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# EDUCATION ABOUT HIV/AIDS AND PREVENTION USING AN ISLAMIC RELIGIOUS APPROACH TO ADOLESCENTS AT THE BAITURRAHMAH PADANG NURSING ACADEMY

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## ABSTRACT

Indonesia is one of the countries listed. The incidence of HIV/AIDS is still high and inclined to increase every year, and it is still like an iceberg that is very difficult to solve. The spread of the HIV/AIDS virus in Indonesia has reached an alarming and dangerous stage because it has entered the behavioural group risk high with levels spread rapidly and has spread across almost all groups (MUI 2019). HIV/AIDS is a potential disease that gives rise to terrible health, psychological, economic and social. The recorded number of sufferer disease infectious sexual activity (HIV/AIDS) in the 25-49 year age group was 67.9 %, followed by the 20-24 year age group, 17.7 % (Siha Ministry of Health, 2022). Discrimination against people who have HIV/AIDS is still a disease that happens everywhere, so it gives a feeling of dissatisfaction and -confidence to sufferers. The stigma that often arises from the public is that this disease constitutes a consequence of evil, immoral behaviour, so it is difficult to accept people who have been affected by the disease to live everyday life in the middle public. In-service activities: This society aims to improve the knowledge of teenagers about basic concepts of HIV /AIDS as well as increase the ability and faith of adolescents in prevention and management so that enhancement the number of cases and transmission can be enhanced. Service activities This community event was held on November 12 2023, in the Baiturahmah Padang Nursing Academy campus hall using the lectures and brainstorming for teenagers level 2 at the Baiturahmah Nursing Academy with improving activity results in students' knowledge and understanding of further information about HIV / AIDS. It is hoped that teenagers will get knowledge about HIV/ AIDS and can provide education to peers and family as well as to the community in the environment nearby so it can be lowered future incidence of HIV / AIDS.

*Keywords:* Education, HIV/AIDS, Prevention, Role of Islam, Youth

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## INTRODUCTION

HIV (Human Immunodeficiency Virus) is a virus that weakens man's immunity. HIV attacks the human body in a way that kills or destroys cells that play a role in the immunity body to fight infection and cancer decreased drastically (Sunaryati, 2011). The spread or infection of HIV is relatively fast and attacks the immune system of humans, for which, until now, there is no effective drug to cure it entirely from HIV infection. This, if it is not addressed quickly, will result in somebody affected by acquired immune deficiency syndrome or AIDS.

AIDS (Acquired Immuno Deficiency Syndrome) is a bunch of symptoms of an infection caused by a virus that damages the immune system's body. Apart from that, AIDS can also cause complications in various diseases, such as disease lung, ducts, respiratory disease, nervous disease and psychological (Sunaryati, 2011). HIV/AIDS is a persistent disease growing and becoming a global health problem in both developed and developing countries. The number of HIV/AIDS cases in adolescents has increased, and teenagers are a group at risk for HIV/AIDS transmission. His

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height and the number of people living with HIV are severely worrying. Mobility tall teenagers cause social cultural change as well as physique and psychological. As a result, teenagers have a high susceptibility to various types of diseases, especially HIV/AIDS. Those who have been infected with HIV/AIDS find it very difficult to recover because the immune system's body has been invaded by infection from the HIV germ.

Therefore, it must be done immediately with a severe government or public response. Apart from that, it's a gift of good information and knowledge about the disease that will help teenagers make an effort to prevent HIV/AIDS disease. One of the factors that are very risky in transmitting HIV and AIDS is many deviation behaviours sexually, which can ultimately have an impact on HIV/AIDS being transmitted through direct contact with media containing HIV, such as blood, semen ( sperm ), vaginal fluids, fluids presemunal and breast milk. Most HIV infections are caused by connection sexual relations between individuals, one of whom is HIV positive.

Based on research conducted on teenagers at Karanganyar Middle School with a quantitative approach with a cross-sectional design, research results show that most students ( 532.3%) had a Lack of knowledge about HIV /AIDS. As many as (18.5%) have good knowledge about HIV /AIDS, and as many as 29.2% have sufficient knowledge. It can be concluded that most have low knowledge about HIV / AIDS, so they require enhanced knowledge through giving health education related to HIV /AIDS and its prevention.

In giving help to people living with HIV/AIDS, according to Dadang Hawari from Angle Look at Islam, there are some steps possible approach among others: Patients with HIV/Aids. As a result, adultery or free sex shall repent with repentance nausea and promise not to behave worse and not contagious to a partner or other people. That also does good and charity pious with piety to Allah SWT sincerely, as *God's word* in letters *Al-Imran verse 102 which means: " O you who believe, fear God with a genuine fear of Him, and do not dead except in the circumstances Muslim (QS: AL-Imran: 102).*

The second is if the person living with HIV/AIDS is religious, Islam multiplies worship, prayer, and zikir, asking for Forgiveness from God for the wrong actions that

have been done so that the soul is calm to live life.

### **Purpose**

As for goals from service activities, this society is to provide education and basic information about HIV/AIDS disease. How? Spread of infection from HIV/AIDS and at the same time prevention for teenagers so they can protect themselves against various disease dangerous contagion. One of the businesses that can be done with the Islamic religious approach is based on faith that has set how to behave well and does not violate actual religious teachings; expected teenagers can prevent the behaviour from approaching the cause of the emergence of deadly diseases.

### **Time and place**

Service activities This community event was held at level 2 of the Baiturrahmah Padang Nursing Academy, with the activity time being held on Monday, November 12 2023, from 11.00 to 12.30 WIB

### **Target/ target**

Targets for service activities These people are level 2 students at the Baiturrahmah Padang Nursing Academy campus, with as many as 28 people.

### **Method**

The method used for service in this society is analysing the situation, identifying the problem, and making it a priority. The activity design is carried out using method lecture and Q &A to give in-depth education for teenagers about information basics about HIV/AIDS and how to prevent it as well as handle it following the guidance of the Islamic religion. This service is carried out directly with the flow of opinions between students at the Baiturrahmah Padang campus.

### **Preparation phase**

The preparation stage for this activity is after obtaining permission from part student affairs and forwarding to the director of Akper Baiturrahmah a series of activities as follows: proposing by compiling a series of outreach and submission activities, permission request letter, activities, time contract with the campus and

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make schedule agreement was interrupted free lecture hours.

### **Implementation Level**

Activities are from 11.00 until 12.30 WIB, with implementation carried out following the activity plan that has been made. This outreach activity was preceded by delivering the main points of the material to be given using an LCD projector with a laptop equipped with images appropriate to the material counselling.

At the beginning of the activity, the resource person introduces yourself and conveys the purpose and objectives of service activities in this society so that teenagers understand and try to be active in the flow of opinion while the activity occurs. After the introduction, resource persons immediately held counselling, and all teenagers listened to activities actively and solemnly. After the speaker gave counselling, the activity continued with a question session answer and vented direct opinions to participants led by the resource person. Each teenager is allowed to convey questions and opinions about HIV /AIDS, and some others are given time and opportunity to respond to their friends' questions and arguments. After completing all the questions answered, the resource persons jointly create a conclusion with teenagers regarding all the material provided.

### **Evaluation Stage**

After the activity has been completed by the resource person and the team, to find out the extent of success of this community service activity in general, it can be seen from the learning objectives, the process of providing the material, the effectiveness of the methods used and the participants' ability to understand the material provided and so on. The participants who attended were enthusiastic and actively asked questions during the outreach activities. The results of this evaluation are used as the basis for compiling activity reports. This activity report is prepared as an accountability report for what has been implemented based on the extension activity process.

## **RESULTS AND DISCUSSION**

This community service on Monday, November 12 2023, went well and smoothly. The counselling carried out can be well understood by students following the learning

objectives that have been designed regarding in-depth information about HIV/AIDS infection, how the disease progresses, the causes of disease transmission and prevention and management based on a religious approach in providing help to people living with HIV/AIDS. From an Islamic point of view, there are several steps that sufferers can take, including learning to stay away from wrong sexual relations that do not follow religious teachings, as well as increasing devotion and faith in Him. Based on the research results of A. Fanconi et al., with the title The

Concept of Overcoming HIV and AIDS from an Islamic Education Perspective found that several steps can be taken to prevent HIV and AIDS at the individual level by following the sunnah of the great prophet Muhammad SAW. To avoid the root cause of the transmission of this very malignant and deadly disease, by Marrying those who can afford it, being loyal to their partner, providing sexual education for teenagers, avoiding the use of drugs or illegal drugs, and providing psychotherapeutic assistance to people living with HIV/AIDS so that they are confident in living their lives in society.



Research conducted on teenagers at Karanganyar Middle School with a approach quantitative with a cross-sectional design with research results showed that most students ( 532.3%) had a Lack of knowledge about HIV /AIDS. As many as (18.5%) had good knowledge about HIV /AIDS. As many as 29.2% have sufficient knowledge. It can be concluded that most have low knowledge about HIV / AIDS, so they require enhanced knowledge through giving health education related to HIV /AIDS and its prevention.

To avoid depression due to the discrimination they face in society, the treatment that can be given to sufferers to restore self-confidence and strengthen self-confidence can be therapy through counselling (consultation), provided that confidentiality is maintained so that people living with HIV / AIDS can live the rest of his life in peace.



The results of other studies say that the cause of HIV/AIDS is around 80% -90% due to bad behaviour by changing partners, which is not halal. This shows a vile and cursed act which Allah SWT strictly forbids. (Abdussattar, Abd al-Ghurrah, ed, 2010). According to Islamic teachings, it is full of guidance to avoid things that could harm oneself or endanger others, including being careful about diseases that have the potential to spread.

The Islamic treatise brought by the prophet Muhammad, peace be upon his people, is a religion expected to bring blessings to the world. His teachings, sourced from the Qur'an and Hadith, guide various aspects of human life to bring benefits in forming and creating quality human beings, including the teachings to take care of oneself and preserve health.

## CONCLUSION

Community service activities regarding education, the introduction of information about HIV/AIDS, prevention and control of HIV and AIDS transmission, and how to approach prevention and control using a religious approach using lectures and brainstorming methods can provide increased knowledge and in-depth understanding of the participants. Teenagers at level 2 of the Baiturrahmah Padang Nursing Academy against disease transmission can understand how to prevent it effectively academically and by using an Islamic religious approach. This is proven by all the questions given being answered well and correctly.

## SUGGESTION

It is hoped that the educational activity program that has been implemented can be carried out continuously on an ongoing basis because it can have a positive impact on increasing knowledge and changing the excellent behaviour of teenagers and can increase obedience to the teachings of the religion adhered to prevent and provide psychological care to people living with HIV/AIDS. AIDS.

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