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# The Impact of TikTok-Based Health Education on High School Students' Knowledge of HIV/AIDS

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Abstract: HIV/AIDS is a disease that can cause a person's immune system to decline to the point of death. HIV/AIDS in adolescents is an important problem to pay attention to, considering the many behavioral problems adolescents are increasingly vulnerable to HIV/AIDS. The large number of HIV/AIDS cases among adolescents is caused by low adolescent knowledge. This study was conducted to determine the effect of TikTok-based health education on adolescents' knowledge about HIV/AIDS at SMA Negeri 2 Jonggat. The method used in this study is contingent with a pre-experimental design using the one group pre – test – post – test approach. The number of respondents in this study is 40 people, with purposive sampling technique. The results of the Wilcoxon rank test showed a P-value of 0.001 < 0.05 which means that there is an influence of TikTok-based health education on adolescents' knowledge about HIV/AIDS at SMA Negeri 2 Jonggat, it can be concluded that TikTok-based health education has a significant influence on adolescents' knowledge about HIV/AIDS.

Keywords: HIV/AIDS; Health Education; TikTok; Teenager.

## Introduction

HIV (Human Immunodeficiency Virus) is a virus that interferes with individual activity and development (Dahulai et al., 2023). Immunodeficiency Syndrome (AIDS) is a condition that arises due to a gradual decline in the immune system, caused by HIV virus infection (World Health Organization, 2022). Exposure to this virus can cause a decrease in the immune system in the body. The Indonesian Ministry of Health recorded a total of 36,902 HIV cases in 2021, with the majority of patients being of productive age. The most vulnerable age group to be infected with HIV is adolescents aged 25 to 49 years, which is 69.7%, followed by the age group of 20 to 24 years old at 16.9%, and finally the age group of 15 to 19 years old at 3.1% (Ministry of Health of the Republic of Indonesia, 2022). Over the past twenty years, the total number of HIV/AIDS cases reported in Central Lombok Regency (Loteng) is 452 cases (Dewi, 2023).

The causes of HIV/AIDS among adolescents include drug addiction, especially the use of syringes, lack of knowledge about reproductive health

information, promiscuity, HIV/AIDS, and other infections caused by sexual intercourse. The lack of information that adolescents receive about reproductive health contributes to this problem (Aisyah & Fitria, 2019). Factors that affect a person's knowledge include age, education, and mass media. (Farokah et al., 2022). Knowledge related to HIV/AIDS plays an important role in reducing the disease, every increase in knowledge is very important for the prevention of the spread of the HIV/AIDS virus (Chen, J., & Wang, Y. (2021; Farsi, 2021; Ghahramani *et al.*, 2022).

The TikTok application has the potential to serve as an effective learning medium due to several underlying reasons. First, it is able to address the learning needs of students by presenting information in a format that is simple, concise, and easily accessible. Educational content delivered through TikTok can reach students in a familiar environment, thereby increasing the likelihood of engagement and comprehension. Second, TikTok attracts students because of its novelty and the variety of features it offers. The platform provides tools such as short videos, music, filters, and interactive elements, all of which can be adapted to

educational purposes. By combining creativity with learning materials, educators can design content that not only conveys knowledge but also stimulates students' curiosity and motivation to learn. Finally, the characteristics of TikTok align well with the maturity level, experiences, and lifestyles of today's millennial and Gen Z students (Fatimah *et al*, 2021). These digitalnative learners are accustomed to obtaining information through smartphones and social media platforms. Therefore, integrating TikTok into health education, particularly concerning issues such as HIV/AIDS, may enhance relevance and effectiveness, as the medium resonates with students' daily communication (Utami, 2024).

# Method

The type of research used in this study is quantitative research with a pre-experimental design using a one group pre-test post-test approach. The sampling technique in this study is the perposive sampling technique. The population in this study is all students and students at SMA Negeri 2 Jonggat as many as 357 people. With a sample of 40 people. The data collection instrument used was a knowledge level questionnaire. Data processing was done using the help of the spss 29 application using univariate and bivariate analysis, as well as the wilcoxon test

# **Result and Discussion**

SMA Negeri 2 Jonggat is located in Nyerot Village, Jonggat District, Central Lombok Regency, West Nusa Tenggara Province. Geographically, the school shares its border with Puyung Village, which is also part of Jonggat District. The strategic location of the school makes it accessible to students from surrounding areas, thereby contributing to the diversity of its student body. Based on the latest available data, SMA Negeri 2 Jonggat has a total of 357 students across three grade levels. In Grade 10, there are 120 students, consisting of 52 male students and 68 female students. This balanced gender distribution reflects the inclusive nature of student enrollment at the school. Grade 11 has 102 students, with 50 male students and 52 female students. Meanwhile, Grade 12 accommodates 92 students, including 45 male students and 47 female students. The relatively even proportion of male and female students across all grade levels highlights gender equity in educational participation within the institution. In addition to the regular student body, the school also accommodates students categorized as "open students." This category includes a total of 43 students. Specifically, 15 open students are enrolled in Grade 11, consisting of 7 males and 8 females, while 28 are in Grade 12, including 12 males and 16 females. This reflects the school's commitment to providing educational opportunities for diverse groups of students, including those with nontraditional educational pathways. From the results of the research that has been conducted, the distribution of respondents' frequency based on age was analyzed ( Waldmann et al, 2025 ;Bueno & Köptcke 2023; Waldmann et al, 2025). The categorization by age is understanding the demographic in composition of students, which in turn may influence their level of knowledge, attitudes, and behavior. These factors are highly relevant when evaluating the effectiveness of health education interventions, such as those focusing on HIV/AIDS awareness among adolescents (Obeagu & Obeagu, 2024; Ratnawati et al., 2024; Ezelote et al., 2024).

**Table 1.** Distribution table of frequency of respondents by age at SMAN 2 Jonggat

Age	Frequency	Percentage	_
15	25	62,5%	_
16	15	37,5%	
Sum	40	100%	_

Based on Table 1, the majority of respondents were 15 years old, with a total of 25 individuals (62.5%). This result shows that most participants in the study are categorized as early adolescents. The dominance of respondents aged 15 indicates that health education interventions should be designed according to their developmental stage. Therefore, the age distribution provides an important context for interpreting the findings related to students' knowledge of HIV/AIDS (Mandiwa et al., 2021; Murwira et al., 2021; Milic et al., 2021).

Table 1 shows the characteristics of respondents based on the age of 15 years old as many as 25 people (62.5%). Knowledge is influenced by several factors, one of which is age: age is one of the factors that affect knowledge. The older a person gets, the experience will increase so that it will increase knowledge (Barokah & Melani, 2020). Research conducted by (Elfika et al., 2024) mentioning that age can affect the level of knowledge of a person, this is because the older a person gets, the more insight and knowledge and maturity the way of thinking. Research conducted by (Remijawa, E et al., 2022) The results of statistical tests showed that there was a significant relationship between knowledge about HIV/AIDS and the age of students of SMAN 2 Haharu, East Sumba Regency. One of the factors that affect a

person's knowledge is age. The older he gets, the more his grasp and mindset will develop, so that the knowledge he acquires will be better as evidenced by a p value of 0.000 < 0.05 (Sutjiato, 2022; Endalamaw et al., 2024).

**Table 2.** Frequency distribution table based on respondent gender at SMAN 2 Jonggat

Gender	Frequency	Percentage
Woman	25	62,5%
Men - men	15	37,5%
Sum	40	100%

Based on Table 2, it is known that out of 40 respondents, the majority were female. This indicates that female students were more dominant in the sample compared to their male counterparts. The higher proportion of female respondents may influence the interpretation of the study results, particularly in relation to gender-based differences in knowledge and attitudes toward HIV/AIDS (Islam & Habib, 2021; Akuivibo et al., 2021; Chory et al., 2023). Therefore, gender distribution becomes an important aspect to consider when analyzing the overall findings of this research. on the Table The 2 genders of the respondents were female, totaling 25 people or 62.5%. Based on findings in the field, gender has no effect on knowledge (Renzaho et al, 2022; Adelekan et al, 2024; Elizabeth et al, 2025). This is in line with factors that affect education including age, education, occupation, culture and information (RIFDA MARISA, 2024). This statement is supported by research conducted by (Sianturi & Aprianingsih, 2021) The results of the chi square test between the sex variable and knowledge of HIV/AIDS were obtained with a p value of 0.127 (p>0.05) which means that there is no meaningful relationship between sex and knowledge of HIV/AIDS disease.

Table 3. Frequency distribution table before health education is given

Knowledge categories	Frequency	Percentage
Less	26	65%
Enough	12	30%
Good	2	5%
Sum	40	100%

In Table 3, it is known that the respondents' knowledge before being given interventions through TikTok media was obtained as a result of insufficient knowledge as many as 26 (65%) people, only 12 (30%) people, and 2 (5%) people. In table 3 of the frequency distribution, the average level of knowledge of students at SMAN 2 Jonggat before being given health education is 13.33%. This is in line with research conducted by (Saadong et al., 2020) where adolescents' knowledge about HIV/AIDS prevention before being given health education is 69.7%. research conducted by (Sanggara et al., 2024) Almost all respondents had a low level of knowledge of 100 people (96.2%). This is also in line with research conducted by (Elis et al., 2024) with results Pretest is categorized as lacking by 97.2%. Research conducted by (Zulfikar, 2020) with title The Influence of Health Education About Premarital Sex with TikTok Social Media on Student Knowledge at SMA 1 Bolano Lambun with an average pre-test result of 4.55.

**Table 4.** Frequency distribution table after being given health education at SMAN 2 Jonggat

Knowledge categories	Frequency	Percentense
Less	0	0%
enough	10	25%
Good	30	75%
Sum	40	100%

Based on Table 4, it is known that the respondents' knowledge after being given health education with TikTok media was obtained as a result of adolescent knowledge in the category of less than 0 (0%) people, enough for 10 (25%) people, or as many as 30 (75%) people. In table 4 of the frequency distribution, the average level of knowledge of students at SMAN 2 Jonggat after being given health education through TikTok media is good knowledge at 75% (Serli & Yuyun Wirasamita, 2025; Sholikhah et al, 2025; Ramdani et al, 2025). The increase in the level of knowledge is influenced by the education provided in the form of learning videos through TikTok. The findings of the study conducted by (Lestari et al., 2024) this shows that the knowledge of TikTok users as an educational medium is better compared to book users.

This is in line with research conducted by (Rahma, 2023) stating that TikTok social media is more effectively used than leaflets with results T – test 0.010. This research is in line with research conducted by (Fauziyah et al., 2021) which states that there is an influence between TikTok social media on knowledge in adolescents at SMAN 1 Lhoksukon North Aceh with a p value of 0.016 < 0.05. Research facilitated by (S&A, 2025)

With a p value of 0.000 < 0.05, which means that there is an influence of sexual health education with TikTok on adolescent knowledge. This is in line with research (Haq et al., n.d.) there was an influence of education with TikTok on adolescents' knowledge about HIV/AIDS with a p value of 0.000 < 0.05.

**Table 5.** The Influence of TikTok-Based Health Education on Adolescents' Knowledge of HIV/AIDS at SMA Negeri 2 Jonggat

Previous	Mean	Z	P -	N
knowledge	_		value	
Knowledge	20.00	5453b	0,001	40
after				

Table 5, the results of the analysis using the Wilcoxon Rank Test were obtained with a P-value of 0.001, because the significance value was 0.001 < 0.05, H0 was rejected and H1 was accepted, which means that there is an influence of TikTok-based health education on adolescents' knowledge about HIV/AIDS at SMA Negeri 2 Jonggat. In table 5, the frequency distribution of test results is obtained wilcoxon obtained a p value of 0.001 < 0.05 which means that there is a significant influence between TikTok-based health education on adolescents' knowledge about HIV/AIDS, so H1 is accepted and H0 is rejected. This is in line with research conducted by (Mutiah, 2025) entitled The Relationship between Social Media Use and Adolescents' Knowledge of HIV AIDS in Ma As-Tsaghofah Bukit Malintang with the results P = 0.000 (P < 0.005). This is in line with research conducted by (Khikma & Sofwan, 2021) Education using TikTok is more effective than using Instagram in increasing knowledge. Research conducted by (Rika Rahayu et al., 2024) with a p value of 0.000 < 0.05 which means that there is an influence of TikTok media education on the knowledge of hypertension sufferers in the work area of the Circunghas Health Center. This is in line with research conducted by (Aprianti et al., 2024) with title The Effect of the Use of Video Educational Media Using the Tiktok Application on the Increase of Anemia Knowledge in Adolescent Girls at Jambi City High School with a p value of 0.000 < 0.05.

This is in line with research (Fajar & Losoiyo, 2021) entitled The Effect of Health Education on Knowledge and Attitudes in HIV/AIDS Prevention in High School with a has.il p value of 0.000 < 0.05. This is also in line with research conducted by (Pratiwi et al., 2023) Obtained p value 0.000 < 0.05, which means that there is an effect of education with TikTok media on the level of knowledge about the role of iron tablets in preconception health. In a study conducted by (Pamilasari et al., 2022) entitled counseling using TikTok

application media on knowledge about balanced nutrition with a p value of 0.001 < 0.05. This is in line with research conducted by (Mistari et al., 2023) which states that the TikTok application is effective against increasing knowledge. Research conducted by (Sovani Firdawiyanti et al., 2023) With the results, there was a significant difference before and after being educated using TikTok video media on anemia knowledge (p-value 0.000) (Purwanto & Gumilang, 2025).

#### Conclusion

TikTok-based health education on adolescents' knowledge of HIV/AIDS, the author will write some important things that can be concluded. According to the formulation of the problems and research objectives that have been presented in chapter one related to the influence of TikTok-based health education on adolescents' knowledge about HIV/AIDS, it can be concluded that: The level of knowledge about HIV/AIDS in adolescents at SMAN 2 Jonggat before being given health education with less answers as many as 26 people (65%), enough as many as 12 people (30%) and good as many as 2 people (5%), The level of knowledge about HIV/AIDS in adolescents at SMAN 2 Jonggat after being given health education with good answers of 30 people (75%) and sufficient answers of 10 people (25%), The results of the Wilcoxon Rank Test showed a p-value of 0.001 < 0.05, H0 was rejected and H1 was accepted, which means that there is an influence of TikTok-based health education on adolescents' knowledge about HIV/AIDS at SMAN 2 Jonggat.

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# **Author Contributions**

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# **Conflicts of Interest**

The authors declare no conflict of interest.

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