

**HEALTH EDUCATION ON THE ROLE OF SPIRITUAL APPROACHES IN
IMPROVING MOTIVATION OF HIV-INFECTED WOMEN AT THE
TULUNGAGUNG AIDS COMMISSION**

**EDUKASI KESEHATAN TENTANG PERAN PENDEKATAN SPIRITUAL
DALAM MENINGKATKAN MOTIVASI WANITA HIV DI KOMISI
PENANGGULANGAN AIDS TULUNGAGUNG**

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Abstract

The trend of HIV and AIDS cases in Indonesia still shows a high number and since 2002 there has been a phenomenon of many housewives with HIV positive. The high number of HIV and AIDS cases in women in Indonesia is a highlight that needs to be given a solution, because mothers who bear and care for children until adulthood, so it is very important to have high knowledge to prevent HIV and AIDS. Providing education also requires a spiritual approach to increase the motivation of mothers in preventing the emergence of new cases of HIV. The purpose of this community service is to provide health education to housewives to increase motivation in preventing transmission. Community service activities are carried out using direct methods by giving lectures and motivators to PLHIV in Tulungagung Regency. Activities are carried out in the meeting room, Tulungagung AIDS Control Commission. The method of implementing community service is counseling via powerpoint and video. Participants are 25 active female PLHIV who are members of the Tulungagung KPA. The results of the pre- and post-test assessments showed a significant difference and showed an increase from the results before counseling and after being given materials on spirituality, so that the motivation of female PLHIV increased. The results of the pre-test assessment showed that the average knowledge of housewives was 32.46%, while after being given health education the results increased to an average of 92.57%. Spirituality is an aspect of the human personality that empowers and influences individuals in living their lives. Spirituality is a dimension related to finding meaning and purpose in life, realizing the ability to use resources and strengths within oneself, having feelings related to God, oneself and the environment.

Keywords: AIDS; Health Education; HIV; Motivation; Spiritual Approach; Women.

Abstrak

Trend kasus HIV dan AIDS di Indonesia masih menunjukkan angka yang tinggi dan sejak tahun 2002 muncul fenomena banyaknya ibu rumah tangga dengan HIV positif. Tingginya kasus HIV dan AIDS pada perempuan di Indonesia menjadi sorotan yang perlu untuk diberikan solusi, karena ibu yang mengandung dan merawat anak hingga dewasa, sehingga penting sekali pengetahuan yang tinggi untuk mencegah HIV dan AIDS. Memberikan edukasi diperlukan juga pendekatan secara spiritual untuk meningkatkan motivasi ibu dalam mencegah kemunculan kasus baru HIV. Tujuan dari pengabdian masyarakat ini adalah memberikan edukasi kesehatan pada ibu rumah tangga untuk meningkatkan motivasi dalam

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mencegah penularan. Kegiatan pengabdian dilaksanakan menggunakan metode secara langsung dengan memberikan ceramah dan motivator kepada ODHIV di Kabupaten Tulungagung. Kegiatan dilaksanakan di ruang pertemuan, Komisi Penanggulangan AIDS Tulungagung. Metode pelaksanaan pengabdian masyarakat adalah penyuluhan melalui powerpoint dan video. Peserta adalah ODHIV perempuan yang aktif dan tergabung dalam KPA Tulungagung sebanyak 25 orang. Hasil penilaian pada pre dan post-test ada perbedaan yang signifikan dan menunjukkan adanya peningkatan dari hasil sebelum diberikan penyuluhan dan setelah diberikan materi-materi mengenai spiritualitas, sehingga motivasi ODHIV wanita mengalami peningkatan. Hasil penilaian pretest menunjukkan rata-rata pengetahuan ibu rumah tangga adalah 32,46% sedangkan setelah diberikan edukasi kesehatan hasilnya meningkat menjadi rata-rata 92,57%. Spiritual merupakan aspek pribadi manusia yang memberi kekuatan dan mempengaruhi individu dalam menjalani hidup. Spiritual merupakan suatu dimensi yang berhubungan menemukan arti dan tujuan hidup, menyadari kemampuan untuk menggunakan sumber dan kekuatan dalam diri sendiri, mempunyai perasaan yang berkaitan dengan Tuhan, diri sendiri dan lingkungan.
Kata kunci: AIDS; Edukasi Kesehatan; HIV; Pendekatan Spiritual; Motivasi; Wanita.

INTRODUCTION

The trend of HIV and AIDS cases in Indonesia continues to demonstrate a concerning upward trajectory and persistently elevated numbers in recent years (Priyantini et al., 2025). This significant public health challenge affects the entire population, as individuals across all demographic categories, socioeconomic groups, and age ranges face potential risk of HIV and AIDS transmission. The widespread nature of this health issue highlights the importance of comprehensive prevention and awareness efforts throughout Indonesian society (Stroebe et al., 2017). Since 2002, there has been a new phenomenon of the spread of HIV and AIDS, the spread of which has begun to spread through the household sphere, resulting in many cases of housewives being infected (Betancourt et al., 2013). The high prevalence of HIV and AIDS remains a significant public health concern, with more than 6.5 million women in Indonesia representing a particularly vulnerable population for contracting HIV (Farhanidiah et al., 2025). This vulnerability stems from various social, economic, and cultural factors that can limit access to healthcare services and prevention resources. These women face heightened risk factors that contribute to their susceptibility to HIV infection, making it crucial to address their specific needs in prevention and treatment programs (Heath et al., 2014). Housewives with HIV and AIDS until 2017 ranked the highest with 12,302 cases. East Java through the Antara News agency in 2019 showed that HIV and AIDS cases in Tulungagung were in first place in East Java and cases of housewives infected with HIV and AIDS reached 362 cases. This increase raises problems in the aspect of the welfare of sufferers which is decreasing and assessing patient needs is used as material for health promotion (Brandt et al., 2017; Slatcher et al., 2015).

Total 92% of women who suffer from HIV and AIDS become positive because they were infected by their husbands, who on average have had unsafe sex with commercial sex workers, tattoos and use drugs through injection needles. (Motumma et al., 2019). A concerning situation exists among married couples where one spouse, particularly the husband, may unknowingly carry the HIV and AIDS virus without being aware of their status. This lack of awareness occurs because the virus can remain undetected in the early stages and may not immediately display obvious symptoms (Pohan et al., 2025). The virus can then be unknowingly transmitted between partners during intimate contact, leading

to the infection of the previously healthy spouse. Furthermore, the discovery of HIV positive status often occurs unexpectedly during routine medical examinations, with many women only learning about their condition during standard pregnancy check-ups (Nursalam, Sukartini, Misutarno, Priyantini, et al., 2024). It is only after such discoveries that healthcare providers initiate a comprehensive family tracing system to identify potential transmissions within the household. This widespread lack of awareness and delayed detection significantly contributes to the elevated rates of HIV and AIDS cases among women in particular, highlighting a critical public health concern that needs addressing (Earnshaw et al., 2014; Stangl et al., 2013).

The high number of HIV and AIDS cases in women, especially housewives in Indonesia, is a highlight that needs to be provided with a solution, because housewives are carriers for their fetuses and individuals who care for the next generation of the nation, so it is very important to have high knowledge to prevent HIV and AIDS (Smit et al., 2012). The role of housewives is to spearhead their children's behavior so that they do not fall into the same problems. This case is also felt by housewives who are HIV and AIDS positive in Tulungagung, they are worried about the condition of their children and the increasing incidence of cases in Tulungagung. Handling of HIV and AIDS cases has involved several government and health sectors, so that there are several programs that have been created both in Indonesia and the world (Molina & Ramirez-Valles, 2013). Handling HIV and AIDS cases is not only a problem faced by the government and health agencies, but it also requires support from the community to support the success of existing programs. Therefore, community development is needed through partnership programs to make the community a partner (community as partner), namely housewives, so that the program can be run well (Van Velthoven et al., 2013).

The critical role of family participation, with a particular emphasis on women's involvement, in preventing the escalation of HIV and AIDS transmission cannot be overstated (Nursalam, Sukartini, Misutarno, & Priyantini, 2024). This health challenge requires comprehensive empowerment strategies, specifically implemented through community service initiatives, which focus on enhancing and maintaining the motivation levels of People Living with HIV (PLHIV). Women living with HIV often face unique challenges that can significantly impact their daily functioning and overall well-being, making it essential to provide targeted support that prevents any decline in their motivation to engage in regular activities (Rohman et al., 2023). The primary objective of this community service initiative is to provide educational support and empowerment to female PLHIV through the implementation of a carefully designed spiritual approach, which has been shown to be effective in strengthening and sustaining their motivation levels.

COMMUNITY SERVICE METHOD

Community service activities are carried out through direct face-to-face methods by providing comprehensive lectures and providing motivational support to People Living with HIV (ODHIV) in Tulungagung Regency. These educational and support activities are carried out in the meeting room of the Tulungagung AIDS Commission (KPA) which provides an appropriate and comfortable environment for participants. The method of delivering community service is carried out using the health education method by combining interactive counseling sessions using attractive powerpoint presentations and

informative educational videos to ensure effective knowledge transfer. This program specifically targets and includes 25 active female PLWHA participants, all of whom are registered members of the Tulungagung KPA, ensuring focused and targeted interventions. This comprehensive activity was carried out in February 2024, after careful planning and preparation.

The implementation process began with careful coordination between the community service team and the Tulungagung KPA coordinator, followed by a detailed licensing process to ensure proper authorization and compliance with relevant regulations. After obtaining the necessary permissions, each participant was provided with complete and informed consent documentation, clearly explaining their voluntary participation in the health education activity, after which they gathered in a meeting room to attend the session. The implementation of the health education activity was carried out face-to-face with all participants and gathered in one room.

To evaluate the effectiveness of the intervention, participants were given a detailed assessment consisting of 15 carefully designed questions, which served as a pre-test and post-test evaluation to measure knowledge acquisition and behavioral change. Educational materials on spiritual approaches to improving PLHIV motivation were presented during a structured 30-minute session, followed by a 15-minute interactive discussion period that encouraged participant engagement and clarification of concepts. The post-test evaluation was strategically administered after a 3-day implementation period, during which female PLHIV participants actively provided spiritual support to other PLHIV, allowing for accurate measurement of motivational gains and the effectiveness of spiritual support provision. The collected data underwent systematic analysis through frequency distribution tabulation, followed by detailed narrative descriptions, which provided comprehensive documentation of the results of the community service implementation.

RESULTS AND DISCUSSIONS

Community service for the implementation of education provision is carried out by KPA Tulungagung. Community service is carried out directly in 2 stages by providing interventions in the form of education on the concept of spirituality and the practice of using spirituality to increase the motivation of female PLHIV. Counseling in the form of seminars is carried out by complying with health protocols by implementing the use of masks, checking temperatures and washing hands before entering the room. Before the activity takes place, participants fill out a pre-test form that has been prepared by the team to determine the level of knowledge of participants before receiving counseling materials. This is useful for determining the success of the counseling method in increasing participant knowledge.

Table 1 Demographic Characteristics of PLHIV KPA Tulungagung (n= 25).

Demographic Characteristics	Frequency (n)	Percentage (%)
Age		
20-30 years	4	16
31-40 years	12	48
41-50 years	5	20

>50 years	4	16
Education Level		
Elementary School	8	32
Junior High School	5	20
Senior High School	12	48
Religion		
Islam	23	92
Christian	2	8
Ethnics		
Java	21	84
Madurenese	2	8
Others	2	8
Job		
Trader	3	12
Privat employee	6	24
Farmer	2	8
Laborer	9	36
Housewives	5	20
Long of Diagnosed		
1-3 year	5	20
> 3 year	20	80

The results of the pre- and post-test assessments showed significant differences and showed an increase in results before counseling and after being given material on spirituality, so that the motivation of female PLWHA increased. The results of the pre-test assessment showed that the average knowledge of housewives was 32.46%, while after being given health education the results increased to an average of 92.57%. Spirituality is an aspect of the human personality that gives strength and influence to individuals in their lives. Spirituality is a dimension related to the search for meaning and purpose in life, realizing the ability to use resources and strengths within oneself, having feelings related to God, oneself and the environment (Hennessy et al., 2020). Fulfillment of Spiritual Needs in patients cared for by families showed better results after being given counseling. This is in accordance with the statement of Burkhardt and Nagai-Jacobson that healing and spirituality are closely related based on the belief that spirituality is the essence of ourselves as humans, we believe that healing is essentially a spiritual process that aims for humans to always be healthy (Zumstein-Shaha et al., 2020). This is also supported by Potter & Perry's statement that when a family member is sick, the family plays a role in making decisions, providing support to the sick family member, and coping with changes and challenges in daily life (Arwati et al., 2020).



Figure 1. Implementation of Community Service: (a) The speaker gave an education & (b) participants listen to the speaker .

The results show that after being given counseling, many PLHIV are more focused on improving their spirituality. This is in accordance with Friedman's statement that praying is one way for families to deal with sick family members and as a way to deal with stressors related to health problems (Rustam & Chaidir, 2023). This is also supported by Taylor's statement that prayer has a real effect on the healing process, indicating that it is possible to achieve closeness to God during critical times in treatment. Strengthened by Matthew's research which states that the biological impact of prayer and spiritual healing continues to develop and includes studies on microorganisms, medicinal plants, cancer cells, animals and humans. Prayer has a real effect on the healing process of patients (Utama & Yanti, 2019).



Figure 2. Coordination with the Tulungagung KPA.

PLHIV have a family as a very important role for patients with chronic diseases or terminal illnesses in dealing with the therapy being carried out. When one family member is sick, the family needs the support of other family members to prevent the accumulation of stress in the family so that they can develop positive coping in dealing with sick family members. The patient's family always convinces the patient to get closer to God. For sick patients, God is defined as a construct that shows the main value in a person's life, and forms the beliefs, values, and choices that the person adheres to, so both religious and non-religious belief systems must be seen as very important in the exploration of spirituality.

CLOSING

Conclusion. Community service in providing health education on the role of spiritual approaches in improving motivation of women with HIV has shown to be effective. Effectiveness is shown by increasing participants' knowledge during the service process and participants are willing to convey their problems in counseling sessions.

Suggestion. Participants become more aware of their condition that there are many support systems that provide support to them.

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