QUALITY OF LIFE OF PEOPLE LIVING WITH HIV

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ABSTRACT:
The study on ‘Quality of Life of People Living with HIV (PLHIV)’ was carried out in 2 NGOs in Ooty, the Nilgiris District. Fifty eight PL-HIV registered under the two NGOs were screened using the WHOQoL - Bref. Forty-Six PL-HIV with low quality of life were selected for the study by Convenience Sampling Method. They were 18 male and 28 female PL-HIV between the age range of 20-54 years (Mage= 37.46). Cognitive Behaviour Therapy, a psychological intervention was given to each sample individually 2 days a week for 16 weeks. On the whole, 32 sessions were given to the entire sample. The duration of each session was 45 minutes to 1 hour. After 16 weeks of Cognitive Behaviour Therapy, the entire sample was re-assessed using the WHOQoL - Bref. The experimental design used was ‘Assessment before and after treatment without control group’. The mean quality of life before treatment in male was M= 50.28 and female was M= 50.14. The data reflects low quality of life in both the genders. After treatment the quality of life has increased considerably in male (M= 74.44) and female (M= 79.50) PL-HIV. The ‘t’ value is 6.88 in male and 11.85 in female which is significant at 0.01 level. ANOVA test showed that Quality of Life was ‘Bad’ before therapy and after the treatment of Cognitive Behaviour Therapy, the level of Quality of Life improved to ‘Average’. The techniques of Self-Monitoring, Self-Control and Self-Observation helped the PL-HIV to enhance their Quality of Life.

KEY WORDS: Quality of Life, People Living with HIV (PLHIV), Cognitive Behaviour Therapy (CBT)