

Self Concept, Coping Strategies and Psycho Social Stressors of HIV Patients



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Abstract

The purpose of the research was to identify the self-concept, coping strategies and psycho social stressors of human immunodeficiency virus positives. The present research was aimed to investigate the psycho social stressors of human immunodeficiency virus positives, their copings and self-concept. Psycho social stressors have positive correlation in causing distress and disturbed mental health in human immunodeficiency virus positives and psychological stressors has positive relationship with negative self-concept and self-criticism. Sample was comprised of 75 males with the diagnosis of human immunodeficiency virus. An indigenous scale was developed to assess the psycho social stressors of HIV patients. Self-Criticism Scale for Addicts (SCSA, Ajmal & Jabeen, 2016) was used to assess their self-criticism and self-concept. Depression Anxiety Stress Scale (DASS 21, Lovibond & Lovibond, 1995) was used to assess their mental health. Pearson correlation test was carried out to assess the relationship among psycho social stressors, self-criticism and mental health. The findings indicated that there are significant positive relationship among psycho social stressors, self-criticism and mental health. The findings of this research have implications for counseling purposes of patients with chronic disease.

Keywords: HIV positives, psycho social stressors, self-criticism, coping, mental health.

Chapter 1

Introduction

The present research was aimed to investigate the psycho social stressors of human immunodeficiency virus positives, their copings and self-concept. Human immunodeficiency virus linked with various psychopathologies, psychological health issues and psycho social stressors. People with human immunodeficiency virus and their coping to those stressors and after those stressors what they perceived about self were also identified. So the current research examined the psycho social stressors of human immunodeficiency virus positives, their copings and self-concept (Amirkhanian, Kelly, & McAuliffe, 2003).