

Increasing Of HIV / AIDS Prevention And Drugs Through Whatsapp Based Training And Assistance In Adolescents In Batang Kuis Deli Serdang District

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Abstract— The development of the era in the digital era in addition to having a positive impact both on the development of adolescents, it also increased exposure to drugs and HIV / AIDS for adolescents. As a result, the adolescents phase which is famous for the trial and error phase can easily absorb the exposure and be trapped in negative behaviors that lead to a deviation in the use of drugs and free sex which increases the incidence of HIV / AIDS. Therefore, through digital sophistication through whats app messages, teenagers need to be trained and assisted in improving HIV / AIDS and Drugs prevention behavior. This study used the nonequivalent control group design approach with pretest and posttest with predetermined samples consisting of 2 groups. First group only gets training while the second group gets training and guidancing using messages through whatsapp. Data analysis using Friedman test and Wilcoxon test for Post Hoc Analysis. The results showed that there are differences in actions in the two groups before and after the provision of training, as well as assistance through whatsapp messages. The group that received training and assistance through whats appmessages has improved prevention measures that are better and more stable. The health office should use social media to support health promotion programs for other programs.

Index Terms – : HIV / AIDS, Drugs, Action, Training, Whatsapp

1 INTRODUCTION

Adolescence phase is a transition phase from children to adults. Teen life is a life that is crucial for their future lives. Based on the Survei Penduduk Antar Sensus of year 2015 the number of Indonesian teenagers reached 42,061.2 million or 16.5 percent of the total population of Indonesia¹. Based on Aini's (2011) research, adolescence is a phase where humans are currently seeking their identity. During the process of searching for identity, usually teenagers always want to try whatever they like and are suitable for themselves, other than that teenagers usually look for their future shape in the future. So it is not uncommon for us to meet in adolescence if the wrong way will form the pattern of his life which will also go wrong in the future².

According to Isfandari (2014) No more than 10% of adolescents have health problems, but adolescents tend to have risky behaviors that adversely affect health in the coming decades. Risk behavior is closely related to psychological factors. Therefore, a method of client centered approach is needed with an understanding of the characteristics of adolescents, can help adolescents do support healthy behavior.³

Based on the Survei Demografi Kesehatan Indonesia year of 2012 on sexual experiences of adolescents, in general, there is one percent of all adolescent women who reported having had sexual intercourse. While male adolescents who have had sexual intercourse are higher than women, which is 8 percent.⁴ The worst effects that arise due to premarital sex are quite complicated, such as unwanted pregnancies that end

in abortion, damage to the social life of adolescents due to premature family.

One method that is effective in improving community action is by increasing behavior through training. Training alone is also considered insufficient, therefore, in the concept of community development, assistance is needed to maintain the consistency of behavior acquired after training.

Many models of mentoring, both directly and based on telecommunications media. The development of communication technology now also affects teenagers to be active in using communication technology, one of which is Whats'app. One of the social media that many teenagers choose because it can bring together hundreds of groups of teenagers in a collective discussion that can be used also for a variety of information.

Jeckoniah (2015) in his research has proven that social media has a close relationship with sexual behavior in adolescents, adolescents tend to often engage in sexual activities that are common in adults. If this condition occurs in Indonesia it will be very contrary to the cultural values that exist in Indonesia. One of the most affected is the adolescent age group.⁵

2. LITERATURE REVIEW

Training

Veithzal (2004) asserts that "training is a systematic process that aims to change a person's behavior in order to achieve certain goals.⁶ So, training has an orientation to help someone achieve certain skills and abilities to successfully

carry out their work. " Training is an effort that aims to improve the knowledge, skills, and attitudes of a person or group of people in a particular work assignment and carried out in a relatively short time and with a systematic method and prioritizing practice rather than theory.

Social Media Whatsapp

According to Hartanto in Wikipedia (2018) WhatsApp is a messaging application found on smart phones with basic programs such as BlackBerry Messenger. WhatsApp Messenger is a messaging application that makes it easy for people to exchange messages without shipping costs. WhatsApp can send files like, 1) Photos or images taken directly from the camera, storage space on the mobile phone) 2). Video taken directly from the video camera, storage space on mobile memory 3). Audio taken directly records the sound of storage space on mobile phones 4) Location where someone is with the help of Google Maps) 5). Mobile number by sending contact details from the list of cellphone numbers.⁷

One of the advantages of whatsapp is most often used by the community is the ability of the application to coordinate several people in a group together. This group can contain more than 200 participants and allow members in one group to send certain messages in the form of written.

3. RESEARCH METHODS

This study uses the nonequivalent control group design approach with pretest and posttest with predetermined samples consisting of 2 groups. Group one only gets training while the second group gets training and mentoring using messages through whatsapp.

According to Gay and Diehl (1992) that the sample size received will depend largely on the type of research. If experimental research, the minimum sample is 10-20 subjects per group.⁸ Therefore each group numbered 20 teenagers from Batang Kuis Subdistrict, Deli Serdang District.

Data analysis using Friedman test, then continued with post Hoc analysis using Wilcoxon test. This test was conducted to determine the differences in pre-test and post-test.

4. RESULTS AND DISCUSSION

Description of Research Results

The results showed that there was an increase in the average value of the action of the control group before and after the implementation of the training, where the average value of the action from 31.05 to 32.3 for the control group. Whereas for the intervention group increased from 30.05 to 32.55.

In the control group there was a decrease from after training to the last measurement after a month after training from 32.5 to 32.30. Whereas in the intervention group there was an increase in the average value of the action from 32.3 to 36.6. The following is a description picture of the average action before and after the intervention in both groups.

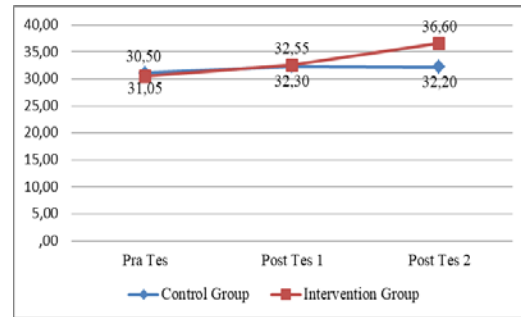


Figure 1. Average Action Value Before and After Intervention in Both Groups

The results showed that there was a decrease in the value of the Standard Deviation (SD) value of the action of the control group before and after the implementation of the training, where the average value of the action was from 1.986 to 1.750.3 for the control group. Whereas for the intervention group decreased from 2.524 to 2.114.

In the control group there was a decrease in standard deviation (SD) from after training to the last measurement after a month after training from 1,750 to 1,473. Whereas in the intervention group there was an increase in the average standard deviation (SD) from 2.114 to 2.741. The following is a description of the average standard deviation (SD) action before and after the intervention in both groups. The following is a description picture of the average action before and after the intervention in both groups.

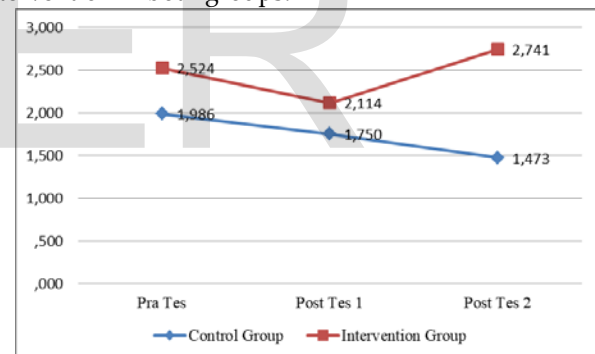


Figure 2. Standard Deviation of Actions Before and After Intervention in Both Groups

Data Analysis Results

The difference in precaution before training (pratest), after getting training (posttest 1), after training and mentoring through whatsapp messages (Posttest 2) will be measured using the Friedman test. Furthermore, to see groups that have differences is done by doing Post Hoc analysis. Post Hoc analysis for Friedman test is by Wilcoxon test.

Following is the Friedman test results for measurements before and after training and mentoring.

Table 1. Results of the Analysis of the Difference in the Average Value of Action in Groups that Get Training and Assistance Using Friedman Tests

Variable	Training and Assistance Group			Training group		
	Mean	SD	p	Mean	SD	p.
Pretest	30,50	2,52	0,00	31,05	1,98	0,00
Posttest 1	32,55	2,11		32,30	1,75	
Posttest 2	36,60	2,74		32,20	1,47	

Information :

Pretest: Action before training & Assistance

Posttest1: Action after training

Posttest 2: Action after mentoring

Based on the above table it is known that there is a relationship between preventive action by providing training and mentoring through whatsapp given to respondents as seen from the difference in the pretest, Posttest 1, and Posttest 2 values with p value (0,000).

In group 2 it was also known that there was a relationship between preventive action by providing training and mentoring through whatsapp given to respondents in terms of differences in pretest, Posttest 1, and Posttest 2 values with p value (0.004).

Here are the results of the Wicoxon test to analyze Post Hoc for Friedman test. The test results can be seen in the following table,

Table 2. Results of Post Hoc Analysis Using the Wilcoxon Test Average Value of Action in Groups that Get Training

value	Action (Pretest) - (Posttest 1)	Action (Pretest) - (Posttest 2)	Action (Pretest1) - (Posttest 2)
Z	-3,106 ^a	-2,298 ^a	-,240 ^b
Sig	,002	,022	,811

Based on the above table it is known that the respondent's actions before training and mentoring through whatsapp are different from the respondent's actions after getting training with p = 0.002. Respondents' actions before training and mentoring through whatsapp are different from respondents' actions after getting assistance through whatsapp with a value of p = 0.22. Respondents' actions after getting training were no different after mentoring through whatsapp with a value of p = 0.811.

Whereas for the intervention group Posthoc analysis can be seen in the following table,

Table 3. Results of Post Hoc Analysis Using Wilcoxon Test Average Value of Action in Groups that Get Training & Assistance

value	Action (Pretest) - (Posttest 1)	Action (Pretest) - (Posttest 2)	Action (Pretest1) - (Posttest 2)
Z	-3,314 ^a	-3,729 ^a	-3,631 ^a
Sig	,001	,000	,000

Based on the above table it is known that the respondent's

actions before training and mentoring through whatsapp are different from the respondent's actions after getting training with p = 0.001. Respondents' actions before training and mentoring through whatsapp are different from respondent's actions after getting assistance through whatsapp with p = 0,000. Respondents' actions after getting different training after mentoring through whatsapp with p = 0,000.

Analysis of Training to Increased Respondents' Action

The analysis shows that there are differences in actions before and after training in both groups. This proves that there is an influence of training on improving HIV / AID prevention and drugs.

This is in line with the research conducted by Soejoeti (2001) which explains that education is needed both in counseling and training for adolescents to be able to increase the knowledge of adolescents, so that adolescents do not misstep in taking action. Therefore the training provided can improve adolescent HIV / AID prevention and drug prevention measures.⁹

In both groups the same training was given at the same time as a participatory and andragogical approach. The training approach provided allows the majority of adolescents to be more open to the problems faced by adolescents related to HIV / AIDS prevention and adolescence.

Peer approach is an alternative that is commonly applied in educating the age group of teenagers. This is in line with Kurniawati's research (2016) which proves that the presence of peer educators who are knowledgeable about reproductive health among peers further improves communication and information among adolescents so that they become more open and there can be heart-to-heart communication. This proved useful and needed to provide information about adolescents.¹⁰

Based on the results of data analysis, it was found that in the control group who were only given training, they experienced a decrease in scores when the intervention group experienced a significant increase after being given assistance through whatsapp.

According to Robert O. Brinkerhoff in Kirkpatrick (2013) that often the training made is not always able to provide optimal impact. As a result training is only able to increase 15 percent of what is learned during the training will be implemented after training if it is not strengthened and monitored. So that if there is no more training, it will decrease the expected action. Therefore, intensive assistance is needed to maintain consistency in improving respondent's actions after training.¹¹

Analysis of Training and Assistance through whatsapp based on religious messages in improving respondent's actions

The results of the study prove that training and mentoring influence the prevention of HIV / AIDS and Drugs. Mentoring through whatsapp messages can significantly increase the score of preventive actions compared to not being given assistance. This is in line with Ekadinata's (2017) study which concluded that WhatsApp can be used as an educational medium as an educational program about type 2 diabetes. In particular, the delivery of picture messages has a higher signifi-

cance than interventions through sending text messages.¹²

The same thing was also proven by Kiswanti (2017) that following the results of his research, it can be concluded that there were differences in knowledge about HIV / AIDS and STIs between before and after the implementation of the SMS reminder application model, there were differences in the attitudes of FSWs in preventing transmission of HIV / AIDS and STIs between before with after applying the SMS reminder application model.¹³ This also shows that the delivery of information through media-based messages is considered to be effective enough to improve community behavior in a better direction. Therefore the use of digital telecommunications media can be an effective medium.

Digital messaging is the latest media that can be used efficiently for services in the health sector, especially in implementing preventive measures. Elly Nurachmah (2009) proved that increasing knowledge through communication, information and education about the factors of prevention of HIV / AIDS through risky behavior is transmitted to junior high school students. As an information communication media that delivers educational messages whatsapp is a good alternative to the message features uploaded into the group.¹⁴

Whatsapp as a form of social media is a medium that can increase social support among fellow members in the group through interesting and evocative information exchange. As part of the social role media that runs on this application helps improve prevention of HIV / AIDS.

According to Suryoputro (2006) that high social activity determines things related to reproductive health, and becomes one of the factors that influence the occurrence of premarital sexual relations.¹⁵ Therefore, the use of whatsapp as a social media must be supported by educational messages so that the information offered influences actions in a more positive direction.

CONCLUSION

There are differences in action scores in the two groups before and after training, as well as mentoring through whatsapp messages. The group that gets training and mentoring through whatsapp has an improved score of preventive actions while those who do not get assistance through whatsapp messages experience a decrease in action scores. The health office should collaborate with the Information and Communication Agency to utilize digital technology based on health education to support health promotion programs for other programs.

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