

Quality of Life in People Living With HIV Positive

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ABSTRACT

HIV/AIDS is currently one of the diseases that get enough attention. Stigma and discrimination received adverse effects the condition of PLWHA. This is related to the quality of life of PLWHA to be able to maximize the physical function, psychological and social functions. This study aims to determine the quality of life in people living with HIV. The research method used is qualitative, with observation and interview.

Keywords: PLWHA, Quality of life, HIV/AIDS

INTRODUCTION

Acquired Immuno Deficiency Syndrome or better known as AIDS is one of the health disease that are currently getting enough attention. AIDS is a disease caused by sexually transmitted infections (STIs) or commonly referred to as Reproductive Tract Infection (Djaja, 2008). In addition to sexual intercourse, HIV transmission can occur through unsterilized needles, blood transfusions, pregnant women infected with HIV (Unicef Indonesia, 2012).

Acquired Immuno Deficiency Syndrome (AIDS) is a syndrome caused by infection with Human Immunodeficiency Virus (HIV). HIV is a virus that attacks the immune system in a person, so that a person is susceptible to a disease. HIV infects the body with a long incubation period and primarily causes the emergence of signs and symptoms of AIDS.

Stigma and discrimination accepted by people with HIV/AIDS (PLWHA) also adverse effect the condition. Several studies have shown that HIV-infected individuals will have lower physical and psychosocial function than individuals without HIV.

Quality of life has several components, especially physical function, psychological status, social function and symptoms of disease or treatment related to the disease (Khan & Juster, 2002; ST Katz, Ford, Monskowitz, Jackson & Jaffee, 1983; Power, Bullinger, Harper ,& The World Health Organization Quality of Life Group, 1999). The quality of life among people with chronic pain is currently in

value with emphasis especially on how much the disease and its treatment interfere with daily life activities, such as sleeping, eating, working and so on. Quality of life is the extent to which a person is able to maximize physical, psychological, vocational and social functions; an important indicator of recovery from or adjustment to chronic diseases (Taylor, 2006).

According to the World Health Organization Quality of Life (WHOQOL), quality of life is the individual's perception of their position in the context of the culture and value system, where they live and in relation to their goals, expectations, standards and concerns. The 4 aspects of quality of life according to WHOQOL Brief (Rapley, 2003), namely (1) Physical health, daily activities, dependence on drugs, energy and fatigue, mobility, pain and discomfort, sleep or rest and capacity (2) Psychological well-being, body image, negative feelings, self esteem, spiritual, thinking, learning, memory and concentration,(3) Social relations, personal relations, social support, sexual activity, (4) Relation with the environment, the source financial, freedom, security and physical safety.

RESEARCH METHODS

Research Subjects and Sampling Techniques

In this study, researchers took the subject of his research is PLWHA (People With HIV / AIDS). Characteristics of the subject that will be the respondents of this study are PLWHA men and women aged 20-35 years. Because at the age of

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20-35 years is the productive age of individuals can be infected with HIV.

Sampling technique used in this research is observation and interview. The method used is qualitative, with research design in the form of case study. This case study case type is intended to deep study on the background of the situation, current position and environmental interactions of specific social units.

Research Procedure

Preparations to be undertaken by the researcher, provide a permit to the foundation where researchers want to retrieve data. After the researcher got the subject. Then the subject explained the intent and purpose of the interview to be conducted. Previous subjects were asked in advance whether they were willing to answer the interview questions posed. After the subject is ready, then the researcher interviews.

RESULTS AND DISCUSSION

Quality of life is very important in identifying the condition of a person in living his life. Many factors affect the quality of life of people living with HIV, such as social support and health conditions themselves.

Subject-1, just want to open the status with the husband, so that in carrying out daily activities do not experience discrimination from the environment. When you first find yourself HIV positive it is very shock, but it can control emotions and do not sad, so as not to get depressed.

Subject-2, has opened his status to the whole family and he gets support from family and husband. However, the surrounding environment does not know its status, so there is no discrimination and stigma that occurs. Early

reactions to know himself HIV positive, he received despite any regrets that occurred because used to often change partner.

Subject-3, family and the environment know that she is HIV positive. But there is no discrimination in the environment. This makes the environment around motivate him to stay alive and motivate friends in the environment around a lot of drug use.

CONCLUSION

Based on the results already obtained and described, it can be concluded that from 3 (three) subjects, who have been interviewed, then three subjects have a good quality of life. This can be seen with the motivation, openness of PLWHA to their families and support from family and environment to stay alive.

RECOMMENDATION

As for recommendations given by researchers for further research, that is for further research is recommended not only the quality of life is seen in determining the psychological aspects, but also from other factors.

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