

A Study to Assess Level of Stress and Coping Strategies among People Living with HIV/AIDS in Community Organization

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Abstract: *In developed countries, there are well documented mental health impacts of HIV/AIDS and patients' quality of life. Acquiring HIV/AIDS can be a serious psychological trauma and can predispose a person to different mental disorders. There are many reported impacts of mental health problems among HIV/AIDS patients including speeding up the disease progression, reducing adherence to treatments, affecting willingness or ability to access health care. Quantitative research approach, non-probability convenient sampling technique used. A study was conducted on people living with HIV/AIDS in selected community organization. The sample size was 100. By using standardized HIV/AIDS scale level of stress was assessed and for assessment of coping strategies among people living with HIV/AIDS semi-structured likert scale was used. Result shows majority of people living with HIV/AIDS (55%) have moderate level of stress 59% have moderate coping 44-48. Among domains of stress the minimum score was in the instrumental stress which is 8.90. There is significant difference ($p < 0.05$) between age for mean score of social stress and emotional stress domain of stress with p -value of .002 and .001 respectively, and SD of 3.117 and 1.572, there was significant difference between income for mean score of instrumental stress domain of stress with p -value of .016 and SD of 1.512, there is significant difference between marital status for mean score of social stress and emotional stress domain of stress with p -value of .010 and .003 respectively, and SD of 1.73 and 1.52, there is significant difference between type of family for mean score of emotional stress domain of stress with p -value of .012 and SD of 2.000, there is significant difference between duration of illness for mean score of social stress and emotional stress domain of stress with p -value of .010 and .004 respectively, and SD of 3.552 and 1.601, between duration of ART for mean score of social stress and emotional stress domain of stress with p -value of .011 and .004 respectively, and SD of 3.633 and 1.640, there is significant difference ($p < 0.05$) between marital status for mean score of coping strategies related to emotion domain of coping strategies with p -value of .013 and SD of .577 that there is significant difference ($p < 0.05$) between type of family*

Keywords: stress, coping strategies, HIV/AIDS, community organization.

1. Introduction

AIDS is a global pandemic, and persons with HIV/AIDS are stigmatized throughout the world in varying degrees. AIDS stigma around the world is expressed through social ostracism and personal rejection of people living with HIV/AIDS, discrimination against them, and laws that deprive them of basic human rights and it develop stress and mental health issues among them.

2. Background

In developed countries, there are well documented mental health impacts of HIV/AIDS and patients' quality of life. Acquiring HIV/AIDS can be a serious psychological trauma and can predispose a person to different mental disorders. There are many reported impacts of mental health problems among HIV/AIDS patients including speeding up the disease progression, reducing adherence to treatments, affecting willingness or ability to access healthcare. Common mental disorders (CMDs) is set of signs and symptoms of non-psychotic depression, anxiety, and somatoform disorders and it is frequently reported among HIV infected people.

3. Results/ Discussion

This study was conducted to assess the level of stress and coping strategies among people living with HIV/AIDS. The

data was collected and analyzed. Among 100 people living with HIV/AIDS majority of people living with HIV/AIDS 55% have moderate level of stress i.e. 40-45, 25% have mild stress < 40 , 20% have severe stress i.e. > 48 and 22% people living with HIV/AIDS have coping strategies score < 44 (poor coping), 59% have score between 44-48 (moderate coping) and 19% have score < 44 (good coping). The present study was supported by a study conducted by Swapnil Sunil Bumb1, Arun Dodamani 'Stress, Anxiety, and Depression among Human Immunodeficiency Virus/Acquired Immune Deficiency Syndrome Patients' The results demonstrated that 2% of patients have mild stress, 35% of patients have moderate level, and 63% of patients have severe level of stress respectively. Further, results also uncovered that female and married patients have a high level of anxiety, stress, and depression than male and unmarried patients.

4. Conclusion

The study was conducted to assess level of stress and coping strategies among people living with HIV/AIDS. The study findings reveal that majority of people living with HIV/AIDS 55% have moderate level of stress i.e. 40-45, 25% have mild stress < 40 , 20% have severe stress i.e. > 48 and 22% people living with HIV/AIDS have coping strategies score < 44 (poor coping), 59% have score between 44-48 (moderate coping) and 19% have score < 44 (good coping).

5. Future Scope

HIV/AIDS is not curable disease it has chronic impact of on the patient quality of life, increases stress level and ultimately hinder the coping mechanism of the people living with HIV/AIDS. The awareness should be developed in order to facilitate increase the awareness regarding HIV/AIDS. This study finding serves the nursing students to conduct further studies on level of stress and coping strategies among people living with HIV/AIDS. The nurses and nursing student can conduct same study with different setting and variables.

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