

Influence Of Health Preventive Behavior On HIV/AIDS : Literature Review

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ABSTRACT

HIV (Human Immunodeficiency Virus) is a major problem in many countries, including Indonesia. Preventive behavior towards HIV/AIDS must be accompanied by the implementation of appropriate health policy strategies in each country. Objective: to identify the behavior of HIV/AIDS prevention in Indonesian society. Method: literature study by choosing a topic, finding keywords, and making a journal review. Search through Google Scholar and scientific journals published nationally and internationally in the last 10 years, namely 2012 – 2022. Result: improvement in health services is needed such as HIV/AIDS counseling, peer education, VCT, and other innovative programs. Conclusion: it is necessary to strengthen community behavior to improve health status in order to prevent HIV from occurring in at-risk groups.

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1. INTRODUCTION

In the current era, promiscuity is increasingly widespread and is a concern throughout the world, including Indonesia. The problems that many adolescents and adults are currently experiencing, both men and women, are problems related to reproductive health or sexuality. Based on the latest data from the Ministry of Health of the Republic of Indonesia for 2022 as of June, people living with HIV have reached 519,158 cases spread across various provinces. DKI Jakarta Province ranks first with the most HIV cases, with a total of 90,956 cases. In second place is the province of East Java with 78,238 cases, followed by West Java with 57,246 cases. Indonesia is a country with the fastest rate of spread of the HIV AIDS virus in Asia.

HIV (Human Immunodeficiency Virus) is a virus that causes AIDS with a working system that attacks white blood cells called CD4 cells so that they can damage the immune system in humans [9]. The symptoms that arise depend on the accompanying opportunistic infections. Opportunistic infections occur due to decreased resistance (immunity) caused by damage to the body's immune system due to HIV infection. While AIDS stands for Acquired Immune Deficiency Syndrome which occurs as a result of the effects of the HIV virus multiplication in the body of living things. Methods of Spread The HIV/AIDS virus can be transmitted through: Blood, semen, vaginal fluids, saliva/saliva, breast milk, feces, tears, urine, sweat. Meanwhile, transmission can occur through: sexual intercourse with a person who has been infected with HIV, needles/piercing/tattoos that are not sterile and used alternately, can also be through blood transfusions containing the HIV virus, mothers with HIV positive during childbirth or through breast milk (breast milk) provided.

Health preventive behavior is an effort to prevent disease. When a person knows how to prevent disease, he will be more careful not to get the disease. As with HIV AIDS prevention is determined by personal beliefs or perceptions about a disease and strategies to reduce the occurrence of HIV infection. Lack of perception of HIV is also one of the factors that impede changes in sexual behavior among adolescents and adults.

2. METHOD

The method in this study is a qualitative literature review study, in which the researcher searches for the next article to review the article. The search was carried out by collecting scientific articles published on Google Scholar, Science Direct and scientific journals published at national and international levels with a publication period of the last 10 years, namely 2012 – 2022. The search was carried out using the keyword Health Preventive Behavior HIV/AIDS. Journals selected with inclusion criteria, namely free access, have the same topics as those studied, full text journals, articles published in 2012 – 2022. A total of 15 journals were included in this review.

3. RESULTS AND DISCUSSION

Table 1. Contains data from a review of 10 articles regarding the discussion of health preventive behavior for HIV/AIDS

Writer	Title	Research purpose	Method	Result
(Tantri et al., 2021)	Increasing prevention of HIV - AIDS for adolescents through the implementation of education through the peer education method	Increasing the role of young students in educating their peers and increasing the knowledge of young students about HIV-AIDS prevention	Peer education	The results show that the provision of peer education on how to prevent and transmit the HIV-AIDS virus is going well and can be applied by students in everyday life.
(Wilda et al., 2019)	Analysis of factors related to HIV/AIDS prevention behavior in female sex workers in the city of Padang	To find out the factors associated with HIV/AIDS prevention behavior in female sex workers in the city of Padang	Mix method, which is a combination of qualitative (technical triangulation method) and quantitative (questionnaire) approaches	Attitudes towards HIV/AIDS prevention by using condoms, health checks and sharing information about HIV/AIDS and the existence of social support from the surrounding community (social support)
(Chalya et al., 2019)	Factors associated with behavior to prevent transmission of Human Immunodeficiency Virus (HIV) by housewives in Nganjuk, East Java	knowing any factors that influence behavior prevention of HIV transmission by housewives stairs in Nganjuk, East Java	quantitatively with purposive sampling technique	The results showed that the provision of VCT education and examinations had an important role in HIV prevention behavior among housewives
(Lenny et al., 2015)	Knowledge, attitude and prevention of HIV/AIDS among housewives	To improve knowledge of at-risk housewives suffering from HIV/AIDS	Respondent-based survey using accidental sampling method	The results of this study indicate the provision of information about HIV/AIDS through the media communication can improve knowledge of housewives who are at

(Arum et al., 2022)	Factors related to HIV/AIDS prevention behavior in housewives	For shape health attitudes, actions, and behaviors including HIV/AIDS prevention behavior towards housewives and their husbands	Respondent-based survey using the Proportionate Stratified Random Sampling technique	risk of suffering from HIV/AIDS The attitude of preventive action in the form of absorbing information on social media and having good husband support is expected to increase HIV/AIDS prevention behavior among housewives.
(Binov et al., 2019)	HIV and AIDS management and prevention in an integrated, appropriate, collaborative and sustainable manner (ketep kober) in the district Semarang	As an expansion in the prevention of HIV AIDS and an increase in effective interventions to halt the rate of spread of HIV infection	Descriptive research and qualitative data analysis	The results of the study revealed that it is necessary to carry out intensive socialization of counseling related to HIV AIDS through various sectors
(Yetik et al., 2017)	HIV/AIDS prevention behavior	Describe the behavior of prevention of transmission of HIV/AIDS to people with HIV/AIDS in Semarang City.	Qualitative research with snowball sampling technique of taking informants	The results of the study revealed that the behavior of preventing the transmission of HIV/AIDS in PLWHA in Semarang City had been carried out well. This is indicated by the good knowledge of HIV/AIDS in the informants.
(Moh Khotibul et al., 2017)	Perceptions about HIV/AIDS and HIV prevention behaviors among university student in Indonesia	Knowing the relationship between perceptions about HIV/AIDS with HIV prevention behavior in college students in Semarang	Respondent survey using stratified random sampling technique	The attitude of preventive action and education remains main strategy against HIV transmission
(Erna et al., 2021)	Analysis of HIV/AIDS prevention factors in nursing students using the health belief model theoretical approach	To find out the factors related to HIV/AIDS prevention in nursing students	Quantitative research with a cross sectional approach	The results of the study show that perceptions (vulnerabilities, seriousness, obstacles), perceptions of cues to act, self-efficacy have a significant relationship with HIV/AIDS prevention
Yenni et al., 2016)	Health belief model : health	knowing the relationship	Cross sectional using a	The results showed that there was a positive

<p>preventive behavior of sexually transmitted infection in female sex workers in Surakarta</p>	<p>between the health belief model (HBM) regarding the behavior of preventing sexually transmitted infections (STIs) in female sex workers (WPS).</p>	<p>sampling technique in the form of a questionnaire</p>	<p>relationship between perceived vulnerability, severity, benefit, inhibition, self-efficacy, and action stimulus in HBM theory on STI prevention behavior.</p>
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The review identified 10 articles that discussed HIV/AIDS. From these 10 articles, research by providing peer education by Tantri et al., 2021, revealed that this approach was successful and effective for adolescents. The outputs that are expected to be achieved are increasing the participation of young students in educating their peers, and increasing the level of knowledge of young students about HIV-AIDS prevention.

Research conducted by Wilda et al., 2019 and Yenni et al., 2016 shows that the thing that influences the behavior of WPS in preventing HIV/AIDS is the support from the closest people so that it will make them feel comfortable and feel cared for. According to Notoatmodjo, the support of health workers is a reinforcing factor that can change a person's behavior. As stated by Rogers (2003) where before someone decides to behave, it will begin with receiving information and encouragement from trusted people such as groups or officers. Another form is in the form of sharing information about HIV/AIDS, recommending the use of condoms, as well as suggestions or invitations to check their health because the more they feel a person is at risk for a disease, the better the preventive measures taken will be.

Research conducted by Chalya et al., 2019, Lenny et al., 2015 and Arum et al., 2022, identified that husbands' support and loyalty to their partners as well as VCT (Voluntary Counseling and Testing) examinations were very important in reducing sexual behavior for housewife. The provision of VCT education and examinations has an important role in prevention efforts for housewives and prospective married couples because exposure to information is the main basis before other variables. If housewives, both young and old, are given the right information and have the right understanding about HIV/AIDS, it will affect the prevention efforts they take.

Research conducted by Binov et al., 2019 shows that to improve the quality of life and health of people infected with HIV/AIDS, prevention in the form of outreach from various sectors such as government agencies, education, village communities, organizations, youth groups and all targets that can still be reached is urgently needed. Furthermore, research conducted by Moh Khotibul et al., 2017 and Erna et al., 2021 found that health prevention behavior occurs when there are beliefs or strategies or personal perceptions to reduce the occurrence of HIV/AIDS infection. Personal perception is influenced by various intrapersonal factors that influence health behavior.

According to research by Yetik et al., 2017, it states that the behavior to prevent HIV/AIDS transmission in PLWHA (People living with HIV/AIDS) has been carried out properly. This is indicated by the good knowledge of HIV/AIDS in the informants. All informants felt that they were at high risk if they were infected with HIV/AIDS and would feel ostracized by society if they were infected with HIV/AIDS. Obstacles that are felt related to ARV (Anti Retro Viral) are the feeling of forgetting to consume and the perceived side effects of ARV. All informants have done VCT examinations. If you want to have children, the informants consulted a doctor. Condom use has been consistent in PLHIV couples, but when planning to have children, the condom will be removed.

Based on the results of the discussion above, the prevention behavior of people with HIV/AIDS and those who do not suffer, namely prevention of transmission regarding sexual relations and the need for VCT examinations. This is because VCT is effective in reducing risky sexual behavior. In addition, VCT is also considered a cost-effective preventive intervention in reducing sexual behavior.

4. CONCLUSION

From a literature review study conducted on 10 journals with different characteristics, the results of HIV/AIDS prevention behavior were obtained. Health preventive behavior that is most often carried out to prevent the occurrence of HIV/AIDS is VCT examination and providing education about HIV/AIDS and preventing sexual transmission such as using condoms and being faithful to your partner.

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