

FACTORS INFLUENCING ADOLESCENT BEHAVIOR IN HIV/AIDS PREVENTION

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ABSTRACT

The Indonesian Ministry of Health highlights that HIV cases are starting to be dominated by young people. The latest data shows that around 51 percent of new HIV cases detected are in teenagers (Rondonuwu, 2022). HIV/AIDS prevention is very necessary for teenagers, considering that the incidence rate is quite high. In this study, research related to factors influencing HIV/AIDS prevention behavior in adolescents will be presented in terms of adolescent knowledge, family and adolescent social support. The aim of this research is to analyze research that has been published in journal form. The research method uses PRISMA, the author searches for journals, identifies, reviews and adjusts them to appropriate criteria so that 8 journals are selected for analysis. Research results: of the 8 journals analyzed, knowledge has a large influence on preventing HIV/AIDS in adolescents. Family and social peer support also has an influence on it, especially in the cultural norms and values that apply where teenagers live. Conclusion: Education for groups of teenagers is prioritized so that teenagers have a good peer social environment, thereby creating high self-awareness among teenagers to behave positively in preventing HIV/AIDS.

Keywords: adolescent behavior; family support factors; hiv/aids prevention; knowledge factors; social environmental factors

INTRODUCTION

As we all know, HIV/AIDS is still one of the deadliest diseases in Indonesia. HIV (*Human Immunodeficiency Virus*) continues to be a major health problem for the global population and in Indonesia. The HIV virus infects humans over time, causing AIDS (*Acquired Immunodeficiency Syndrome*). Humans who are exposed to HIV have a lower immune system so the possibility of progressing to AIDS is very easy compared to healthy people (Fitriyani, 2020). AIDS is a syndrome with symptoms of opportunistic infectious diseases or certain cancers due to a decrease in the body's immune system due to HIV infection. Apart from that, AIDS is a collection of symptoms of diseases caused by the HIV virus which results in damage/decreasing of the body's immune system against various diseases. AIDS is not just a disease, but is a symptom of disease caused by infection with various types of microorganisms such as bacterial, viral, fungal infections, and even the emergence of malignancy due to a decrease in the sufferer's immune system. Transmission of this virus can be through sexual intercourse, blood transfusions, perinatal and others. From the research results, the HIV virus was found in blood, blood products, semen, vaginal secretions, saliva and tears. If HIV enters a person's blood circulation, it absorbs white blood cells. These white blood cells are part of the immune system which functions to protect the body from disease attacks. HIV gradually damages white blood cells until they cannot function properly (Admosuharto, 1993 in (Rahayu, 2017).

HIV/AIDS prevention begins with the anticipation, care and support stages. Effective HIV prevention requires education to help people identify HIV early. Knowledge about risk factors, opportunistic infection drugs, and explanations about antiretroviral drugs (ARV) are needed during counseling (Hubaybah, 2021 in (Widiastuti & Fibriana, 2022)). Adolescents as the spearhead of nation and state development have a big role in preventing HIV/AIDS so that adolescent behavior is very important to pay attention to for all levels of society starting from the family, the community around where they live and the school as a social environment for teenagers in daily life. Adolescence is a period of human development. This period is a period of change or transition from childhood to adulthood which includes changes physical, behavioral, biological and emotional. Behavior is a person's response or reaction to stimulus (external stimulation). Inappropriate changes in behavior can lead to a high incidence of HIV/AIDS in adolescents (Yanti, Solulipu, & Yusuf, 2023).

Knowledge in adolescents plays an important role in making efforts to prevent HIV/AIDS, because extensive knowledge will form good attitudes. Adolescence is an age that is very vulnerable to being infected with the HIV/AIDS virus, where there is a transition period from childhood to adulthood which includes physical changes and curiosity. High (trying new things), sociological and emotional changes. This was confirmed in research conducted by Siti Aisyah (2017), showing that knowledge and attitudes about HIV/AIDS have a strong relationship with HIV/AIDS prevention (Ismail, et al., 2022). Family and peers as the closest social environment to adolescents have an equally important role in preventing HIV/AIDS in adolescents. Emotional, respectful, instrumental and informative support is a priority in preventing HIV/AIDS. Family support influences HIV/AIDS prevention (Maku, Moku, & Purwanto, 2018).

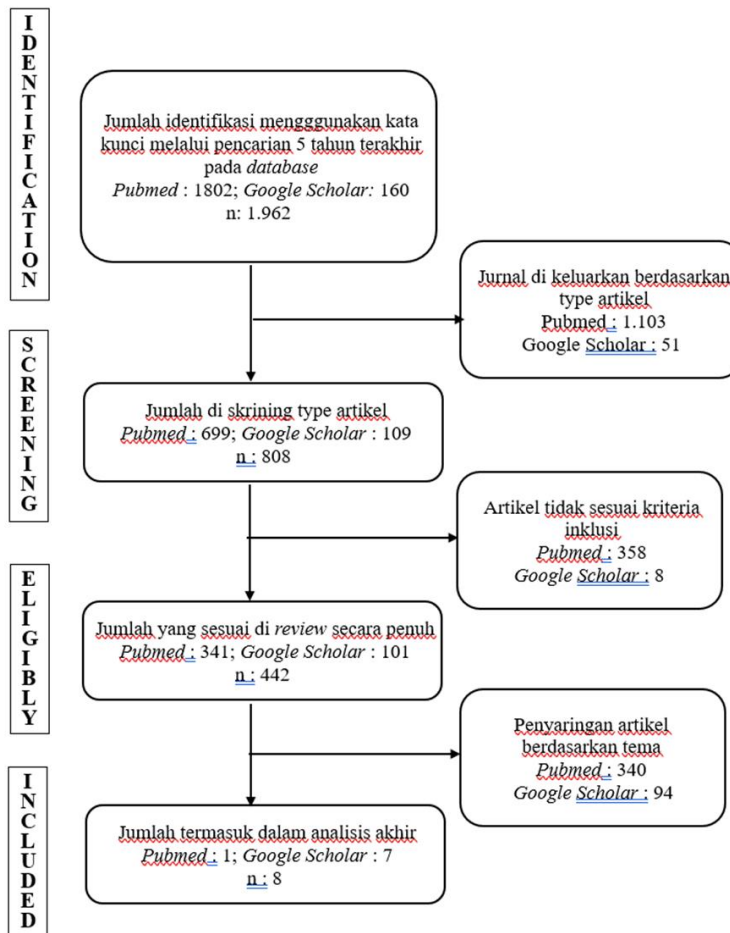
HIV/AIDS prevention begins at the family level as the main social environment for adolescents. This is done by: Families must understand the sociology of children, before explaining deviant behavior to their children, a father directs sons, and a mother directs daughters in explaining how to behave properly, convincingly to children. -children that their friends are good friends, paying attention to children's abilities in sports and keeping them busy with various activities, instilling the ethic of protecting oneself from immoral acts because that is the most valuable thing, building an attitude of mutual trust between parents and children (Rahayu, 2017). The Ministry of Health explained that the number of HIV (*Human Immunodeficiency Virus*) cases is estimated to reach 515,455 cases during January-September 2023. Of these cases, 454,723 cases or 88% have been confirmed as people living with HIV (PLHIV) (Putri, 2023). The Indonesian Ministry of Health highlights that HIV cases are starting to be dominated by young people. The latest data shows that around 51 percent of new HIV cases detected are in teenagers (Rondonuwu, 2022). HIV/AIDS prevention is very necessary for teenagers, considering that the incidence rate is quite high. In this study, research related to factors influencing HIV/AIDS prevention behavior in adolescents will be presented in terms of adolescent knowledge, family and adolescent social support.

METHOD

The research method used was a scoping review, namely the researcher looked for references from research that had been carried out by previous researchers, then identified research articles with the keywords : "the relationship between knowledge and adolescent behavior in preventing HIV/AIDS", "the influence of family support on HIV/AIDS prevention". AIDS in adolescents",

and "the influence of social support on HIV/AIDS prevention in adolescents". The main focus of article identification is The influence of knowledge, family support and social support on HIV/AIDS prevention in adolescents. In conducting scientific research, researchers use several sources, namely Pubmed and Google Scholar. Furthermore, the articles found were selected using predetermined criteria , namely: journals published between 2019-2023, indexed SINTA 1-5 and in full text form in both Indonesian and international languages and containing the state of HIV/AIDS prevention in Indonesia as a country that does not approve free sex.

The articles obtained were then analyzed based on PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-analyses) guidelines. From search results via Pubmed with the keywords "the relationship between knowledge and adolescent behavior in preventing HIV/AIDS"; "The influence of family support on HIV/AIDS prevention in adolescents"; and "The influence of social support on HIV/AIDS prevention in adolescents" in English appeared 1,802 articles . A search via Google Scholar with the same keys but in Indonesian produced 160 articles. Researchers took 10 studies that were considered relevant to present and provide readers with an idea of the factors of knowledge, support and social support that exist in preventing HIV/AIDS in adolescents.



RESULTS AND DISCUSSION

Table 1.

There were 8 articles analyzed in this research for subsequent meta analysis

Writer	Article Title	Research result
(Astari & Fitriyani, 2019)	The Influence of Peer Education on Adolescents' Knowledge and Attitudes regarding HIV/AIDS Prevention at Korpri Majalengka Vocational School	There is an influence of peer education on teenagers' knowledge and attitudes about HIV-AIDS prevention. Peer education is a principle that works from youth to youth, and by teenagers so that the peer education program (with peer educator techniques as actors) is very effective in encouraging the involvement of teenagers in coaching their own friends.
(Kirana, 2022)	Analysis of Knowledge of the Incidence of HIV/AIDS in Adolescents	The existence of a relationship between knowledge and efforts to prevent HIV/AIDS in adolescents shows that a person's knowledge about HIV/AIDS will have an impact on the attitudes and actions they will take. If knowledge If a person's health knowledge about HIV/AIDS is correct, then that person will tend to be supportive of health, and vice versa if the health knowledge they have If someone is wrong then that person will tend to behave unfavorably to health
(Juniasti & Asriati, 2023)	Knowledge and Attitudes of Adolescents about HIV/AIDS among Urban and Village Adolescents in Papua Province	There are differences in the level of knowledge about HIV/AIDS in cities and villages. The high level of knowledge among urban adolescents results in negative attitudes among urban adolescents. Meanwhile, the high level of knowledge in the village, although not much, has resulted in a positive attitude towards HIV/AIDS prevention.
(Rukmana & Akbar, 2022)	Relationship between Knowledge Level and Preventive Attitudes towards HIV/AIDS in SMAN X Female Students	There is no relationship between the level of knowledge and students' attitudes towards preventing HIV/AIDS. Differences in research results can be caused by factors that influence a person's attitudes, originating from oneself and environmental influences, including local norms, laws and culture. A person with insufficient knowledge, but who has good awareness and concern about HIV/AIDS, still tends to have a positive attitude towards preventing and even helping to solve the HIV/AIDS problem. The level of knowledge plays a key role in building a person's attitude in preventing HIV/AIDS.
(Pakpahan, Saragih, & Silaban, 2020)	The Relationship between Knowledge and Attitudes of Level IV Nursing Students with Measures to Prevent HIV/AIDS Transmission at STIKes Santa Elisabeth Medan	Whether or not students' attitudes are good in taking steps to prevent the transmission of HIV/AIDS at STIKes Santa Elisabeth Medan does not guarantee that students have taken precautions.
(Fauziyah & Handayani, 2023)	The Relationship between Knowledge and Attitudes with Prevention Measures among Students at	There is a significant relationship between knowledge and attitudes and HIV-AIDS prevention measures. The higher the level of students' knowledge about HIV-AIDS, the better the preventive measures against HIV/AIDS done. So as on the attitude factor, the better the attitude towards HIV/AIDS the better the preventive measures taken.

Sumedang Vocational School		
(Ulandari, Wahina, Adhi, & Astuti, 2023)	The Relationship between Knowledge About HIV/AIDS Infection and HIV/AIDS Prevention Behavior in Adolescents at SMKN 2 Mataram	There is a significant relationship between knowledge about HIV/AIDS infection and HIV/AIDS prevention behavior among teenagers at SMKN 2 Mataram. Knowledge can influence respondents' attitudes towards preventing HIV/AIDS transmission because knowledge is the cognitive basis for forming a person's attitudes. Apart from that, with good knowledge about HIV/AIDS, respondents can understand the dangers and ways of preventing it, thereby creating positive perceptions that can motivate them to carry out prevention, thereby forming positive prevention behavior or commitment to action. Adolescents who have less knowledge tend to ignore their health and will ultimately take actions that will be dangerous for themselves. Adolescents who have less knowledge about HIV/AIDS will have inappropriate behavior in preventing HIV/AIDS. Adolescents who have gained knowledge about HIV/AIDS will have high self-confidence and a positive outlook on life and be more optimistic about taking preventive measures regarding HIV/AIDS. However, teenagers who do not have adequate or even minimal knowledge about HIV/AIDS will experience difficulties in taking HIV/AIDS prevention measures.
(Rini & Noviyani, 2019)	Confirmation of Five Factors that Influence Adolescent Behavior in HIV/AIDS Prevention	Parental support and the social environment, in this case, are peers which have a direct and indirect influence on adolescent behavior in preventing HIV/AIDS. Peers are a group teenagers who are closest, they serve as a place to share information. In peer groups they confide in each other. From the social environment of their peers where they live, teenagers will absorb some of the existing cultural norms and values so that the value standards created influence the personal behavior of teenagers of the same age level as their peers in preventing HIV/AIDS.

From the 8 journals above, it can be analyzed whether the factors of adolescent knowledge, parental support and social support about HIV/AIDS will greatly influence adolescent behavior in preventing it. In research (Astari & Fitriyani, 2019) it is explained that the influence of peer education will have an impact on teenagers' attitudes towards preventing HIV/AIDS. Peer education referred to in this research is information that comes from teenagers' peers. So the social environment, in this case peers, influences teenagers' attitudes towards preventing HIV/AIDS. In research (Kirana, 2022) (Fauziyah & Handayani, 2023) and (Ulandari, Wahina, Adhi, & Astuti, 2023), it was stated that good knowledge about HIV/AIDS prevention from a teenager will have an impact on good behavior and vice versa. Research (Juniasti & Asriati, 2023) explains the differences in knowledge of teenagers living in cities and villages. Teenagers who live in cities receive a lot of information about HIV/AIDS and its impact on negative behavior. (Rukmana & Akbar, 2022) stated that knowledge alone has no effect on adolescent behavior in preventing HIV/AIDS. The norms and culture that apply in the environment where they live play a big role in adolescent behavior in preventing HIV/AIDS. Research by (Pakpahan, Saragih, & Silaban, 2020) explains that whether or not teenagers' knowledge (students as research subjects) is good does not guarantee that they will show preventative behavior against HIV/AIDS. As explained by (Rini & Noviyani, 2019) there are 5 factors whose influence is confirmed in preventing HIV/AIDS behavior in adolescents, two of which are the peer environment as a social environment and parental support. In the social environment of peers, adolescents exchange stories, information and experiences, thereby allowing adolescent behavior to be influenced by the social environment of these peers.

Parental support prioritizes instilling cultural values and norms that apply in the family to serve as a reference for teenagers in preventing HIV/AIDS.

CONCLUSION

The conclusion from the 8 journals analyzed by the author is that adolescent behavior in preventing HIV/AIDS is more influenced by knowledge, family support and the peer social environment in which the adolescent lives. Education for youth groups is prioritized so that teenagers have a good peer social environment, thereby creating high self-awareness among teenagers to behave positively in preventing HIV/AIDS.

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