

**Perilaku Pencegahan HIV/AIDS Pada Remaja Di SMA Negeri Pakusari
Jember**

*HIV/AIDS Preventive Behavior Among Adolescents at SMA Negeri Pakusari
Jember*

Dr. Faiqatul Hikmah, S.KM., M.Kes (*Advisor*)

Amelia Bintang Budiarti
*Health Promotion Study Program
Department of Health*

ABSTRACT

HIV/AIDS remains a significant public health issue that requires serious attention, particularly among adolescents who are in a developmental stage characterized by high curiosity and vulnerability to environmental influences and risky behaviors. In Jember Regency, efforts to prevent HIV/AIDS among adolescents need to be strengthened through approaches that emphasize not only knowledge improvement but also psychological aspects and individual risk perceptions. This study aimed to analyze HIV/AIDS preventive behavior among adolescents at SMA Negeri Pakusari Jember using the Health Belief Model (HBM) approach. This research employed an analytical design with a cross-sectional approach, examining variables including demographic factors, level of knowledge, perceived susceptibility, perceived severity, perceived benefits, perceived barriers, self-efficacy, and cues to action. Data were collected using a questionnaire that had been tested for validity and reliability, and were analyzed to determine the relationships between variables and HIV/AIDS preventive behavior. The results showed that although most adolescents had a fairly good level of knowledge, preventive behavior was not yet optimal and was influenced by psychological factors as well as individual perceptions regarding benefits, barriers, and the risk of HIV/AIDS. Self-efficacy and environmental support also played an important role in shaping consistent preventive actions. Therefore, HIV/AIDS preventive behavior among adolescents is determined not only by knowledge but also by perceptions and self-confidence, indicating the need for comprehensive, theory-based health promotion strategies involving both school and family environments to sustainably improve preventive behavior.

Key words: *Preventive Behavior, HIV/AIDS, Adolescents, Health Belief Model, Health Promotion.*