



## Initiation of Women United to Reduce The Suffering of HIV/AIDS (*Persatuan Diva*) at Public Health Center of Sempu, Banyuwangi District

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### Article History:

#### Article History:

Received: Feb 15th 2025

Revised: April 16th 2025

Accepted: May 30th 2025

**Keywords:** HIV/AIDS,  
*Persatuan Diva*

**Abstract:** *Diva Association is a program initiation that is a pioneer in preventing and controlling HIV/AIDS in women. This activity was carried out in two meetings, where the first meeting focused on mental empowerment regarding endurance and strength to face stigma and the second meeting discussed training on starting a business and marketing products through empowering MSMEs (Micro, Small and Medium Enterprises). The results of this community service activity show positive changes in the participants as evidenced by the increased knowledge and understanding of the participants regarding the material provided. This program has high sustainability in the form of mental and physical resilience in fighting negative stigma and discrimination as well as increasing productivity and skills to start a business as a source of income.*



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## Introduction

Health is a condition where humans are not only free from disease or weakness, but there is also a balance between physical, mental and social functions. Measurement of quality of life related to health includes three aspects, namely physical, psychological (cognitive and emotional), and social<sup>1</sup>. Currently, all countries, both developed and

<sup>1</sup> Dalwien Esther Jacob & Sandjaya, "Factors Influencing The Quality Of Life Of The People Of Karubaga Sub District Tolikara Province Papua," *National Journal of Health Sciences* 1 (2018): 1–16, <https://geograf.id/jelaskan/pengertian-kesehatan-mata/>.

developing, are experiencing problems with communicable and non-communicable diseases<sup>2</sup>. One of the infectious diseases that can cause death is HIV/AIDS. HIV/AIDS (Human Immunodeficiency Virus/Acquired Immunodeficiency Syndrome) is an infectious disease that threatens human life<sup>3</sup>. HIV/AIDS is currently a topic of international concern, especially in the world of health. This is because the HIV/AIDS problem is one of the disease focuses of 198 countries in the MDGs (Millennium Development Goals), including Indonesia<sup>4</sup>.

Indonesia is one of the countries with a high increase in HIV/AIDS cases. Based on a report from the National Narcotics Agency (BNN), throughout 2022 the number of HIV/AIDS cases will be 62,856 cases, with details of HIV cases amounting to 52,955 cases and AIDS cases amounting to 9,901 cases. Of this total, men dominate HIV cases with a total of 31,218 cases. Meanwhile, the number of HIV cases in women is relatively high at 21,737 cases. In AIDS cases, the number of cases in men was 7,375 cases or 74.48%, in women it was 2,521 cases, and in unknown gender it was 5 cases.

Risk factors causing the high number of HIV/AIDS cases in Indonesia include 17,983 cases of homosexuality, 12,072 cases of heterosexual relations, 7,310 cases of prenatal transfusion, 351 cases of non-sterile syringes, 189 cases of bisexual relations, 12,324 cases of other risk factors, and unknown factors. 12,611 cases. Provinces with the highest number of HIV cases include DKI Jakarta Province with 40,000 cases, East Java with 26,052 cases, Papua with 21,474 cases, West Java with 18,272 cases, and Central Java with 13,547 cases. In terms of AIDS cases in Indonesia, the highest number of cases is in East Java Province with 14,499 cases, followed by Papua 13,335 cases, DKI Jakarta 8,105 cases, Bali 5,934 cases, West Kalimantan 2,481 cases, South Sulawesi 2,321 cases, and NTT 1,935 cases<sup>5</sup>.

The large number of cases found means that an HIV/AIDS sufferer who has a reduced immune system needs to receive ARV therapy which is consumed continuously for life. The aim of ARV treatment is to suppress the replication of the HIV virus so that the number of HIV viruses is below the threshold or HIV sufferers are in a viral load condition<sup>6</sup>. Through lifelong ARV therapy, sufferers can reduce viral load results to lower, even so low that the virus becomes undetectable and sufferers are asymptomatic (do not

<sup>2</sup> Mohamad Adam Bujang et al., "Measuring Population Health and Quality of Life: Developing and Testing of the Significant Quality of Life Measure (SigQOLM)," *Heliyon* 9, no. 12 (2023).

<sup>3</sup> Thomas R Frieden et al., "Sexually Transmitted Diseases Treatment Guidelines, 2015 Morbidity and Mortality Weekly Report CONTENTS (Continued) Centers for Disease Control and Prevention MMWR Editorial and Production Staff (Serials) MMWR Editorial Board," 2015.

<sup>4</sup> Riyatin Riyatin, Suryono Suryono, and Titik Haryanti, "Faktor Penyebab Penularan HIV/AIDS Pada Wanita Di Kabupaten Sragen," *Jurnal Ilmu Kesehatan Masyarakat Berkala* 1, no. 1 (2019): 14.

<sup>5</sup> Nabilla Salma Khairunisa and Estro Dariatno Sihalo, "Determinan Pembangunan Daerah Dan Angka HIV/AIDS Di Indonesia," *Ekonomikawan: Jurnal Ilmu Ekonomi dan Studi Pembangunan* 19, no. 1 (2019): 42-56.

<sup>6</sup> Frank Eric Tatsing Foka and Hazel Tumelo Mufhandu, "Current ARTs, Virologic Failure, and Implications for AIDS Management: A Systematic Review," *Viruses* 15, no. 8 (2023): 1732.

show clinical symptoms), which then cannot transmit HIV/AIDS through sexual contact or sexually. mother to child (mother to child).

HIV/AIDS sufferers have difficulty in undergoing treatment because they remember that they have to be taken continuously with one medicine package consisting of three types of medicine and must be taken on time at the same time every day<sup>7</sup>. This then causes HIV/AIDS sufferers to experience loss of follow-up because when their body condition feels good, HIV/AIDS sufferers no longer take medication. If more and more cases occur in an area, the loss to follow up rate will be even greater. In Banyuwangi, the loss to follow up rate of treatment with ARV therapy is 6%. This figure is in fact far from the Ministry of Health's standard of 0%.

Banyuwangi Regency is one of the areas with quite serious HIV/AIDS problems in East Java Province. Based on data from the Banyuwangi Regency Health Service, the number of HIV/AIDS cases in Banyuwangi Regency in 2023 will be 471 cases. This figure is quite high, because in Banyuwangi Regency it is still difficult to find people who are indicated to be positive for HIV/AIDS. Of the total HIV/AIDS cases in Banyuwangi Regency, 53% were found in men and 47% of them in women. Risk factors for HIV/AIDS cases in Banyuwangi district include risky sex (49%), safe partners (16%), men having sex with men (MSM) (14%), female sex workers (FSW) (10%), partners of PLHIV (5%), customers (5%), and transgenders (1%).

Based on the description of the problems above, a community service program is needed that can strengthen the physical and mental, psychological, and economic resilience of women suffering from HIV/AIDS <sup>8</sup>. This is because the psychological and economic problems experienced by women with HIV/AIDS are less considered. This can be seen in the differences in treatment, stigma and discrimination obtained by women with HIV/AIDS <sup>9</sup>. In addition, facts in the field state that people with HIV/AIDS find it difficult to get a decent job due to HIV/AIDS. This makes HIV/AIDS sufferers, especially women, experience a decrease in productivity and income to meet their daily needs. As a result of these problems, depression can lead to suicide attempts<sup>10</sup>. Perempuan Bersatu Kurangi Derita HIV/AIDS (*Persatuan Diva*) is a program initiation that is a pioneer in preventing and controlling HIV/AIDS in women. In Banyuwangi Regency itself there is no program that specializes in this type of program which can provide space and strengthen the mental and psychological aspects for PLHIV women to undergo treatment without stopping. In addition, women who are at high risk can be empowered by strengthening

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<sup>7</sup> Yiyun Chen, Kun Chen, and Seth C Kalichman, "Barriers to HIV Medication Adherence as a Function of Regimen Simplification," *Annals of Behavioral Medicine* 51, no. 1 (2017): 67–78.

<sup>8</sup> Nurlela Petra Saragih et al, "Factors Influencing The Quality Of Life Of The Karubaga Community District Tolikara Sub District Papua Province," *Journal of Prima Nursing and Midwifery Partners* 4 (2022).

<sup>9</sup> Endah Sri Wahyuni and Ida Nurwati, "Phenomenological Study: Experiences of PLHIV in Peer Group Assistance Programme in Surakarta," *ASJN (Aisyiyah Surakarta Journal of Nursing)* 3, no. 1 (2022): 12–18.

<sup>10</sup> Maulidiyah Wahyuni and Fransiscus Xaverius Sri Sadewo, "Survival Strategies of Housewives with HIV/AIDS in Sukomoro Sub-District, Nganjuk Regency," *Unessa* (2020): 1–18.

the economic side so that women can be healthy and empowered in a comprehensive manner<sup>11</sup>. So, it is necessary to implement a community service program.

The community service program will later provide assistance to women aged 15-49 years who are at high risk of contracting HIV/AIDS or who have already contracted HIV/AIDS in the Sempu Health Center work area. The empowerment carried out is not only health education, but will also improve the mental and psychological conditions of HIV/AIDS sufferers. Groups at risk will be empowered economically so that they can survive and become healthy and productive individuals.

## Method

This community service activity was implemented offline in Sempu District. The target of this activity is women aged 15-49 years who are recommended by the Health Center as many as 20 people with the following criteria:

1. Women who are divorced and have remarried, and/or
2. Women whose husbands or prospective husbands have more than one sexual partner or change partners, and/or
3. Women who are in a long-distance relationship (LDR) and their husbands rarely come home, and/or
4. Women who are confirmed HIV/AIDS positive during pregnancy or childbirth, and/or
5. Women who have a history of HIV/AIDS positive in themselves or their prospective husbands when they get married, and/or
6. Women who are in economic decline

This activity was carried out twice. On the first day, the activity was in the form of mental empowerment regarding body resilience and being strong against stigma followed by brainstorming or discussion through a psychological approach. While on the second day, the activity was in the form of business involvement and training in starting a business as well as product marketing through empowering MSMEs (Micro, Small and Medium Enterprises). This training is a follow-up to the socialization activities that have been carried out. This activity is packaged in the form of a workshop, partners are given input by entrepreneurship trainers and then ended with the launching of the *Persatuan Diva* program.

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<sup>11</sup> Etienne Lwamba et al., "Strengthening Women's Empowerment and Gender Equality in Fragile Contexts towards Peaceful and Inclusive Societies: A Systematic Review and Meta-analysis," *Campbell Systematic Reviews* 18, no. 1 (2022).

## Result

The community empowerment program aimed at women living with HIV (PLHIV) was conducted over two days and provided critical information on various aspects of HIV/AIDS, including transmission, antiretroviral (ARV) adherence, psychological resilience, self-acceptance, and social empowerment. This section discusses the outcomes of the program based on pre-test and post-test scores and emphasizes the psychological and social transformations observed among the participants.

### *Day 1: HIV/AIDS Knowledge and Psychological Resilience*

On the first day, participants received materials focused on understanding HIV/AIDS, its transmission pathways, and the importance of adhering to ARV therapy. Additionally, the program addressed critical factors such as the social stigma surrounding HIV and the ways in which self-acceptance and self-confidence could bolster the resilience of PLHIV women. The aim was not only to enhance knowledge but also to improve the mental and emotional well-being of the participants.

To assess the effectiveness of the training, participants were administered a pre-test and post-test consisting of 30 multiple-choice questions designed to measure their knowledge of HIV/AIDS. The results are presented in Table 1 below:

*Tabel. 1 Pre Test and Post Test Knowledge about HIV/AIDS*

<i>Pre Test</i>			<i>Post Test</i>		
N	Score	Average	N	Score	Average
12	837	69,75	12	963	80,25

Source: Community Service Data, 2024

The data indicate a clear improvement in participants' understanding, with the average score rising from 69.75 in the pre-test to 80.25 in the post-test. This increase of 10.5 points suggests a notable enhancement in HIV/AIDS knowledge, which reflects the efficacy of the educational materials provided.

Beyond cognitive knowledge, the first day of the program also focused on psychological resilience. Activities aimed at fostering emotional expression and combating stigma allowed participants to confront internalized shame and feel empowered to share their personal experiences. The environment created during the training sessions facilitated greater self-acceptance and motivated participants to take charge of their health, not only through ARV adherence but also in terms of improving their quality of life.

### ***Day 2: Empowerment Through Organizational Involvement and Entrepreneurship***

On the second day, the program shifted focus to the involvement of organizations in addressing HIV/AIDS and introducing participants to micro, small, and medium enterprises (MSMEs) as a potential avenue for empowerment. This day aimed to equip participants with the skills and knowledge necessary to establish independent businesses, fostering self-sufficiency and reducing dependency.

The results of the pre-test and post-test on the second day are presented in Table 2 below:

*Tabel. 2* Pre Test and Post Test Opinions Regarding the Involvement of PLHIV  
in Organizations and Business

<i>Pre Test</i>			<i>Post Test</i>		
N	Score	Average	N	Score	Average
20	1.405	70,25	20	1.462,5	73,12

Source: Community Service Data, 2024

An increase of 2.87 points in the average score, from 70.25 in the pre-test to 73.12 in the post-test, indicates that the participants' understanding of the importance of organizational involvement and business opportunities has grown. This shift in perception is crucial as it marks a step toward empowering participants to explore independent business ventures, which can provide both financial stability and social inclusion.

### ***Qualitative Outcomes: Psychological and Social Transformation***

While quantitative measures provide insights into knowledge acquisition, the program's qualitative impact on participants was equally significant. Feedback from participants revealed substantial improvements in psychological and social well-being. Notably, the program fostered an environment where participants could express themselves without fear of judgment. This was especially evident in group discussions, where participants shared personal stories and challenges they had faced due to the stigma of living with HIV.

One of the most important outcomes of the program was the visible increase in participants' self-confidence. Many participants reported feeling empowered to openly discuss their experiences, a testament to the supportive environment created during the sessions. This shift in mindset from fear and isolation to openness and self-assurance is a critical step toward combatting the stigma associated with HIV/AIDS.

Moreover, the program encouraged active participation in entrepreneurship training. Participants not only absorbed information passively but also engaged in brainstorming activities where they shared practical business ideas. This indicates a



transformative shift from a dependency mindset to one centered around self-empowerment. The encouragement of entrepreneurial thinking provides participants with tangible skills to improve their financial independence and social mobility.

### ***Social Integration and Community Building***

A pivotal aspect of the program was the establishment of the *Persatuan Diva* (Diva Union), a community organization that offers both emotional support and a platform for social interaction. Through this initiative, participants gained access to a network of individuals with shared experiences, thus alleviating feelings of isolation. The interactions within this community have enabled participants to reintegrate into society more confidently, diminishing the effects of HIV-related stigma.

The sense of belonging fostered through *Persatuan Diva* has also contributed to the participants' increased sense of value within their communities. By providing both emotional and practical support, this initiative played a critical role in facilitating social reintegration and empowering participants to play an active role in their communities.

The program achieved its objectives not only by enhancing participants' cognitive understanding of HIV/AIDS but also by fostering deep psychological and social transformations. The increase in knowledge, coupled with the development of self-confidence, self-acceptance, and entrepreneurial skills, highlights the program's multifaceted impact. The empowerment of women living with HIV through both education and community-building activities offers a promising model for similar initiatives aimed at combating HIV-related stigma and promoting social inclusion.

### **Discussion**

Higher education is the highest level of education in the education system in Indonesia. In implementing higher education, every lecturer or student has an obligation to implement the higher education tridharma. The tridharma of higher education in question is education, research and community service. One of the obligations that must be carried out is community service<sup>12</sup>. Community Service is an activity carried out to increase the community's insight and independence in dealing with problems that occur in the community<sup>13</sup>.

Community service activities are carried out in Sempu District, specifically at the Sempu Community Health Center which targets women aged 15-49 years who were

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(Wahyuni 2022) (Wahyuni 2022)<sup>12</sup> Penyelenggaraan Tridharma et al., "PENYELENGGARAAN TRIDHARMA PERGURUAN TINGGI SESUAI BIDANG KEILMUAN SEBAGAI UPAYA PERSONAL BRANDING DOSEN," *Komunida: Media Komunikasi dan Dakwah* 11 (2021): 195–217.

<sup>13</sup> Uzochukwu Adabanya et al., "Changing a Community: A Holistic View of the Fundamental Human Needs and Their Public Health Impacts," *Cureus* (2023).

selected with recommendations from the Sempu Community Health Center. At the age of 15-49 years, a person can carry out their duties well and is able to convey information to the public<sup>14</sup>. This program aims to provide support and empowerment to women in aspects of mental and economic resilience in order to build individuals who are not only psychologically strong but also financially independent through involvement in entrepreneurial activities. This is because women are one of the strong factors that can strengthen a household.

The focus of this service is so that women who are figures in married life can have good mental resilience. This is in accordance with research conducted by Townsend & Russell, (2023) who said that women are one of the influential figures in married life, so they must have a good mindset<sup>15</sup>.

The empowerment strategy implemented in the DIVA Association program is based on the framework of empowerment theory, which emphasizes increasing individual control over their lives, as well as increasing psychological, economic, and social capacity (Gathmyr et al., 2024). In the context of this community service, the empowerment approach is used holistically by intervening in all three aspects, namely psychological, organizational, and community. This strategy is considered relevant to overcome the challenges faced, especially for women, who not only face the biological burden of the disease, but also social stigma, discrimination, and economic powerlessness.

The first day's activities focused on increasing mental resilience and the ability to face the stigma that audiences often face. At this stage, participants receive material and are invited to discuss in depth using a psychological approach. This is because when someone has gained trust, it will be easier for them to share things that they feel are sensitive or confidential<sup>16</sup>. So, at this stage, Brainstorming activities were carried out.

Brainstorming is an activity carried out and designed to build self-confidence and develop participants' abilities to face mental challenges. So, they can be better prepared to carry out social and economic activities. This is in line with research carried out by Lestari et al., (2023) which states that self-confidence makes a person better prepared to face social life<sup>17</sup>.

<sup>14</sup> Kizito Omona and Christopher Ogwang, "Lived Experiences of Female Patients Aged 15-49 Years Undergoing Treatment for Multi-Drug Resistant Tuberculosis (MDR-TB) in Lira Regional Referral Hospital, Uganda," *Cogent Public Health* 11, no. 1 (2024).

<sup>15</sup> Charlotte H Townsend, Laura J Kray, and Alexandra G Russell, "Holding the Belief That Gender Roles Can Change Reduces Women's Work-Family Conflict," *Personality and Social Psychology Bulletin* (2023).

<sup>16</sup> Paul Crits-Christoph et al., "Trust and Respect in the Patient-Clinician Relationship: Preliminary Development of a New Scale," *BMC Psychology* 7, no. 1 (2019).

<sup>17</sup> T Lestari et al., "Profile of Self-Confidence Viewed from Family Social Status in State Junior High School Students in Pangandaran District," *JOMSIGN: Journal of Multicultural Studies in Guidance and Counseling* (APA, 2023).



From a psychological empowerment perspective, this program is designed to increase participants' self-confidence, self-acceptance, and mental resilience in the face of stigma attached by the community. The first day's activities, which focused on mental strengthening through reflective discussions and psychological approaches, proved to have a positive impact. Participants began to show courage in disclosing personal experiences and showed an increase in self-efficacy - the belief in one's ability to control life and face challenges - which is an important indicator in the psychological empowerment framework (Crits-Christoph et al., 2019).

In the organizational dimension, the formation of the DIVA Association is a tangible form of structural empowerment, where individuals who previously felt marginalized can be actively involved in a supportive community. This involvement provides space for participants to feel a sense of belonging and strengthen social networks that support their recovery and social reintegration process. This is in line with Omona's study (2024) which emphasizes the importance of supportive communities in strengthening the capacity of women who face community stigma, both psychologically and socially.

The second day's activities focused on improving entrepreneurial skills through training on starting a business and product marketing, especially for the MSME (Micro, Small and Medium Enterprises) sector. Participants were provided with tips and techniques for product marketing, as well as training on business strategies. This activity was packaged like a workshop to help participants understand the basic aspects of running a small business. This is because when someone has special abilities or skills, they can survive and open up business opportunities well<sup>18</sup>.

The community empowerment aspect is reflected in entrepreneurship training activities that aim to increase the economic independence of participants. In addition to gaining technical skills related to small business development and product marketing, participants are also encouraged to develop business initiatives collectively. Observations showed the emergence of initiatives to form joint business groups, which marked a shift from economic dependence to independence and productive collaboration. This finding is consistent with the results of Lwamba et al. (2022) who showed that women's empowerment in vulnerable contexts is more effective when integrating economic dimensions with social and psychological aspects.

Based on the results of community service, it shows that there is an increase in knowledge among community service participants. This is shown by the results of the pre-test and post-test which have increased. According to the results of research

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<sup>18</sup> Małgorzata Skrzek-Lubasińska and Radosław Malik, "Is Critical Thinking a Future Skill for Business Success: Science Mapping and Literature Review," *Central European Management Journal* 31, no. 1 (2023): 48-63.

conducted by<sup>19</sup>. states that an activity can be said to be successful when the target has increased abilities.

Overall, the increase in participants' knowledge scores in the pre-test and post-test is only one dimension of the program's success. More substantial are the changes in participants' attitudes, behaviors, and self-perceptions towards their roles in society. The program not only improved individual capabilities, but also strengthened social networks and community solidarity, ultimately forming a strong foundation for social integration in the face of stigma. This is in line with the principles of community-based public health development that places active participation and empowerment at the core of sustainable social change (Adabanya et al., 2023).

The empowerment approach applied in this community service activity has made a real contribution to improving the quality of life of participants in a multidimensional manner. It is expected that through this program, participants will gain strong provisions in psychological aspects and entrepreneurial skills so that they are able to create sustainable independent businesses. This activity provides an opportunity for participants to share experiences and form solid social support through the *PERSATUAN DIVA* program.

## Conclusion

Community Service Activities, namely *PERSATUAN DIVA*, were carried out in two meetings. The first day's activities focused on increasing mental resilience and the ability to deal with stigmas that are often faced by the audience. At this stage, participants received material and were invited to have in-depth discussions through a psychological approach. The second day's activities focused on improving entrepreneurial skills through training in starting a business and product marketing, especially for the MSME (Micro, Small and Medium Enterprises) sector. Participants were provided with tips and techniques for product marketing, as well as training on business strategies. The results of this community service activity showed positive changes in the participants as evidenced by the increased knowledge and understanding of the participants regarding the material provided. It is hoped that through this program, participants will gain strong provisions in psychological aspects and entrepreneurial skills so that they are able to create sustainable independent businesses. This program has a high level of sustainability and can be carried out in areas with similar problem characteristics. The sustainability of this program is the mental and physical resilience of women who have and are at high risk of HIV/AIDS in fighting negative stigma and discrimination in the

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<sup>19</sup> Christer Malm, Johan Jakobsson, and Andreas Isaksson, "Physical Activity and Sports—Real Health Benefits: A Review with Insight into the Public Health of Sweden," *Sports* 7, no. 5 (2019): 127.

community. In addition, they are also able to be productive by having their own income from the activities of *PERSATUAN DIVA*.

## Acknowledgements

The author would like to express his deepest gratitude to the Institute for Research and Community Service of Airlangga University (LPPM Unair) which has provided financial support for this community service activity.

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