



SELF-MANAGEMENT APPLICATIONS FOR IMPROVING THE PRODUCTIVITY OF ADOLESCENCE AT RISK OF HIV/AIDS

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ABSTRACTS

HIV/AIDS is a global health problem due to difficulty in spread detection. HIV spread is not visible directly, the symptoms will arise in 10-15 years. Adolescence is the period that is predicted as the highest exposure time in HIV. Self-management based on the mobile-phone app could be used to optimize the adolescents' protection ability in HIV/AIDS. This activity aims to improve adolescent soft skills on using cheap and effective mobile-phone apps to optimize adolescent productivity. Implementation methods are using online learning through video conference, focusing on the use of Self management applications: Smarter time on their activities and overview of HIV/AIDS. The results that they can understand the use of smarter time in time management and daily activity targets. Smarter time can be used as a reminder system. One of the recommended features is the focus mode that allows adolescents to manage the used apps in their mobile phones while being focused on activities without interruption of any other application activities especially social media. Increasing adolescent productivity also can increase positive behavior in leisure time and reduce the risk factors of HIV/AIDS.

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1. INTRODUCTION

The rate of new HIV infections in Indonesia has increased drastically compared to other countries in Asia which have decreased, an average of 3.2% of new HIV cases are detected each year in Indonesia. (Kemenkes, 2018). Indonesia is the fifth country with the

highest prevalence of human immunodeficiency virus (HIV) in the Asian region, which is 0.5% (UNAIDS, 2016) . West Java is one of the provinces undergoing modernization in Indonesia with the fourth largest number of HIV/AIDS sufferers after Jakarta, East Java, and Papua. The number of HIV sufferers in West Java is 18,727 and has been diagnosed with AIDS as many as 4,919 (Kemenkes, 2018)

Bandung occupies the highest city with HIV prevalence of 3,912 people with an average of 200 to 400 new cases per year. The status of the HIV epidemic in the city of Bandung is in the category of a concentrated epidemic, namely HIV transmission in population groups at risk of more than 5% and pregnant women less than 1%. Based on the most occupations, private workers (26.65%) are self-employed (16.75%), and unemployed (14.90%). HIV transmission to housewives (IRT) through sexual transmission which currently reaches 11.70% of the total HIV cases, an average of 40 IRT people are infected with HIV per year. Furthermore, a total of 5,714 children aged 15-19 years were infected with HIV and 2,208 of them were diagnosed with AIDS (Kemenkes, 2018). The prevalence of new AIDS cases was found in the age group of 20-29 years, which was 31.8%, with an incubation period of 10 years, the initial exposure to HIV was in the age group of 10-29 years which was included in the adolescent age group. The prevalence of new AIDS cases in the adolescent group itself was found at 2.9%, which means that the initial period of HIV infection was in the school age range of 6-12 years. At this time children have started to try to be sexually active and have a high curiosity about narcotics abuse so that they become an age group that is very vulnerable to HIV transmission. (Ugarte, Högberg, Valladares, & Essén, 2013).

The city of Bandung is an area of education, tourism, a gathering place for educational institutions, also provides many culinary delights, malls that support youth association. Bandung also has its own characteristics with many inhabited by students, students, and tourists. The condition of several schools in Bandung City being close to prostitution areas, hotels, shopping centers, and stations provides a negative stimulus for students to have risky sex which is considered normal and commonly seen in the environment. This has an impact on behavioral changes that are at risk for HIV transmission, such as free sex, use of illegal addictive substances, and other deviant behaviors. Most of the transmission of HIV is reported through free sex, both in adolescents and those who are married and through the use of injecting drugs interchangeably. In the association of

teenagers, free sex has become commonplace, especially kissing. Most reported sexual activity in Purnama, Darmawati, dan Lindayani (2018) Among them are the activity of kissing the partner's cheek and hugging the partner tightly as an expression of concern for the partner which may continue in sexual activity that leads to free sex.

This is the main gate in the spread of HIV. At this time children have started to try to be sexually active and have a high curiosity about narcotics abuse so that they become an age group that is very vulnerable to HIV transmission (Morales-Quezada et al., 2015). So that aggressive efforts are needed in the prevention and control of HIV. The role of emotional intelligence is very important and is an important indicator for adolescents to behave and behave (Darmawati & Yuniar, 2018). This youth's intelligence can also be influenced by the media which plays a big role during the 4.0 industrial revolution, so it is necessary to optimize the media in a positive direction, one of which is the use of the Smarter Time: time management mobile application which consists of a well-scheduled activity reminder application in improving the quality of life. youth productivity in order to avoid the risk of HIV/AIDS transmission.

The high risk of HIV transmission among adolescents must be balanced with the increased role of health workers in preventive measures, which are limited to health education or brief socialization through advertisements or pamphlets, but also through innovative efforts carried out through appropriate approaches during adolescence today. One of the main points of HIV prevention in adolescents can be pursued by increasing adolescent productivity to shift negative behavior to positive activities that are meaningful in health development in adolescence. Good time management in teenagers, will not let teenagers have time to do things that are not good for themselves (Nurany, Mulyana, & Taftazani, 2016). One of these prevention efforts is through self-management through health applications offered in this activity.

The solution developed in this activity is optimizing the use of the Smarter Time mobile application as youth time management to improve the right soft skills to protect themselves against the dangers of HIV transmission by increasing youth productivity in terms of time management, planning youth activity agendas, and wisdom in use of social media.

2. METHODS

In this program, resource persons provide material online via video conference, with a focus on the general description of HIV/AIDS and efforts to increase productivity in adolescents. The program continued with the introduction and use of a self-management application: smarter time in managing youth activities with several excellent features. These superior features include a reminder system for youth activities, statistics on the use of mobile phones for social media, as well as a focus mode feature that helps teens to concentrate on activities without being distracted by cell phone notifications, including notifications from social media that often distract teenagers.

3. RESULTS AND DISCUSSION

The program is carried out in accordance with the planned flow of stages, and several modifications of learning techniques through video conferencing are carried out in relation to the Covid-19 pandemic.



Figure 1. Video Conference Self management application program in increasing the productivity of adolescents at risk of HIV/Aids

The output of the program is achieved by increasing the soft skills of adolescents against HIV transmission and the application of the Smarter Time mobile-phone app: a simple, inexpensive and effective time management that can be used to increase adolescent productivity and prevent risky behavior against HIV transmission.

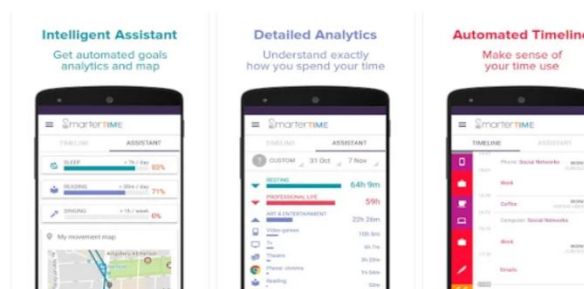


Figure 2. Smarter Time Application

The results of the evaluation of the use of smarter time applications in adolescents showed an increase in adolescent motivation in daily activities. Through the smarter time application, teenagers can find out statistics on the use of social media by teenagers who tend to be excessive. This information changes the habits of teenagers to not always spend time by opening social media applications that spend time without any meaningful productivity or tend to lead to negative desires that lead to sexual behavior. This is supported by the statement Darmawati dan Lindayani (2020) that the use of mobile apps can be an innovative alternative in the prevention of HIV/AIDS in adolescents.

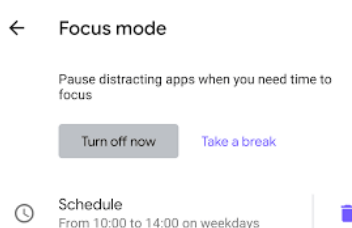


Figure 4. Focus mode excellent features

The superior feature of focus mode can help teenagers in completing daily targets without being disturbed by notifications of social media applications on their cellphones. Teenagers will not be able to access social media accounts that have been previously set, if they are in focus mode. The use of this feature increases the daily agenda targets that can be achieved by teenagers.

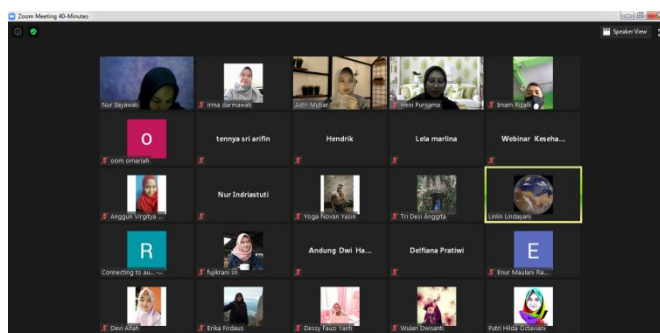


Figure 5. Documentation of adolescence video conference activities

Based on the evaluation results, this application is easy to use and can be applied to increase youth productivity, and keep away from activities that are not useful. Good use of time in adolescents can improve adolescent self-control. Self-control can be defined as an

activity controlling behavior. The ability to structure, guide, regulate and direct forms of behavior that can lead individuals to positive consequences (Aviyah & Farid, 2014).

With good time management, a teenager will also avoid stress and anxiety because if they use their time well, life will run well without negative activities, so the risk of juvenile delinquency can be avoided (Nurany et al., 2016). Good time management skills will form teenagers who have good emotional intelligence and show a good form of self-control who will not be carried away by negative associations. Misguided adolescent associations will increase the risk of HIV/AIDS which can result from the consumption of narcotics and unsafe sexual behavior (Purnama et al., 2018). Basic life skills which include time management, self-control, and good emotional intelligence in adolescents will optimize the development of a healthy soul so that adolescents are able to go through the transition period and can become adults without problems both physiologically and psychologically. Adolescents who are productive and proficient in managing time will keep themselves away from the risk of contracting HIV/AIDS and have a good quality of life in the future.

4. CONCLUSION

This self-management application program is well implemented and effective in increasing the productivity of the use of time for adolescents. Optimizing youth productivity increases positive behavior and reduces risk factors for HIV/AIDS exposure

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