

Research Article

Prevention of The Spread of HIV/AIDS: Islamic Perspective

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ABSTRACT

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HIV/AIDS is a health problem in many countries. Although HIV cases in Indonesia fluctuate, in general they tend to increase. Indonesia is the largest Muslim-majority country in the world. Islam is a religion and a way of life that has complete rules of life. To obtain the concept of HIV/AIDS prevention, research needs to be carried out regarding Islamic views on HIV/AIDS prevention. The research was conducted through a qualitative approach. The research method used is library research. Researchers collect data through research journals according to the research theme. Then analyzed and conclusions drawn. In conclusion, the biggest risk factors for transmitting HIV/AIDS are through adultery, homosexuality and illegal drugs. Islam has a concept of preventing adultery, homosexual acts and illegal drug consumption. The harsh punishments imposed by Islam on adulterers, homosexuals and illegal drug users will prevent the spread of HIV/AIDS.

1. INTRODUCTION

HIV/AIDS is a health problem that occurs in many countries. Including in Indonesia, which is the largest Muslim-majority country in the world. The impact of HIV/AIDS occurs in various fields, namely social, cultural, economic, to political (Maracy *et al.*, 2017). Until now HIV/AIDS has not found a cure while globally the number of sufferers is always increasing (Fatoni, Lesmana and Sari, 2022).

The largest population of people living with HIV in the world in 2018 was on the African continent (25.7 million people), then in Southeast Asia (3.8 million), and in America (3.5 million). While the lowest is in the Western Pacific as many as 1.9 million people. The high population of people infected with HIV in Southeast Asia requires Indonesia to be more aware of the spread and transmission of this virus (Kemenkes RI, 2020).

Although it tends to fluctuate, data on HIV AIDS cases in Indonesia continues to increase from year to year. As in the picture below, it can be seen that during the last eleven years the number of HIV cases in Indonesia reached its peak in 2019, which was 50,282 cases. Based on WHO data in 2019, there were 78% of new HIV infections in the Asia Pacific region. The highest AIDS case for the last eleven years was in 2013, which was 12,214 cases (Kemenkes RI, 2020).

Islam gives humans several norms of behavior that are lawful and unlawful, not on the basis of scientific evidence, but on the basis of obedience to God as the creator of humans. That behind the halal-haram there will be wisdom in the long term, it is possible, but that is not the basis for the implementation of the norm. A Muslim obeys this norm because of his faith, that Allah, who is omniscient, will certainly not give orders that do not provide benefits in the long term, even though we do not know it scientifically (Amhar, Puri and Ardiansyah, 2018). Indonesia is the largest Muslim majority country in the world. Islamic values are one of the predisposing factors for the behavior of the Indonesian people. The concept of Islam in preventing the spread of HIV/AIDS needs to be explored, socialized, and practiced as a solution.

The purpose of this study is to provide an overview of the concept of Islam in preventing the spread of HIV/AIDS. In addition, it aims to prove the effectiveness of the Islamic concept in preventing the spread of HIV/AIDS. So that the Islamic concept can be a solution to prevent the spread of HIV/AIDS.

2. RESEARCH METHODS

The research approach is a qualitative approach. This qualitative approach is an approach that tends to use words to describe and explain the data or phenomena that have been obtained. The method used is the library method. This literature study is a series of activities related to the methods of collecting library data, reading and taking notes, and processing research materials. The technique used in this research method is by reviewing books, journals, theses, papers, or other sources that have relevance to this research (Supriyadi, 2017).

In this research, researchers used data collection techniques based on literature sources. The literature used is in the form of journals that are relevant to the research theme. Journal search using Google Scholar, PqoQuest, and Pubmed. The journal criteria used are journals published in the 2012-2022 range, in Indonesian or English, and in accordance with the research theme.

3. RESULTS AND DISCUSSIONS

3.1. HIV and AIDS Definition

Human Immunodeficiency Virus (HIV) is a type of virus that infects white blood cells which causes a decrease in human immunity. HIV attacks CD4+ T cells. After transmission, HIV is in the mucosal tissue, and within a few days spreads to lymphoid organs. At around day 10, the virus is detectable in the blood and then spreads profusely over the next several weeks, peaking around day 30, when HIV antibody levels become detectable. The immune system will reach some level of control, and a 'set point' at which the rate of HIV replication remains relatively stable, often for years. HIV causes a progressive loss of CD4+ T cells and a number of immunological disorders. After several years, severe immune deficiency develops and the individual develops typical infectious or oncological complications (Deeks *et al.*, 2015). Acquired Immune Deficiency Syndrome (AIDS) is a collection of symptoms that arise due to decreased immunity caused by infection with HIV. HIV patients require treatment with antiretroviral (ARV) to reduce the amount of HIV virus in the body so that it does not enter the AIDS stage, while AIDS patients require ARV treatment to prevent opportunistic infections with various complications (Kemenkes RI, 2020).

HIV is found in some body fluids, namely blood, semen, vaginal fluids, breast milk (Foundation *et al.*, 2016). mother's milk), semen and vaginal fluids. HIV can also be passed from a mother to her child during pregnancy and childbirth. People cannot be infected through everyday contact such as kissing, hugging, shaking hands, or sharing personal objects, food, or water (World Health Organization, 2019).

3.2. Spread of HIV/AIDS

Basically, HIV can spread when there is contact with blood or semen with an infected person. It can also be passed through breast milk from mother to baby. Contact of blood and sperm fluid can occur in various forms. Actions intentionally or unintentionally. Deliberate actions such as using a syringe together. Usually when using drugs together, adultery, and deviant sex. Accidental actions such as blood transfusion that does not pass through a filter first. Based on data, the largest spread of HIV is through sex.

Human Immunodeficiency Virus (HIV-1) infects cells by various mechanisms, either as cell-free particles or cell-associated particles. HIV-1 infection is more efficient when the virus is transmitted by direct cell contact. HIV-1 follows a different route of cell-to-cell transmission. One of the main mechanisms involves a structure called Virological Synapse (VS). This allows the delivery of polarized newly formed viral particles. Its organization requires cellular and viral proteins. Viruses also hijack other cellular pathways for spread, such as nanotubes, filopodia, phagocytic or endocytic compartments. As part of the immune response, infected individuals rapidly develop anti-HIV-1 antibodies, as soon as one week after initial exposure to the virus. These early-produced antibodies do not neutralize the virus. The first neutralizing antibody is detected two to three months later. These antibodies are inefficient against heterologous viral strains and are rapidly escaped by autologous virus mutations. Deconvolution of their polyclonal response allowed the identification of several monoclonal bNAbs. Strong BNAbs present peculiar molecular features, such as intensive hypermutation and often long CDRH3 regions. bNAbs target conserved regions of the Env virus spike, called vulnerability sites. These include the CD4 binding site (CD4bs), N-glycans of loops V1/V2 and V3, the proximal external region of the gp41 membrane (MPER), and the gp120/gp41 interface, which comprises a recently described epitope consisting of a fusion peptide, at the N-terminus of gp41 and the N88 glycan of gp120. In vitro, bNAbs neutralize cell-free infection by many viral strains and trigger Fc-mediated effector mechanisms, including antibody-dependent cellular cytotoxicity (ADCC). In animal models, bNAbs display both prophylactic and therapeutic efficacy. They clear HIV-infected cells and modulate the host immune response. These findings suggest that bNAbs

can target latent HIV reservoirs and contribute to long-term remission of HIV-1 infection in humans (Dufloo, Bruel and Schwartz, 2018).

The problem of HIV/AIDS is not only a health (medical) problem but also a behavioral one. Because it has been proven that the most significant causes of HIV/AIDS transmission are free sex behavior, namely adultery, and homosexuality (Dunbar, Pape and Coppieters, 2021). The rise of prostitutes has a negative impact, apart from social impacts such as stigma and discrimination there are also individual impacts that related to the health of prostitutes, namely the emergence of Infectious Infections Sex (STI) such as gonorrhea, syphilis (lion king) and other venereal diseases. This is especially the potential for spreading or being infected with a disease or infection virus, because of the high risk caused by frequent changing of partners without use safety. One of the diseases or viruses that spread in Indonesia among prostitutes besides STIs is HIV/AIDS which until now there is no drug that can cure this virus. People who infected with HIV do not have any visible signs that they are sick. Before people with HIV enter the AIDS phase, they will appear healthy like other people who are not infected. Only blood test can prove whether they have HIV or not. However Thus, even though they look healthy, they can pass it on to people others through their body fl (Purwastuty, 2019)

A study published in the International Journal of Epidemiology revealed that the risk of HIV transmission through anal sex is 18% greater than vaginal penetration. Because the tissue and natural lubricants in the anus and vagina are very different. The vagina has many layers that can resist viral infections, while the anus only has one thin layer. In addition, the anus also does not produce natural lubricants like the vagina, so the possibility of injury or abrasions when anal penetration is carried out is higher. These wounds can spread HIV infection. HIV infection can also occur if there is contact with rectal fluid in the anus. Rectal fluid is very rich in immune cells so that the HIV virus is easy to replicate or multiply. Rectal fluid also becomes a hotbed for HIV. So, if the partner who penetrates has been positive for HIV, this virus will quickly transfer to the partner through the rectal fluid in the anus. Unlike the vagina, the anus does not have a natural cleansing system, so preventing viral infections is more difficult for the body (Hellosehat, 2022).

However, Islam also views HIV/AIDS as a behavioral problem because HIV/AIDS in most cases originates and spreads through deviant sexual behavior, such as lesbianism, gay, bisexual, and transgender. All of this is a dirty and despicable act in the view of Islam. All are criminal acts that deserve strict punishment (L Gibney, PhD, P Choudhury, MD, Z Khawaja, DVM MPH, M Sarker, MD MPH and Vermund, 1999).

3.3. Prevalence

The largest HIV-infected population in the world is on the African continent (25.7 million people), then in Southeast Asia (3.8 million), and in America (3.5 million). While the lowest is in the Western Pacific as many as 1.9 million people. The high population of people infected with HIV in Southeast Asia requires Indonesia to be more aware of the spread and transmission of this virus. The data can be seen visually in Figure 1.

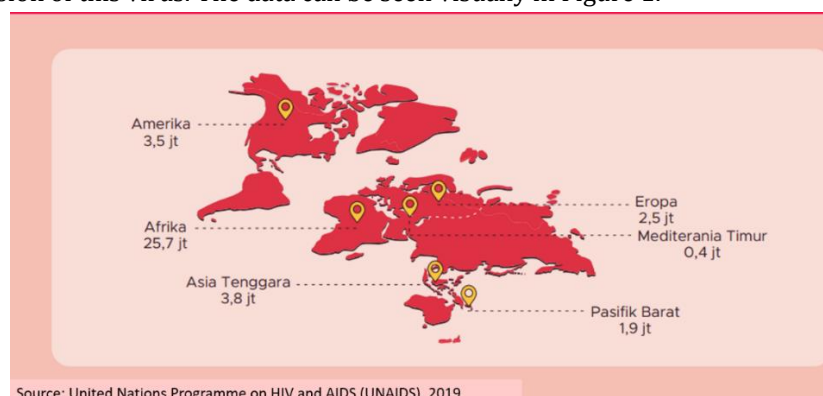


Figure 1. HIV/AIDS Data in the world

Data on HIV AIDS cases in Indonesia continues to increase from year to year. During the last eleven years the number of HIV cases in Indonesia reached its peak in 2019, which was 50,282 cases. The data can be seen visually in Figure 2. (Ministry of Health RI, 2020).

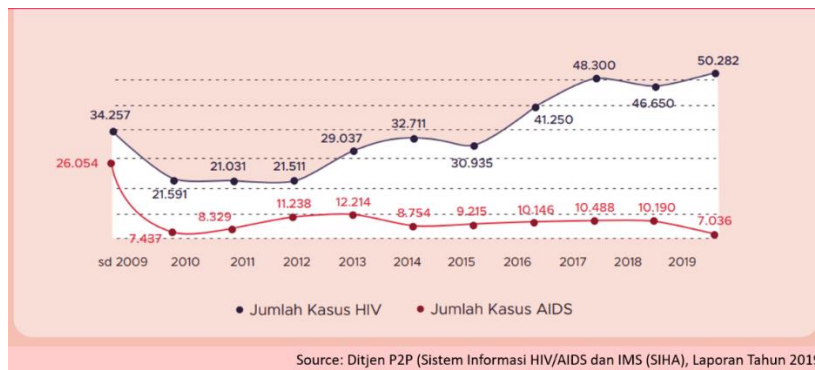


Figure 2. Number of HIV and AIDS cases by year in Indonesia

3.4. HIV and AIDS in Islamic Perspective

3.4.1. Islam views health as important

The World Health Organization made a bold offer in 1948. Their definition of health is 'not merely the absence of disease or infirmity but a state of complete physical, mental and social well-being' (Misselbrook, 2014). Islam as a perfect and complete religion pays great attention to health issues. Health is one of the greatest blessings that Allah SWT gives to His servants. "Therefore, we as servants of Allah should be grateful for the healthy blessings He has given us. The Prophet said,

"There are two gifts because of which many people are deceived, namely good health and free time."
(Narrated by Bukhari).

Islam is a religion that regulates all aspects of human life, to regulate prosperity on earth in order to lead to happiness in this world and the hereafter. One of the supporters of this happiness is to have a healthy body, so that we can worship God better. Islam places great emphasis on health (both physically and mentally) and places it as a second pleasure after faith. In addition, Islam as a perfect and complete religion, has established principles in maintaining the balance of the human body (Fuadi Husin, 2014).

From Ibn Abbas said that the Prophet Muhammad The Prophet said:

"There are two blessings that many people are deceived into losing: health and free time "Many people lose because of two favors; health and leisure". (Narrated by Bukhari).

In another hadith, the Messenger of Allah said:

"The Messenger of Allah (SAW) prayed: O Allah, I seek refuge in You from losing the favors of Your grace, from the changes in health that You have given, Your sudden recompense, and from all Your wrath."
(Narrated by Muslim).

As a Muslim, we must maintain good health. By avoiding various risk factors. Efforts to avoid HIV/AIDS are carried out in various ways recommended by health experts and in accordance with the guidance of Islamic teachings.

3.4.2. Islam forbids adultery

According to the words of the Prophet Muhammad,

"Among the characteristics of the coming of the Day of Judgment is the increasing prevalence of evil and heinous acts (adultery), breaking the ties of friendship, blaming the honest (truth) and trusting liars."
(Narrated by Tabrani from Anas bin Malik).

And in another narration he said,

"Among the signs that the Day of Judgment will come are the lack of knowledge, the appearance of ignorance (religious knowledge), the openness of prostitution (adultery), the large number of women and the small number of men (Bukhari).

The problem of adultery is not only done by artists and models. However, it also involves students, ABG (new big children) and female students. Meanwhile, lewd places range from five-star hotels, condominiums, inns, to boarding houses. Of course, this has made parents concerned and sad about their children's education. Apparently, the influence of the environment, friends and electronic media such as the internet, television and cellphones is stronger than

religious education at home and school so they commit these immoral acts (Amalia, 2018). With regard to legal issues, Allah swt provides an explanation in the Qur'an as follows:

*"And do not approach adultery, verily adultery is a heinous act. And a bad way." (Surah Al-Isra '17:32).
"The woman who commits adultery and the man who commits adultery, then lash each one of them a hundred lashes, and do not have mercy on them to prevent you from (practicing) Allah's religion, if you believe in Allah and the hereafter, and let (the implementation of) their punishment was witnessed by a group of believers" (Surah An-Nur 24: 2).*

In Islamic law, the punishment for adultery is divided according to the status of the person. Namely: (1) adulteress muhsan, (2) adulterers ghairu muhsan, and (3) adulterers of people who are slaves. A person is said to be a muhsan adulterer if he commits adultery after having sexual relations in a lawful manner (already married or previously married). The punishment for this muhsan adulterer according to the majority of scholars is stoning. Adulterer ghairu muhsan is a person who commits adultery but has never had sexual intercourse in a lawful manner before. This adulteress was sentenced to 100 lashes and exiled out of the village for one year. As for the punishment for adulterers, if the slave is a woman and has been married (muhsan), the hadd penalty is 50 lashes (Amalia, 2018)

Meanwhile, the positive law in Indonesia regarding adultery is very light. Is a complaint offense. And there are penalties for married couples. The regulation of adultery and sanctions is very clear that Article 284 of the Criminal Code only regulates the issue of infidelity, in which the article only applies if one of the perpetrators or both are still bound by a legal marriage with another person. Then in paragraph (2) explains adultery is a violation of the complaint, which can only be prosecuted if the legal partner objected or complained (Hadziq, 2019).

The law on prostitution in Indonesia is very weak. The legal rules to take action against the perpetrators of prostitution networks must be improved. Because the current law is still very weak. The pimp was charged with Article 506 of the Criminal Code which

Prostitution is one way of spreading HIV/AIDS. According to research conducted in Jember Regency, Indonesia. States that another threat may occur due to prostitution, namely the possibility of spreading HIV/AIDS in (Rahayu, 2017). The results of other research state that in today's world transmission through sexual intercourse is the main cause of HIV transmission (Naik, Yavuz and Zu, 2020).

Physically, teenagers who have sex certainly have the possibility of getting pregnant even if they use contraceptives, venereal diseases such as syphilis and gonorrhea and AIDS which are so common now that it might hurt them. Apart from that, psychologically, teenagers who have sex before marriage have a large enough presentation to Apart from that, another worrying impact is that someone who has been proven to be having free sex, morally their behavior will be haunted by guilt about procrastinating, resulting in pregnancy, abortion and the formation of babies as well as the spread of venereal diseases, including HIV AIDS (Vida Wira Utami, Ledy Octaviani Iqmy, 2020).

Regarding the localization of prostitution, the negative effects of adultery can be reduced by realizing the localization of prostitution. However, there is an opinion that this is the same as justifying adultery. As stated by KH Abdusshomad Buchori, Chair of the East Java MUI, "There is no fundamental reason not to close prostitution areas. "Because prostitution areas can certainly be a breeding ground for the proliferation of venereal diseases such as HIV and AIDS." (Widodo, 2018).

3.4.3. Islam Forbids Homosexuals

Homosexuality is a term that refers to sexual or romantic interactions between persons of the same gender. Homosexual is an adjective used for intimate relationships or sexual relations between people of the same sex, either gay or lesbian. The term gay is a specific term used to refer to homosexual men. Meanwhile, lesbian is a specific term used to refer to homosexual women. The LGBT phenomenon is growing in Indonesia because freedom is increasingly open, so open campaigns can be carried out by playing on the issue of human rights. With the openness of the LGBT community in close ranks to influence young people who have not yet achieved various modes and what is more important is the existence of activists who are considered heroes for fighting for the existence of LGBT (Zaini, 2016).

Prohibiting homosexuals and lesbians is not only because it damages human dignity and dignity, but the risk is even greater, namely that it can cause venereal cancer, HIV/AIDS, syphilis, and others. Likewise, the marriage of transvestites who have undergone sex assignment surgery to men is recommended as a homosexual practice, because doctors cannot change their male nature, even though they already have the female gender (Yanggo, 2018).

HIV/AIDS-risk sexual behavior carried out by gay people includes oral and anal because of the potential for exchange of genital fluids. Sexual behavior in gays also consists of three forms, namely other sexual orientations, namely attraction to the same sex, sexual behavior, namely the expression of desire and lust for the same sex which

is related to reproductive function, and sexual identity, namely what other people say which is related to sexual orientation and sexual behavior. High-risk sexual behavior carried out by gay couples is indicated by several things, namely a history of having sex with previous partners, never using a condom, high frequency of having sex with a partner, feeling that he and his partner are healthy, even though their health is actually not completely guaranteed (Herlani *et al.*, 2016).

For LGBT actors who engage in sesame-type sexual relations, they are at risk of contracting sexually transmitted diseases. More than 70% of homosexual couples are very susceptible to sexually transmitted diseases. Even the Minister of Health, Nila Djuwita F. Moeloek, emphasized that LGBT is a mental problem. LGBT is no longer a nuisance, because if it is a nuisance then they will not have the ability to interact. So he said that mental problems and LGBT behavior from a health perspective cannot be justified, because this also makes the number of illnesses in society quite high. The disease in question is AIDS. The growth in the number of HIV/AIDS sufferers increases every year (Afiyah, 2023).

From Abi Musa, the Messenger of Allah said:

"When a man comes to have sex with a man, both of them have committed adultery, and when a woman comes to a woman, both of them have committed adultery." (Narrated by Al-Baihaqi).

And remember when Lut said to his people:

"Why do you do dirty deeds that no one in the world has ever done. Verily, you come to men to give up lust for them, not to women. Even all of you are people who have crossed the line. (Q.S. al-A'raf [7]: 80-81)

Homosexual acts are never justified under any circumstances. Murder can be justified if it is to defend oneself or impose legal sanctions, as well as sex with the opposite sex is permitted by religion except for adultery, if it occurs in a state of doubt, it can be tolerated with certain limits (Hasan Zaini, 2016).

3.4.4. Islam Prohibits Drugs

This increase in cases of drug abuse will be an opportunity to cause health problems including reproductive health, such as the increase in new cases of Human Immunodeficiency Virus (HIV) resulting from injecting drug users (IDUs) which has driven the HIV epidemic in several countries in the world. Indonesia is a country in the Asia Pacific region and accounts for 620,000 people living with HIV/AIDS. In 2015 in Indonesia there were 30,935 HIV cases and 9,215 AIDS cases, however in 2016 the HIV incidence rate increased to 41,250 cases and AIDS as many as 10,146. This number continued to increase in 2017 to 48,300 HIV cases and then to 9,208 AIDS cases (Robi Pratama, Raihana Nadra Alkaff, Narila Mutia Nasir, Minsarnawati, Rahmah Hilda, 2022).

A further and bigger impact for teenagers if they commit sexual deviations is HIV and AIDS and drugs. Adolescents must know and understand this knowledge both for themselves and their peers, for example, adolescents think that pregnancy will not occur during their first intercourse or feel that they will never be infected with HIV-AIDS because their body's defenses are strong enough. It is necessary to know the health aspects regarding adolescent reproductive health. Therefore, teenagers need to be given information about HIV/AIDS transmission.

HIV and drugs are a chain that currently needs special attention globally, because this has occurred in many cases in various countries which have an impact on health problems such as reproductive health, which is a state of complete physical, mental and social well-being, not simply free from disease or defects in all matters relating to the reproductive system, as well as its functions and processes, why is this the main focus, because human embryos are born from this problem, unhealthy reproductive system will give birth to a generation that is not complete and healthy (Yusuf and Marini, 2018).

The Islamic religion views narcotics as a type of wine because it is intoxicating, and anything that is more or less intoxicating is declared haram. As stated by Fiqh Ulama Sheikh Sayyid Sabiq, the law prohibiting narcotics is applied to wine. This is as stated in the Koran, Surah al-Maidah: 90.

"O you who believe, indeed (drinking) wine, gambling, (sacrificing to) idols, drawing lots of fortunes with arrows, are among the actions of the devil. So stay away from these actions so that you will get good luck" (QS. Al-Maidah/05:90).

Verse 90 of surah al-maidah is the Qur'an's argument about the prohibition of narcotics, as Sayyid Sabiq explained to khamer. According to Quraish Sihab5 in al-Misbah's interpretation, the nature of the khamer being haram, whether a lot or a little, remains haram, a small amount of khamer invites the desire to try more until it really feels delicious to the drinker (Saefulloh, 2018).

According to Islamic law, drugs are haram. This is because drugs are classified as impure objects (intoxicating objects) which can cause harm to those who use them, such as damage to reason and damage to people's morals in carrying out social life. The prohibition of this drug is based on the prohibition of alcohol which has been established by Allah SWT and His Messenger. This prohibition includes: producer (maker), distributor (distributor), user, carrier, sender, pourer, seller, buyer, orderer and even the resulting money is haram. Then, drug dealers are classified as crimes in the ta'zir category. That is, it is not a crime whose punishment is the judge's right to determine. Is it the death penalty or other punishment whose aim is to achieve the benefit of humanity (Syapar and Siregar, 2019).

4. CONCLUSION

Islam provides a solution to preventing HIV/AIDS by prohibiting adultery, homosexuality and illegal drugs. Islamic punishments for adultery, homosexuality and drug users are very severe. Severe punishment will prevent the spread of HIV/AIDS. Meanwhile, positive laws in Indonesia regarding adultery and homosexuality are considered very light. To prevent the increase in the number of HIV/AIDS sufferers in Indonesia, it is recommended to implement Islamic law regarding adultery, homosexuality and drugs.

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