



## A model of assistance of PLHIV (people with HIV AIDS) through social rehabilitation at the bina muda gemilang foundation Tangerang district

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### ABSTRACT

This research was conducted to achieve the following specific objectives: (a) describes the implementation of the assistance program for People with HIV AIDS (ODHA) at the Bina Muda Gemilang Foundation; (b) obtain data on the effectiveness of fostering the assistance program for People with HIV AIDS (ODHA) at the Bina Muda Gemilang Foundation; and (c) Obtain data on the implementation and evaluation of the rehabilitation of people with HIV/AIDS at the Bina Muda Gemilang Foundation. The research method that will be used in this study is qualitative research because it will emphasize social rehabilitation for PLWHA (people living with HIV/AIDS) in an effort to formulate social rehabilitation assistance for PLWHA. Using a qualitative method, it will thoroughly examine the conditions of PLWHA or the profile of PLWHA and will examine in more depth the problems and needs of PLWHA to further formulate the assistance to be provided. Implementing the PLWHA assistance program by the Bina Muda Gemilang Foundation is carried out for High-Risk Groups of contracting HIV/AIDS (CSWs, Waria, Gay and IDU's, and Male Customers of sex). The effectiveness of the fostering of the PLWHA assistance program carried out by the Bina Muda Gemilang Foundation is carried out through the process of preparing assistance in an effort to prevent and handle HIV/AIDS cases. The implementation of rehabilitation for PLWHA is carried out in outreach to key populations/groups prone to contracting HIV/AIDS (Women Sex Workers, Transgenders, Gays, Male Customers of Sex and Injecting Drug Users). while participating with the assistance of the Bina Muda Gemilang Foundation.

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### ABSTRAK

Penelitian ini dilakukan untuk mencapai tujuan khusus sebagai berikut: (a) mendeskripsikan penyelenggaraan program pendampingan Orang Dengan HIV AIDS (ODHA) di Yayasan Bina Muda Gemilang; (b) memperoleh data tentang efektivitas pembinaan program pendampingan Orang Dengan HIV AIDS (ODHA) di Yayasan Bina Muda Gemilang; dan (c) Memperoleh data tentang pelaksanaan dan evaluasi dari rehabilitasi Orang Dengan HIV AIDS di Yayasan Bina Muda Gemilang. Metode penelitian yang akan dipakai dalam studi ini adalah penelitian kualitatif, karena akan menekankan pada Rehabilitasi Sosial Terhadap ODHA (orang dengan HIV/AIDS) dalam upaya merumuskan pendampingan rehabilitasi sosial terhadap ODHA. Dimana dengan menggunakan metode kualitatif, akan secara mendalam dikaji kondisi ODHA atau profil ODHA serta secara lebih mendalam akan dikaji permasalahan dan kebutuhan para ODHA untuk lebih lanjut dirumuskan pendampingan yang akan diberikan. Penyelenggaraan program pendampingan ODHA yang dilakukan oleh Yayasan Bina Muda Gemilang dilakukan pada Kelompok Resiko Tinggi tertular HIV/AIDS (PSK, Waria, Gay

dan IDU's, dan Pria Pelanggan seks). Efektivitas pembinaan program pendampingan ODHA yang dilakukan oleh Yayasan Bina Muda Gemilang dilakukan melalui proses persiapan pendampingan dalam upaya mencegah dan menangani kasus HIV/AIDS. Pelaksanaan rehabilitasi ODHA dilakukan dalam penjangkauan populasi kunci /Kelompok rentan tertular HIV/AIDS (Wanita Pekerja Seks, Waria, Gay, Lelaki pelanggan Seks dan Pengguna Narkoba Suntik.dan evaluasi rehabilitasi ODHA merupakan proses yang digunakan untuk mengukur tingkat kegagalan, keberhasilan dan kemajuan dari dampingan selama mengikuti pendampingan dari Yayasan Bina Muda Gemilang

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## INTRODUCTION

One of the most serious events that can happen to an individual related to his health is suffering from a life-threatening illness. Human Immunodeficiency Virus and Acquired Immunodeficiency Syndrome (HIV/AIDS) is a disease that until now has not found a cure, so HIV/AIDS is often considered a dangerous disease and tends to shorten the life expectancy of individuals who suffer from it (Nursalam & Kurniawati, 2007).

The HIV/AIDS epidemic has hit the whole world. This disease spreads quickly without knowing national boundaries and all levels of the population. Hawari (2006) states that the problem of HIV/AIDS has become a global effect with a very rapid spread. The World Health Organization (WHO) calls this disease the deadliest epidemic in history and anticipates this by forming a special organization for the prevention of HIV/AIDS (Joint United Nations Program on HIV/AIDS) and setting December 1 as world AIDS day. Every day around the world more than 6800 people are infected with HIV and more than 5700 people die from AIDS, most of this is due to inadequate access to prevention and health services ([www.unaids.org](http://www.unaids.org)).

*Human Immunodeficiency Virus* (HIV) is a retrovirus that infects cells of the human immune system and interferes with their function. This viral infection results in a continuous decline in the immune system, so that the immune system is deficient. The immune system is considered deficient when it can no longer carry out its function of fighting infections and diseases. People who are immunocompromised become more susceptible to a variety of infections, most of which are rare in people who are not immunocompromised. Diseases associated with severe immune deficiency are known as "opportunistic infections" because they take advantage of a weakened immune system.

HIV/AIDS cases in Indonesia itself are showing an increase over time. The Directorate General of Disease Control and Environmental Health of the Ministry of Health of the Republic of Indonesia reported that there were 26,483 AIDS cases with 5,056 deaths reported cumulatively between January 1987 and June 30, 2011. A rapid increase in the number of additional HIV/AIDS sufferers was reported in the April to June 2011 quarters.

Being diagnosed with HIV is one of the most difficult events in an individual's life. Feelings of fear and helplessness generally arise as a result of medical diagnoses related to certain diseases (Contrada, RJ, & Baum, A. 2011). Therefore this event can be categorized as a traumatic event. Individuals feel as if their lives are threatened. For most individuals who have recently been diagnosed with HIV, this

is considered death. Individuals infected with HIV/AIDS are often referred to as people with HIV/AIDS or PLWHA.

The positive HIV status of PLHIV does not only have an impact on changes in physical health conditions, but also has consequences for the emergence of psychosocial problems. Often PLWHA face stigma and discrimination from their surroundings. Several forms of problems faced by PLHIV are related to the stigma of discrimination that develops in society, including: being ostracized by friends and family, being laid off from work, not getting needed medical services, not even getting insurance compensation (Djauzi et al, 2009).

Thus the Bina Muda Gemilang Foundation (BMG) Tangerang Regency, to reduce the transmission of HIV/AIDS, provided assistance to PLHIV in Tangerang Regency. This research was conducted to achieve the following specific objectives: (1) to describe the implementation of the assistance program for people with HIV/AIDS (ODHA) at the Bina Muda Gemilang Foundation, (2) to obtain data about the effectiveness of fostering the assistance program for people with HIV/AIDS (ODHA) in The Bina Muda Gemilang Foundation, (3) obtained data on the implementation and evaluation of the rehabilitation of people with HIV/AIDS (ODHA) at the Bina Muda Gemilang Foundation.

## RESEARCH METHODS

The type of research that will be used in this study is qualitative research (Moleong, LJ 2000). because it will emphasize social rehabilitation for PLWHA (people with HIV/AIDS) in an effort to formulate social rehabilitation assistance for PLWHA (Nurnita, Widaykusuma. 2013). Where by using a qualitative method, it will thoroughly examine the conditions of PLWHA or the profile of PLWHA and will examine in more depth the problems and needs of PLWHA to further formulate the assistance to be provided. For this reason, in order to explore the problems and social conditions of PLWHA, researchers will come directly and interact with research subjects or informants, conduct interviews with regional leaders and those who know about PLHIV. Because this research is qualitative in nature,

### Research Type

Based on its objectives, this study will use a description and explanation approach, because it will present a complete picture of the social setting, namely the processes, experiences and problems that are felt by PLWHA. Based on its benefits, this research will use applied research, because

it will try to formulate assistance for PLWHA based on the time dimension, this research will use case studies, because the cases provided are specific to PLWHA cases. And from data collection techniques, this research will use field research techniques, where researchers will observe and interact directly around the residence or village where PLWHA are located.

#### Role of Researcher

In qualitative research, the role of the researcher is quite large, because what happened during the research must be described in a research report (Sugiyono, 2018). To be able to enter the PLHIV environment, the researcher will begin the research process by preparing a formal research cooperation letter from the leader where the research subject is located.

#### Data Collection Procedures

- a. Preparation
- b. Choosing a Site and Gaining Access
- c. Starting Research
- d. Build Reports
- e. Choosing a Social Role
- f. Researcher Engagement Rate

#### Data Collection Techniques and Data Sources

Data collection techniques in qualitative research that will be used by researchers are observation, in-depth interviews and documentation studies. Observation or observation is used to see and observe activities and the environment in which PLHIV live with their families. While the interview technique that will be used is unstructured interviews, where the researcher will prepare an interview guide, but this guide is not strict, because the informants will be given the opportunity to provide information beyond the questions that have been prepared by the researcher. And researchers can also make "impromptu" questions to dig deeper information. While the documentation study will study the literature regarding community empowerment programs in general.

## RESEARCH RESULTS AND DISCUSSION

### Implementation of the assistance program for People with HIV AIDS (ODHA) at the Bina Muda Gemilang Foundation

- a. The importance of the process of outreach, assessment, and planning of mentoring programs

The importance of the process of outreach, assessment, and program planning, before carrying out assistance, is a process that determines the suitability of programs in the field, because programs that are not in accordance with the needs and problems of assisted persons, will have a worse impact on assistance in its efforts to find sources of problem solving that are being experienced. Based on the results of the research, the process of outreach, assessment, and planning is a continuation of the previous process, namely the process of preparation and introduction. The mentoring process basically views and places the assisted person as an individual who really knows what causes him problems and what consequences he feels, therefore seeking assistance "from", "by" and "for assistance" is important.

- b. Collaboration between mentors in the process of outreach, assessment, and planning of mentoring programs

Based on the research results obtained, it is explained that the relationship that exists in carrying out roles and tasks between outreach workers and case managers, is very friendly and needs one another. This relationship is manifested in the form of cooperation by being open to each other and providing information regarding the development of the assisted psychologically and the behaviors of the assisted, as well as helping each other in carrying out their roles and duties, such as helping other assistants who have difficulty reaching out to the assisted. Collaboration formed by mentors and case managers, related to the outreach, assessment, and planning processes, can create new relationships among companions and companions, companions with assistance, assistance with assistance, so that there is no difficulty meeting with the companion, can express opinions directly to the companion. Because the main thing for a companion is to provide convenience to the person assisted by providing or providing the opportunities and facilities needed by assistance to overcome the problem.

- c. Supporting facilities for outreach, assessment, and mentoring planning processes.

Outreach, assessment and program planning activities carried out by the Bina Muda Gemilang Foundation (BMG), are centered in the Tangerang Regency location. The process of these activities generally utilizes the assisted bedrooms in each guest house. The reason for determining the assisted room as a place to carry out the outreach and assessment process, and the planning of the mentoring program, was caused by a request from the assisted, who did not want everything to be done with the companion (Limalvin, NP, Putri, WC W, & Sari, KAK (2020 ). known by fellow sex workers, in the same house Apart from being in the room, the outreach, assessment and planning processes are carried out in a special room in the house, which is chosen by the assistant based on the approval of the assistance. It is in that room that the companion and assistant carry out program planning. The effectiveness of fostering the assistance program for People with HIV AIDS (ODHA) at the Bina Muda Gemilang Foundation

The development of this program begins with a preparatory process which is the initial stage in a series of assistance activities for the community and individuals who are disabled in meeting their needs. According to Sumantri (Chairman of the BMG Foundation) preparation includes two activities, namely preparation of human resources as implementers of the work program, and preparation of the field as the location for implementing the program and having the target of being empowered. The process of preparing for assistance in an effort to prevent and handle HIV/AIDS cases, by the Bina Muda Gemilang Foundation, is carried out in various forms, namely:

- a. involve an outreach worker in every mentoring activity and seminar,
- b. recruiting outreach workers based on formal criteria and procedures, as well as,
- c. looking at the background of the outreach worker, this means that the facilitator selected/recruited as an assistant in the field will be able to understand and carry out their roles and duties properly.

## Implementation and Evaluation of the rehabilitation of people with HIV AIDS (ODHA) at the Bina Muda Gemilang Foundation

### a. Implementation of PLHIV Rehabilitation at the Bina Muda Gemilang Foundation

The implementation process of PLWHA rehabilitation is a continuation of several previous processes, namely the preparation, introduction, outreach, assessment, and program planning processes that have been carried out by the Tangerang District BMG assistants in the field. The mentoring process begins with the assistant implementing the results of a mutual agreement. The result of the agreement between the assistant and the assistant is a joint agreement and will be carried out jointly (Latifah, D., & Mulyana, N. (2017). The implementation of this assistance is carried out by each assistant based on their roles and duties in the field, by starting to provide information about HIV/AIDS and STIs, VCT, conducting discussions on communication and information media (IEC), prevention materials, risk assessment and risk reduction planning,

### b. Activities carried out by the Bina Muda Gemilang Foundation

#### 1) Routine Activities

- a) Outreach to key populations/groups prone to contracting HIV/AIDS (Women Sex Workers, Waria, Gays, Male Customers of Sex and Injecting Drug Users.
- b) Providing information and education about HIV/AIDS, Sexually Transmitted Infections (STIs) and Drugs To change behaviors that are safer to avoid transmission of HIV/AIDS.
- c) Promotion of 100 percent condom use in high-risk groups by providing prevention media in the form of condoms.
- d) Refer high-risk groups for health services such as examination and treatment of sexually transmitted infections and voluntary HIV counseling and testing (VCT).
- e) Mobile VCT (voluntary HIV counseling and testing) to High Risk Group Hotspots to look for case findings and efforts to uncover HIV cases that have been hidden so far, which so far is referred to as the Iceberg Phenomenon.
- f) Assistance for People with HIV/AIDS (ODHA) to prevent transmission and improve the quality of life of PLWHA

#### 2) Stimulant Activities

- a) Early prevention activities for youth and the general public through counseling and seminars
- b) Training of Trainers, trains trainers to produce reliable cadres in an effort to break the chain of HIV/AIDS transmission and the spread of narcotics.
- c) Life skills training and business entrepreneurship for the PLHIV Community and other communities
- d) Network Meeting with Community and Stake Holders

## The Evaluation Process for the Rehabilitation of PLHIV at the Bina Muda Gemilang Foundation

The evaluation process is the final process in a series of mentoring activities carried out by the mentor and case manager. The evaluation process is a process used to

measure the level of failure, success and progress of the assistance while participating in the assistance from the Bina Muda Gemilang Foundation. The evaluation process carried out by the Bina Muda Gemilang Foundation consisted of an evaluation of the results of examinations at the clinic, the intensity of the distribution and use of condoms by assistants and customers, as well as the involvement of pimps in mentoring activities. Based on the research results, the evaluation process was not only carried out by the Bina Muda Gemilang Foundation with assistance, but also involved partners such as the government (social services), community leaders, pimps.

## DISCUSSION

From the results of the research above, the discussion of this research will be described as follows.

- a. Implementing the PLWHA assistance program by the Bina Muda Gemilang Foundation is carried out for High Risk Groups of contracting HIV/AIDS (CSWs, Waria, Gay and IDU's, and Male Customers of sex).
- b. The process of outreach, assessment, and planning is an activity carried out by the assistant to obtain a data base on assistance, because with this data base, the assistance will receive further assistance on an ongoing basis. The process of outreach assessment and planning is one unit and cannot be separated.
- c. The process of preparing for assistance in an effort to prevent and handle HIV/AIDS cases, by the Bina Muda Gemilang Foundation, is carried out in various forms such as involving outreach workers in every mentoring activity and seminar, recruiting outreach workers based on formal criteria and procedures, and looking at the background of the outreach worker, this means that the facilitator selected/recruited as an assistant in the field will be able to understand and carry out their roles and duties properly.
- d. The implementation of rehabilitation for PLHIV is carried out in outreach to key populations/groups prone to contracting HIV/AIDS (Women Sex Workers, Waria, Gays, Male Customers of Sex and Injecting Drug Users.
- e. The implementation process of PLWHA rehabilitation is a continuation of several previous processes, namely the preparation, introduction, outreach, assessment, and program planning processes that have been carried out by the Tangerang District BMG assistants in the field.
- f. Evaluation of PLWHA rehabilitation is a process used to measure the level of failure, success and progress of assistance while participating in assistance from the Bina Muda Gemilang Foundation.

## CONCLUSIONS AND SUGGESTIONS

Based on the results of the research and discussion that have been described in the previous chapter, the following conclusions are obtained.

- a. The implementation of the PLWHA assistance program carried out by the Bina Muda Gemilang Foundation is carried out for High Risk Groups of contracting HIV/AIDS (CSWs, Waria, Gay and IDU's, and Male Customers of sex). The outreach, assessment, and planning processes are activities carried out by assistants to obtain a data



base on assistance. The process of outreach assessment and planning is one unit and cannot be separated.

- b. The effectiveness of fostering the ODHA assistance program carried out by the Bina Muda Gemilang Foundation is carried out through the process of preparing assistance in an effort to prevent and handle HIV/AIDS cases, carried out in various forms such as involving outreach workers in every mentoring activity and seminar, recruiting outreach workers. based on formal criteria and procedures, as well as looking at the background of the outreach worker, this means that the selected/recruited assistant in the field will be able to understand and carry out their roles and duties properly.
- c. The implementation of rehabilitation for PLWHA is carried out in outreach to key populations/groups prone to contracting HIV/AIDS (Women Sex Workers, Transgenders, Gays, Male Customers of Sex and Injecting Drug Users). while participating in the assistance of the Bina Muda Gemilang Foundation.

Based on the research results described earlier, some of the recommendations the researchers gave are as follows.

a. For PLHIV

PLWHA are expected to develop an optimistic attitude and not give up on their positive HIV status. This research proves that people living with HIV also have the opportunity to be able to grow and develop positively. PLWHA can contribute to their environment by developing their talents and interests in certain fields.

b. For Counselors, Psychologists or Assistance Staff

Counselors, psychologists or accompanying staff can help PLHIV by accompanying them when they are going through difficult times, starting from the moment they receive the news that they are infected with HIV/AIDS to facilitating them to be able to grow positively according to their personality type and individual characteristics that are inherent in each. PLHIV

c. For Further Researchers

Assistance for PLHIV can be reviewed in more depth if the number of research subjects involved is larger. Other individual factors such as cognitive processes can be considered for assessing personality in PLWHA.

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