

GAMBARAN 'PSYCHOLOGICAL WELL-BEING' PADA ODHA (ORANG DEKAT DENGAN HIV/AIDS) DI LSM BANDUNG PLUS SUPPORT

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Abstrak. *HIV/AIDS is a virus that can make people lose their immune system. Impact facing people living with HIV, including physical problems, psychological, and social. Efforts are made to reduce the impact experienced by people living with HIV formed a support group for people living with HIV/AIDS, LSM Bandung Plus Support in order to minimize the impact experienced by people living with HIV that was both psychologically. The research was conducted based on the problems that occur in the BPS, once sentenced to HIV/AIDS, people living with HIV to react emotionall. It takes effort for people with HIV/AIDS to continue his life, where people living with HIV are able to evaluate and provide meaning the life experiences that can lead to people living with HIV become resigned to the situation or try to fix things so prosperous life. The purpose of this study was to obtain empirical data on the picture of psychological well-being in people living with HIV/AIDS in LSM Bandung Plus Support. The reasearch was based concept of psychological well-being theory advanced by C.D. ryff (1989). The method used in this research is descriptive method to the study population of 19 people PLWHA. Data collection in the form of psychological well-being questionnaire consisting of 85 items statements adaptation psychological well-being scales theory C.D Ryff. Data obtained ordinal form of data. The results showed as much as 68.4% of PLWHA has reached psychological well-being, and 31.6% of PLWHA has not achieved psychological well-being.*

Kata kunci: *psychological well being, PLWHA*

1. Pendahuluan

AIDS (*Acquired Immune Deficiency Syndrome*) adalah salah satu kondisi dimana individu yang menderitanya memiliki kemungkinan kematian yang sangat tinggi (Sarafino, 2006). AIDS disebabkan oleh infeksi suatu virus yang dinamakan *Human Immunodeficiency Virus* (HIV) yang menyerang sel-sel darah putih. Hal tersebut berakibat pada rusaknya daya tahan tubuh, yang menyebabkan individu mudah terserang infeksi dari berbagai mikroorganisme dengan gejala lebih parah, bahkan dapat berakibat fatal (Taylor, 2006).

Implikasi dari HIV/AIDS ini sangat luas meliputi hal yang bersifat fisik, psikologis, dan sosial. Implikasi yang berkaitan dengan fisik misalnya menurunnya sistem kekebalan tubuh sehingga tubuh menjadi rentan terhadap berbagai macam penyakit. Implikasi psikologis misalnya menjadi mudah marah atau kesal, hilangnya rasa percaya diri, munculnya rasa frustrasi atau mudah putus asa dalam menjalani kehidupan, serta konflik yang muncul ketika mereka dihadapkan pada keharusan untuk membuka statusnya kepada teman, sahabat, psangan, dan anggota keluarga yang akan