







Outreach of HIV/AIDS Disease on Prisoners at Women Prison of Class IIA Jakarta Timur

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Abstract

This program aims to enhance the knowledge and understanding of inmates regarding HIV/AIDS while also reducing stigma and discrimination within the prison environment. This program is based on data indicating a higher prevalence of HIV among prisoners compared to the general population. The primary challenges faced include a lack of information and education about HIV/AIDS and limited access to healthcare services within the prison. The program's methodology includes planning activities with clearly defined goals and targets, forming a working team, and developing educational materials. The program's implementation involves an initial outreach phase, followed by an educational session consisting of lectures and interactive discussions. Monitoring and evaluation are conducted by collecting data and assessing the activities to measure the program's effectiveness using interview with prisoner and checklist. A total of 25 participants, aged between 21 and 50 years, participated in this program. The results demonstrated active participation and enthusiasm from the inmates (100%), indicating the program's success in bridging knowledge gaps and reducing stigma. This program has fostered a healthier, safer prison environment and better-prepared inmates for social reintegration with improved health knowledge. It is hoped that this program can serve as a model for other prisons in Indonesia in the efforts to prevent and combat HIV/AIDS.

A. Introduction

In 2017, among the 189 countries registered with UNAIDS, it was reported that HIV/AIDS, HCV, and TB testing programs were available in at least one prison in 59, 42, and 43 countries, respectively. The incidence of HIV in prisons ranges from 0.4% to 3.7% (Ana et al., 2024). Previous studies indicated that the prevalence of HIV among prisoners in developed countries varies from 0.2% in Australia to more than 10% in some European countries, with the highest prevalence in Sub-Saharan Africa and Eastern Europe (Dolan et al., 2016).

According to data from the Ministry of Health, the prevalence of HIV among prison populations is higher than in the general population, driven by factors such as high rates of injecting drug use, unprotected sexual activity, and limited access to protective equipment and healthcare services within prisons (Pangestika et al., 2017).

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The HIV/AIDS education program at the Women's Prison Class IIA Jakarta is a highly relevant and crucial initiative in preventing and controlling HIV/AIDS in prisons, which are often vulnerable environments for the transmission of infectious diseases like HIV/AIDS. This program is designed to provide inmates with additional knowledge about the dangers of HIV/AIDS, which is essential as a preventive measure when they reintegrate into society, especially considering that HIV/AIDS is a sexually transmitted disease with no cure. Hence, education about the risks of HIV/AIDS plays a vital role in empowering inmates, and this is the reason behind the creation of this educational program.

The implementation of this program includes various educational activities such as health education, the distribution of informational brochures, and interactive Q&A sessions. The primary objectives of the program are 1) to raise awareness and understanding among inmates about HIV/AIDS, including its transmission and prevention, 2) to reduce stigma and discrimination against people living with HIV/AIDS in prison settings, and 3) to provide better access to healthcare services and support for inmates living with HIV.

This program hoped that inmates at the Women Prison Class IIA Jakarta will improve their understanding of HIV/AIDS, enabling them to protect themselves and others from infection risks. The program also aims to create a healthier and safer prison environment for all its inhabitants.

The HIV/AIDS education program at the Women's Prison Class IIA Jakarta is driven by several urgent issues affecting the health and well-being of inmates, especially regarding the risk of HIV/AIDS transmission. Prisons are highly vulnerable environments for the spread of infectious diseases, including HIV, due to the following factors: 1) High Prevalence of HIV in Prisons: Studies have shown that the prevalence of HIV among inmates is higher than in the general population. Data from the Ministry of Health of the Republic of Indonesia indicate that factors such as injecting drug use, unprotected sexual activities, and the practice of sharing needles within prisons significantly contribute to the high rate of HIV infection among inmates (de Sousa et al., 2017; Seyedalinaghi et al., 2017). The limited access to protective equipment and healthcare services in prisons exacerbates this situation. 2) Lack of Information and Education: Many female inmates lack adequate access to information about HIV/AIDS, including its transmission and prevention methods. This lack of education often leads to risky behavior and increased stigma towards those infected with HIV. Health education aims to bridge this knowledge gap by providing accurate and relevant information to inmates (Arwan et al., 2022; Bartlett & Hollins, 2018). 3) Stigma and Discrimination: Stigma and discrimination against people living with HIV/AIDS is a serious problem in many prisons. This not only negatively impacts the psychological well-being of infected inmates but also hinders their access to necessary healthcare services. Discrimination can come from fellow inmates as well as prison staff. This education program aims to reduce stigma by providing a better understanding of HIV/AIDS and encouraging more inclusive and supportive attitudes (Komalasari, 2022; Margayanti et al., 2018). 4) Limited Healthcare Services: Prisons often have limited resources to provide adequate healthcare services, including HIV testing and treatment services. Inmates living with HIV may not receive timely medical care, which can worsen their health conditions and increase the risk of transmission to others. This educational program seeks to improve access to necessary healthcare services and medical support (Imasti & Subroto, 2023; Waqiah, 2021). 5) The Importance of Social Reintegration: One of the main goals of the Prison system is rehabilitation and social reintegration. Inmates living with HIV need proper support to live healthy and productive lives after release. Education about HIV/AIDS in prisons is a crucial step in preparing them to return to society with the knowledge and skills needed to protect their health and others (Alvarez et al., 2018; Sukmawati et al., 2019; Zulharman & Ma'ruf, 2023).

Considering these issues, the implementation of the HIV/AIDS education program at the Women's Prison Class IIA Jakarta is critical. Through this effort, it is expected to create a healthier and safer prison environment, ultimately preparing inmates for a better life after their sentences end.

B. Methods

1) Activity Planning

Planning is a crucial initial stage to ensure the successful implementation of the activities. In this phase, several steps are taken, including: 1) Setting Goals and Targets: Defining the specific goals of the education program, such as raising awareness about HIV/AIDS, reducing stigma, and promoting voluntary HIV testing. The target audience is all inmates at the Women's Prison Class IIA Jakarta. 2) Forming a Working Team: A working team is formed consisting of healthcare professionals and prison staff. This team is responsible for preparing materials, logistics, and implementing the activities. 3) Developing Educational

Materials: Educational materials are developed to include basic information about HIV/AIDS, transmission methods, prevention, and the importance of HIV testing and treatment for those infected. The materials are also tailored to the level of understanding and needs of the inmates (Hidayati et al., 2023).

2) Activity Implementation

The implementation phase involves several key activities carried out systematically:

- a. Initial Socialization and Information: 1) Activity Announcement: Information is provided to all inmates about the schedule and objectives of the program through official announcements in the prison. 2) Distribution of Brochures and Educational Materials: Brochures, pamphlets, and other educational materials about HIV/AIDS are distributed to the inmates.
- b. Educational Sessions: 1) Lectures and Discussions: Health professionals and psychologists conduct lectures covering detailed explanations about HIV/AIDS, its transmission, prevention, and the importance of HIV testing. 2) Interactive Q&A: A question-and-answer session allows inmates to ask questions and receive direct answers from experts. This ensures accurate understanding and addresses any misconceptions (Sukmawati et al., 2019).

3) Monitoring and Evaluation

Monitoring and evaluation are conducted to assess the effectiveness of the educational program and ensure that its goals are achieved, including: 1) Program Evaluation: The overall execution of the program is evaluated, including attendance, active participation, and feedback from inmates and prison staff. 2) Reporting and Follow-Up: A report is compiled, including key findings, conclusions, and recommendations for future improvements. Follow-up actions are taken to ensure the sustainability of the education program.

C. Results and Discussion

The HIV/AIDS education program at the Women's Prison Class IIA Jakarta was a collaborative initiative between the Community Education Program of Universitas Negeri Jakarta, as part of the Merdeka Belajar Kampus Merdeka (MBKM) program and the Coordinating Ministry for Human Development and Cultural Affairs (Kemenko PMK). The primary target of this program was the inmates of the Women's Prison Class IIA Jakarta. The program began in November with the initial step of identifying the target audience's educational needs. This identification process was conducted through interviews with prison staff responsible for inmate education. The team then designed the educational framework on the dangers of HIV/AIDS, with assistance from Kemenko PMK and guidance from supervising lecturer Dr. Elsa Fitri Ana, S. Keb., Bd., M.Ked. Trop., who also served as a resource person in this program.

The educational activities took place on Wednesday, November 15, 2023, at the Women's Prison Class IIA Jakarta, with 25 participants attending. Representatives from Kemenko PMK were also present. The event began with opening remarks from the Head of the Women's Prison Class IIA Jakarta, Ade Agustina, who welcomed the program and provided a brief overview of the prison's profile. This was followed by a speech from Edy Wiyanto, a representative from Kemenko PMK, who explained the role and function of Kemenko PMK in inmate empowerment programs and the role of students in this internship program. In addition, student representatives gave a speech explaining the purpose of the education program.



Figure 1. Presentation of HIV/AIDS education at Cipinang Women's Prison, Jakarta.



Figure 2. Discussion session of HIV/AIDS education at Cipinang Women's Prison, Jakarta

Following the presentation of the Women's Prison Class IIA Jakarta's profile by the Head of Inmate Development, Herlina, covering its vision, mission, programs, and facilities, the main education session

began (Figure 1). The material presented focused on the dangers of HIV/AIDS, including the definition of HIV and AIDS, causes, symptoms, examination stages, prevention methods, and available treatments.

The inmates showed high enthusiasm throughout the educational session. They attentively followed the presentations and actively participated by answering and asking questions (Figure 2). The inmates' participation, which included asking insightful questions, demonstrated their keen interest and understanding of the subject. One of the attendees shared her personal experience of being diagnosed with HIV and the importance of maintaining good health and hygiene habits to prevent the disease's progression.

D. Conclusion

The program concluded with a reflection and feedback session from the inmates, prison staff, and participating organizations. Many inmates expressed their gratitude for the education provided, stating that they had gained valuable knowledge that would help them take better care of their health, especially concerning HIV/AIDS prevention. Prison staff also appreciated the initiative, acknowledging the importance of continued health education for inmates.

Through this program, the Women's Prison Class IIA Jakarta aims to contribute to the national effort to reduce the transmission of HIV/AIDS in high-risk populations, including prisoners, by enhancing their awareness and knowledge about the disease and providing them with the tools to protect their health both inside and outside the prison.

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