

How to find HIV AIDS information for adolescent

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Abstract

HIV and AIDS case have increased while the knowledge of adolescents still low, this is a problem in handling cases of HIV and AIDS. The purpose of this research is to find out an overview of internet usage to search an information about HIV and AIDS. The research method uses a qualitative approach, a type of descriptive analytic research, a cross sectional approach. The subjects of this research were adolescents who accessed information about HIV and AIDS using the internet for at least the last 6 months and were willing to become respondents. Sampling techniques using purposive sampling. The results show that knowledge about HIV and AIDS is still lacking, especially in the signs and symptoms and transmission of HIV and AIDS, there is still a stigma against people with HIV and AIDS. All informants said that using the internet on their own initiative, most of the informants said that using the internet was approximately 2-5 hours a day, on average using the internet more than 2 years ago. Most respondents said that they had sought information about HIV and AIDS even if they were not intense only if they needed it. Suggestions for health cadres are expected to be able to propose the formation of Adolescent Family Development (BKR) or the Adolescent Reproductive Health Counseling Center (PIK-KRR) in collaboration with the District and BKKD District.

Keywords: *HIV and AIDS; Internet*

INTRODUCTION

The development of HIV and AIDS (Human Immuno Deficiency Virus Acquired Immune Deficiency Syndrome) problems is increasingly worrying both in terms of quantitative and qualitative. Indonesia is the fifth country in Asia most at risk of HIV / AIDS. HIV is one of the infectious diseases that are grouped as factors that can affect death. The actual number of HIV & AIDS cases recorded is far smaller than the actual prevalence as the Iceberg phenomenon (Ministry of Health RI, 2011).

Based on data from the Directorate General of Prevention and Control of Diseases, the Ministry of Health of the Republic of Indonesia (2016) First Quarterly Progress Report (January - March) in 2016 showed that the number of HIV cases reported was



7,146 people, while for AIDS cases as many as 305 people. Cumulatively HIV and AIDS cases from April 1, 1987 to March 2016 were 198,219 cases of HIV and 78,292 cases of AIDS. The highest HIV infection percentage was reported in the age group of 25-49 years (69.7%), age group 20-24 years (16.6%), and age group ≥ 50 years (7.2%). While for the highest percentage of AIDS in the age group 30-39 years (37.7%), the age group 20-29 years (29.9%) and the age group 40-49 years (19%). The highest percentage of HIV risk factors were risky sex for heterosexuals (47%), male who have sex with men (25%), others (25%), unsterile syringe users in injecting drug users (3%). The highest percentage of AIDS risk factors were risky sex in heterosexuals (73.8%), male sex men (MSM) (10.5%), unsterile syringe users in injecting drug users (5.2%) and perinatal (2, 6%). It shows that HIV and AIDS risk factors are dominated by risky sex in heterosexuals.

Based on the Skin and Genital Specialist Doctor Association (PERDOSKI DIY) stated that HIV / AIDS sufferers who were previously adults, now begin to shift into adolescents aged 20-24 years. Based on PKBI data of Kulon Progo, it was found that HIV-AIDS cases in Kulon Progo are getting increased. From 158 in 2015 until November 2016 the number increased to 177 cases. While the number is estimated continuing to grow along with changes in pattern of life (life style) and progress of an area. At least all sub-districts in Kulon Progo, found cases of HIV-AIDS virus sufferers.

To control transmission and prevention, the AIDS Commission continues to take several preventive measures, ranging from socialization, mentoring to several prevention efforts. Not only in the community, but also touch students through reproductive education. The low level of knowledge of adolescents makes the problem of handling HIV and AIDS cases, where there is a period of trial and error. Nowadays, communication is needed in all aspects of human activities. The rapid development of technology today requires us to be responsive for everything that relates to advanced technology as a tool of communication. Technology will always develop quickly and cause various influences on human life. Smartphone is one of the most recent technological developments. By using a smartphone, we can access various application services available to chat or chat with friends, pals, teachers, and parents.

Instant application has been favored by the world's population, including adolescents in Indonesia. Indonesia is included in mobile internet users with the youngest age range in Southeast Asia. With the highest percentage of 21% of mobile internet users in Indonesia in the age range of 25-35 years (33%), age range 18-24 years (32%), age range under 18 years (21%), and over age range from 35 years (14%).

Schools in Indonesia has been utilizing the internet as an important means of learning activities. The number of internet users in the world in 2011 has reached approximately 2 billion users. The Asian region accounts for 56% of the human population from all over the world. Indonesian people are quite enthusiastic about social network content on the internet. (Measure, 2011)

The results of research conducted by the Center for Legal Studies of the Indonesian Islamic University (UII) Yogyakarta, said that around 15% of 202 teenage respondents aged 15-20 years had had sex because they were influenced by pornographic impressions via the internet, VCDs, TV and pornographic readings. The research also revealed that 93.5% of adolescents had watched pornographic VCDs for reasons of

curiosity. The impact of accessing the internet on pornographic and watching sites can influence adolescent behavior is an alarming imitation. The events in movies, videos, direct access, motivate and stimulate adolescents to imitate or practice the things they see.

RESEARCH METHODS

This research uses a qualitative, descriptive analytic approach. This research uses a cross sectional approach. The variables in this research are the knowledge and use of the internet in the search for information about HIV and AIDS in adolescents. Subjects in this research were adolescents who accessed information about HIV and AIDS using internet media for at least the last 6 months and were willing to be respondents in the research. Sampling technique with purposive sampling.

RESULTS AND DISCUSSION

The results of the Research based on information from informants, found that they obtained information about HIV and AIDS from schools, handphone, laptops and information from peers. Giving information by outsiders more aimed at housewives, not yet touching adolescents.

Based on the results of data collection, the characteristics of the informants can be described in the table as follows:

Table 1. Characteristics of the main respondents

No	Characteristics of respondents	Total
1	Age:	
	• 16 years	5 people
	• 17 years	3 people
2	• 18 years	2 people
	Sex:	
	• female	6 people
3	• male	4 people
	The use of social media:	
	Length of use	
• < 2 years	2 people	
• 2-5 years	8 people	
	Duration of use	
	• ≤ 2 hours/ day	7 people
	• 1-2 hours/ day	3 people

According to the informant, HIV is a virus that weakens the human immune system. AIDS is a collection of symptoms that arise from the HIV virus. HIV is caused by multiple sexual partners, drug use, blood transfusion. The informant said he did not know about the symptoms of HIV and AIDS. Preventions are carried out by not doing multiple sexual partners and staying away from drugs.

As seen in the following sentence:

"... HIV is a virus that weakens the human immune system. whereas AIDS is a collection of symptoms that arise due to the HIV virus ... the cause may be due to free sex, drug use ... oh, are there any symptoms of HIV/ AIDS? I havent known yet ... yes if you don't want to get infected, you can't have sex first before marriage, don't use drugs, it's safe, just living healthy is safe ... "(L, 16 years).

According to another informant, the statement stated that they did not know about HIV and AIDS, both from definition, causal factors, signs and symptoms. As seen in the following sentence:

"..HIV and AIDS are the same as infectious diseases, yes maybe, it is "karma" for those who get the disease, have done bad thing... do not know what the sign and symptoms ... contagious by living together, like using the same eating place, shaking hands.. I am afraid to get closer ... and as prevention, dont do sexual intercourse first ... "(H, 16 years).

Finding for information about HIV and AIDS on the internet is their own initiative. Informations sought are related to symptoms, transmission and prevention of HIV and AIDS. This is done because they have learned lessons at school, but it is not too clear, there is a sense of reluctance to ask others and shame. Now, accessing information is not routinely done, only when they want to get some informations. As seen in the following sentence:

"... At first, I just wanted to know about by myself ... looking for transmission media, it's horrifying if I'm infected, how about the signs and symptoms, so if I don't want to get infected, what should I do... I used to get info when I was junior high school but it was not too clear, I was ashamed to ask, afraid of being teased by friends, just looked for by myself on the internet ... did not routinely look for it, only when I needed it ..."(J, 17 years).

According to other informant, they have never sought information about HIV and AIDS on the internet because they feel they do not need this information. As seen in the following sentence:

"... never looking for information on the internet, using the internet only to find school assignments, games, youtube and facebook, not thinking about looking for HIV and AIDS ... (H, 16 years).

Knowledge in the use of internet in finding information about HIV and AIDS

The results of this research found that most informants said that they knew the meaning of HIV and AIDS. HIV is virus that weakens the human immune system. Whereas AIDS is a collection of symptoms that arise due to the decline in the human immune system due to being attacked by HIV. This is in accordance with the theory that the Human Immunodeficiency Virus (HIV) is a virus that attacks the human immune system and can cause Acquired Immune Deficiency Syndrome (AIDS). Acquired Immune Deficiency Syndrome is a collection of symptoms that arise due to decreased immune system caused by HIV. The human body has the immunity to protect itself from external attacks such as germs, viruses and diseases. AIDS weakens or damages the body's defense system, so that other types of diseases eventually come. Acquired Immuno Deficiency Syndrome (AIDS) is a collection of symptoms caused by the HIV retrovirus that attacks the body's immune/ defense system causing severe damage and so far the drug is unknown. AIDS is short for Acquired Immune Deficiency Syndrome (acquired defect syndrome), which is a collection of disease symptoms due to a decrease in the immune system by a virus called HIV.

Knowledge is the result of human sensing or the results of one's knowledge of objects through their senses (eyes, ears, nose and so on), one's knowledge including health is influenced by several factors, education, mass media exposure, economy or income and social relationship (Notoatmodjo, 2010).

The research showed that a small number of informants said that HIV and AIDS was a "curse" disease, karma, because they had done bad things, that were not in accordance with the norm. This shows that there is still a negative perception/ stigma in society/ adolescents related to HIV and AIDS. This is less appropriate, because HIV transmission is not only from unsafe sexual relations, but can be from the use syringe alternately, blood transfusions infected with HIV and from mothers who have HIV and AIDS transmitted to their children during pregnancy, during the process of giving birth and breastfeeding. Stigma is an act of giving a social label that aims to separate or discredit a person or group of people with bad marks or views. In real life, stigma causes discrimination acts, namely the act of not recognizing or not striving to fulfill the basic rights of individuals or groups in accordance with human dignity (Monjok et al, 2010). Stigma about HIV is still happening in the community which is one of the obstacles to HIV / AIDS prevention (Ministry of Health, 2012).

Stigma occurs because of the perception that they are perceived as "enemies", "diseases", "embarrassing elements of society", or "those who are not obedient to the prevailing community and religious norms". The implications of stigma are not only in certain people or groups but also in families and related parties (Monjok et al, 2010). This stigma originated from the first transmission found in Indonesia to homosexuals in Bali.

Stigmatization or stigmatizing actions occur through several different processes such as, the actual stigma of stigma that is experienced if there are people or communities that take concrete actions, both verbal and non-verbal that cause others to be distinguished, potential Stigma or felt (felt), that if the stigma does not occur, but there is a sign or discomfort feeling, so that people tend not to access health services, internal Stigma is that someone judges himself as "not worthy", "disliked by society".

Stigma process is not singular, some of these processes can occur simultaneously and can be multiple stigmatization, for example "injecting drug users (IDU)" (Parker and Aggleton, 2002).

All respondents said that they did not know about the signs and symptoms of HIV and AIDS. This can be seen from the answers of respondents who said that by living together with people living with HIV and AIDS such as using a place to eat together with people with HIV and AIDS, shaking hands can get infected with the disease. So that adolescents tend to avoid HIV and AIDS sufferers to protect themselves from contracting the disease. By not knowing about the signs and symptoms of HIV and AIDS causes them stigmatize people with HIV and AIDS.

Knowledge about HIV/ AIDS can be obtained through information media that are intermediaries in delivering information, stimulating thinking and ability and also increasing knowledge. Sources of information can be obtained through printed media (newspapers, magazines, books), electronic media (television, radio, internet). As a result, someone who is more often exposed to mass media will get more information than people who are not exposed to mass media. It means, exposure to mass media affects a person's level of knowledge.

The reasearch of Babalola et al (2009) in Annisa (2014) found that one's exposure to information media increases knowledge about HIV. HIV knowledge is related to the attitude of accepting someone who is infected with the HIV virus. Based on the results of the research indicate that the opportunity in providing information or increasing knowledge of adolescents about HIV and AIDS can be given very well using social media or the internet.

The Use of the internet in finding for information about HIV and AIDS in adolescents

Generally, social media refers to communication tools between people where they can create, share, and exchange information in internet networks. In addition, social media is also defined as a form of computerized mediated communication, such as e-mail and online conversations that allow users to exchange content via the internet (Collins, 2014).

According to the informant, at first they searched for information about HIV and AIDS on the internet was due to their own initiative. The informations sought are related to symptoms, transmission and prevention of HIV and AIDS. This is done because they have learned lessons in school but it is not too clear, there is a sense of hesitation to ask questions and shame. Now accessing information is not routinely done but only when they need some informations.

The results of research on internet use indicate that the number of 10 respondents who stated using the internet at the most between 2-5 years ago was 8 respondents (80%), the duration of use was more than 2 hours / day. Active internet use is as many as 6 respondents (60%) because women focus more on the ability to improve the quality of life, compared to men who only see technical specifications technologically. Besides that, Sheldon (2008) found that women prefer social media to socialize relationships with family, and friends, spend time, and entertainment, but men prefer to use social media to meet or find new people. It is in accordance with the results of a survey conducted by the Indonesian Internet Organizing Association (APJII) in 2016, about

Indonesian children starting to come into contact with the internet, namely 768 thousand vulnerable users aged 10-15 years, social media is one type of internet content the most highly accessed from other types of internet content, reaching 97.4% of users (Ngazis and Haryanto, 2016), thus it can be concluded that these students have started using social media since they were 10 years old because social media is easily accessible, even by minors.

This research shows that in the gender sector most of the active use of social media is women, as many as 6 respondents (60%). APJII and PusKaKom UI's research results in the gender sector in 2014 revealed that social media users in Indonesia were dominated by women, namely 51% of users (Maulana, 2015). This shows that women are more dominant in using social media compared to men because women focus more on the ability to improve the quality of life, unlike the case with men who see only technical specifications technologically.

In accordance with Azwar (2016) that social media is one of things that can provide a major influence in the formation of opinions and beliefs of people, the presence of social media that brings information will provide an affective basis in assessing things so that a certain attitude is formed. Respondents who get information from social media with heavy user categories, caused by simply access social media among adolescents. Social media is one of the modern tools or intermediaries used by someone to interact and communicate without obstacles and barriers such as age, gender, professions or state restrictions, so that it becomes an attraction for adolescents in using social media because it is not limited to anything .

Based on this research, the longer the respondent using the internet, the more active also in the users. This research is in line with research conducted by Aprinta and Dwi (2017) that there is a positive relationship between the intensity of social media use with social sensitivity among adolescents, which means that the more often adolescents access social media, the more often they will seek information using social media, so he is active in interacting using social media.

CONCLUSION

Knowledge about HIV and AIDS is still lacking, where results are obtained that most informants know the meaning and ways of prevention of HIV and AIDS. Most of the respondents did not know about the signs and symptoms and also transmission of HIV and AIDS. All informants said that using the internet on their own initiative, most informants said using the internet was approximately 2-5 hours per day, on average using the internet more than 2 years ago. Most respondents said that they had sought information about HIV and AIDS even they were not intensive, only if they needed it.

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