



A Study on Self Esteem of Women with HIV Positive with Special Reference to Amala Hospital, Thrissur

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Abstract

Health forms a major aspect in the well being and full functioning of an individual. Due to manifold reasons this aspect of health has been affected in different dimensions. New types of diseases are appearing and old diseases affect human at different levels. One of the major killer disease conquering lives of millions is AIDS. Despite over twenty years of research with billions of dollars spent each year, the conventional medical establishment's a war on AIDS has been a dismal failure. Today, we are no closer to understanding the underlying causes for the rapid rise of AIDS rates or to finding a safe and effective treatments. Most people continue to equate AIDS with death, or at the very least on excruciating journey back to health filled with physical debilitation and pain. The present study will deal the self esteem of AIDS patients, the level of patients self esteem determines how they operate in their life, how they interact with others, spouse, children, friends and strangers. It determines their goals and what they strive, for, their achievement, and their satisfaction and their happiness in life. The main findings will include in full paper.

Key Words: Aids, Self Esteem, Patience, Health

Introduction

Health forms a major aspect in the well being and full functioning of an individual. Due to manifold reasons this aspect of health has been affected in different dimensions. New types of diseases are appearing and old diseases affect human at different levels. Despite over twenty years of research with billions of dollars spent each year, the conventional medical establishment's a war on AIDS" has been a dismal failure. Today, we are no closer to understanding the underlying causes for the rapid rise of AIDS rates or to finding safe and effective treatments. Most people continue to equate HIV with death, or at the very least on excruciating journey back to health filled with physical debilitation and pain. However, the variety of alternative methods are coming up which have proven safer, gentler, and more effective at reversing and dealing with cancer than standard conventional techniques.

By self esteem we refer to the evaluation of which the individual makes and customarily maintains with regard to him. It express an attitude of approval or disapproval, and indicates the extent to which the individual believes himself to be capable, significant, successful, and worthy, in short, self-esteem is a personal judgement of worthiness that is expressed in the attitudes the individual holds toward himself: - Stanley Cooper Smith.

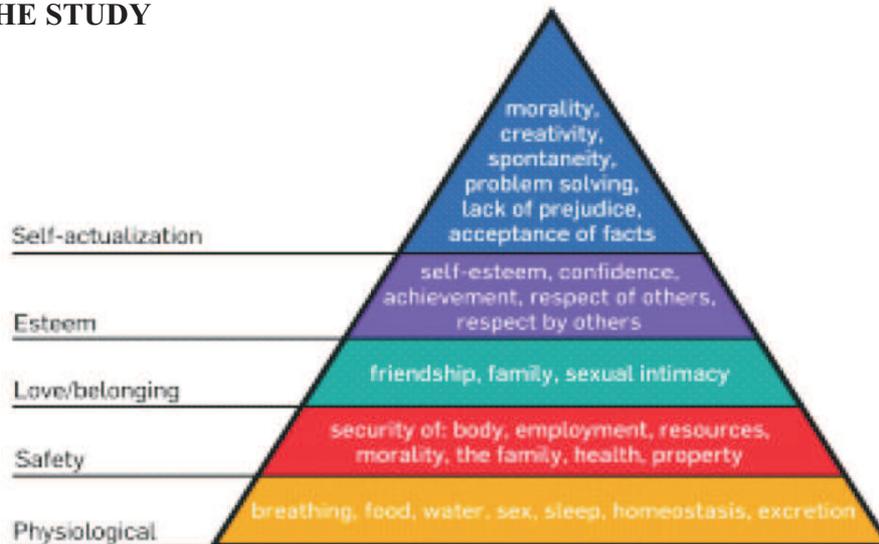
Maintaining and improving appearance and body image is an important part of our quality of life. For some women with AIDS self-worth based on appearance becomes a huge challenge for her self-esteem. To date, it has been well documented that visible facial problem such as searching, blemishes, disfigurement, facial wasting, etc. have been found to decrease self esteem, self confidence, and promote as negative self image.

DEFINITION OF SELF ESTEEM

Nathaniel Branden in 1969 defined self esteem as "... the experience of being competent to cope with the basic challenges of life and being worthy of happiness". According to Branden, self esteem is the sum of self confidence (a feeling of personal capacity) and self respect (a feeling of personal worth).

Methodology

SCOPE OF THE STUDY



Many HIV Positive survivors tend to isolate from the society for fear of rejection of they are actually isolated by their family and friends due to the continued social stigma of HIV Positive. One of the major consequence of HIV Positive is the effect it has on the family and its structure. The burden of the care of the HIV Positive patient, whether at home or at hospitals falls mainly on the family. It is negatively affected the self esteem and of the HIV Positive patient. More often there is a loss of family income on the part of a family member due to her illness or to having to limit working hours because of the illness of another family members. This creates an impossible burden for many families.

The environment has an important impact on the patient crisis together with the disease it can affect different aspects of the patient's life quality and discomfort. In such manner some patients can transform from dominant too passive persons during hospitalizations, suffer from the social isolation and existential and child care and are anxious about their working cancer and financial situation and

have lower esteem and poor interpersonal relationships. The study on self esteem of woman with breast cancer is beneficial for future studies. It is an unexplored area so new research can be done in this study.

RATIONALE OF THE STUDY

The main inspiration to think about this study is the direct observation from field work experience of Amala Hospital, Thrissur. Researcher interacted with the patients and their family members. At that time researcher could observe them deeply and find out their problems.

The importance of the supposed study is to find out the self esteem of HIV Positive patients and to bring in their life a supportive environment through social work intervention. The researcher also got inspiration from reading literatures.

HIV Positive patients experience higher rates of depression and anxiety. HIV Positive linked with social schematization discomfort pain, discomfort physical disability and psychological distress. This conditions may lead to low self esteem. This chronic condition has a significant negative impact on patient's self esteem.

OBJECTIVES OF THE STUDY

General Objective:-

- To study the self esteem of women with HIV Positive.

Specific Objectives:-

- To study socio-demographic background of the respondents
- To know the interpersonal interaction of the respondents
- To assess the well being of the respondents
- To assess the confidence level of the respondents

UNVIERSE AND POPULATION OF THE STUDY

The Universe of the study is the Amala hospital in the revenue district of Thrissur of Kerala state. All the women HIV Positive patients undergone treatment in Amala Hospital during the period of 2011 to 2012.

DESIGN OF THE STUDY

Descriptive research design has been used in this study by the researcher.

SAMPLING OF THE STUDY

In the present study Simple Random Sampling Method is used by Researcher. Researcher selected 60 female HIV Positive patients from Amala Hospital in 2011 to 2012.

HIV Positive patients only women the age group between 20-50 years, who have undergoing treatment from Amala Hospital Researcher are selected as the sample.

The major findings are followings

Socio Demographic Status

- Among the 60 respondents, the majority (80%) belongs to age group 41-50 years of age 20% belongs to 31-40% years of age.
- The majority (52.66%) respondents are Hindus and Christians constitute (36.66%). The majority group (11.66) is Muslims.
- Among the 60 respondents (65%) of them were married, (26.66%) respondents are unmarried and remaining (8.33%) are divorced.
- Among the total respondents (91.66%) have living in nuclear family and (8.33%) are living in joint family.

SELFEESTEEM

- 50% of respondents agree the while when they make embarrassing mistake in their life, that keep on worrying about if for long. (23.33%) of respondents were strongly agree (11.566%) of them disagree and undecided, and remaining (3.33%) of them strongly disagree.
- Among the 60 respondents, (36.67%) are agree, they are able to do things as well as the most other people. All same time (36.67%) of respondents are disagreed.
- It is observed that 40% respondents not experience the feeling of trouble thinking about right things to talk about (35%) agreed the feeling of that.
- The majority 46.67% of respondents are often worry about whether the people like to be with them.
- Among the 60 respondents (33.33%) respondents having the feeling of most people are better than mine (33.33%) respondents are disagree this.
- The study reveals that (41.67%) respondents having no feeling of sadness, when few people would consider him as a bad person. But (33.33%) respondent having that feeling of sadness.
- (38.33%) respondents feeling that their life is not useful. At the same time, 36.67% disagree this.
- The majority (46.67%) of respondents here, communicate with people. ● The study reveals that majority of them (51.67%) respondents having the self confidence.
- (38.33%) of the respondents have no self respect (36.67%) were having the self respect.
- It is observed that (41.67%) respondents are take decisions and stick on it. (33.33%) were disagree this.
- The study reveals that majority (45%) have no good opinion with themselves.
- The majority (38.33%) respondents are think that they are easy and leveable persons to others.
- The study reveals that the majority of them 50% respondents are agreed that they have ability to do every work in proper way.

SUGGESTIONS

Based on the above findings the researcher put forward some suggestions.

- Create awareness about the life style pattern during the time of illness.
- Awareness about HIV Positive should be given to the public, to reduce the stigma and rejection feelings.
- Individual counseling and family counseling her to be given important.
- The love, affection and importance given them by family members and others can helped to develop the self esteem of the patient.
- Create awareness about Breast Self examination.

CONCLUSION

HIV Positive is a common disease; this is effecting the patient physically and psychologically. Like fatigue, depression, nausea, TB, vomiting, alopecia, poor body image and decrease in self esteem etc. Preventive measures for the illness are healthy life style, proper awareness can reduce the seriousness of the illness.

Present study, researcher could find the 55% of respondents have a high self esteem, and remaining 45% of them have a poor self esteem. In this study the researcher deeply analyse the respondents social interaction, mental well being, confidence, and self respect.

Hence, it is imperative that all who have close contact with HIV Positive patients should faster out their own general philosophy – to be sympathetic understanding, caring, accepting, willing to help and at the same time, should be practical not to keep the patient in the dark, not to treat him as an outcast, or be hard hearted.

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