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# ATTITUDES AND SUPPORTS ON PREGNANT WOMEN'S INTENTION IN HIV TESTING AND BREASTFEEDING DECISION

Nina Mardiana<sup>1</sup>, Evy Nurachma<sup>2</sup>, Rita Kirana<sup>3</sup>, Yona Palin<sup>1</sup>

<sup>1</sup> Department of Health Promotion, Politeknik Kesehatan Kalimantan Timur, Samarinda, East Kalimantan, Indonesia


<sup>2</sup> Department of Midwifery, Politeknik Kesehatan Kalimantan Timur, Samarinda, East Kalimantan, Indonesia

<sup>3</sup> Department of Midwifery, Politeknik Kesehatan Banjarmasin, Banjarmasin, South Kalimantan, Indonesia  
\* ninadisertasi@gmail.com

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## ABSTRACT

HIV/AIDS is a disease caused by a virus that attacks the human body's immunity. It continues to increase from year to year and can transmit the disease from mother to child. More than 9,000 pregnant women with HIV positive status every year and 30% of them give birth to HIV positive babies. The purpose of this study analyzed the attitude, support (husband, health workers, friends) towards the intention of pregnant women to do HIV testing and the decision to breastfeed in the city of Balikpapan. This study used a survey method with a cross-sectional study design. The sampling was applied to 124 people of Puskesmas. Descriptive and analytical data analysis with frequency distribution and PLS (Partial Least Square) were used. The results showed that the youngest pregnant women were 17 years old and the oldest 41 years old, most pregnant women received good support from their husbands, officers and friends by 52.4%, pregnant women had a high intention of conducting an HIV test of 53.2%. There is a significant relationship: attitude towards the intention of pregnant women to test for HIV and support towards the intention of pregnant women to test for HIV, attitude towards breastfeeding decisions, and support towards breastfeeding decisions, HIV test intentions towards breastfeeding decisions in Balikpapan city. Pregnant women with HIV positive must be disciplined in eating ARV (Anti-Retro Viral) to give breast milk to their babies, health workers must provide counseling and counseling to pregnant women about exclusive breastfeeding or formula milk.

## INTRODUCTION

HIV/AIDS is a disease caused by a virus that attacks the human body's immunity, this disease continues to increase from year to year. At the end of 2021 as many as 37.8 million people in the world lived with HIV, the largest HIV-infected population in the world was on the African continent (25.7 million people), then in Southeast Asia (3.8 million), and in the Americas (3.5 million). Meanwhile, the lowest is in the Western Pacific as many as 1.9 million people with the most sufferers in the female sex (Dihni, 2022). The highest percentage of people with HIV/AIDS in Indonesia based on risk factors found in the January-March 2021 period was found in the age group of 25-49 years (71.3%), and pregnant women 20.9% (Rondonuwu, 2021).

HIV transmission from mother to child tends to increase from year to year. More than 9,000 pregnant women with HIV positive status every year and 30% of them will give birth to infected babies if prevention of transmission from HIV positive mothers to children is not carried out. One of the most important ways of transmitting HIV is mother-to-fetus transmission, but many pregnant women do not get the opportunity and information about HIV/AIDS and counseling

services. Therefore, the government has made efforts to prevent vertical transmission by conducting a program to prevent HIV transmission from mother to child (PPIA).

With the HIV prevention program from mother to child, the risk of transmission can be reduced to 2% compared to those who do not follow PPIA ranging from 20-50% (Kementerian Kesehatan RI., 2019). Hence, they can give birth normally and breastfeed their babies. Kiswanti and Azinar (2017) said the risk factor for HIV transmission from mother to baby can be by vertical entry of the HIV virus into the human body through the HIV-infected mother to baby during pregnancy, birth, and breastfeeding. Transmission efficiently occurs through blood, semen, vaginal fluids and cervix, and breast milk.

According to Isni (2016), 43.8% of mothers with HIV/AIDS have bad behavior in making efforts to prevent the transmission of HIV/AIDS from mother to baby where the mother still gives breast milk and formula milk alternately, even though their family and the clinics' health staff support them. On another occasion, Erawati et al. (2018) stated that most (78.3%) respondents already know about HIV/AIDS even though there are still research subjects who do not know about HIV/AIDS. However, some of them have already carried out PPIA examinations. The purpose of this study was to analyze the attitude, support (From husband, health workers, and friends) towards the intention of pregnant women to take HIV tests and the decision to breastfeed in the city of Balikpapan.

## METHOD

The method used in this study was a survey with a cross-sectional study design. The population in this study was 1425 pregnant women, sampling was carried out by means of a multistage random sampling with the smallest unit being a community health center (*Puskesmas*). The multi-stage random sampling stage starting from the sub-district level in Balikpapan city was taken by 50% followed by the second stage, namely the withdrawal of a number of puskesmas from 3 selected sub-districts by 50% of the selected village level was carried out randomly, and the third stage of drawing the number of samples was carried out based on the calculation of the hypothesis test formula different by two proportions with the assumption of the previous study that the proportion of pregnant women's intention for HIV testing was 50% and the proportion of pregnant women's intentions did not want to do an HIV test of 30% with a 95% confidence level and a test length of 90% so that the minimum number of samples needed was 124 people was obtained. Data analysis was carried out descriptively and analytically using frequency distribution, analysis of relationships between variables to test the proposed hypothesis and PLS (Partial Least Square) Analysis.

## RESULT AND DISCUSSION

**Table 1.** Characteristics of Pregnant Women Respondents (Age, Gravida) HIV Test in Balikpapan City

Statistics	Age	Gravida
Mean	28,51	2,76
Median	28,50	3,00
Mode	30	3
SD	6,127	1,527
Minimum	17	1
Maximum	41	10

The average age of respondents was 28.51 with a minimum limit of 17 years and a maximum of 41 years. While gravida (number of pregnancies) averages 2.76 with a minimum limit of 1 person and a maximum of 10 people.

**Table 2.** Description of Attitude Indicators for Pregnant Women with HIV Tests in Balikpapan City

Variable	Statistics		Mean	SD
	Minimum	Maximum		
Attitude	28	64	46,38	5.450

The minimum value of attitude is 28 and the maximum value is 64, while the average is 46.38 with a standard deviation of 5,450. stated that respondents' attitudes regarding HIV behavior tended to be lacking.

**Table 3.** Description of Support Indicators (Husband, Health Officer, Friend) for Pregnant Women's Intention to Conduct HIV Testing in Balikpapan City

Indicator	Frequency	Percentage (%)	
Support	Support	65	52.4
	Does Not Support	59	47.6
Intention to Get HIV-Tested	High	66	53.2
	Low	58	46.8
<b>Total</b>		124	100

A total of 65 (52.4%) respondents received support from their husbands, health workers, friends for HIV testing, and only 66 people (53.2%) respondents had a high intention to take an HIV test.

**Table 4.** The Relationship between Attitudes and Pregnant Women's Intentions to Take Tests in Balikpapan City

		Attitude	Intention
Attitude	Coefficient Correlation	1.000	.190
	Sig. (2-tailed)	.	.034

There is a relationship between attitudes and the intention to get tested for HIV.

**Table 5.** Cross-Tabulation Between Attitudes and Support for the Intention to Conduct HIV Testing in Balikpapan City

Variable	Breastfeeding Decisions		Pearson Chi-Square	Asymp. Sig.	
	Give	Not Giving			
Intention	High	66 (53.2%)	9 (7.3%)	92.188	0.000
	Low	0 (0.0%)	49 (39.5%)		

The results of the analysis showed that as many as 53.2% of pregnant women with high intentions had a decision to give breast milk, there was a relationship between the intention to do an HIV test and the decision to breastfeed.

**Table 6.** Inner Weight Test on Pregnant Women's Intentions for HIV Testing and Breastfeeding Decisions in Balikpapan City

Variable	Coefficient	SD	T-Statistic
Attitude to Intent	0.190	0.033	5.814
Officer Support for Intentions	0.284	0.029	9.885
Attitude to breastfeeding decisions	0.081	0.023	3.592
Support for breastfeeding decisions	0.089	0.035	2.555
HIV Test Intentions towards breastfeeding decisions	0.755	0.021	36.183

It can be seen in table 6 above that attitudes have a significant and positive effect on the Intentions of Pregnant Women for HIV Testing. Husband support has a significant and positive effect on pregnant women's intentions for HIV testing. Attitude has a significant and positive effect on breastfeeding decisions. Husband support has a significant and positive effect on breastfeeding decisions. The intention of HIV testing has a significant and positive effect on breastfeeding decisions in the city of Balikpapan.

### The Relationship of Attitudes and Intention to Take an HIV Test

Attitude is not yet an action or activity, but a predisposition to action or behavior (Sujanto, 1997). Attitude can be the beginning for making an assessment of an action or object whether someone will do the action or not. Based on the research, it shows that the attitude of respondents regarding the intention to test for HIV tends to be less and attitudes have a significant and positive

effect on intention, this is because the age of the respondents is still young, seventeen years old and some are forty-one years old.

Hurrock (2015) says that age will go according to the development of a person's attitude and behavior. The Ministry of Health (2008) stated the age of the mother influences how pregnant women make decisions in health care, as well as Harnindita (2015) says the more mature, the maturity level and strength of a person will be more mature in thinking and work. Age is also related to the maturity of the mind in accepting, living and responding to something. As the age of pregnant women increases, it is hoped that the attitude of pregnant women will be more positive in carrying out an HIV test.

This research is in line with research conducted by Tampi (2013), there is a significant relationship between attitudes and HIV/AIDS prevention actions in Manado International School high school students. Tampi (2013) stated that there is a relationship between attitudes and HIV/AIDS prevention measures in female sex workers. According to Ariani and Hargono, attitude is closely related to the level of knowledge of an individual. A person's attitude towards an object shows the level of knowledge of that person towards an object. Based on adaptation theory, if the level of knowledge is good, it can encourage an individual to have good behavior. Attitudes are important not only because attitudes are difficult to change, but because attitudes greatly influence individual social thinking even though attitudes are not always reflected in visible behavior and also because attitudes often influence individual behavior, especially when the attitudes are strong and steady.

### **The Relationship of Support and Intention to Get Tested for HIV**

The support in this study was in the form of officer support, spousal support, and friend support given to wives for the intention to do HIV tests with the results of a significant relationship to the intention to take an HIV test as seen from the path coefficient marked positive of 0.284. When viewed from the point of view of WHO, it analyzes and adds to Green's argument that what causes a person to behave is certain because of the 4 main factors and the reasons. One of them is an important person for reference, if a person is considered important to him, then what he says or does has a tendency to be modeled such as teachers, scholars, doctors, parents. In this case, the husband and health workers act as referrals so that what is said tends to be done by pregnant women (Isni, 2016).

The results of a study conducted by Tchamba & Joseph (2008) on 26 HIV-infected women with qualitative designs revealed that 27% of women received emotional support in the form of being loved and cared for from their mothers, 19% of women received encouragement support from their older sisters, 19% of women received all support from their husbands/ fathers, while others did not get support from the family.

In line with the research conducted by Elisa et al. (2012), the support obtained by mothers causes feelings of happiness and calm. Some respondents received negative treatment due to stigma from families and health care providers. This will affect mothers in accessing treatment in health services and participation in HIV testing. As revealed in Young and Busgeeth (2010) 's

research results which state that support has a significant influence on health status, self-confidence in decision-making and social isolation.

The results of another study stated that HIV mothers who had informed their family or partner of HIV status were more obedient to take ARV, successfully participated in PMTCT, and were more confident to access health services. This is because respondents feel the support of the family and the absence of stigma in the family with respect to HIV status (Loccoh, 2014)

This research is in line with research conducted by Asmauryanah, et al that many respondents said that health workers play a role in efforts to prevent HIV transmission from mother to baby during ANC visits (Asmauryanah, 2014). The role of health workers is very influential, because officers often interact, so that understanding of physical and psychic conditions is better, interacting frequently will greatly affect self-confidence and accepting the presence of officers for themselves, and the education and counseling provided by officers is very significant to the mother's intention to do an HIV test.

In accordance with the results of the research of Legiati et al. (2012) stating that respondents with good midwife support, the proportion of respondents who took HIV testing as a way of HIV prevention efforts was more than respondents with less midwife support. There is a relationship between midwife support and HIV testing behavior as a way to prevent HIV transmission.

Research conducted by Sanders (2007) revealed that HIV mothers who do not receive support from both family and the environment including health workers and support groups, experience anxiety about the safety of themselves and their babies, transmission to their babies, childbirth procedures, and ARV therapy. The anxiety is always there until the respondent's baby is assured that the baby is not infected and this condition can last until the baby's age is almost 2 years old.

### **The Relationship of HIV Test Intentions to Breastfeeding Decisions**

Intention initiates an act of behavior, Ajzen (2005) defines intention as the beginning of an action that when there is a suitable time and opportunity will be realized in the form of action. The intention of taking an HIV test can be interpreted as the desire or sincerity of a pregnant woman to check her pregnancy for HIV / AIDS disease and the decision to give breast milk (ASI).

The results of the study showed a significant and positive relationship between HIV test intentions and breast-feeding decisions with a p. value of 0.000 and a coefficient value of 0.755. Pregnant women with high intentions do an HIV test so that they can find out whether HIV infection will harm the fetus they are carrying or not and will know how to continue after giving birth to be able to breastfeed their babies.

The results of the study on cross-tabulation stated that most (53.2%) respondents with a high intention of taking an HIV test had a decision to breastfeed their babies. According to *Direktorat Jenderal Pelayanan Kesehatan* (General Directorate of Health Service) (2022) states that HIV transmission from mother to baby can be minimized by routinely consuming ARV, it is recommended to give birth by caesarean section, still give exclusive breastfeeding (if the mother's viral load is low), but if the baby has been fed formula milk then breast milk should not be given

again because there are concerns about changes in the baby's gastrointestinal tract that make it easier for the HIV virus to enter the baby's body.

## **CONCLUSION**

This study shows a significant relationship between attitudes towards the intentions of pregnant women for HIV testing, support (husband, officer, friend) to **the intention of pregnant women to test for HIV**, attitude towards breastfeeding decisions, support (husband, officers, friends) towards breastfeeding decisions, HIV test intentions towards breastfeeding decisions in Balikpapan city. Support from officers, husbands or friends is needed to raise morale and increase the intention to conduct an HIV test so that pregnant women know about it so that they can make a decision whether to breastfeed their baby or give formula milk only.

Pregnant women with HIV positive must be **disciplined** in taking ARV (Anti Retro Viral) drugs so that they can breastfeed their babies, **health workers** must **provide counseling** and counseling **to pregnant women about** exclusive breastfeeding when **the** viral load is low or exclusive formula milk. Do not give milk alternately between breast milk and then formula, it is feared that the baby's digestion is disturbed and the virus can enter through digestion. In addition, for future research, the researchers expect that there will be more in-depth discussion regarding pregnant women's issues, especially those relating to HIV/AIDS and how it affects pregnancies.

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