

Research Paper

## The Impact of Perceived Social Support and Gender on Quality of Life of HIV Patients

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### ABSTRACT

An investigation was made to study the impact of perceived social support and gender on quality of life of HIV patients. The sample of present study consisted of 100 HIV patients (50 males and 50 females) from S. N. medical college. Their age range were 24-45 years. The standard tools were used to assess social support and quality of life of HIV patients. Social support scale by Zimet et al (1988) and quality of life scale by Sharma and Nasreen (2017) were used. Data was analyzed by using two way analysis of variance to study the effect of perceived social support on quality of life of HIV patients, to study the effect of gender on quality of life of HIV patients and to study the interaction effect of social support and gender on quality of life of HIV patients. The result indicates that there is significant effect was found between social support (High and Low) on quality of life ( $p < 0.01$ ) HIV patients with high social support showed higher level of quality of life in comparison to low social support. There was no significant effect of gender on quality of life of HIV patients ( $p > .05$ ) and there was no significant interaction effect of gender and social support on quality of life of HIV patients ( $p > .05$ ). Therefore, it can be concluded that the HIV patients who have high social support they have good quality of life as compare to how have low social support.

**Keywords:** *Perceived Social Support, Quality of life, HIV Patients, 2\*2 Factorial design*

**H**uman Immunodeficiency Virus (HIV) is a dangerous virus that beat on the body's immune system, particularly the CD4 cells which is also known as T cells, these cell are very important for fighting infections in the body. If this virus is untreated, then HIV will tack place into Acquired Immunodeficiency Syndrome (AIDS), a situation where the immune system is severely weakened, making the body vulnerable to opportunistic infections and certain cancers. HIV is transmitted through get in touch with certain body infected fluids from a person who has the virus, most commonly it is transmitted through unprotected intercourse (sex), sharing infected needles, or from mother to child through childbirth or breastfeeding. It will never transmit through casual contact, like hugging or sharing utensils. There is no cure for HIV, but with proper medical care, including antiretroviral therapy (ART), HIV can be controlled. People with HIV who take

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ART treatment they can live long, they can spend a healthy life and these people reduce the risk of transmitting the virus to the others.

**Perceived Social Support** is a form of support which comes with the meaning subjective evaluation of the support of family, friends, peer group and the society. It is not always about the real received support but also about the perception of the accessibility and capability of this support. Social support at all times is a communistical support which is always coming from the community. There is many Research has indicated that high level of perceived social support are associated with good mental health. This is helpful to treatment, and enhanced overall Quality of life of HIV patients. Perceived Social support always helpful for the good stress management with living with a chronic condition, **Galicchio, Hoffman and Helzlsouer (2007)** conducted a study which showed that men reported significantly better health related quality of life as compare to women. Men report higher levels of social support as compare to women. **Yu et al (2023)** study suggested that those people who living with HIV they have high in suicidal ideation. Social support was play a partial mediating role between depression, anxiety and suicidal ideation. Another study conducted by **Saif and Shahzad (2023)** results showed that family support was the most significant moderating factor in the relationship between stigma and depression. HIV/AIDS. Support from others group rank as the second most effective variable for HIV patients. However, study also found that support from friends did not significantly moderate the relationship between stigma and depression.

**Gender** also a important factor that influencing the Quality of life of HIV patients. The understanding of living with HIV can vary significantly between men and women due to biological, psychological, and socio-cultural differences. Most likely women's may face more unique challenges, such as stigma related to maternity, pregnancy, or sexual relationships with other Men, alternatively may face encounter different forms of stigma or may be less likely to seek social support due to traditional and social gender norms. **Kirchengast and Haslinger (2008)** concluded that gender also had a significant impact on 2 domains, physical capacity and social relationships among the participants of the younger age group.

Quality of life refers to the overall well-being and life satisfaction of an individual. It encompass a range of dimensions of life, including physical health, psychological state, level of independence, social relationships, personal beliefs, and the relationship to one's environment. **Sahin, Ozen and Yanardag (2019)** the analysis results showed that perceived social support accounted for 11.7% of the total variance in life satisfaction and 22.1% of the variance in quality of life. also, both perceived social support and quality of life together explained 28.6% of the variance in life satisfaction. Among these, quality of life was the most significant factor influencing life satisfaction. These findings suggest that enhancing social support and quality of life for elderly individuals will lead to increased life satisfaction.

This present research work “the impact of perceived social support and gender on quality of life of HIV patients” wants to know that which variable are give significant effect on quality of life of HIV Patients.

## METHODOLOGY

### *Aim*

The aim of the study is to examine the effect of perceived social support and gender on quality of life of HIV patients.

### *Objective of the Study*

- To study the effect of perceived social support on the quality of life of HIV patients.
- To study the effect of gender on quality of life of HIV patients.
- To study the interaction effect of social support and gender on quality of life of HIV patients.

### *Hypotheses*

- There would be no significant effect of perceived social support on quality of life of HIV patients.
- There would be no significant effect of gender on quality of life of HIV patients.
- There would be no significant interaction effect of perceived social support and gender on quality of life of HIV patients.

### *Variables*

- Independent variable: - Social support (High and low), Gender- (male and female)
- Dependent variable: - Quality of life of HIV patients.
- Inclusive criteria: - only include HIV patients between 24-45 age ranges
- Exclusive criteria: - HIV Patients, undergoing any mental and psychological treatment (as per declared by practitioner) and non-HIV will be excluded from the sample.

### *Sample*

The sample comprised of 100 (50 males and 50 females) HIV patients from S N medical college Agra city, selection on the basis of purposive sampling. Age range was 24-45years.

*Table-1*

Gender	High social support	Low social support	Total
Male	25	25	50
Females	25	25	50
Total	50	50	100

### *Tools*

- **Multidimensional Scale of Perceived Social Support (MSPSS):** This scale Developed by Zimet et al (1988). The MSPSS was a 12-item scale designed to measure perceived social support. This MSPSS was a seven point scale. The reliability of this test was calculated by the help of test-retest reliability method. The reliability of this test was .85. The validity of this scale was Construct validity.
- **Quality of Life Scale (QOLS):** This quality of life scale was given by Sharma and Nasreen (2017). The total number of item in this scale was 42. In this scale there were 11 criteria to measure quality of life of the person. This scale was 3 point scale the reliability of this scale was computed by the formula of Cronbach's alpha 0.81. The validity of this scale was Face and Construct validity.

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### *Research Design*

A 2\*2 factorial design was formed for this purpose.

### *Statistical Analysis*

Two way ANOVA has been used for the statistical analysis of the data.

## RESULT

After the data has been collected. It was processed and subjected to statistical analysis. The main purpose of analysis and interpretation is to find meaning of raw data, for the purpose of testing hypothesis and drawing inferences. Therefore, investigator presenting analysis and interpretation of data. This research study deals with two independent variable Social support (High and Low) and gender (male and female) the effect of this variable was studied over depended variable Quality of life. A 2\*2 ANOVA was used to systematize the raw data into valid and reliable form.

*Table -2 Analysis of Variance*

Source of variance	SS	Df	MS	F
<b>A (Gender)</b>	190.44	1	190.44	.91
<b>B (Social Support)</b>	1115.56	1	1115.56	8.29**
<b>AB (interaction)</b>	134.56	1	134..56	.643
<b>With group</b>	20092.40	96	209.29	

**\*\*p <.01**

In this table - 2 the ANOVA summary of quality of life was given. The F value of first variable (gender) was (F .91, p >0.05) not found to be significant at 0.05 level so the null hypothesis **“There will be no significant effect of gender on quality of life of HIV patients”** was accepted but for B variable ( social support) was (F = 8.29, p< 0.01) found to be significant at 0.01 level which suggested rejection of null hypothesis **“There will be no significant effect of social support on quality of life of HIV patients ”** was rejected and the interaction effect (gender and social support) also was not found to be significant ( F = 0.643, p > 0.05) at 0.05 level so the null hypothesis **“There will be no interaction effect of gender and social support on quality of life of HIV patients”** was accepted .

*Table – 3 Mean Score of The Quality of Life of Four Group Social Support (High and Low) \*Gender (Male and Female)*

Social support (B)			
Gender (A)	High Social Support (b1)	Low Social Support (b2)	Grand Mean
<b>HIV Males (a1)</b>	102.08	97.72	99.9
<b>HIV Females (a2)</b>	101.64	92.64	97.14
<b>Grand Mean</b>	101.86	95.18	98.52

From the table 3 it could be said that the mean value of quality of life of HIV patients with high social support (Mean=101.86) was greater than the mean value of quality of life of HIV patients with low social support (Mean= 95.18).

**A X B INTERACTION PROFILE**

**FIGURE – 1**

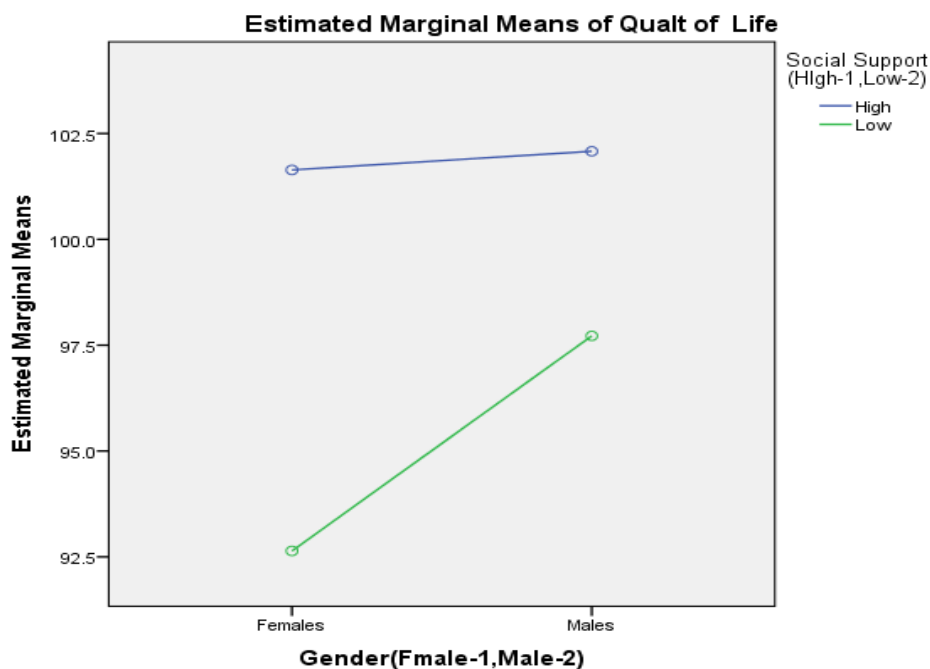


Figure -1 depicts that there was no significant interaction effect of social support and gender on quality of life of HIV patients.

**FINDINGS AND DISCUSSION**

The effect of variation due to variable A (Gender) upon quality of life of HIV patient was not significant. **Newstead (1981)** results revealed that two demographical variables gender and marital status are negatively significant correlated with Social Support and Quality of Life. Along with Social Support was found positively significant correlated with quality of life. On the basis of the findings study may conclude that gender, marital status as well as Social support are influential variables in quality of life.

The effect of variation due to variable B (social support) upon quality of life of HIV patients was significant. **Doctor and Facultad (2002)**, conducted a research they verify the relationship between social Support and health related quality of life specifically if a low level of social support implies in worse results in the health related quality of life, and to establish the relative weight of the social support in the prediction of the health related quality of life in a sample of patient with HIV infection. They found it has been significant differences in the Quality of Life of people with HIV infection according to the level of social support that they present; in short, in the same way, the lineal regression equation, show that the level of social support was predictor of the health related quality of life. Social support is a crucial factor in understanding the well-being and quality of life of individuals living with HIV. Efforts to enhance this personal resource directly contribute to improving their overall quality of life.

The interaction effect of variable A and B upon quality of life was not significant. It means gender and perceived social support not given any impact on quality of life of HIV patients. The finding of the present study proved that HIV patients with high social support have significantly better quality of life that HIV patient with low social support.

## CONCLUSION

This present investigation led to the concluded that the high social support is useful to increase the level of quality of life of HIV patients. High Social support related with the quality of life of HIV patients. If society wants to see the good quality of life of HIV patients so try to increase the high social support of the HIV patients. Gender was not giving any kind of effect on quality of life of HIV patients. Those who have high social support they have good quality of life it doesn't matter that what the gender of the patients. So on the bases of this researcher can say that gender was not important in quality of life of HIV patients but high social support is important. So, this research concluded that high social support is important in the field of quality of life.

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### Conflict of Interest

The author(s) declared no conflict of interest.

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