

Review of Literature



SOCIAL SUPPORT AND STRESS AMONG HIV POSITIVE PATIENTS AND NORMALS

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ABSTRACT:

The major aim of the present study was to assess the social support and stress among HIV positive patients and normals. The sample of 200 (100 patients and 100 normals) was chosen from Gulbarga District on whom the social support and stress scales were administered. After scoring, the data were subjected to t-test. The results revealed that there is significant difference in stress of the sample subgroups. The study also revealed significant gender difference in the amount of stress.

KEYWORDS : *social support and stress , sample subgroups.*

1. INTRODUCTION:

Social Support is the actual or perceived availability of resource in one's social environment that can be used for comfort or particularly in times of distress social support is provided, by one's social network with is all of the people with whom one has same form of regular social contact must social networks include family friends and co-workers not all social networks are supportive, but those that are supportive tend to bolster the health and well being of the recipients of the supportive social support appears to enhance individuals physical and psychological health directly and indirectly by reducing the negative effects of stressor on health.

Social support is “**resources from the environment that can be beneficial to psychological that can be beneficial to psychological and physical health**” according to the encyclopedia of psychology (Alan E. Kazclins Chiefed).

The term social support refers to the process through which help is provided to others. This process is influenced by characteristics of the social environment and individual participants, transactions the occur but wean. Participations the resources. That are provided, and participants perceptions of these transactions and their implications.

The modern world, which is said to be a world of achievements, is also a world of stress. One finds stress everywhere, whether it be within the family, business organization / enterprise or any other social or economic activity. Right from the times of birth till the last breath drawn, an

individual is invariably exposed to various stressful situations. Thus, it is not surprising that interest in the issue has been rising with the advancement of the present century which has been called the 'Age of Anxiety and Stress'.

Stress is a subject which is hard to avoid. The term is discussed not only in our everyday conversations but has become enough of a public issue, to attract widespread media attention whether it be radio, television, newspapers or magazines, the issue of stress figures everywhere. Different people have different views about it as stress can be experienced from a variety of sources

The most vital of all resources against stress is social Support, Social ties and relationships, with others have long been regarded as an emotionally satisfying aspect of life. They can also mute the effects of stress, help an individual cope with stressful events, and reduce the likelihood that stress will lead to poor health Social Support is very important to people with AIDS. Men with AIDS who have emotional, practical and informational support are less depressed. Informational support appeared to be especially important in buffering the stress associated with AIDS related symptoms .

The ability to talk to family members about AIDS is important, but fortunately families appear to have the potential to be especially helpful to men infected with AIDS, when men are depressed or have a large number of AIDS related symptoms. They are less likely to receive the support that they need. Such findings suggest that augmenting natural social support and providing social support to people with AIDS should be an important mental health services priority.

In recent years the role and status of HIV positive patients have been tremendously changed. With the advent of AIDS education and awareness programmers and more liberty for their right and privileges, AIDS patient's attitudes and their stereo typed role are changing and their participation in social programmer and work place is increasing day by day. It has made them to combat increased socio-familiar roles. The AIDS patients who work outside the home are required to make many socio-familial adjustments that even contribute to stress and anxiety.

Hence attempt is made in the present study the social support and stress of HIV Positive patients. The study also includes normal persons for comparison.

2. METHODOLOGY

Problem

To Study Social Support and Stress among HIV positive patients and normals.

Variables

- 1) Independent Variables
A) Social support B) Gender
- 2) Dependent Variable Stress

Objectives

1. To study the stress among HIV patients and Normals.
2. To examine differences in stress between two groups of social support.
3. To study the Gender difference in stress.

Hypotheses

1. There would be significant difference in Stress among HIV patients and Normals.
2. There would be significant difference in stress between high and low social support groups.
3. There would be significant gender difference in Stress.

Sample

The sample of the present study consists of 100 HIV+ve patients & 100 Normal. The sample was randomly selected from Gulbarga City. The sample design is as under:

| Social support | HIV+ve | | Normal | | Total |
|----------------|-----------|-----------|-----------|-----------|------------|
| | M | F | M | F | |
| High | 25 | 25 | 25 | 25 | 100 |
| Low | 25 | 25 | 25 | 25 | 100 |
| Total | 50 | 50 | 50 | 50 | 200 |

Tools/Tests

A. Social Support Questionnaire:

This was developed by Nehara and Kulhara (1987) which consists of 18 items in all with four response categories like Fully agree, Maximum agree, Slightly agree and Disagree. The scoring is done with the help of scoring key provided in the manual. Accordingly, the one who scores high is said to have high social support and vice-vase. The reliability of scale is significant (test-rest: 0.04). The validity is found to be adequate.

B. Stress Scale:

Stress scale was developed by Arun Kumar Singh (2004) which consists of 35 items. There are three response categories- Seldom, sometimes and Frequently . The scoring is done referring scoring key of the manual. According to it, the one who scores high is described as having high stress and vice-vase. The reliability of the scale is 0.792 which is significant. The validity is also adequate.

Statistical Analysis:

t-test was used to analyze the results of the study.

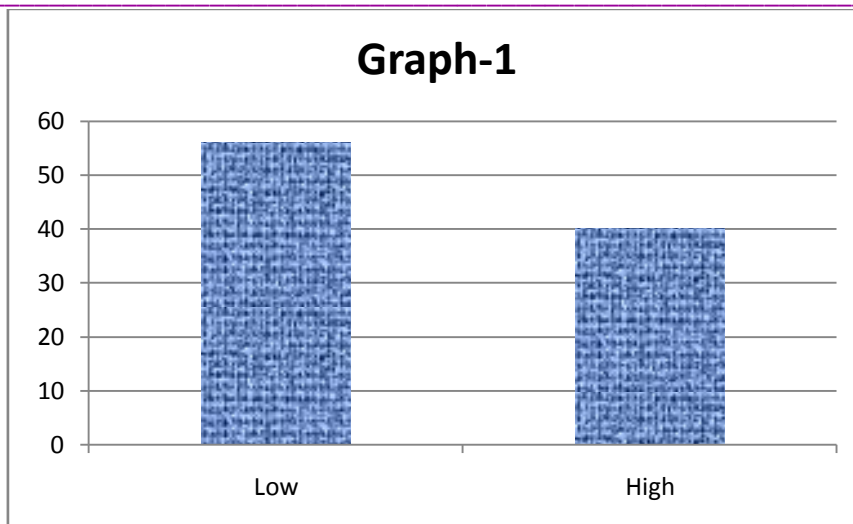
3. DISCUSSION OF RESULTS:

The major objective of the study is to examine the differences in stress among HIV patients and normals. The sample was further classified into two groups of (high and low) social support by administering social support inventory on stress scale was administered. The stress scores were analyzed with the help of t-test. Thus the means, SD and t-values are present in tables.

Table – 1
Shows the Mean, SD and t-value of Stress of the Total Sample (N=200)

| Social Support | N | Mean | SD | t- value |
|----------------|-----|-------|------|----------|
| Low | 100 | 55.97 | 4.33 | 19.04** |
| High | 100 | 40.18 | 7.08 | |

**Significant at 0.01 level.



Table– 1: shows the Mean, SD and t-value obtained from the sample. The mean value of low social support group is 55.97 and that of high is 40.18. The calculated t- value is 19.04 which is significant at 0.01 level. This indicates that there is significant difference in Stress between high and low Social support groups. The low support increased stress while high support decreased the stress level. Thus Social Support is an important factor which produces significant differences in Stress of sample. The results are highlighted n Graph-1

Table – 2

Shows the Mean, SD and t-value of Stress of the Normal and HIV +ve Patients Sample (N=200)

| Sample subgroup | N | Mean | SD | t- value |
|-----------------|-----|-------|-------|----------|
| HIV+ve patients | 100 | 47.30 | 7.97 | 2.95** |
| Normal | 100 | 43.11 | 11.80 | |

**Significant at 0.01 level.

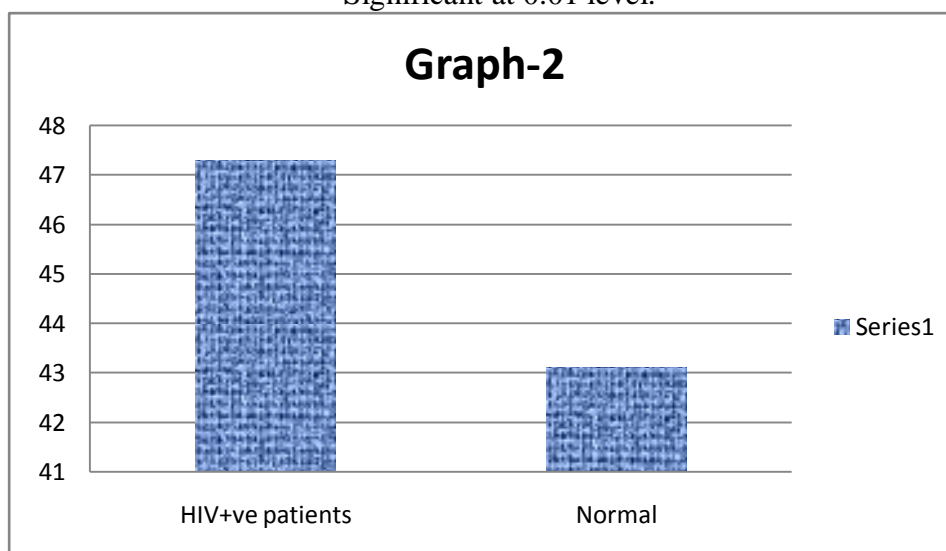


Table – 2 shows the mean, SD and t-value of stress of normal and HIV+ve patients. The mean normal and HIV+ve patients is 43.11 and 47.30 respectively. The mean score of normals is lower than the patients. The t-value of 2.95 is not significant at 0.01 level of significance. This clearly shows that HIV+ve patients have higher stress than normal people. The patients are usually the sufferers and are expected to exhibited to exhibit higher stress than normals. Thus the disease itself is a promoter of stress condition in the patients. The results are highlighted n Graph-2

Table – 3
Shows the Mean, SD and t-values of Stress of Total Sample (Male-Female) (N=200)

| Gender | N | Mean | SD | t- value |
|--------|-----|-------|------|----------|
| Male | 100 | 63.64 | 9.40 | 3.11 ** |
| Female | 100 | 60.75 | 2.69 | |

**Significant at 0.01 level.

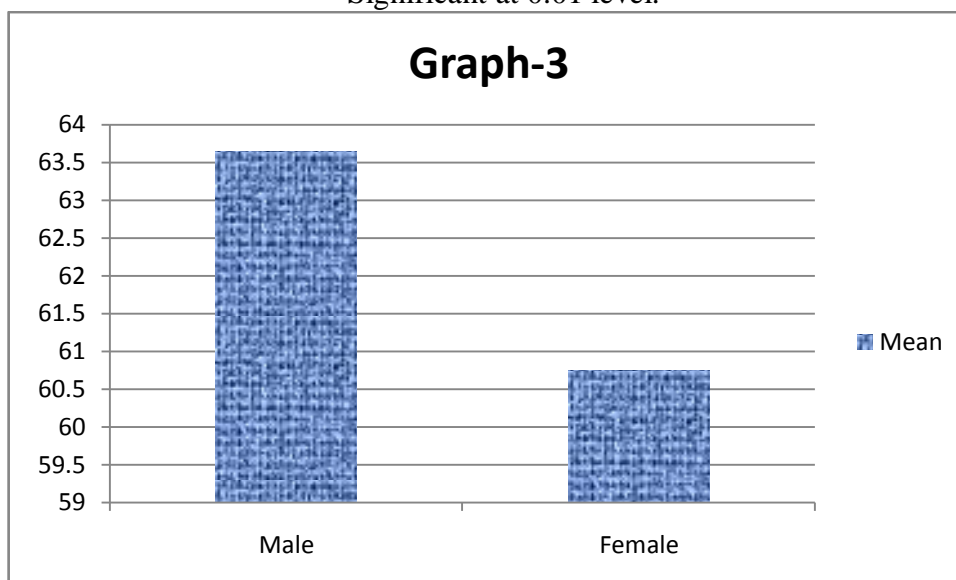


Table – 3 shows the mean, SD and t-value of stress . The mean score of male is 63.64 and that of female is 60.75. The t-value is 3.11 which is significant at 001 level revealing the fact that there is significant difference in stress between male and female. Males have higher Stress than the Females as the higher scores indicate. The results are highlighted in Graph-3

4. CONCLUSION

- 1 .There is a significant difference in stress between two groups of social support: Low social support group has significantly higher stress than the high social support group.
2. HIV +ve patients showed significantly higher stress than the normals.
3. There are significant gender differences in stress: male have higher stress than females.

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