

Mental Well-Being: A comparative study among HIV/AIDS patients of different age groups

Dr. Jahangeer Majeed

Department of Psychology, Aligarh Muslim University, Aligarh, Uttar Pradesh, India

Abstract

This study was held to find out the difference among mean scores of mental well-being for HIV/AIDS patients of different age groups. The sample consisted of 150 HIV/AIDS patients was collected from the department of medicine, Jawahar Lal Nehru Medical College & Hospital, Aligarh Muslim University, Aligarh, Uttar Pradesh. The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) was used. The data was analyzed by using one-way ANOVA. The results showed that there was found no significant difference among people of different age groups living with HIV/AIDS on mental well-being.

Keywords: mental well-being, HIV/AIDS patients

Introduction

HIV/AIDS

The full form of the HIV is human immunodeficiency virus. This is a lethal virus that damages a person’s mechanism that fights against the infections and diseases by damaging the white blood cells of a patient. This virus makes a person more inclined to fall prey to certain deadly infections and certain cancers. The last stage of HIV is known as AIDS (acquired immunodeficiency syndrome). But not everybody with HIV develops AIDS (Medlineplus, n.d).

HIV prevention in India

NACO is an organization that makes and employs the policies and strategies to prevent and control the spread of HIV epidemic in India. Its latest programme, NACP-IV (2012-2017), intended to diminish yearly new HIV infections by 50% by employing the policy of inclusive HIV treatment, awareness, attention and support for the general population and help out the people who are more vulnerable to get the infection (AIDS Virus Education Research Trust, n.d).

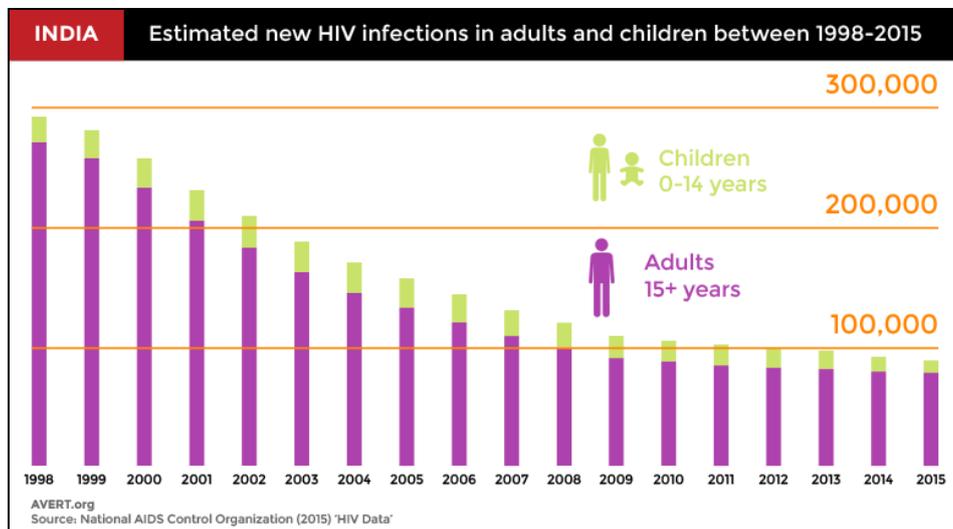


Fig 3: HIV prevention in India (AIDS Virus Education Research Trust, n.d).

Variables

Mental Well-Being: Mental well-being comprises of two view points: (1) Subjective happiness and the satisfaction of life (hedonic perspective); and (2) the healthy relations with other people and the realization of self (the eudaimonic perspective). The later includes the capability for the development of self, better and healthier relations with other people, and the self competence (Stewart-Brown & Janmohamed, 2008) [8].

Objective

- (1) To examine the mean difference among mental well-being scores for HIV/AIDS patients of different age groups.

Hypothesis

H_{A1}: There will be the difference among mean scores of mental well-being for HIV/AIDS patients of different age groups.

Methodology

Sample

In this study 150 people living with HIV/AIDS taken from the department of medicine, Jawahar Lal Nehru Medical College & Hospital, Aligarh Muslim University, Aligarh, Uttar Pradesh served up as the participants.

Tools Used

Warwick-Edinburgh Mental Well-Being Scale (WEMWBS)

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) was developed by a team of researchers at the Universities of Warwick and Edinburgh (2007) [8]. WEMWBS consists of 14 items which measures the mental well-being of an individual in the past two weeks. It uses 5-point likert rating scale that ranges from “none of the times” to “all of the times”. The total score may ranges between 14 and 70. Chronbach’s alpha of WEMWBS of 0.87 and 0.91 was found. And the one-week test-retest reliability at Validation studies were held in diverse populations in UK (Stewart-Brown & Janmohamed, 2008) [8].

Procedure for data collection

The sample was taken from the department of medicine, Jawahar Lal Nehru Medical College & Hospital, Aligarh Muslim University, Aligarh, Uttar Pradesh. First off, the patients were approached individually and their consent was taken for their participation. The purpose of the study was made known to every single patient. Genuine response was requested for and the confidentiality was guaranteed. And eventually, the patients were instructed about how to write their response to all the four scales.

Statistical techniques Used

The data were analyzed by using Statistical Package for Social Sciences 20.0 (SPSS 20.0). And the statistical technique ANOVA was also used.

Result and Discussion

The one-way ANOVA was made use of to compare the effect of age on mental well-being among people living with HIV/AIDS. Age was grouped into three categories viz. 20-30, 31-40 and 40 above. The Table 1 evidently indicates that there is no significant effect of age on mental well-being [$F=.006, p>.05 (2,147)$] among people living with HIV/AIDS. There fore the hypothesis H_{A1} which states that there will be the difference among mean scores of mental well-being for HIV/AIDS patients of different age groups stands not supported. Age does not affect mental well-being of people living with HIV/AIDS. This study reveals, the people living with HIV/AIDS of any age group were found showing no change on mental well-being. The results of this study do not go in agreement with the findings of Hayes (2014) [6]. He claims, there exists a significant relationship between age and mental well-being. The people of 50- 54 years of age had deteriorated levels of mental well-being. While the people of 70-74 years of age showed the highest level of positive well-being. Similarly, Charles and Carstensen (2018) [5] claims, the older adults are more comfortable and at ease with the social networks.

Table 1: ANOVA Summary of Mental Well-Being among people living with HIV/AIDS with respect to their age

| | Sum of Squares | df | Mean of Squares | F | p |
|----------------|----------------|-----|-----------------|--------------------|------|
| Between Groups | 1.79 | 2 | .899 | | |
| | | | | .006 ^{NS} | .994 |
| Within Groups | 22957.70 | 147 | 156.17 | | |
| Total | 22959.50 | 149 | | | |

Findings

- The people of different age groups living with HIV/AIDS were compared on mental well-being and no significant difference was found among the groups.

Limitations

- a. Large number of items might have exhausted the respondents.
- b. The sample was only collected from Jawahar Lal Nehru Medical College and Hospital, Aligarh, Uttar Pradesh.

References

1. AIDS Virus Education Research Trust. (n.d). HIV and AIDS in India. Retrieved from <https://www.avert.org/professionals/hiv-around-world/asia-pacific/india>
2. AIDS Virus Education Research Trust. (n.d). Symptoms and stages of HIV infection. Retrieved from <https://www.avert.org/node/34/pdf>
3. AIDS Virus Education Research Trust. (n.d). Global hiv and aids statistics. Retrieved from <https://www.avert.org/global-hiv-and-aids-statistics>
4. AIDS Virus Education Research Trust. (n.d). History of hiv and aids overview. Retrieved from <https://www.avert.org/professionals/history-hiv-aids/overview>
5. Charles S, Carstensen LL. Social and Emotional Aging, Annual Review of Psychology. 2018; 61:384-409.
6. Hayes D. The relationship between mental wellbeing and financial management among older people: An analysis using the third wave of understanding society. Personal Finance Research Centre, 2014, 1-8.
7. Medlineplus. (n.d). HIV stands for human immunodeficiency virus. Retrieved from <https://medlineplus.gov/hivaids.html>
8. Stewart-Brown S, Janmohamed K. Warwick-Edinburgh Mental Well-being Scale User Guide, (June). Retrieved from <http://www.mentalhealthpromotion.net/resources/user-guide.pdf>