

Stigmatization People Living with HIV AIDS (PLWHA)

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Abstract

People with HIV AIDS (PLWHA) often experience stigma, the stigma that occurs among them is verbal statement and the act of keeping PLWHA away from social activities, stigma can disrupt the social role of PLWHA. Stigma can come from anyone including health workers. PLWHA need actions to eliminate the stigma that occurs, so that PLWHA can live as other individuals without getting stigma. The purpose of the review literature is to identify the forms and sources of stigma that occur in PLWHA and efforts to eliminate stigma against PLWHA. The author finds journals that are relevant to the problem by using stigma keywords, health workers, HIV AIDS, and people with HIV AIDS. Journals were obtained from the Science Direct, Proquest, SagePub, and Scopus databases with 54 journals and 14 journals fulfilling the criteria for analysis. Journal analysis states that various efforts have been made to solve the problem of stigma against PLWHA, this effort includes the entry of HIV into health care work programs, the source of stigma from health workers requires special attention, because health workers should be promoters to eliminate stigma, necessary increasing the knowledge and expertise of health workers in handling and treating PLWHA. So that officers can become promoters in eliminating stigma against PLWHA

Keywords: *HIV, AIDS, People with HIV AIDS (PLWHA), Stigma, Immunology.*

Introduction

Stigma One of the problems faced in making efforts to control Human Immunodeficiency Virus (HIV) Acquired Immune Deficiency Syndrome (AIDS) in the community, this is due to the fear of being infected and the lack of knowledge about HIV AIDS. Unfair treatment (discrimination) and stigma are not only carried out by the community but also by health workers, stigmatization can be done intentionally or unintentionally. Various efforts have been made to solve the problem of stigma against people with HIV AIDS (PLWHA), these efforts include the inclusion of HIV programs in the Puskesmas work program, but with socialization and health counseling that have not been able to solve the existing problems ¹

Preventive efforts are very necessary because it can reduce the risk of HIV transmission, prevention efforts are considered most effective because they can prevent someone from being exposed to the risk of transmission, research on HIV treatment therapy has been carried out, one of which is Antiretroviral therapy (ART) can increase PLWHA life expectancy ²

Handling HIV-AIDS problems is not enough only on health aspects, but also refers to social aspects. This is because, HIV-AIDS sufferers not only experience health problems, but also experience social problems. The social problem in question is the presence of stigma on PLWHA and family members, the forms of stigma that are obtained vary among others in the form of verbal statements and discrimination ³

Stigma occurs not only from people in the surrounding environment, but also often carried out by health workers, who have an important role in advancing in the field of health services. Health workers should provide services to all people in need without distinguishing health and social status. Especially for

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nurses, they must also have value and self-confidence to provide services including PLWHA. Anxious feelings and worries that the nurse has can do stigmatization without the nurse noticing ⁴

The stigma can have an impact on many things starting from the onset of depression, psychological distress, and anxiety which will eventually lead to PLWHA being unable to achieve its independence. Other research shows that PLWHA is reluctant to open an identity because it cannot be accepted by its environment, so that most PLWHA has a disruption of social interaction with the surrounding community ⁵. Disparities occur in several places that cause PLWHA to get worse with its health status, which is reflected in the treatment received by PLWHA in the work environment and living environment ⁶

The purpose of this study was to conduct a systematic review related to PLWHA's perception of the stigma they experienced. This study is expected to provide ideas for further research related to PLWHA's perception of the stigma experienced and can be used as a reference in efforts to handle PLWHA.

Method

Study search strategies that are relevant to the topic are carried out using the ScienceDirect, Proquest, and SagePub databases restricted from 2000 to 2018. The keywords used are "stigma", "HIV", "AIDS", fulltext articles and abstracts reviewed to choose studies which matches the criteria. The inclusion criteria in this review are stigma in people with HIV/AIDS. Journal searches using the above keywords get 54 journals and articles that match the inclusion criteria there are 14 journals.

Result

The journals reviewed in this study are qualitative research journals. The number of articles obtained in this review are 14 journals and all of them use qualitative research. The method used to obtain information is using in-depth interviews and FGD (focus group discussion).

The period of research used in these studies varies from 1 month to 1 year, the longer the time the study and the frequency of interviews on average provide good results for the information obtained. The longer the study, the more information that can be extracted, this is indicated by the frequency of frequent interviews and frequently scheduled group meetings.

The sampling method used in the study was 14 studies that had been carried out qualitatively. The sample in this study varied, for example age, in this study the age of the sample varied from teenagers to late adulthood. So that the data obtained is very diverse and covers all age lines.

Based on the description of 14 studies, it is shown that the handling of HIV-AIDS problems is not enough only on the health aspect, but also refers to the social aspects ⁷. This is because, HIV-AIDS sufferers not only experience health problems, but also experience social problems ⁸. The social problem in question is the existence of stigma on PLWHA and family members, the forms of stigma that are obtained vary among others in the form of verbal statements and discrimination ⁹. Various efforts have been made to solve the problem of stigma against people with HIV AIDS (PLWHA), these efforts include the inclusion of HIV programs in health care work programs, but with the outreach and health counseling that has not been able to solve the existing problems ¹⁰

Discussion

The results of the review indicate that stigma raises health problems and social activities, 1 of 4 people with HIV are unaware of their HIV diagnosis, and almost half present with a CD4 count <350 cells/microliter ¹¹. 95% of informants reject their health status ¹². Stigma causes negative self-image and the occurrence of discrimination from the community causing interruption social PLWHA ¹³. Increasing understanding of social support mechanisms contributes to HIV treatment behaviors from PLWHA and can fill knowledge gaps ¹⁴. Family support and peer group support can increase the level of psychological response ¹⁵.

Stigma and discrimination in health services carried out by health workers is one of the obstacles to the quality of providing health services to patients with HIV and AIDS, which in turn can reduce the health status of patients with HIV and AIDS, the stigma associated with HIV and AIDS is called a big problem and damages family life, social, and individual economics ¹⁶. The stigma associated with HIV and AIDS is also considered a major barrier in the prevention, treatment and treatment of HIV and AIDS ¹⁷

The stigma that occurs is influenced by several factors known as the power factor of the occurrence of stigma ¹⁸. Power factors include four components

including social, political, economic and spiritual factors. Social factors are influenced by weak communication and social contact between health workers and patients. Politically, stigma occurs because there is no policy that regulates the handling of HIV and AIDS patients, and the consequences of stigma and discrimination in patients related to HIV and AIDS. Economic factors, the emergence of stigma and discrimination because of the lack of provision of universal precaution facilities, the absence of rewards and reward services, and no health insurance if contracting HIV and AIDS¹⁹

Conclusion

The results of a systematic review of research addressing the problem of HIV-AIDS is not enough only on health aspects, but also refers to social aspects. This is because, HIV-AIDS sufferers not only experience health problems, but also experience social problems. The social problem in question is the existence of stigma on PLWHA and family members, the forms of stigma that are obtained vary among others in the form of verbal statements and discrimination. Various efforts have been made to solve the problem of stigma against people with HIV AIDS (PLWHA), these efforts include the inclusion of HIV programs in health care work programs, but with the outreach and health counseling that has not been able to solve the existing problems.

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