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## **The Influence of Health Education against the Knowledge of Adolescents about HIV/AIDS in SMAN 21 Makassar**

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### **Abstract**

AIDS (Acquired Immune Deficiency Syndrome) is a disease caused by HIV (Human Immunodeficiency Virus) where the viruses were a contagious and deadly. When teens have a right understanding of this disease, the adolescents will be able to understand the dangers and alternative ways to avoid and overcome it. This study aims to determine the effect of health education on the level of knowledge of adolescents about HIV / AIDS in SMA Negeri 21 Makassar. The study method used quasi-experimental wit test one group pre test-post test design without control group. Subjects in this study were 45 students of SMA Negeri 21 Makassar with using purposive sampling approach. Collecting data was using questionnaires and analyzed with testing of Wilcoxon. The result of study showed mean difference of knowledge about HIV / AIDS before and after interventions such as health education ( $p = 0.000$ ). This shows that health education about HIV / AIDS have significant effect to the knowledge level of adolescents. This finding implies that the school should establish cooperation with the KPAP South Sulawesi in shaping the program of strengthening youth to prevent and control HIV / AIDS in a comprehensive manner in adolescents, especially students in the school, as well as the need for debriefing knowledge of HIV / AIDS for counseling teachers particularly as efforts provision of right information about HIV / AIDS on the adolescents.

**Keywords:** HIV / AIDS; health education; and the level of knowledge.

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## **1. Preliminary**

HIV / AIDS is a disease which show trends to grows up and become a global. Based on the WHO (World Health Organization) data, the most people which suffering with HIV / AIDS in 2013 consist of young adulthood were 31.8 million people, 16 million women and 3.2 million children under the age of 15 years. The development of HIV / AIDS in Indonesia showed rising rapidly. During the period 1987-2015, cases of HIV / AIDS spread in almost 78% of all districts and cities in Indonesia. At least 7 of the 10 counties and cities in Indonesia are now reported cases of HIV / AIDS in the region.

Indonesian Commission for AIDS (KPA) reported cumulatively through 2015, the number of new HIV infections were 167,350 people and the 66,835 people were suffering from AIDS. Until March 2015, the number of HIV / AIDS cases were reported in the age group 15-19 years as many as 2,030 cases, aged 20-29 years as many as 21 406 cases, and the age of 30-39 years as many as 19 346 cases. South Sulawesi Province ranks 8th with HIV / AIDS was based on the cumulative number of reported until 2015 as many as 2,105 people, and the city of Makassar has a cumulative number of HIV / AIDS by 2015 as many as 1,624 people [1,2].

According to Indonesian Commission for AIDS (2011) the understanding of adolescents about HIV / AIDS was still very low, whereas adolescents including the age group prone to risky behavior. The percentage of adolescents (15-24 years) who were able to answer correctly ways of preventing the spread of HIV / AIDS and reject incorrect understanding of the transmission of HIV / AIDS amounted to only 14.3% So that until now cases of HIV / AIDS require attention, especially in adolescents [3,4].

Adolescence is a population that needs to be an important target in the response to HIV / AIDS in Indonesia and suggests that adolescents need proper education so they are not infected by HIV / AIDS. The education health about how HIV / AIDS was transmitted and prevented become a powerful weapon against HIV / AIDS, because until now there was no treatment or vaccine to kill the HIV / AIDS. Many of the policies from Commission of AIDS controlling. There are many efforts to combat HIV / AIDS, but the capacity of implementation was not optimal.

Program of Health education was launched in schools essentially a business activity or to deliver health messages to students, with the hope that with the message that students can gain knowledge about health. The most important that the school is an institution can be fostering and improving the quality of human resources, both physical, mental, moral and intellectual [2]. The knowledge of adolescents in relation to HIV / AIDS is one factor supporting attitude towards the prevention of HIV / AIDS. It was in accordance with the opinion of Notoatmodjo (2003) that knowledge or cognitive domain is very important for the formation of a person's actions (ovent behavior) [5].

SMAN 21 Makassar is one of the schools in the city of Makassar and includes a high quality school in Makassar. Based on the results of preliminary studies, Head of Administration states that the student is in school SMA Negeri 21 Makassar had not been exposed to the agenda of health education on HIV / AIDS both from

NGOs and from the health care team directly.

Based on the terms so the researcher was interested in conducting research related to "the influence of health education against the level knowledge of adolescents about HIV / AIDS in SMAN 21 Makassar".

## **2. Materials and Materials**

This research is a quasi-experimental with approach to test one group pretest-posttest design without control group and conducted in SMA Negeri 21 Makassar. The research subject was class XI student of SMAN 21 Makassar and it was taken with purposive sampling. Subject of study was taken from students who have not been exposed to health education related to HIV / AIDS were 45 people.

Implementation of the experiment conducted in three phases, namely pre-stage of intervention, intervention stage and post-stage pre-intervention. The pre-stage of intervention includes testing instruments and pre-test. The stage of intervention was the stage of administering treatment interventions such as health education related to HIV / AIDS. The stage of post-intervention include post-test and evaluation.

The used techniques of data analysis was descriptive statistical analysis and inferential statistical analysis which includes descriptive statistics Wilcoxon. The analysis descriptive statistical was used to obtain the level of knowledge profile class XI student of SMAN 21 Makassar related HIVAIDS. The Test of Wilcoxon was used to test differences in scores on the pretest and posttest scores experimental group. The testing was conducted with using a computer program.

## **3. Results**

From the research that has been done then obtained as follows:

**Table 1:** Characteristics of respondents

Characteristics of respondents	Frequency	Percentage (%)
<b>Age group</b>		
16 years	6	13.3
17 years	36	80
18 years	3	6.7
<b>Gender</b>		
Male	11	24.4
Female	34	75.6

Table 1 shows the characteristics of respondents such as age and gender based on the location of the study. The majority of respondents were in the age group of 17 years as much as 80% and a minority of respondents were in the age group of 18 years was 6.7% .Most of the respondents were female as much as 75.6% and men with 24.4%.

**Table 2:** The level knowledge of respondent in pretest and posttest health education about HIV / AIDS

The level of knowledge	Pretest		Posttest	
	n	%	n	%
Enough	35	77.8	43	95.6
Poor	10	22.2	2	4.4
Total	45	100	45	100

Table 2 shows that the majority of respondents are likely to have enough knowledge about HIV / AIDS both pretest and posttest with giving interventions such as health education than respondents who have less knowledge.

**Table 3:** The influence of health education against the level knowledge of adolescents about HIV / AIDS in SMA Negeri 21 Makassar

	n	Median (minimum-maximum)	P
Pretest	45	69.11 (30-90)	0.000
Posttest	45	81.11 (50-100)	

Table 3 shows that the average value of the level of knowledge before (pretest) is 69.11 which describes the level of knowledge about HIV / AIDS has been quite good, and after (posttest) given intervention in the form of health education, value of the average level of knowledge increased to 81.11 which describes the level of knowledge about HIV / AIDS is getting better.

The values of significance (p) to determine whether there was influence between variables with a benchmark value of  $\alpha = 0.05$  results indicate  $p < \alpha$  thus concluded that the level of health education affect the level knowledge of adolescent about HIV / AIDS in SMA Negeri 21 Makassar.

#### 4. Discussion

The education of Health is one of the principal interventions in the promotion and preventive measures to improve health. The education of Health about HIV / AIDS can increase adolescent knowledge, where knowledge was dominating the awareness of youth to determine the attitude and the behavior. The knowledge about HIV / AIDS raises awareness of adolescent who ultimately prompted him to behave in accordance with that knowledge. The better knowledge of adolescents about HIV / AIDS, the higher consciousness in determining attitudes and behavior. The results of this study showed that health education affection the level knowledge of adolescent ( $p = 0.000$ ) with a mean difference of knowledge level before is 69.11, rose after the intervention in the form of health education is 81.11.

Knowledge is the result of knowing and it happens after a person performs sensing on a specific object. The depth of knowledge consists of six levels, namely, know was defined as remembering a material previously learned, understand interpreted as an ability to describe objects that are known and can be interpreted correctly, the application was defined as the ability to use the materials studied in a situation or condition in fact, the analysis means an ability to express the material or object into components that are related to each other, the synthesis means an ability to lay or connect the parts in a new overall, and the evaluation was defined by the ability to justify or assessment of an material or object. Broadly speaking, the principal characteristic of the level of knowledge was recollection of something learned through experience, learning, or information received from others [2].

Empirical evidence shows that the difference in the average level of knowledge before and after interventions such as health education on HIV / AIDS. The study proves that health education give a positive effect on the level of education health. The education about HIV / AIDS was identified as an important means to address HIV / AIDS pandemic, especially in the adolescent The importance of knowledge about HIV / AIDS, so the young people need to receive sufficient and correct information, as the basis for constructive attitudes and behavior of adolescents, so knowing the things that should be done or is similar to be avoided. This things is in accordance with the urpose of doing health education proposed by [2], namely to increase public knowledge in the field of health, to achieve behavior change, individuals, families, and society as a main target of health education in fostering healthy behaviors and a healthy environment as well as play an active role in efforts to improve the degree of optimal health in accordance with the concept of healthy so as to reduce morbidity and mortality.

Exposure of this study was supported by [6], that health education about HIV / AIDS significantly influence the level of knowledge of students in SMA Selupu Rejang. The result of analysis showed differences in the average level of knowledge before and after health education with value meaningful significance p value  $0.0000 < 0.05$ . Reference [7] also suggested that health education is an integral part of the struggle against HIV / AIDS in schools, health education given to significantly increase students' knowledge and attitudes related to HIV disease / AIDS.

The level of knowledge that occurs in the respondents in this study supports what is disclosed in the description above. The implications of the findings that the school should establish cooperation with the KPAP South Sulawesi in shaping the program of strengthening youth to prevent and control HIV / AIDS in a comprehensive manner in adolescents, especially students in the school, as well as the need for debriefing knowledge of HIV / AIDS for counseling teachers particularly as efforts provision of right and accurate information about HIV / AIDS to the adolescents.

## **5. Conclusion**

The education of health about HIV / AIDS affects the level of adolescent knowledge in SMA Negeri 21 Makassar.

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