

# **THE EFFECT OF FAMILY SUPPORT TOWARD THE LEVEL OF DEPRESSION AND ANXIETY IN HIV PATIENTS IN THE VCT CLINIC OF DR SUDIRMAN HOSPITAL KEBUMEN**

Isma Yuniar<sup>1</sup>, Herniyatun<sup>2</sup>

<sup>1</sup>Lecturer - Bachelor of Nursing Program STIKES Muhammadiyah Gombong

<sup>2</sup>Lecturer - Bachelor of Nursing Program STIKES Muhammadiyah Gombong

**Background** HIV (Human Immunodeficiency Virus) is a health problem that threatens Indonesia and many countries around the world. Individuals with HIV mostly show the change of characters such as living in psychosocial stress, feeling depression and a lack of social support, and having behavioral changes. HIV patients face their own condition without the support of friends and family that can affect anxiety, depression, guilty and suicidal thoughts or behaviors. In the conditions of crisis, the family support is indispensable. Provision of social support has many positive effects for the patient.

**Objective** To determine the effect of family support on the level of depression and anxiety in patients with HIV in the VCT Clinic of Dr. Sudirman Hospital Kebumen

**Methods** This is a descriptive correlative study using cross sectional design. The sampling technique is purposive sampling taken for 50 respondents. The statistical test used to analyse the data is chi-square test

**Results** The results of the bivariate analysis show p value of 0.024 ( $<0.05$ ), which means there is a correlation between family support and levels of anxiety and the results of p equal to 0.001 ( $<0.05$ ), which means that there is a correlation between family support and levels of depression

**Conclusions** There are correlations among the level of family support, depression and anxiety in patients with HIV at VCT Clinic of Dr Sudirman Hospital Kebumen. Therefore, it is important for nurses to motivate families to provide support to HIV patients

**Keywords:** HIV, family support, depression, anxiety

## **A. OBJECTIVES**

The general objective of this study was to determine the effect of family support on the level of depression and anxiety in patients with HIV in the VCT Clinic of Dr. Sudirman Hospital Kebumen. The specific objectives of this study were 1) to describe family support in HIV patients 2) to determine the level of depression and anxiety 3) to determine the impact of family support to the depression levels 4) to determine the impact of family support on the level of anxiety in patients with HIV at VCT Clinic of Dr. Sudirman Hospital Kebumen.

## **B. BACKGROUND**

The problem of HIV (Human Immunodeficiency Virus) is a health problem that threatens Indonesia and many countries around the world. The cumulative cases of HIV and AIDS in Indonesia from January 1, 1987 until December 31, 2013 consisted of 127,416 of HIV and 52,348 of AIDS cases. The data are spread across 33 provinces in Indonesia. Based on the number of the cases, Central Java Province is the 6<sup>th</sup> grade for its number of HIV / AIDS cases of the 33 provinces in Indonesia which consist of 5,882 HIV cases and 3,339 AIDS cases (Ministry of Health, 2013)

Individuals with HIV-positive mostly show changes in psychosocial character such as living in stress, feeling depression and a lack of social support, and having behavioral changes. HIV patients face their own condition without the support of friends and family that can affect anxiety, depression, guilt and suicidal thoughts or behaviors. Anxiety can arise from a threat to a disease, so that certain diseases can be a stressor for individuals. Atwater (1983, h.52). HIV / AIDS in Indonesia are considered as disgrace, so it can cause psychological pressure especially on the sufferer and the family as well as the environment around the patient (Nursalam & Kurniawati 2007, H.2). In the conditions of crisis, the family support is indispensable for critical patients. According to Joseph (2007). Meanwhile, according to Friedman (1992) one of the sources of internal coping is derived from the family, the family's ability to fused and integrate to solve problems.

Provision of social support has many positive effects for the patient. According to Wood et al., (2000), the provision of social support can improve the spirit of life, provide a sense of security, increase the emotional adaptation and make cooperative patient in treatment.

## **C. DESIGN RESEARCH**

This is a descriptive correlative study using cross sectional design. The sampling technique is purposive sampling taken for 50 respondents. The statistical test used to analyse the data is chi-square test

## **D. METHODS**

The data were collected by using a questionnaire that had been standardized for the measurement of social support, the Berlin Social Support Scale (BSSs). The study only measured the subsection of Actually Received Social Support, as only this subpart in accordance with the purpose of research. While the instrument to measure the degree of depression using the Zung Self-Rating Depression Scale. Anxiety levels were measured using Zung- of Self Rating Anxiety Scale (SAS). The statistical test used chi square correlation.

## **E. RESULTS**

Results of the research are described in several parts, namely: 1) The level of family

support 2) The rate of depression 3) The level of anxiety 4) relations with the family support level of depression and 5) The correlation of support with the level of anxiety of HIV in the VCT Clinic of Dr. Sudirman Hospital Kebumen.

The level of family support of HIV in the VCT Clinic of Dr. Sudirman Hospital Kebumen  
**Table 1** Levels of family support of HIV in the VCT Clinic of Dr. Sudirman Hospital Kebumen

Characteristic of support	Frequency	Percentage	Cumulative Percentage
Less	0	0%	0%
Enough	9	18%	18%
Good	41	82%	100%
Total	50	100%	

Table 1 illustrates the level of family support in the respondents are mostly good family support for 41 patients (82%) and enough family support for 9 patients (18%).

Depression levels of HIV in the VCT Clinic of Dr. Sudirman Hospital Kebumen  
**Table 2.** The level of depression of HIV in the VCT Clinic of Dr. Sudirman Hospital Kebumen

Depression Characteristics	Frequency	Percentage	Cumulative Percentage
Normal	38	76%	76%
Mild	12	24%	100%
Fair	0	0%	
Severe	0	0%	
Total	50		

the depression of HIV patients in the VCT Clinic of Dr. Sudirman Hospital Kebumen shows normal levels of depression to 38 patients (76%) and mild depression to 12 patients (24%).

Anxiety levels of HIV in the VCT Clinic of Dr. Sudirman Hospital Kebumen  
**Table 3.** Anxiety Levels of HIV in the VCT Clinic of Dr. Sudirman Hospital Kebumen

Characteristics of anxiety	Frequency	Percentage	Cumulative percentage
Normal	28	56%	56%
Mild	22	44%	100%
Medium	0	0%	
Severe	0	0%	
Total	50		

Table 3 illustrates that the level of anxiety among the respondents showed mostly for normal anxiety as much as 28 respondents (56%) and mild anxiety as much as 22 respondents (44%).

The effect of family support on the level of depression and anxiety of HIV in the VCT Clinic of Dr. Sudirman Hospital Kebumen

Based on the bivariate analysis using the chi-square test, there is correlation between family support with anxiety with the results of  $p = 0.024$  ( $p < 0.05$ ) and there is a correlation between social support and the level of depression.

Individuals with HIV-positive mostly show changes in psychosocial character such as living in stress, feeling depression and a lack of social support, and having behavioral changes. HIV patients face their own condition without the support of friends and family that can affect anxiety, depression, guilt and suicidal thoughts or behaviors. Anxiety can arise from a threat to a disease, so that certain diseases can be a stressor for individuals. Atwater (1983, h.52). HIV / AIDS in Indonesia are considered as disgrace, so it can cause psychological pressure especially on the sufferer and the family as well as the environment around the patient (Nursalam & Kurniawati 2007, H.2). In the conditions of crisis, the family support is indispensable for critical patients. According to Joseph (2007). Meanwhile, according to Friedman (1992) one of the sources of internal coping is derived from the family, the family's ability to fused and integrate to solve problems.

Provision of social support has many positive effects for the patient. According to Wood et al., (2000), the provision of social support can improve the spirit of life, provide a sense of security, increase the emotional adaptation and make cooperative patient in treatment. Meanwhile, according to Taylor (2006) the provision of social support can improve resilience to stress. It is also supported by research conducted by Thomas (2012) which states that the provision of social support are associated with a rapid rate of recovery in post-stroke patients. It is also in accordance with the results of research Nurmalasari and Yanni (20012) which states that the higher the provision of social support to the patients, it can improve the self-esteem of patients, especially in patients with chronic as in lupus patients

The literatures say there are many factors that affect social support so it is expected for professional nurses to increase the level of social support and to provide holistic nursing care. Holistic nursing is needed on all aspects of the individual. By providing biopsychosocial spiritual care, it is expected to help patients to have effective coping mechanisms so that they can adapt to a crisis situation that happened, both for acute and chronic conditions (Hudak and Gallo, 1994).

## F. CONCLUSION

Results of this study can conclude that social support has an impact on the level of depression and anxiety in patients with HIV at the VCT Clinic of Dr Sudirman Hospital Kebumen. Therefore, it is important for nurses to motivate families to provide support to HIV patients

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