

ADOLESCENT CHARACTERISTICS AND THE ROLE OF FRIENDS IN BEHAVIORAL EFFORTS PREVENTION OF HIV/AIDS

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ABSTRAK : KARAKTERISTIK REMAJA DAN PENGARUH TEMAN SEBAYA DALAM UPAYA PENCEGAHAN PENULARAN HIV AIDS

Latar Belakang: Remaja adalah masa dimana tanda-tanda seksual sekunder seseorang sudah berkembang mengalami kematangan secara fisik, psikologis, maupun sosial. Menurut Peraturan Menteri Kesehatan RI Nomor 25 tahun 2014, remaja adalah penduduk dalam rentang usia 10-18 tahun. Pada usia itu permasalahan yang sering terjadi pada remaja yang dikenal dengan Tiga Permasalahan Kesehatan Reproduksi atau yang disebut juga dengan TRIAD KRR yaitu seksualitas, HIV/AIDS dan NAPZA. Adanya peningkatan Kasus HIV/AIDS pada remaja di Indonesia sebesar 3,8 % pada tahun 2022 dari pada tahun sebelumnya. Kementerian Kesehatan menyebutkan sekitar 1.929 pada rentang usia 15-24. tahun yang terinfeksi HIV. Jenis kelamin menentukan perilaku pencegahan HIV aids. Perilaku positif terhadap pencegahan HIV/AIDS paling banyak dilakukan jenis kelamin perempuan dari pada laki-laki. Pendidikan sangat diperlukan untuk mendapatkan informasi dan . Semakin tinggi pendidikan seseorang makin mudah menerima informasi (Wawan 2010). Menurut teori L.Green di Notoadmodjo ada beberapa faktor yang mempengaruhi perilaku pencegahan HIV/AIDS pada remaja yaitu faktor predisposisi (jenis kelamin, tingkat pendidikan) dan faktor pendorong peran teman sebaya dalam upaya pencegahan penularan HIV Aids. Tujuan: Menganalisis karakteristik remaja dan peran teman sebaya dalam upaya pencegahan penularan HIV Aids

Metode: Penelitian ini menggunakan metode kuantitatif, dengan pendekatan atau desain cross sectional study. Populasi penelitian adalah Remaja yang berusia 10-18 tahun di wilayah kerja puskesmas Negara Ratu Lampung Utara Jumlah total populasi. 141 orang. Sampel pada penelitian ini menggunakan rumus Vincent Gaspersz, didapatkan 57 responden. Analisis data dengan univariat dan bivariat. Uji statistik yang digunakan adalah chi-square dengan confidence interval 95%, digunakan batas kemaknaan $\alpha = 0,05$.

Hasil: ada hubungan yang bermakna antara peran teman sebaya dengan perilaku pencegahan penularan HIV Aids.

Kesimpulan: peran teman sebaya berhubungan dengan perilaku pencegahan HIV Aids pada remaja

Saran: Meningkatkan pemberian edukasi tentang perilaku pencegahan HIV Aids dan bahaya HIV pada remaja sehingga dapat meningkatkan pengetahuan sebagai upaya pencegahan HIV Aids dan dapat menjadi salah satu intervensi alternatif untuk meningkatkan perilaku kesehatan dalam mencegah HIV Aids

Kata kunci , karakteristik, peran teman, pencegahan HIV Aids

ABSTRACT

Background:: Adolescence is a period when a person's secondary sexual characteristics have developed and become physically, psychologically and socially mature. According to the Republic of Indonesia Minister of Health Regulation Number 25 of 2014, teenagers are residents in the age range 10-18 years. At that age, the problems that often occur in teenagers are known as the Three Reproductive Health Problems or also known as the TRIAD KRR, namely sexuality, HIV/AIDS and narcotics. There will be an increase in HIV/AIDS cases among teenagers in Indonesia by 3.8% in 2022 compared to the previous year. The Ministry of Health said around 1,929 were in the age range 15-24. years infected with HIV. Gender determines HIV AIDS prevention behavior. Positive behavior towards preventing HIV/AIDS is most often carried out by women than men. Education is very necessary to obtain information and . The higher a person's education, the easier it is to receive information (Wawan 2010). According to L.Green's theory in Notoadmodjo, there are several factors that influence HIV/AIDS prevention behavior in adolescents, namely predisposing factors (gender, level of education) and factors that encourage the role of peers in efforts to prevent the transmission of HIV/AIDS.

Objective: Analyzing the characteristics of adolescents and the role of peers in efforts to prevent HIV/AIDS transmission

Method: This research uses quantitative methods, with a cross sectional study approach or design. The research population was Ramaja aged 10-18 years in the working area of the Negara Ratu Health Center, North Lampung. Total population. 141 people. The sample in this study used Vincent Gaspersz's formula, obtaining 57 respondents. Data analysis using univariate and bivariate. The statistical test used was chi-square with a confidence interval of 95%, a significance limit of $\alpha = 0.05$ was used.

Results: There is a significant relationship between the role of peers and behavior to prevent HIV/AIDS transmission.

Suggestion: Increasing the provision of education about HIV Aids prevention behavior and the dangers of HIV in adolescents so that it can increase knowledge as an effort to prevent HIV Aids and can be an alternative intervention to improve health behavior in preventing HIV Aids

Keywords: characteristics, role of friends, prevention of HIV Aids

INTRODUCTION

The World Health Organization (WHO) states that a teenager or in foreign terms, adolescence, is someone who has an age range of 10-19 years. Meanwhile, according to the Republic of Indonesia Minister of Health Regulation Number 25 of 2014, adolescents are residents in the age range 10-18 years. Adolescence is the period when a person's secondary sexual characteristics have developed and reached sexual maturity. Adolescents also experience physical, psychological and social maturity, whereas according to the Republic of Indonesia Minister of Health Regulation Number 25 of 2014, adolescents are residents in the age range of 10-18 years and according to the Population and Family Planning Agency (BKKBN) the age range for adolescents is 10-24 years old and not married.

World Population Data Sheet in 2018 the world population was 7.6 billion people and according to the United Nations International Children's Emergency Fund (UNICEF) around 16% of the total world population were teenagers or around 1.2 billion people were teenagers. In 2017 the population in Indonesia aged 10-24 years was 25.44% of the total population of Indonesia

Globally there are 36 million people with HIV throughout the world, in South and Southeast Asia there are approximately 5 million people with HIV. Indonesia is one of the countries with the fastest increase in HIV/AIDS cases in Southeast Asia, with an estimated increase in the incidence of HIV infection of more than 36%. The HIV/AIDS epidemic in Indonesia is growing the fastest among countries in Asia (UNAIDS, 2014). HIV/AIDS is an infectious disease that occurs among people for which no effective vaccine or drug has been found to prevent HIV/AIDS to date.

New cases of people infected with HIV (Human Immunodeficiency Virus) continue to increase every year. According to 2019 United Nations Program on AIDS (UNAIDS) data, in 2018 it

shows that HIV cases have reached 37.9 million with new cases reaching 1.7 million. Currently, more than 30% of all new HIV infections globally are estimated to occur among adolescents aged 15 to 25 years. There is even an increase in HIV/AIDS cases among teenagers in Indonesia by 3.8% in 2022 compared to the previous year. The Ministry of Health said around 1,929 were in the age range 15-24. years infected with HIV

During adolescence, there is often a feeling of wanting to experiment. This is important for adolescent reproductive health. The behavior of wanting to try new things if driven by sexual stimulation can lead teenagers to engage in premarital sex with one of the consequences being the transmission of venereal diseases including HIV/AIDS. HIV/AIDS is an infectious disease that occurs among people for which no effective vaccine or drug has been found to prevent HIV/AIDS until now. As HIV cases in teenagers continue to progress in the world, those who are infected with this disease are of course influenced by several factors, including education, , knowledge about HIV/AIDS, social, cultural, regional, economic and also traditions.

Education is very necessary to obtain information. The higher a person's education, the easier it is to receive information (Wawan 2010), and access health services. The aim of the research is to determine how much the characteristics of adolescents influence HIV-Aids prevention behavior in adolescents. According to L.Green's theory in Notoadmodjo, there are several factors that influence HIV/AIDS prevention behavior in adolescents, namely predisposing factors (gender, level of education) and motivating factors, the role of peers in efforts to prevent HIV/AIDS transmission. People's knowledge of HIV-AIDS will influence attitudes. and behavior, people with knowledge about HIV-AIDS can prevent transmission.

RESEARCH METHODS

This research uses an analytical survey research type. Analytical surveys are surveys or research that try to explore how and why health phenomena occur and then analyze the dynamics of correlation between phenomena. This research explores the factors that influence adolescent behavior towards HIV/AIDS prevention in the working area of the Negara Ratu Health Center. The research design used was cross sectional. A cross-sectional survey is research to study the dynamics of the correlation between risk factors and effects, by means of an observation approach or collecting data at one time (point time approach). This means that each research subject is only observed once

The data collection procedure begins with obtaining an ethical letter and then requesting a permission letter for data collection at the Ratu Sukai Utara State Health Center. Then the researchers collected data in the working area of the Negara Ratu Health Center, especially in Negara Batin Village. The total population is 141 people. The sample in this study used Vincent Gaspersz's formula, obtaining 57 respondents. Respondents are teenagers according to the 2014 Indonesian Minister of Health, namely children aged 10 – 18 years. The respondents taken were those who were willing to come to the village hall to collect data. The inclusion criteria in this study were teenagers aged 10 – 18 years, able to read and write and willing to come to the inner state village hall, and had not yet. The exclusion criteria are age < 10 years and > 18 years, unable to read and write and willing to be a respondent. Respondents were gathered at the Negara Batin Village Hall, then the researcher gave an explanation to the respondents and then asked the respondents to sign the respondent's consent form

Data analysis using univariate and bivariate. The statistical test used was chi-square with a confidence interval of 95%, a significance limit of $\alpha = 0.05$ was used.

This design attempts to determine the relationship between one variable in a particular situation or group of subjects. The research instrument used was a questionnaire. This questionnaire assesses the extent to which adolescent characteristics and the role of peers are related to HIV/AIDS prevention behavior efforts. Lemese, 2013

RESEARCH RESULT

Negara Ratu Health Center is one of the main health centers in North Lampung, specifically in South Kotabumi District. The respondents involved in this research live in the working area of the Negara Ratu Health Center. The following is a table of respondent characteristics

Table 1
Respondent Characteristics

Adolescent age	Σ	
	frequency (n)	Persentase (%)
10 -13	23	40
14 - 16	16	28
17 - 18	18	32
Education		
SD	18	32
SMP	23	40
SMA	16	28
Sex		
Male	31	54
female	26	46
Role of friend		
Yes	30	53
No	27	47
HIV Aids prevention behavior		
Good	32	56
Not good	25	44

Based on the table above, it can be seen that the majority of Adolescent age ages range between 10 - 13 years, Most of education are junior high school (40%). sex of adolescent were mostly male (31%) and there are role of friend number (53%). The majority of respondents are good in HIV Aids prevention behavior (56%)

The table 2 showed there has been a relationship between gender with HIV Aids prevention behavior $p = 0.001$, and there is a relationship between education,with HIV Aids prevention behavior $p = 0.002$, and there has been a relationship between teenage groups with HIV Aids prevention behavior $p = 0.000$ and there has been a relationship between friend role with HIV Aids prevention behavior $p = 0.000$

Table 2
Bivariate Analysis HIV Aids prevention behavior Negara Ratu Community Health Center working area in 2024

Variable	Perilaku pencegahan				Σ		OR (95% CI)	p-value
	Good		Not good					
	n	%	n	%	N	%		
Sex								
Male	17	54	14	46	31	100	3,800	0,001
Female	15	58	11	42	26	100	(0,902-16,008)	
Education								
Elementary	18	56	14	44	32	100	8,082	0,021
intermediate	16	64	9	36	25	100	(3,042-21,472)	
teenage groups								
early teens	18	60	12	40	30	100	9,214	0,000
Late teens,	14	52	13	48	27	100	(3,614-23,492)	
friend role								
Yes	17	57	13	43	30	100	9,321	0,000
No	15	56	12	44	27	100	(2,933-29,621)	

DISCUSSION

Gender is included in the predisposing factors in the PRECEDE-PROCEED Model Theory in the individual characteristics section. The PRECEDE-PROCEED behavior change model theory developed by Lawrence Green and M. Kreuter (2005) states that health behavior is influenced by individual and environmental factors. (Fertman CI, Allensworth DD, 2010). The results of research on the gender variable show that the Chi-Square p-value test results are 0.081 where $p > 0.05$ so there is no significant relationship between gender and adolescent behavior towards HIV/AIDS prevention. The results of this research are in line with research conducted by Aung Zaw, et al (2013) stating that there is no significant relationship between gender and KAP (Knowledge, Attitude, Practice) (p-value=0.212) Tampi david, 2013

Statistically there is relationship between gender and adolescent behavior towards HIV/AIDS prevention. However, this research shows that there is a comparison between genders and positive behavior towards HIV/AIDS prevention. The results of the study showed that positive behavior towards HIV/AIDS prevention was mostly carried out by female respondents, 20 (57.14%) respondents, while the percentage of negative behavior towards HIV/AIDS prevention was mostly carried out by male respondents, 13 (13.54.16%) respondents. This research shows that women have higher positive behavior compared to men. Septiani (2015) stated that male gender increases the chances of engaging in heavy sexual behavior 3 times compared to female gender. The research results of Fisher, et al (2012, in Putra E, 2017) found that sexual cognitions in men are greater than in women so that teenage boys tend

to think more about sexual things than women. 49 According to Mahmudah (2016) says that men have a greater chance of engaging in risky sexual behavior than women. 50 According to Boynaturally (2010, in Sofni, LM., 2015) explains that this is because women are more aware and concern for their own health compared to men.

Education or the cognitive domain is a very important domain in shaping a person's actions (overt behavior). The Chi-Square p-value test results are 0.021 where $p < 0.05$ so there is a significant relationship between the level of knowledge and adolescent behavior towards HIV/AIDS prevention. Most respondents had a level of knowledge about HIV/AIDS in the sufficient category with negative attitudes towards HIV/AIDS prevention as many as 24 (55.81%) respondents. The largest percentage of respondents who behaved positively was in the good knowledge category, 12 (75%) respondents, while the largest percentage of respondents who behaved negatively was in the sufficient knowledge level, 24 respondents (55.81%). This is because the majority of respondents still have insufficient knowledge regarding the signs, symptoms, transmission and myths about HIV/AIDS. Mwamwenda, T. S. (2013)

This research is in line with research conducted by Tampubolon, D (2015) stating that there is a relationship between knowledge and measures to prevent HIV/AIDS transmission (p-value= 0.042). Apart from that, this research is also in line with Noorhidayah (2016) who stated that there is a relationship between knowledge and efforts to prevent HIV/AIDS among teenagers in the street child community in Banjarmasin in 2016 (p-value=0.000). Research by Aung Zaw, et al (2013) states that a good level of knowledge reduces bad

behavior and bad attitudes towards HIV infection. 19 In addition, research by Singale, L (2013) states that the better the knowledge about HIV/AIDS, the better as well as preventive measures and vice versa, Munthe, D. P. (2018).

Knowledge is the most important factor in shaping individual behavior so that positive and negative someone's behavior is greatly influenced by the level of knowledge. This is in line with the research results because respondents who have good knowledge have positive attitudes towards HIV/AIDS prevention. Likewise, respondents who had sufficient knowledge had negative attitudes towards HIV/AIDS prevention. Aung, Z., Jalaluddin., (2013).

Statistically there is a relationship between the role of friends/friend influence and adolescent behavior towards HIV/AIDS prevention. Teenagers are very easily influenced socially, therefore they tend to imitate the attitudes of their peers. Comparatively, the peer educator method will be more effective than interactive lecture material. Haeran et al (2015), in their research related to increasing comprehensive understanding of HIV and AIDS through peer groups, explained that the strong influence of peer groups occurs because teenagers are more likely to be outside the home together with their peers as a group. Peer groups have certain rules that teenagers must obey as members of their group. Ms. Kaur Amandeep (2018)

Even though teenagers' peers know that HIV/AIDS is a contagious disease, the methods of preventing and transmitting HIV/AIDS are not necessarily good and correct. This can be influenced by the environment in which you live and myths circulating in society, such as that HIV/AIDS can be transmitted through the use of the same eating utensils used by HIV/AIDS sufferers, even though this is not true. This is in line with the results of research in Semarang which shows that the source of information that is considered important by teenagers is their peers because teenagers spend more time with their peers than with their parents and in this togetherness there is a process of exchanging information (Riandini, 2020). If peers' knowledge about HIV/AIDS prevention is inadequate, it could have an impact on other peers receiving wrong information. This can result in wrong perceptions and attitudes regarding HIV/AIDS prevention. Puspitasari, (2022)

CONCLUSION

The majority of Adolescent age ages range between 10 - 13 years, Most of education are junior high school (40%). sex of adolescent were mostly male (31%) and there are role of friend number

(53%). The majority of respondents are good in HIV Aids prevention behavior (56%). there has been a relationship between gender with HIV Aids prevention behavior $p = 0.001$, and there is a relationship between education,with HIV Aids prevention behavior $p = 0.002$, and there has been a relationship between teenage groups with HIV Aids prevention behavior $p = 0.000$ and and there has been a relationship between friend role with HIV Aids prevention behavior $p = 0.000$

SUGGESTIONS

Increasing the provision of education about HIV-Aids prevention behavior and the dangers of HIV in adolescents and how to choose friends who can provide positive knowledge so that they can increase knowledge as an effort to prevent HIV-Aids and can be an alternative intervention to improve health behavior in preventing HIV-Aids

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