



Family Support for People Living with AIDS in North Halmahera District

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Abstract

People with HIV/AIDS are people who have been positively infected with HIV/AIDS. Comprehensive family support, namely informational, emotional, rewarding and instrumental support can have a major impact on individuals to live a sustainable life. Family support for people with HIV/AIDS (PLWHA) in North Halmahera Regency shows that each respondent has different perceptions in terms of providing support to people with HIV/AIDS (PLWHA) stating that in providing 4 family support, namely informational support, emotional support, appreciation, and instrumental. Information support, respondents who stated that they provided informational support to people with HIV/AIDS, namely respondents 1, 4 and respondents 2, 3 stated that they did not provide or receive information support from their families. Emotional support, all respondents stated that they provide emotional support to people living with HIV/AIDS (PLWHA). Appreciation support, respondents who give awards to PLWHA in the form of appreciation support, namely respondents 1, and 4, while respondents 2 and 3, do not receive appreciation support so that respondent 2 experiences rejection in the social environment. While the instrumental support, instrumental support in this study, it can be concluded that respondents 1, 3, 4 provide instrumental support as a whole while respondent 2 only gets partial instrumental support.

Keywords: Family Support, HIV/AIDS, People Living, North Halmahera

Introduction

HIV is an infectious disease caused by a viral infection, Human Immunodeficiency Virus (HIV). AIDS (Acquired Immunodeficiency Syndrome) is a set of disease symptoms that arise due to decreased immunity, so the person is very susceptible to various infectious diseases (opportunistic) which are often fatal (Septiyani, 2021). According to the World Health Organization (WHO), 37.9 million people were living with HIV at the end of 2018. As a form

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of HIV prevention internationally, HIV is increasing. In 2018, 62% of adults living with HIV and 54% of children living with HIV in low- and middle-income countries, so people living with HIV receive lifelong Antiretroviral Therapy (ART) (Suarnianti et al., 2021).

Family support can reduce negative stigma and discrimination against PLWHA so as to improve the quality of life people with HIV/AIDS (Dixit et al., 2018). The results of previous studies showed that most patients living with HIV (41.0%) did not receive good family support (Marubenny et al., 2013). Family is the smallest group of society consisting of fathers, mothers, and children who live in one place (Depkes RI, 2014). Family support consists of emotional, appreciative, instrumental and informational support.

Literature Review

The Indonesian Ministry of Health, shows that the number of positive HIV cases up to 2018 was 327,282 reported HIV cases, while the number of AIDS cases up to 2018 was 114,065 cases (Suarnianti et al., 2021). Statistical data contained in the North Maluku region, North Halmahera Regency in one of the hospitals in the West Tobelo sub-district Hohidiai Clinic data on HIV / AIDS sufferers obtained from 2015 to March 2022 there is an increase from year to year which has a total of 335 cases. Of the total number of patients who received treatment at Hohidiai Clinic, 68 patients died between 2015 and March 2022 (Klinik Hohidian 2022).

Research Method

This research design uses a qualitative method that aims to understand a phenomenon in natural social contact by prioritizing the process of in-depth communication interaction between the researcher and the phenomenon under study (Herdiansyah Haris 2010). The qualitative research approach used in this study is a phenomenological approach, where researchers explore a person's thoughts, perceptions, understanding, feelings and behavior towards a phenomenon that occurs (Schneider and Whitehead 2016).

This research was conducted in North Halmahera Regency. The reason for choosing this location is that North Halmahera district has no scientific research on family support in people with HIV / AIDS, health problems related to drug withdrawal, self-care, and related to psychological and family and community perceptions that often consider HIV / AIDS disease also as a shameful disease. So that North Halmahera Regency was used as a research site by researchers.

Result and Discussion

1. Information Support

From the research results for information support, R1 and R4 stated that information support is always given to family members suffering from HIV/AIDS. This information

support is given to people with HIV/AIDS, so that feel more comfortable and calm. Information support obtained from the family starts from the results of treatment progress experienced by people living by HIV/AIDS, accompanying people living by HIV/AIDS in the treatment process, the importance of taking medication, the dangers obtained when people living by HIV/AIDS do not take medication, and the condition of people living by HIV/AIDS during the recovery process (Ranjit et al., 2020). This is in line with the research of Marubenny, Aisah dan Mifbakhuddin, 2013, entitled differences in social responses of HIV-AIDS patients who received family support and did not receive family support at the Semarang Community Lung Health Center (Bkpm), stating that people living with HIV/AIDS who received support in the form of informative provided by the family to people living with HIV/AIDS were quite good overall in providing advice and advice to people living with HIV/AIDS (D. R. Voisin et al., 2013).

From the results of this study it was also found that not all people living by HIV/AIDS felt information support, where respondents (R2 and R3) stated that people living by HIV/AIDS had never received and received information support from people living by HIV/AIDS 's family such as, the results of treatment progress experienced by people living by HIV/AIDS, accompanying people living by HIV/AIDS in the treatment process (D. Voisin et al., 2013), the importance of taking medication, the dangers obtained when people living by HIV/AIDS do not take medication, and the condition of people living by HIV/AIDS during the recovery process (Simon et al., 2024). This research is also supported by previous research, which has poor informative support as much as 35.0% studied by Novrianda, Nurdin dan Ananda, 2018 with the title family support and quality of life of people with HIV / AIDS at Lantera Minangkabau Support. Information support must be provided to people living by HIV/AIDS so that people living by HIV/AIDS with good information support have a positive impact on people living by HIV/AIDS, so that people living by HIV/AIDS can make medical decisions in treatment, take drugs regularly, and can bring back people living by HIV/AIDS 's hopes and positive attitudes towards people living by HIV/AIDS 's life. Informational support is support that can suppress the emergence of stressors because the information provided can contribute specific suggestions to patients (Ikeda, 2013, Scott, 2012). he aspects of this support are advice, suggestions, suggestions, instructions, and provision of information (Yusra, 2011) in the book Putra, J, 2019 with the title of support for diabetic foot wound patients.

2. Emotional Support

The results of this study also showed that there was very strong emotional support given to people living with HIV/AIDS. R1, R2, R3 and R4 stated that the illness experienced by people living with HIV/AIDS can be felt by the family(Rouhani et al., 2017)vv so that the family can provide strength and encouragement to people living with HIV/AIDS. The family also stated that people living with HIV/AIDS are a shared responsibility that can be given, and always accompany people living with HIV/AIDS in the recovery period (Wei et al., 2016). This is in line with research conducted by Audhah, Maulia Hindun., 2012 entitled the relationship between family emotional support with the successful implementation of HIV / AIDS treatment programs at the infectious disease hospital (Rspi) Prof. Dr. Sulianti Saroso, family emotional support (Mitchell et al., 2015) with the implementation of HIV / AIDS

treatment programs which states, getting emotional support from the family mostly, in carrying out routine HIV treatment programs (Eisenberger et al., 2003). This emotional support gives individuals a feeling of comfort, feeling loved, help in the form of encouragement, empathy, confidence, attention so that individuals who receive it feel valuable. In emotional support, the family provides psychological encouragement (Fatmawati, 2018).

3. Reward Support

The appreciation support provided by the family to people living with HIV is different and not good enough overall in giving appreciation to people living with HIV (Sung et al., 2023). Appreciation support provided by R1 and R4 to people living by HIV/AIDS where families and health workers always encourage people living by HIV/AIDS to always move around the neighborhood, besides the trust that is always given to people living by HIV/AIDS to work in the neighborhood, people living by HIV/AIDS are also always motivated by family and health workers during recovery. This is in line with research conducted by Budiarti, 2016 with the title description of family support for HIV / AIDS patients at Dr. Ario Wirawan Salatiga Lung Hospital, obtained quite a lot of appreciation support in the form of positive expressions of appreciation for HIV / AIDS patients, in the form of positive expressions, good comparisons to increase the self-esteem of people living by HIV/AIDS patients.

The difference can be felt by R2 where R2 does not get appreciation support so that R2 experiences rejection in the social environment where people living by HIV/AIDS live. R3 did not provide appreciation support to the family and social environment due to lack of knowledge and lack of information in the family and community environment resulting in rejection of people living by HIV/AIDS. The family's lack of trust in people living with HIV indicates a lack of appreciation support for people living with HIV (Anand et al., 2017). Appreciation support must be given to people living by HIV/AIDS so that people living by HIV/AIDS always feel valued and through appreciation support also people living by HIV/AIDS are able to add self-confidence both in the family environment and the social environment where people living by HIV/AIDS worship. Positive support from people around people living by HIV/AIDS, encouragement or statements of agreement with someone's ideas or feelings (Scott, 2012). This support makes someone feel proud and appreciated, the family acts as feedback guidance, guiding and mediating problems, including: providing support, recognition, appreciation, and attention (Yasmin, 2011) in the book Putra, J, 2019 with the title of support for diabetic foot wound patients.

4. Instrumental Support

Instrumental support provided by families to people living by HIV/AIDS is different and not good enough because there are still those who have not gotten the whole in providing direct assistance; direct assistance is given by families to PLWHA in the form of financial and material assistance in the treatment process needed by people living by HIV/AIDS (Rouhani et al., 2017). This study is in line with research conducted by (Budiarti, 2016) with the title of a description of family support in HIV / AIDS patients at Dr. Ario Wirawan Salatiga Lung Hospital, obtained results as many as 74, 4% of patients always get instrumental assistance.

Instrumental support must always be given to people living by HIV/AIDS in the form of direct support such as caring for, delivering drug, preparing drugs, providing financial for treatment or providing material directly to people living by HIV/AIDS in the process of treatment and recovery. According to Scott, 2012 and Yusra, 2011, in the book (Putra, J, 2019), states that the benefits of instrumental support are support that makes the declining spirit recover, feeling that there is still attention and concern from protection for someone who is suffering. The family is a source of practical and concrete help including: direct help from people who are relied on such as material, energy and facilities (McGowan et al., 2022).

Comprehensive family support, namely information, emotional, appreciation and instrumental support, can have a major impact on individuals to live a sustainable life. The results of previous research researched by Fatmawati, 2018 with the title of the relationship between family support and depression in people with HIV / AIDS in Kebumen, people living by HIV/AIDS with good family support have a positive impact where people living by HIV/AIDS can make medical decisions in treatment, take ARV drugs regularly, and can bring back their hopes and positive attitudes towards life in general.

Conclusion

Based on the results of the study, it can be concluded that family support consists of 4 supports, namely information, emotional, recognition, and instrumental support.

1. Information support

Respondents who stated that they provided informational support to people with HIV/AIDS were respondents 1, 4 and respondents 2, 3 stated that they did not provide or receive informational support from the family.

2. Emotional support

All respondents stated that they provide emotional support to people living with HIV/AIDS (PLWHA).

3. Appreciation support

Respondents who gave appreciation to PLWHA in the form of appreciation support were respondents 1, and 4 while respondents 2 and 3 did not get appreciation support so that respondent 2 experienced rejection in the social environment.

4. Instrumental support

Instrumental support in this study, it can be concluded that respondents 1, 3, 4 provided instrumental support as a whole while respondent 2 only received partial instrumental support.

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