

Efektivitas Model Ketahanan Remaja Tanpa AIDS/RaTnA untuk Meningkatkan Perilaku Pencegahan HIV dan AIDS pada Siswa Sekolah Menengah Atas. = Effectiveness of the Adolescent Resilience Without AIDS/RaTnA Model to Improve HIV and AIDS Prevention Behavior in High School Students.

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Abstrak

Remaja cenderung memiliki perilaku seksual berisiko yang dapat dicegah melalui program edukasi di sekolah. Model Ketahanan Remaja Tanpa AIDS/RaTnA merupakan edukasi berbasis sekolah dilengkapi keterampilan hidup untuk ketahanan remaja. Penelitian ini bertujuan menguji efektivitas Model Ketahanan RaTnA untuk meningkatkan perilaku pencegahan HIV dan AIDS pada siswa SMA. Penelitian ini menggunakan riset operasional melalui tiga tahap yaitu: studi cross-sectional, studi pengembangan model, dan studi quasi-experimental. Tahap pertama melibatkan 619 siswa yang diperoleh dengan teknik quota sampling, tahap kedua empat orang pakar dan tahap ketiga 114 siswa. Tahap pertama mengidentifikasi faktor risiko internal, faktor risiko eksternal, faktor proteksi individual, faktor proteksi sosiokultural, ketahanan remaja serta perilaku pencegahan HIV dan AIDS sebagai faktor kunci yang memengaruhi pengembangan Model Ketahanan RaTnA. Tahap kedua menghasilkan satu buku model dan kurikulum, tiga modul atau buku ajar, sembilan buku kerja, dan satu buku evaluasi sebagai perangkat Model Ketahanan RaTnA. Tahap ketiga menunjukkan bahwa setelah intervensi selama empat bulan, efek pemberian Model Ketahanan RaTnA di kelompok intervensi berdampak signifikan pada skor strategi koping, harga diri, kontrol diri, self-efficacy, pengetahuan tentang HIV dan AIDS, sikap terhadap pencegahan HIV dan AIDS, dan perilaku pencegahan HIV dan AIDS (p value < 0,001). Model Ketahanan RaTnA efektif meningkatkan skor harga diri, self-efficacy, pengetahuan-sikap-perilaku pencegahan HIV dan AIDS, strategi koping serta kontrol diri. Model Ketahanan RaTnA dapat diadopsi untuk asuhan keperawatan pada agregat remaja di komunitas.

.....Adolescents tend to engage in risky sexual behaviors, which can be prevented through school-based educational programs. The Adolescent Resilience Without AIDS (RaTnA Resilience) Model is a school-based education program incorporating life skills to enhance resilience adolescent. This study aims to assess the effectiveness of the RaTnA Resilience Model in enhancing HIV and AIDS prevention behaviors among high school students. This operational research was conducted in three phases: a cross-sectional study, a model development study, and a quasi-experimental study. The first phase involved 619 students selected using quota sampling, the second phase involved four experts, and the third phase involved 114 students. The first phase identified key factors that shaped the development of the RaTnA Resilience Model, including internal risk factors, external risk factors, individual protective factors, sociocultural protective factors, adolescent resilience, and HIV and AIDS prevention behaviors. The second phase resulted in the creation of one model handbook and curriculum, three teaching modules or textbooks, nine workbooks, and one evaluation book as supporting materials for the RaTnA Resilience Model. The third phase revealed that after four months of intervention, the RaTnA Resilience Model significantly influenced coping strategies, self-esteem, self-control, self-efficacy, knowledge of HIV and AIDS, attitudes toward HIV and AIDS

prevention, and preventive behaviors in the intervention group (p value $< 0,001$). The RaTnA Resilience Model effectively improves self-esteem, self-efficacy, HIV and AIDS knowledge, attitudes, and prevention behaviors, as well as coping strategies and self-control. The RaTnA Resilience Model can be adopted as a nursing intervention for adolescent populations in community settings.