

A STUDY OF MENTAL HEALTH OF HIV POSITIVE AND NEGATIVE PEOPLE WITH REGARDS TO GENDER

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ABSTRACT: *The major aim of the present research was to study of mental health of HIV positive and negative people with regards to gender. Total 200 participants with regards to type of people and gender were selected randomly from various N.G.O's and Civil Hospital of North Gujarat. Mental health inventory by Jagdish and Srivastav was used for data collection. To analyze the data t test was used. Results indicate that HIV negative people have better mental health than HIV positive people, HIV positive female have better mental health than HIV positive male, HIV negative female have better mental health than HIV negative male, HIV negative male have better mental health than HIV positive male and HIV negative female have better mental health than HIV positive female.*

Introduction

Mental health is the capacity of the individual, the group the environment to interact with one another in ways that promote subjective well-being, the optimal development and use of mental abilities (cognitive, affective and relational), the achievement of individual and collective goals consistent with justice and the attainment and preservation of conditions of fundamental equality.

Mental health like physical health is also a condition. And this condition can be recognised by its characteristics features. Roughly speaking a mentally healthy individual would exhibit the following symptoms.

In 1948, at an International Congress on Mental Health held in London, the World Federation for Mental Health was established. The Federation consists of a group of nongovernmental Organizations and individuals concerned with the promotion of mental health throughout the world. Its establishment represented an important step toward furthering cooperation between government and nongovernmental mental health efforts at the international level, and more than forty different countries are represented in its membership.

HIV/AIDS is a lentivirus and a retrovirus (Kadiyala S & Barnett T, 2004). Those infected are infectious over a long period, are in fairly good health and can inadvertently infect others. The virus has the ability to convert its genetic material and insert itself into the host's cell which becomes a factory for new viral particles. Thus the epidemic has social and economic effects targeting the most productive section of the society. The pediatric and geriatric populations are also affected as they are forced to join the labor force and contribute to household income in the absence of its productive members. According to the United Nations Development Programme (UNDP) HIV has affected the "single greatest reversal in human development" in modern history (UNDP 2005).

Deshmukh J.S., et al. (2007)²⁴ conducted a study on 'AIDS knowledge and attitudes of university in Nagpur Department of preventive and social medicine'. The study was among university students in Nagpur to assess the basic level of knowledge regarding AIDS. Arts and commerce students expressed their desire to learn more about AIDS. The study were identified considerable extent of knowledge and positive attitudes amongst science students but arts commerce students had commerce students had inadequate and poor knowledge. The results of this study shows that there is a need of effective health education campaign for this risk group of individuals which will help them to develop the skill to act on their knowledge and communicate it to others. Most students from both faculties believe that the government should play an important role in fighting HIV-AIDS in India.

Kumari K. (2004) studied 'Attitudes and awareness on HIV-AIDS among the youth of Jharkhand International conference on AIDS'. The researcher studied attitudes and awareness on HIV-AIDS among the youth of Jharkhand this study shows that the college youth have fairly good knowledge about HIV-AIDS. According to this study attitudinal change Programme is urgently needed to change the existing knowledge of the youth about HIV-AIDS affected persons. This may change the behaviour of the youth. It will have a positive impact on HIV-AIDS prevention Programme.

Christo van Vvyk (2005) studied the perceptions attitudes and awareness of undergraduate students in the North-West university result indicated that students experienced and perceived with regards to biographical

variables in terms of their perception attitudes and awareness regarding HIV-AIDS. Differences were also found between students in different study modules and study years. HIV-AIDS while some students had detailed knowledgeable of the disease and its prevention others were either completely ignorant about it or deny its existence. Recommendations were made for future research in the area of HIV-AIDS within the context of tertiary education.

Lawal B.O. (2006) was investigated HIV-AIDS awareness among secondary school teachers in Kwara Lagos and Ogun state of Nigeria. The study revealed that the level of awareness among secondary school teachers is very low. It was also revealed among others the difference between single and married in their awareness of HIV-AIDS is not significant. It was recommended that individuals should avoid both premarital and extramarital sex. Young people should be given awareness about AIDS. That government should provide adequate funding for HIV-AIDS research that the pandemic should be discussed with other around you for the purpose of awareness.

Objectives

- (1) To study and compare mental health of HIV positive and HIV negative people.
- (2) To study and compare mental health of HIV positive male and female.
- (3) To study and compare mental health of HIV negative male and female.
- (4) To study and compare mental health of HIV positive male and HIV negative male.
- (5) To study and compare mental health of HIV positive female and HIV negative female.

Hypothesis

1. Ho₁- There will be no significant difference between HIV positive and HIV negative people with regards to mental health
2. Ho₂- There will be no significant difference between HIV positive male and female with regards to mental health
3. Ho₃- There will be no significant difference between HIV negative male and female with regards to mental health
4. Ho₄- There will be no significant difference between HIV positive male and HIV negative male with regards to mental health
5. Ho₅- There will be no significant difference between HIV positive female and HIV negative female with regards to mental health

Variables

In present research type of people - HIV positive and HIV negative people and gender of participants were considered as independent variables and scores of mental health was considered as dependent variable.

Sample

In present research sample was taken from various N.G.O. and civil hospital of North Gujarat. Random sampling technique was used for data collection. The total sample was categorized as under:

Group	Gender		Total
	Male	Female	
HIV positive people	50	50	100
HIV negative people	50	50	100
Total	100	100	200

Tools

In present research following tools were used for data collection,

Mental Health inventory by Jagdish and Srivastav

Mental health inventory (MHI) developed by Jagdish and Srivastav was utilized to access positive aspects of mental health. This test can be used as a group or an individual test, for ages 15 and above, no time and age limit is enforced in the testing. Each items from 1 to 56 given in the test booklet to be rated on 4 point rating scale. It covers the following 6 dimensions of sound mental health:

- (1) Positive Self-Evaluation (PSE) – self-confidence, self-acceptance, self-identity, realization of one's capabilities.
- (2) Perception of Reality (PR) – related to absence of excessive fantasy, ability to face and accept realities of life.

- (3) Integration of Personality (IP) – indicates balance of psychological forces in the individual, includes emotional maturity, ability to concentrate at work and interest in several activities.
- (4) Autonomy (AUT) – the actions of people are independent rather than dependant on other persons.
- (5) Group Oriented Attitudes (GOA) – ability to work with others and ability to find recreation.
- (6) Environment Mastery (EM) – Efficiency in meeting situational demands.

Reliability of the Inventory:

The reliability of the inventory was determined by ‘split half methods using odd even procedure. (1) Positive self evaluation- 0.75 (2) Perception of reality- 0.71 (3) Integration of personality- 0.72 (4) Autonomy- 0.72 (5) Group oriented attitude- 0.74 (6) Environment competence- 0.71 (7) Overall- 0.73

Two inventory scores yield positive correlation of (.57) revealing moderate validity.

The test is scored with the help of manual. 4 alternative responses have been given to each statement i.e. always often, rarely and never. 4 scores to always, 3 scores to often, 2 scores to rarely and 1 scores to never, marked responses are to be assigned for true keyed (positive) statements where as 1, 2, 3 and 4 scores for always, ‘often’ rarely and never respectively in case of false keyed (negative) statements.

Procedure

Mental Health inventory by Jagdish and Srivastav was administered in individual setting. After completion of the data collection, responses of each participant on each inventory were scored as per the scoring key of manual of each inventory.

Statistical Analysis

To analyze the data mean, SD and t test was used. Latest version of SPSS was used for data analysis. Each hypothesis was tested at 0.01 and 0.05 level.

Results and Discussions

Table No. 1

Showing mean, SD and t value of mental health of HIV positive and HIV negative people

Group	N	Mean	SD	t value	Level of significance
HIV Positive People	100	141.15	18.08	29.43	0.01
HIV Negative People	100	158.96	18.55		

Table No. 1 shows the t value of mental health of HIV positive and HIV negative people was 29.43 which is significant at 0.01 level. It means HIV positive people were significantly differed as compare to HIV negative people. The mean scores of HIV positive people on mental health was 141.15 with 18.08 SD and mean scores of HIV negative people was 158.96 with 18.55 SD. Here HIV negative people have better mental health than HIV positive people.

Table No. 2

Showing mean, SD and t value of mental health of HIV positive male and female

Group	N	Mean	SD	t value	Level of significance
HIV Positive Male	50	138.57	22.30	6.33	0.01
HIV Positive Female	50	143.80	11.81		

Table No. 2 shows the t value of mental health of HIV positive male and female was 6.33 which is significant at 0.01 level. It means HIV positive male were significantly differed as compare to HIV positive female. The mean scores of HIV positive male on mental health was 138.57 with 22.30 SD and mean scores of HIV positive female was 143.80 with 11.81 SD. Here HIV positive female have better mental health than HIV positive male.

Table No. 3

Showing mean, SD and t value of mental health of HIV negative male and female

Group	N	Mean	SD	t value	Level of significance
HIV Negative Male	50	155.57	28.53	3.84	0.01
HIV Negative Female	50	159.30	18.67		

Table No. 3 shows the t value of mental health of HIV negative male and female was 3.84 which is significant at 0.01 level. It means HIV negative male were significantly differed as compare to HIV negative female. The

mean scores of HIV negative male on mental health was 155.57 with 28.53 SD and mean scores of HIV negative female was 159.30 with 18.67 SD. Here HIV negative female have better mental health than HIV negative male.

Table No. 4
Showing mean, SD and t value of mental health of HIV positive male and HIV negative male

Group	N	Mean	SD	t value	Level of significance
HIV Positive Male	50	138.61	22.06	22.19	0.01
HIV Negative Male	50	158.62	18.61		

Table No. 4 shows the t value of mental health of HIV positive male and HIV negative male was 22.19 which is significant at 0.01 level. It means HIV positive male were significantly differed as compare to HIV negative male. The mean scores of HIV positive male on mental health was 138.61 with 22.06 SD and mean scores of HIV negative male was 158.62 with 18.61 SD. Here HIV negative male have better mental health than HIV positive male.

Table No. 5
Showing mean, SD and t value of mental health of HIV positive female and HIV negative female

Group	N	Mean	SD	t value	Level of significance
HIV Positive Female	50	141.08	22.68	20.04	0.01
HIV Negative Female	50	159.30	18.67		

Table No. 5 shows the t value of mental health of HIV positive female and HIV negative female was 20.04 which is significant at 0.01 level. It means HIV positive female were significantly differed as compare to HIV negative female. The mean scores of HIV positive female on mental health was 141.08 with 22.68 SD and mean scores of HIV negative female was 159.30 with 18.67 SD. Here HIV negative female have better mental health than HIV positive female.

Conclusions

- (1) HIV positive people were significantly differed as compare to HIV negative people. HIV negative people have better mental health than HIV positive people.
- (2) HIV positive male were significantly differed as compare to HIV positive female. HIV positive female have better mental health than HIV positive male.
- (3) HIV negative male were significantly differed as compare to HIV negative female. HIV negative female have better mental health than HIV negative male.
- (4) HIV positive male were significantly differed as compare to HIV negative male. HIV negative male have better mental health than HIV positive male.
- (5) HIV positive female were significantly differed as compare to HIV negative female. HIV negative female have better mental health than HIV positive female.

References

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