomes a collective homework to make efforts to prevent sexually transmitted infections (Asrina et

al., 2021). Moreover, the influence of the development of information technology will increasingly affect the sexual life of adolescents (Chang et al., 2014). Teenagers are very easy to access pornographic content that can lead to the intention to perform premarital sex behavior.

When you see the unhealthy behavior of students, what should you do as an educator? Shut up or act? According to Notoatmodjo, in the life of the nation, school children cannot be ignored, because they are the next generation of the nation. School is an extension of the family's hand in laying the basis for behavior for the next life of children, including health behavior. Therefore, education in schools is an investment (human investment) for the development of the nation (Soekidjo Notoadmodjo, 2005). Some sex education programs such as the Abstinence-Only Education (AOE) Program have been taught in schools and campuses in various countries such as America and countries in Europe. However, this program is considered ineffective and cannot reduce HIV disease in developed countries (Underhill et al., 2009). What about in Indonesia itself, talking about sexuality is a taboo subject to discuss (Hastuti, 2016). This is of course our collective social responsibility (Rozikan & Zakiy, 2019). In providing information on sexual education for adolescents whose purpose is as a preventive measure so that unwanted things do not happen. The lack of appropriate and relevant information about HIV/AIDS, supported by the curious attitude of adolescents, causes them to enter into a population with high-risk behavior. In addition, the problem of HIV/AIDS in adolescents is not only physically bad, but can also affect mental health, emotions, economic conditions, and social welfare in the long term. This does not only affect the youth themselves, but also the family, society, and nation. Cases of HIV transmission among adolescents of course also cannot be separated from the lack of knowledge of adolescents about HIV/AIDS. Adolescents do not understand how important it is to maintain reproductive health and prevent free sex.

For this reason, this community service program aims to optimize the knowledge of adolescent students about preventing HIV/AIDS and the negative effects of free sex through increasing knowledge and attitudes so that students or adolescents can apply HIV/AIDS prevention with the knowledge they have gained. One of the empowerment activities carried out at this school is Health promotion activities to provide added value to students (Zakiy et al., 2020). This is done because the school is responsible for improving the soft skills of students and graduates (Zakiy, 2018). Health promotion is a process of helping individuals and communities improve their abilities and skills to control various factors that affect health, to improve their health status (WHO). There are three health promotion strategies, namely Advocacy, Social support & Community Empowerment (Notoatmodjo, 2010).

II. METHODS

Before carrying out the activities, we first identify the problems (Noermawati et al., 2018), by visiting the MTs Darul Ulum school, Sasa Ternate, to request written permission as well as to see and observe the location of the activity. This location was chosen because MTs Darul Ulum is one of the schools based on Islam that will produce scholars and community leaders in the future. During the visit to this location, discussions regarding the timing of the activities were discussed, taking into account input from the principal and teachers.

The results of this visit agreed that the implementation time was on Monday, December 20, 2021. After agreeing on the implementation time, we prepare materials and tools for outreach and counseling. The materials prepared are PowerPoint materials, markers, examples of cases that often occur, and material about Islamic religious views on premarital sex behavior. The service team also prepared health equipment to comply with the health protocol because this activity was carried out during the Covid-19 pandemic.

III. RESULTS AND DISCUSSION

Empowerment in health promotion strategies according to WHO is an activity aimed at the community directly. Promotions in modern times like today can be done in various ways (Zukhrufani & Zakiy, 2019). One of them is through health education to the community. The main goal of empowerment is to realize the community's ability to maintain and improve their health. The form of this activity, among others, is health education. This community service activity will be carried out on Monday, December 20, 2021, starting at 08.00 WIT. This counseling activity begins with introductions to students, then continues with gymnastics with students. After that, it was continued with outreach activities about HIV/AIDS, the thing that was most emphasized in this counseling was how students could understand the material and know the causes and impacts of the HIV/AIDS disease. After that, the activity continued with a question and answer session with students. From this first session, it was evident from the enthusiasm of the students to be actively involved in this counseling program by asking questions and enthusiastically listening to the presentations of the service team who were present.



Fig 1. Counseling activities in class

After the first session ended with a question and answer discussion, students rested for a few minutes and then continued with the second session of counseling with the theme of The impact of free sex for teenagers. The students were very enthusiastic in listening to this counseling because in delivering this material we linked it with religion and gave real examples that occur in everyday life. It is undeniable, that the role of religion is very large in determining people's behavior. Moreover, for cases of HIV/AIDS caused by premarital sex, this is a serious violation for someone who is Muslim (Ali, 2018). In Islam, this behavior is called "Zina" which is the act of having sex between a man and a woman without marriage ties, so this is classified as a major sin. Besides that, (Berliana et al., 2018) said that sexual behavior outside of marriage in Indonesia is a taboo subject and is prohibited both socially and culturally.



Fig 2. Group photo with students and teachers after the counseling activity

This counseling program is certainly very useful for students and the school so that they pay more attention to the development of adolescent sexual education. Teachers who pay special attention to the ethical

and moral development of students will reduce student problems at school (Liang et al., 2020) (Zakiy, 2021). In addition, MTs Darul Ulum, Sasa sub-district, Ternate city is an education based on Islam that must use an Islamic approach as an alternative in protecting students from promiscuity which leads to premarital sex behavior which is forbidden in Islam. Religious values need to be instilled in students as a provision to get used to an Islamic environment.

IV. CONCLUSION

One of the steps to prepare generations in Indonesia to live a healthy life is to provide youth with an understanding of the importance of avoiding HIV/AIDS from an early age. This program has succeeded in providing understanding to students regarding the importance of avoiding promiscuous behavior to avoid sexually transmitted diseases. This program was made possible thanks to the collaboration between the service team, the school, and the students of MTs Darul Ulum, Sasa sub-district, Ternate city. It is hoped that this program can be followed up by teachers so that they always provide sexual understanding to students on an ongoing basis.

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