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**PSYCHOLOGICAL PROBLEMS: WITH SPECIAL REFERENCE TO HIV INFECTED WOMEN**


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**R.S.KIRLOSKAR**

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**Abstract:** For the present study the researcher uses exploratory design from the HIV infected persons. Purposive Random Sampling Technique is used to collect the data which is given from the respondent who registered in the ICTC Taluk Hospital Honnavar during 2007 to 2012. Researcher personally interviewed each under study. NGOs and govt. has introduced several plans like giving free shelter and treatment. But no one is thinking what problems are there in grass root level; their all programs are working in mass level only. Every person should think about them, their wants, needs and feelings. We create positive environment then only they will come out from their problems and lead a peace full and hope full life. For this we need govt., NGOs, community and societies support.

**Keywords:** AIDS, Counselling, HIV, Psychological problems, Women living with HIV.

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**Introduction:** Due to psychological problems in India HIV infected persons can't maintain their health. They have negative feelings. 2006 study found that 25% of people living with HIV in India had been refused medical treatment on the basis of their HIV-positive status. It also found strong evidence of stigma in the workplace, with 74% of employees not disclosing their status to their employees for fear of discrimination. Of the 26% who did disclose their status, 10% reported having faced prejudice as a result. Women living with HIV have faced Stigma, Discrimination, violent attacks, and harassment, been rejected by families, spouses and communities, been refused medical treatment, and even in some reported cases denied the last rites before they die. As a result, many keep their status secret. The study tries to focus on psychological problems of these women. This is very sensitive issue. Everyone has a right of living. One cannot seize it from others. Are those women really enjoying their rights or not? To understand what are the conditions of their life? How they are living in this society? Society can accept or not? What type of responses they get from this? All these doubts are cleared in this.

**Research Methodology**

**Aim of This Study:**

"To understand the psychological problems of HIV infected women"

**Objectives:**

- Focusing the psychological problems.
- Focusing the HIV and AIDS.
- Focusing the influence of society on HIV and AIDS.
- Find out the condition of these people.
- Understand the relationship between HIV infected women and Society
- Creating awareness.
- Implication of social work.

**Study Area and Justification:** This study will be conducted in ICTC (Integrated Counselling and Testing Centre) Taluk Hospital Honnavar. Honnavar taluk is in coastal area which is situated very near to Murdeshwar and Gokarna which comes under Uttara Kannada district. Considering the review and the observations made by the investigator the study is planned. It is hoped that the study will help in understanding the

psychological problems of HIV infected women in Honnavar.

**Research Design:** For the present study the researcher uses exploratory design from the respondents concern.

**Random Sampling Design:** Purposive Random Sampling Technique is used to collect the data which is given from the respondent. The researcher selected 50 samples out of 87 HIV infected women. Researcher personally interviewed each under study. Tools of data collection are used by the ICTC documents and Interview schedule.

**Discussion:** Researcher focusing the "Psychological problems of HIV infected women" in Honnavar Taluk through the interview schedule made analyses and interpretation of data. In Honnavar Taluka 20-30 age group is very high risk group. Among these 90% have primary education, 5% have secondary education and only 5% are uneducated. 65% people know the use of condom but they feel hesitate. 56% are belongs to joint family and 44% are belongs to nuclear family. All know about ART. 35% of people are feeling happy in home. 10% are working comfortably with family. 100% are telling that HIV is affected on their family life. Only 26% are getting family support in this situation. 10% are getting cooperation from the family members. 90% are neglected from their family. No one are feeling comfort in society. 80% are telling that their life is worthless. 75% are thinking about suicide. Other 25% are not thinking like that they are still optimist. 90% are not participating in public functions. They are hesitating to attend this. 85% have guilty feeling. 90% are suffering from loneliness. That means only some families are taking care about them. All have social stigma. This shows that how the society is treating them. 95% have discrimination. This reflects the behaviour of our people and society. 80% have the feeling of lack of love and affection. 92% were irritated by the public. All are feeling that counselling is playing an important role in their life. All have the feeling that the counselling gives them psychological support to face the situation and develop the activities. This shows about the important of counselling.

**Suggestions:** The family is a unique institution which can look after its members very carefully. After getting HIV family should give love, care, treatment, support

and bring their views in positive way towards life. HIV and AIDS is a stage where a person needs special care and support. Society should give them an opportunity to participate in all social fields and treat them as a human being. Neighbours should give respect and more attention towards them. They should share their feelings, engage them in other creative work and guide them. NGO should work actively, make awareness in all public and meet those women who are suffering from HIV and AIDS. Counselling helps to make better relationship with others. Govt. should provide sufficient recruitment, medicine, modern technology and good supervision method in Govt. Hospitals. All women living with HIV should actively participate in positive network group. Then they can gather, live together and becoming peer educator. By this they can share their problems, can fight their rights, can strengthen the

group and bring changes in their attitudes. They should take all Govt. facilities and lead a hopeful life. Ex: Govt. provides Anthyoday ration card, free home facility, free treatment etc.

**Conclusion:** By the above discussion we see that they have so many problems. We can see that the govt. and many NGOs are trying to give support and thinking about their rights. But no one is thinking their feelings. There is need that they will come out from their psychological problems and lead a peace full and happy life. Without strong will power they can't lead their common life successfully. So it is necessary to make them psychologically strong, with the help of effective counselling. When they become psychologically strong then only they ready to face the society. Govt. should focus on counselling centres.

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MSW, MPSW, Counsellor ICTC Taluka Hospital Honnavar,  
Dist-Uttara Kannada, State- Karnataka,  
raghukhnr@gmail.com.