

## EMPOWERMENT OF YOUTH CADRES IN HIV/AIDS PREVENTION EFFORTS AT YOUTH HEALTH POST OF NURUL ANWAR BOARDING SCHOOL, KOMBA, SENTANI

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Disubmit: 17 Oktober 2024

Diterima: 24 Februari 2025

Diterbitkan: 01 Maret 2025

Doi: <https://doi.org/10.33024/jkpm.v8i3.17994>

### ABSTRACT

The many reproductive health problems of adolescents, then the provision of information, services and education on reproductive health of adolescents becomes very important. Adolescent problems that are closely related to reproductive health are often rooted in the lack of information and understanding and awareness to achieve reproductive health. Adolescent access to these service places is very low. To overcome health problems that occur in adolescents, comprehensive efforts are needed, namely by forming a youth health post. Youth cadres have an important role in providing information to the community, especially about adolescent health. The important role of peers is as a source of knowledge other than that obtained within the family. Peers are a form of a teenager's external environment. If adolescents have peers who have good behavior and knowledge about HIV/AIDS, it will contribute greatly to preventing adolescents from contracting HIV/AIDS, so it is necessary to provide assistance and information to youth cadres so that they can help disseminate the information provided. The method used is through an analytical approach, problem identification, intervention planning and implementation, namely empowering youth cadres in preventing HIV/AIDS by providing information and teaching cadres to conduct basic health checks, namely general condition checks. Providing education about HIV/AIDS, risk behavior for HIV/AIDS transmission (free sex, drugs and alcohol) found that youth cadres were very enthusiastic and interested in learning the guidance provided so that youth cadres would be more confident in carrying out their duties as youth cadres at the Youth Health Post.

**Keywords:** Youth Cadres, Education, HIV/AIDS, HIV/AIDS transmission risk behavior and HIV/AIDS prevention.

## 1. INTRODUCTION

Adolescents are a population group that is at high risk due to behavior that may have lifelong impacts (Rejeki et al., 2022) . Adolescents also have a desire to try new things such as drinking alcohol, using injected drugs, smoking and starting to have free sex, where these behaviors are very high risk for HIV/AIDS transmission (Lastri et al., 2020) . Reproductive health problems that are often found in adolescence such as pregnancy outside of marriage, promiscuity and other problems with all their consequences are one of the causes of adolescents at risk of exposure to *Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome* (HIV / AIDS) (Ramadani, 2020) . HIV/AIDS is a virus that weakens the immune system which can cause AIDS. Acquired immunodeficiency syndrome is a continuation of HIV which is transmitted through bodily fluids, especially due to sexual intercourse and injecting drug users and causes various diseases in the body (Ismail et al., 2022) .

Adolescence is a transition period from childhood to adulthood, which includes all developments experienced in preparation for entering adulthood. In general, during this period there will be many changes, one of which is regarding reproductive health, because the teenage period is a time of risk for diseases and reproductive health problems (Hennegan et al., 2019) . Reproductive health problems that are often found in adolescence such as premarital pregnancy, promiscuity and other problems with all their consequences are one of the causes of adolescents at risk of exposure to *Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome* (HIV/AIDS) (Ramadani, 2020) . HIV/AIDS is a virus that weakens the immune system which can cause AIDS. *Acquired immunodeficiency syndrome* is a continuation of HIV which is transmitted through bodily fluids, especially due to sexual intercourse and injecting drug users and causes various diseases in the body (Ismail et al., 2022) .

Based on data from the World Health Organization (WHO), 29,8 million people living with HIV are receiving antiretroviral therapy globally. The number of people living with HIV in 2023, 86% are receiving treatment and 71% have suppressed viral load (WHO, 2023). Data on HIV/AIDS cases in Indonesia in 2023 has increased, transmission of HIV/AIDS cases. Data from the Ministry of Health, the proportion of HIV cases by gender in Indonesia in 2021 was 70% male and 30% female. While AIDS cases by gender, men were 75% and women were 25%. Based on age group, most HIV/AIDS cases are in the productive age group 15-49 years (Ministry of Health of the Republic of Indonesia, 2022b) . The five provinces with the highest number of people living with HIV/AIDS (ODHA) were DKI Jakarta (76,103), followed by East Java (71,909), West Java (52,970), Central Java (44,649), and Papua (41,286) (Ministry of Health of the Republic of Indonesia, 2022a) .

The many reproductive health problems of adolescents, therefore providing information, services and education on reproductive health of adolescents is very important. Adolescent problems that are closely related to reproductive health are often rooted in a lack of information and understanding and awareness to achieve reproductive health. Although the government has initiated the Health Center as a place for the Adolescent Reproductive Clinic (Adolescent Care Clinic), adolescent access to these service locations is very low. Data shows that the room setting, service

patterns, all-white clothing patterns, limited opening hours, and normative values of unsociable provider staff are the main causes of adolescents' reluctance to come to these service locations. As a result, the services provided cannot be accessed properly by adolescents (Rejeki et al., 2022) . To overcome health problems that occur in adolescents, comprehensive efforts are needed, namely by forming a youth health post. At the youth health post, adolescent cadres are first recruited who will later be tasked with/carrying out adolescent health service efforts for themselves, peers, families and the community. Youth cadres have an important role in providing information to the community, especially about adolescent health (Kasmawati et al., 2023) . Peers are a term for children who have almost the same level of ability or age. The important role of peers is as a source of knowledge other than that obtained within the family. Peers are a form of a teenager's external environment. If teenagers have peers who have good behavior and knowledge about HIV/AIDS, it will contribute greatly to preventing adolescents from contracting HIV/AIDS (Anis, 2021) .

## **2. PROBLEM**

The introduction or initial data collection carried out before carrying out this community service activity was obtained from the Head of the Nurul Anwar Komba Islamic Boarding School who said that in this Islamic Boarding School, youth cadres have been formed whose purpose is to help convey information to the youth at the Islamic boarding school, but there has been no provision of information and training for these youth cadres. So it is very important to provide assistance and information about HIV/AIDS so that information can be distributed properly. From these data, the problem formulated is that youth cadres have not been provided with assistance, training and information at the Healthy Youth Post which results in minimal knowledge of youth at the Nurul Anwar Komba Sentani Islamic Boarding School.

## **3. LITERATURE REVIEW**

The need for comprehensive management to overcome health problems that occur in adolescents by forming a youth health post. At the youth health post, youth cadres are first recruited who will later be tasked with/carrying out youth health service efforts for themselves, peers, families and the community. Youth cadres have an important role in providing information to the community, especially about adolescent health (Kasmawati et al., 2023) . Peers are a term for children who have almost the same level of ability or age. The important role of peers is as a source of knowledge other than that obtained within the family. Peers are a form of a teenager's external environment. If adolescents have peers who have good behavior and knowledge about HIV/AIDS, it will contribute greatly to preventing adolescents from contracting HIV/AIDS (Anis, 2021).

#### 4. METHOD

The method of implementing activities carried out through an approach, namely analyzing the conditions of the target area, followed by identifying problems, planning interventions and implementing implementation in overcoming planned problems by implementing activities in the form of empowering adolescent cadres in preventing HIV/AIDS in adolescents at the Nurul Anwar Komba Islamic Boarding School Youth Health Post. Health information provided to adolescent cadres about HIV/AIDS, adolescent risky behavior of HIV/AIDS transmission (free sex) and the dangers of alcohol and drugs. Before providing information, it began with an activity to assist adolescent cadres in basic health checks for adolescents at the Nurul Anwar Komba Sentani Islamic Boarding School after which the implementation of providing health information and evaluating activities. The promotional media used in this activity was by using PPT materials and leaflets, with a total of 12 participants.

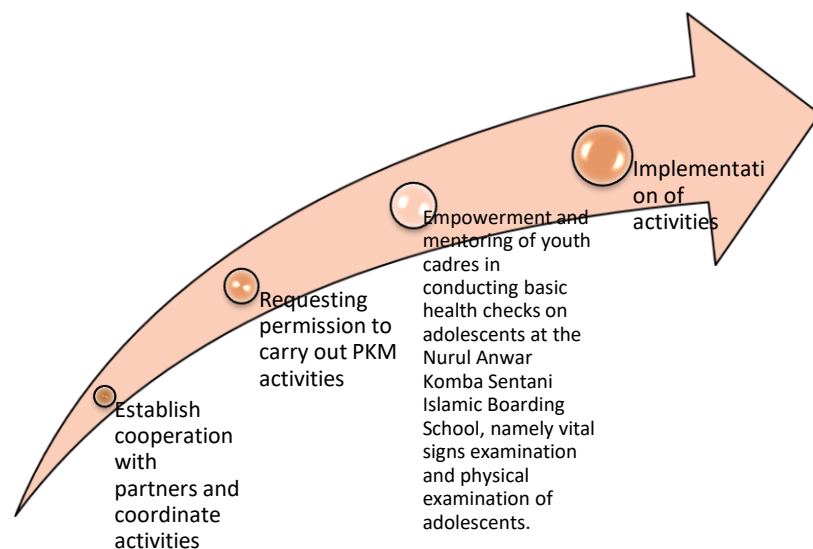


Figure 1. Steps for implementing PKM activities

- a. Establish cooperation with partners and coordinate related community service activities:  
Preparation activities for implementing the activity include coordinating the implementation time, determining the number of participants and PKM implementation techniques.
- b. Requesting permission to carry out PKM activities  
This activity was carried out to obtain approval from the Nurul Anwar Komba Sentani Islamic Boarding School including permits for implementing PKM, PKM implementation time and PKM implementation system.
- c. Empowerment and mentoring of youth cadres in conducting basic health checks, such as teaching how to conduct vital signs and physical examinations of youth.
- d. Providing information to youth cadres at the Youth Health Post

This activity was carried out to directly inform the youth cadres that health information related to HIV/AIDS would be provided. The youth cadres can distribute information to other youth at the Nurul Anwar Komba Sentani Islamic Boarding School about HIV/AIDS, risky behavior for HIV/AIDS transmission (free sex, drugs and alcohol).

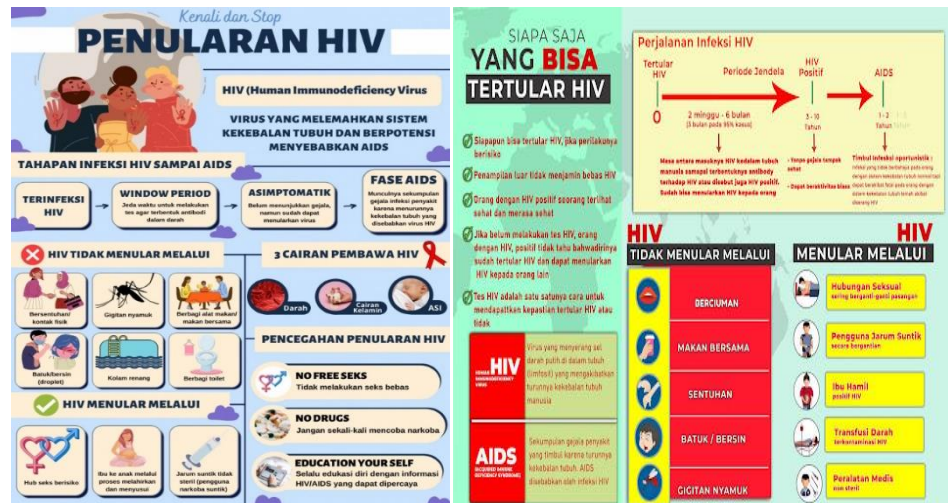


Figure 2. HIV/AIDS leaflet

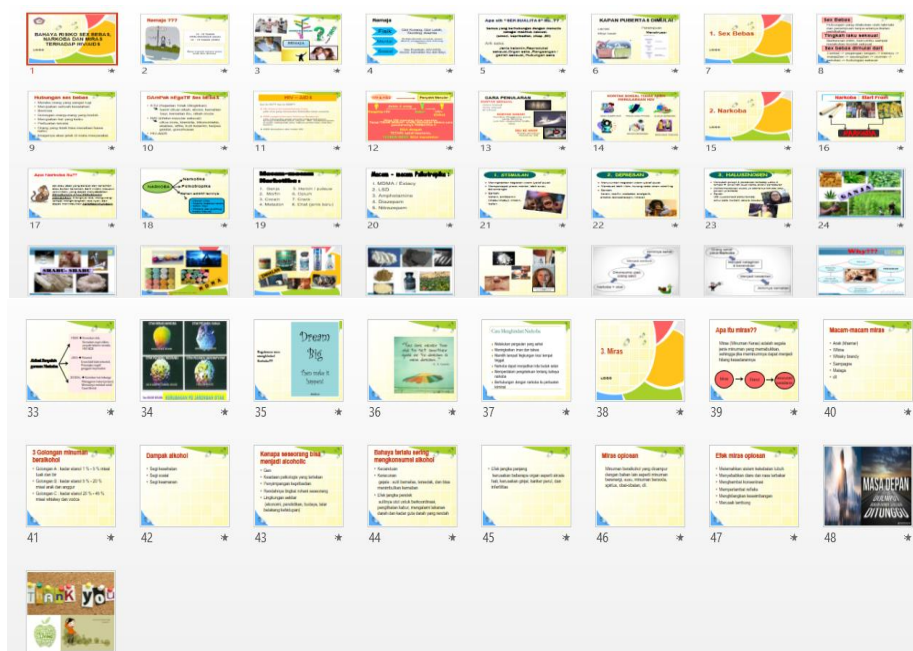


Figure 3. Material on HIV/AIDS Transmission Risk Behavior



## 5. RESULTS AND DISCUSSION

### a. Results

In the community service activities that have been carried out at the Nurul Anwar Komba Sentani Islamic Boarding School Youth Health Post, Jayapura Regency, it was carried out in stages and was attended by 12 youth cadres who were carried out at the Nurul Anwar Komba Sentani Islamic Boarding School. The types of activities carried out were mentoring and guidance in conducting TTV examinations and providing education about HIV/AIDS, risky behaviors for HIV/AIDS transmission, namely free sex, drugs and alcohol. The results of observations from this health counseling activity, that youth cadres were very enthusiastic about learning how to check TTV and actively participated in the education. All 12 people asked questions and were very active in the learning. The counseling material was in the form of education about HIV/AIDS using leaflets and PPT materials. The counseling participants also received sufficient packages as well as leaflets and materials in hardcopy and softcopy as media that they could use to disseminate information to other youth.



Figure 4. Situation during educational activities



Figure 5. Situation when teaching adolescent cadres to check vital signs



Figure 6. Final documentation after the activity

#### **b. Discussion**

The implementation of this community service activity was carried out for youth cadres at the Nurul Anwar Islamic Boarding School Youth Health Post with the aim of empowering cadres in providing information and conducting TTV examinations on male and female students in the Nurul Anwar Komba Islamic Boarding School environment. After education using leaflets and PPT and guidance, there was an increase in knowledge about HIV/AIDS and risky behavior for HIV/AIDS transmission. The youth cadres were also able to conduct their own TTV examinations by examining each of their friends to be implemented for male and female students in the Nurul Anwar Komba Sentani Islamic Boarding School environment.

The many methods of approaching adolescents should also be supported by counselors who are friendly to adolescents. Lecture and discussion methods are actions that can help increase knowledge and provide opportunities for adolescents to express their opinions freely. The Post-Implementation Stage is to evaluate the understanding of adolescent cadres' knowledge of the material presented and evaluate adolescents' skills in providing IEC about HIV/AIDS and conducting TTV examinations on their peers through questions and answers and delivering messages of adolescent impressions. Adolescent cadres feel that this activity can increase their knowledge about HIV/AIDS which they previously considered taboo to discuss, for cadres they feel more confident in dealing with adolescents who will provide counseling to them. Cadres are also enthusiastic because in this activity there is guidance on TTV examinations that they have not received before. Based on several research results, it shows that the superiority of the output is the implementation of the socialization of the adolescent posyandu program plus IEC, adolescents have self-confidence in carrying out their duties as posyandu cadres who can become counselors for their peers (Ruwayda, 2020) . The lack of accurate and relevant information about HIV/AIDS and supported by the curiosity of adolescents causes adolescents to be one of the populations with high-risk behavior. In addition, the problem of HIV/AIDS in adolescents not only has a negative impact physically, but can also affect mental health, emotions, economic conditions, and social welfare in the long term. This not only affects the adolescents

themselves, but also their families, communities and the nation (Arini & Kasanah, 2021) .

With the intervention in the form of education, it can actually influence the improvement of a person's attitude towards something. The attitude of HIV/AIDS cadres is influenced by the respondent's knowledge of the same thing , and it is also possible that existing attitudes are formed due to personal experience factors, mass media and the influence of religious institutions. Education can increase a person's knowledge so that the person can change negative attitudes to positive attitudes (Khofiyah & Islalmiah, 2018) . The success of Health Education depends on the learning components, one of which is learning media. The media that can be used include videos and leaflets because using videos and leaflets has a greater impact on health education, namely multiplying the hearing and vision of the target, interesting, the message conveyed is fast and easy to remember and can develop the mind and can develop the imagination of adolescents. Video media is starting to be used frequently because it is considered more effective in conveying information because it is able to stimulate the senses of hearing and sight so as to obtain maximum results (Susanti, 2022) .

## 6. CONCLUSION AND SUGGESTIONS

Community service activities in the form of providing education about HIV/AIDS and risky behaviors for HIV/AIDS transmission as well as guidance on vital signs examinations for adolescent cadres at the adolescent health post experienced an increase in knowledge and increased self-confidence to become cadres in the Nurul Anwar Komba Sentani Islamic Boarding School environment. This activity received a positive response from the organizers of the Islamic Boarding School and participants so that it was said to have succeeded in increasing the knowledge and self-confidence of adolescent cadres to disseminate information and conduct TTV examinations on adolescents.

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