

Life Satisfaction Among HIV Positive and Normal Persons

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ABSTRACT

The present study aimed to know the life satisfaction among HIV Positive and Normal Persons. It also aimed to check life satisfaction with reference to Types of Persons and gender. The Life satisfaction Scale by Dr. Pramod Kumar and Dr. (Smt.) Jayshree Dhyani (2019) was used. The sample constituted total 100 persons out of which 50 were from HIV Positive (25 male and 25 female) and 50 from Normal Persons (25 male and 25 female). The data was collected from Civil Hospital Asarwa ICTC Center of Ahmedabad District. The data was scored, analyzed as per the manual. 'F' test was being calculated. The result showed that 1. The Normal persons group is having extremely life satisfaction than HIV Positive, 2. There is no significant difference in the mean score of the life satisfaction among male and female and 3. There will be no significant difference in the interactive effect of mean score of the life satisfaction among types of persons and gender.

Keywords: *Life satisfaction, HIV Positive and Normal Persons, Male & Female.*

Life satisfaction was originally thought to be measured objectively and externally; the same way measuring heart rate or blood pressure can be measured objectively and externally. Since then, based on numerous studies of the subject, it has become evident that measuring life satisfaction objectively is fraught with difficulty. Although life satisfaction is correlated with variables like income, health, and relationship quality, every individual may weight these variables differently than others. It is not unheard of that a person with low income, poor health, and few close relationships has higher life satisfaction than someone with wealth, a clean bill of health, and many friends. Further, there is no objective way to measure life satisfaction from the outside. How would one measure life satisfaction externally by the number of smiles? The ratio of laughter to tears? The frequency of dances for joy? If this sounds silly, you're right; it's meant to sound silly! Because of individual differences in personality and emotional expression, it's absurd to think we can measure life satisfaction from the outside.

Generally, life satisfaction can be describing as emotional interaction that person shows to the life defined as job, leisure time and other out of work time (sung-Mook and Giannokopoulos,1994).

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According to Hamilton (1995) in the dictionary of developmental psychology, life satisfaction is the degree of contentment with one's own life style. Life satisfaction is referred as an assessment of the overall conditions of existence as derived from a comparison of one's aspiration to one's actual achievement (crib, 2000).

How to Improve Life Satisfaction

As we've seen, there are many factors associated with life satisfaction. Work on improving or enhancing these factors, and you will find that your life satisfaction improves at the same time. These factors include relationships with loved ones, fulfillment from work, satisfaction with your physical health, happiness with your romantic life, and contentment with your sense of spirituality or religion. Dr. Leslie Becker-Phelps offers five questions to help guide you on boosting your life satisfaction. These questions are grounded in research and sure to at least give you something to think about:

1. Do you try new experiences? Trying new things and breaking out of your routine is a great way to improve your satisfaction with life.
2. Do you try your hardest in everything you do? Committing yourself to whatever you do 100% (or as close as you can get) will give you a sense of fulfillment and satisfaction that mindless work and passive pleasures simply can't deliver.
3. Do you enjoy spending time with other people? "No man is an island," after all! Even the most introverted among us need at least a few quality connections and occasional social interactions to feel happy with their life.
4. In your everyday interactions, do you approach people with a desire to get along? Related to getting out and meeting people, it's important that those interactions are positive. Make an effort to be more positive and agreeable to ensure that you have the right kinds of interactions.
5. Are you easily upset by different kinds of problems? Struggling with frequent anxiety, sadness, guilt, shame, or anger can easily drag you down. Set a goal to become a happier, more resilient person and work towards it. If you're not sure how to go about it, set up some time with a therapist or counselor to discuss (Becker-Phelps, 2012).

Importance of Life Satisfaction

Not only does greater life satisfaction make us feel happier and simply enjoy life more, it also has a positive impact on our health and well-being. Research has found that life satisfaction is strongly correlated with health-related factors like chronic illness, sleep problems, pain, obesity, smoking, anxiety, and physical activity (Strine, Chapman, Balluz, Moriarty, & Mokdad, 2008). The relationship may move in both directions, but it's clear that life satisfaction and health go hand in hand—increase or enhance one, and the other will likely soon follow.

Nahid Khademi et al. (2020) had found the relationship between life satisfaction (LS) and QOL among people living with HIV/AIDS in Kermanshah. This descriptive-correlation study was conducted on 364 HIV/AIDS patients referred to the Voluntary Counseling and Testing Center (VCT) in Kermanshah, selected by convenience sampling method. Data gathering tools included Satisfaction with Life Scale (SWLS), World Health Organization Quality of Life-HIV Brief (WHOQOL-HIV BREF) questionnaire and demographic checklist. The Cronbach's alpha reliability coefficient varied from 0.70 to 0.83 for the five subscales of WHOQOL-HIV BREF questionnaire. The result showed that out of 364 patients, 38.19% were women. There was a positive correlation between LS and QOL in patients with HIV/AIDS in Kermanshah ($p < .001$), and LS was associated with the QOL.

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Furthermore, the results indicated that LS and QOL in patients with HIV/AIDS were at low levels.

Objective

The objectives are:

- To know whether life satisfaction is more among HIV Positive and Normal Persons.
- To know whether life satisfaction is more among male and female.
- To know whether there is any difference the life satisfaction among types of persons and gender.

METHODOLOGY

Hypothesis

- There will be no significant difference in the mean score of life satisfaction among HIV Positive and Normal Persons.
- There is no significant difference in the mean score of life satisfaction among male and female.
- There will be no significant difference in the interactive effect of mean score of the life satisfaction among types of persons and gender.

Sample

The sample of the present study constituted total 100 persons out of which 50 were from HIV Positive (25 male and 25 female) and 50 from Normal Persons (25 male and 25 female).

Research Design

A total sample of 100 persons equally distributed between gender and area from Ahmedabad District Civil Hospital ICTC Center selected for the research study.

Showing the table of Sample Distribution

Gender	Types of Persons		Total
	HIV Positive	Normal Persons	
Male	25	25	50
Female	25	25	50
Total	50	50	100

Variable

Independent Variable

- **Types of Persons:** HIV Positive and Normal Persons.
- **Gender:** Male and Female.

Dependent Variable: Life satisfaction Score.

Control Variable:

- The study was restricted to HIV Positive and Normal Persons from Ahmedabad District.
- The sample size selected for this study was limited to 100 HIV Positive and Normal Persons only.
- Researcher was trained for proper data collection before the execution of the actual data collection task.

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- All the Instructions were given to the subjects accordingly to test manuals.

Tools

The Life satisfaction Scale by Dr. Pramod Kumar and Dr. (Smt.) Jayshree Dhyani (2019). The total 54 items. 45 items were in positive and 09 items were in negative. The scoring is on a three point alternatives, viz., true, partially true and false. Reliability of this test is computed by test – retest method. Reliability shown there is 0.81 and the split-half reliability is 0.82 and validity is 0.40.

Procedure

The data collection by survey method in Ahmedabad District after the establishment of rapport, personal information and the ‘Life satisfaction Scale’ was administrated the data was collected, scored as per the manual and analyzed. The statistical method ‘F’ test was calculated and results were interpreted.

RESULT AND DISCUSSION

Table: 1 The Table showing sum of variance mean ‘F’ value and level of significance of Types of Persons and gender.

Sum of Variance	Df	Mean	F-value	Sign. Level
SS _A	1	6544.81	4.06	0.05
SS _B	1	2294.41	1.42	N.S.
SS _{A*B}	1	2693.61	1.67	N.S.
SS _{Error}	96	1613.76	—	—
SS _{Total}	99	166453.31	—	—

*0.05=3.94, **0.01=6.90, N.S.= Not Significant

Table: 2 The Table showing the Mean Score of life satisfaction among HIV Positive and Normal Persons.

	A (Types of Persons)		‘F’ value	Sign.
	A ₁ (HIV Positive)	A ₂ (Normal Persons)		
M	97.54	113.72	4.06	0.05
N	50	50		

The above table no.2 shows the mean score of life satisfaction among HIV Positive and Normal Persons. The mean score of HIV Positive group is 97.54 and Normal persons group is 113.72. The ‘F’ value is 4.06 is significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to life satisfaction and types of persons. It should be remembered here that, according to scoring pattern, higher score indicates extremely satisfied i.e., life satisfaction. Thus, from the result it could be said that, the Normal persons group is having extremely life satisfaction than HIV Positive. Therefore, the hypothesis no.1 that, “There will be no significant difference in the mean score of life satisfaction among HIV Positive and Normal Persons” is rejected. The mean score of life satisfaction of Normal persons is found to be greater than HIV Positive.

Table: 3 The Table showing the Mean Score of life satisfaction among male and female

	B (Gender)		‘F’ value	Sign.
	B ₁ (Male)	B ₂ (Female)		
M	100.84	110.42	1.42	N.S.
N	50	50		

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The above table no.3 shows the mean score of life satisfaction among male and female. The mean score of male group is 100.84 and female group is 110.42. The 'F' value is 1.42, which was found to be not-significant level at 0.05. The hypothesis no.2 that, "There will be no significant difference between the mean score of the life satisfaction among male and female" is accepted.

Table: 4 The Table showing the interactive effect of the Mean Score of life satisfaction among types of persons and gender.

			A		'F' value	Sign.
			A ₁	A ₂		
M	B	B ₁	114.12	87.56	1.67	N.S.
		B ₂	113.32	107.52		
N			50	50		

The above table shows the interactive effect of the life satisfaction among types of persons and gender. The result was found to be not-significant from table no.4 shows that 'F' value 1.67 is not-significant at 0.05 level. This means that the two group interaction effect under study differ significantly in relation to life satisfaction, types of persons and gender. The mean score is 114.12 for the male HIV Positive group, the mean score is 113.32 for the female HIV Positive group, the mean score is 87.56 for the male normal persons group, and the mean score is 107.52 for the female normal persons group. The hypothesis no.3 that, "There will be no significant difference between interactive effect of the mean score of the life satisfaction among types of persons and gender" is accepted.

CONCLUSION

- The Normal persons group is having extremely life satisfaction than HIV Positive.
- There is no significant difference in the mean score of the life satisfaction among male and female.
- There will be no significant difference in the interactive effect of mean score of the life satisfaction among types of persons and gender.

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Conflict of Interest

The author(s) declared no conflict of interest.

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