

Quality Of Life and Self-Esteem among People Living With HIV/AIDS

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ABSTRACT

Purpose of this study is to investigate the difference in quality of life and self-esteem of People living with HIV/AIDS. 2X2 Research design was applied, among a sample of 120 HIV-infected persons receiving treatment, care, and support from district hospitals of Karnataka state. QOL was assessed using the HAT (QOL)-26 tools, and self-esteem scale was used. Results found that there is significant difference in quality of life among people living with HIV / AIDS, and there is significant difference in self-esteem among people living HIV/AIDS. It is also found that there is significant and positive correlation between quality of life and self-esteem among people living with HIV/AIDS.

Keywords: *Quality of life (QOL), Self-esteem and People living with HIV/AIDS (PLWHA)*

Quality of life is defined as a ‘*fighting spirit*’ associated with longer life expectancies for individuals with HIV/ AIDS. Quality of life is a term that is popularly used to convey an overall sense of well-being and includes aspects of such as happiness and satisfaction with life as a whole. World health organization has defined Quality of life as “individual’s perceptions of their positions in life in the context of the culture and value systems in which they live and in relation to their goals, standards expectations and concerns. With these recent studies shows that those who are suffering from HIV/AIDS, the survival of these patients has been increased and their QOL has become a very important focus for researchers. Since the HIV/AIDS discovered in late 80’s and has been one of the greatest health problems in the world. HIV is increasingly considered as chronic disease. For whom the person is suffering from HIV. Many of the person’s with HIV/AIDS struggles with numerous social problems, like stigma discrimination, depression, and cultural beliefs which can affect their quality of life not only from the mental aspects but also from physical health aspects.

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Received: February 7, 2017; Revision Received: March 6, 2017; Accepted: March 10, 2017

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Self-esteem is regarded as a personal and internal resource similar to resiliency that is employed during times of stress (Simoni et al., 2005), and has been demonstrated to predict health and well-being in a number of samples and domains (Juth, Smyth, & Santuzzi, 2008). Research has been done to examine the relationship between self-esteem and quality of life in the context of different chronic diseases, as well as how quality of life and self-esteem supplement each other additively in relation to psychological functioning. It is believed that social and psychological resources tend to enrich each other, for instance, people with high self-esteem may be more likely to receive or perceive more social support and self-esteem (Druley & Townsend, 1998; Hall, Kotch, Browne, & Rayens, 1996; Symister & Friend, 2003).

Objectives

1. To study the gender difference in quality of life and self-esteem among PLHIV/AIDS.
2. To know the correlation between quality of life and self-esteem among PLHIV/AIDS.

Hypotheses

1. There is no gender difference in quality of life and self-esteem among PLHIV / AIDS.
2. There is no positive and significant correlation between quality of life and self-esteem among PLHIV/AIDS.

Study population: PLHIV aged 25 years and above, who were on ART were included in the study. PLHIV were approached and explained about the objectives of the study in local language (Kannada) and written informed consent was obtained from the PLHIV who were willing to participate in the study.

Tools

1. HAT Quality of life scale consists of 34 items with sub-dimensions namely; overall functioning, sexual dysfunction, discloser worries, medication worries, health worries, financial worries, HIV mastery, life satisfaction and provider trust.
2. Self-esteem scale developed by Rosenberg Global self-esteem, it has 10 items, and the scale will assess the scores ranges from 6 to 24, with higher scores indicating greater self-esteem.

Test administration: Quality of life and Self-esteem scales were administered individually as well as on small group of People living with HIV/AIDS by the researcher personally in their respective places. Data analysis: The collected data was entered and analyzed using SPSS version 20.0.

Statistical techniques; The following statistical techniques were used to analysis the data,

1. t-test
2. Pearson's product moment coefficient of correlation

RESULT AND DISCUSSION

Table No 1 Shows mean SD and t-value of quality of life among people living with HIV/AIDS

| Variable | Male (n=60) | | Female (n=60) | | t-value |
|-----------------|-------------|-------|---------------|-------|-----------|
| | Mean | SD | Mean | SD | |
| Quality of life | 41.92 | 5.354 | 58.08 | 6.346 | 15.075*** |

*** $p < 0.01$: Significant at the 0.001 level

Table No 1, reveals that there is significant difference in quality of life among PLHIV/AIDS. This results indicates that female PLHIV/AIDS have scored higher and showed better quality of life than the male PLHIV/AIDS (male mean score = 41.92 and SD = 5.354, and the female mean score = 58.08 and SD = 6.346. The t-value is 15.075, which is significant at 0.001 levels). Hence the first hypothesis, there is significant difference in quality of life among people living HIV/Aids has been rejected. Nojomi et.al. (2008); Eriksson et.al (2000); Imam Et.al (2011); Basavaraj et.al (2010) found that males exhibited good quality of life than those of female counterparts. Cohen et.al (1998) Persons with advanced HIV disease and low QoL scores have demonstrated significant improvements in QoL with ARV treatment.

Table No 2, shows mean SD and t-value of self-esteem among people living with HIV/AIDS

| Variable | Male (n=60) | | Female (n=60) | | t-value |
|-------------|-------------|-------|---------------|--------|---------|
| | Mean | SD | Mean | SD | |
| Self-esteem | 48.13 | 8.739 | 51.87 | 10.871 | 2.081* |

* $p < 0.01$: Significant at the 0.05 level

Table No 2, reveals that there is significant difference in self-esteem among people living with HIV/AIDS. The result indicates that male mean score = 48.13 and SD = 8.739, and the female mean score = 51.87 and SD = 10.871, the t-value is 2.081, which is significant at 0.05 level. This result clearly indicates that there is significant difference in self-esteem between male and female. Hence the second hypothesis, there is gender difference in self-esteem, has been rejected. In a study of 3011 adolescents and young adults, low self-esteem predicted depressive symptoms (Orth, Robins, & Meier, 2009) & Newmann, et al., (2000).

Table No 3, Correlation between quality of life and self-esteem among people living with HIV/AIDS

| Variables | Self-esteem |
|-----------------|-------------|
| Quality of life | .187* |

*. Correlation is significant at the 0.05 level (2-tailed).

Table No3 shows correlation =.156, which is significant at 0.05 level. This reveals that there is positive and significant correlation between quality of life and self-esteem. It means that people living with HIV/AIDS who have scored high on quality of life have higher level of self-esteem

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and vice versa. Hence, the third hypothesis, there is significant and positive correlation between quality of life and self-esteem, has been rejected. Sinclair et al. (2010) reported self-esteem was negatively associated with quality of life in a national sample of adults. Whereas Coral Manhas (2013) Adejunmobi and Odunmosu (1998) found that significant and positive correlation between quality of life and self-esteem.

CONCLUSIONS

1. Female shows greater quality of life as compared to male counterparts.
2. There is significant difference in self-esteem among people living with HIV/AIDS.
3. There significant and positive correlation between quality of life and self-esteem of people living with HIV/AIDS.

Acknowledgments

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interests: The author declared no conflict of interests.

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How to cite this article: Chandrakanth B, Kamble S (2017), Quality Of Life and Self-Esteem among People Living With HIV/AIDS, *International Journal of Indian Psychology*, Volume 4, Issue 2, No. 93, ISSN:2348-5396 (e), ISSN:2349-3429 (p), DIP:18.01.127/20170402, ISBN:978-1-365-78193-3