ORIGINAL PAPER

The influence of social support on quality of life of people living with HIV/AIDS in WPA Turen

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Abstract

Introduction: Social support plays an important role in the quality of life of people living with HIV/AIDS (PLWHA). The aim of this study was to determine the effect of social support on the quality of life of PLWHA at the Cahaya Kasih Cares Turen Malang Foundation.

Material and methods: This quantitative study was conducted among a total of 37 HIV-infected individuals using a random sampling technique and WHOQOL-HIV-BREF questionnaire. Data were analyzed with SPSS v. 20 for Windows to check for normality and linearity, while simple regression was applied for hypotheses.

Results: The results of this study showed a *f*-value of 14.019 with a significance of 0.001 ($p < 0.05$), demonstrating that social support has a significant effect on the quality of life of PLWHA at Cahaya Kasih Caring Foundation, Turen Malang. Also, a R^2 value of 0.231 revealed that social support increased PLWHA's quality of life by 22.1%.

Conclusions: Based on these results, the research hypothesis was accepted, showing that there is an influence of social support on the quality of life of PLWHA in Turen. With social support, PLWHA feel appreciated, thus their quality of life can be improved.

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Key words: social support, quality of life, PLWHA.

Introduction

HIV/AIDS is a disease caused by immunodeficiency virus that decreases immunity in humans with infection and damages system immunity [1]. Social support can increase expectations and quality of life of people living with HIV/AIDS (PLWHA) [2] abandonment, criticism, and stigma. This would negatively affect their quality of life. Several studies have been conducted so far to assess factors affecting the health-related quality of life among people living with HIV/AIDS who are on antiretroviral therapy, who often deal with overwhelming helplessness in personal life. Change of life style from traditional to modern that has an impact on public values, for example, madness as a life style, hedonism, sexual freedom, drugs trade, etc., greatly affected the transmission of HIV/AIDS [3]. Currently, this disease has spread to the whole world, with homosexuals (25.8%), transgenders

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(24.8%), prostitutes (5.3%), and institution correctional services (2.6%) affected the most [4]. Stigma and discrimination from family, friends, and society, all negatively affect PLWHA [5]. Consequently, HIV/AIDS-infected persons perceive their lives as meaningless and something that is not useful at all. In addition, PLWHA are compared with people who demonstrate deviated behaviors, such as bad and wicked social activities, and sexual deviations, which as stigma, gravely influence the quality of HIV-infected lives [6].

Material and methods

This was quantitative study evaluating support social (x) and quality live (y) among thirty-seven HIV/AIDS-positive patients from WPA Turen in March 2021. Technical sample with non-probability samples was applied using random technique. Included were people infected with HIV/AIDS for > 2 years, those who were willing to answer questions in the questionnaire, and PLWHA who did not own disease. Excluded were PLWHA who were not willing to provide answers, and those who could not read and write. Data were collected with WHOQOL HIV-BREFF questionnaire and social support questionnaire. This study was approved by the Medical Research Ethics Committee of the Faculty of Dentistry, with approval number of 159/S.Ket/KEPK/STIKesKPJ/II/2021. To evaluate the influence of social support on the quality of life of PLWHA, simple linear regression analysis was employed for data analysis with IBM SPSS Statistic 20.

Results

Based on normality test (normally distributed research data) and linearity test (research data must have a linear relationship), social support (x) and quality of life (y) contributed normally, and significance of the two variables were $x = 0.451$ and $y = 0.639$, respectively, with $p > 0.05$. Moreover, the linearity test resulted in 0.02 ($p < 0.05$), meaning that there was a linear relationship between the social support variable (x) and quality of life (y). Following normality and linearity tests, the criteria based on specified standards were met. A hypothesis test was performed using simple linear regression analysis to assess whether there is an effect of social support (x) on quality of life (y). The results of the regression calculation revealed that quality of life had a significant influence on social support, with a f-value of 14.019 and a significant value of 0.001. Based on $p < 0.05$, the significant alternative hypothesis (HA) was accepted, demonstrating that there is an influence of social support on the quality of life of PLWHA in WPA Turen.

Based on Table 1, Eq regression obtained y-value of 26.095 and x-value of equality of 0.392, showing constant of 26.095. There was an enhancement in quality life (y) with 26.095, while regression coefficient of 0.331 showed that an increase in social support will contribute to a 0.392 increase in quality of life, thus increasing social support. Moreover, the R^2 value of 0.321 was multiplied by 100% compliance formula to determine y-coefficient, showing $kp = R^2 \times 100\%$. This influenced the impact of the variable of social support on quality of life of PLWHA in WPA Turen city.

Table 1. Coefficient of determination of social support on quality of life

Variable	R	R^2	Unstandardized coefficient B	Sig.
Quality of life	0.470	0.321	26.095	0.001
Social support			0.392	

Discussion

Based on the results of the study, data analyzed with simple test regression proved that the research hypothesis can be accepted, meaning there is an influence of social support on the quality of life of PLWHA in WPA Turen. This is in line with the study conducted by Birore *et al.* [7], where social support played a positive role. Another study carried out at the Hidayatullah Foundation investigating the impact of social support on quality of life of PLWHA demonstrated that a meaningful social support can increase quality of life of HIV-infected people [8].

Additionally, the results of regression test showed the role of social support in quality of life of PLWHA in WPA Turen. But that means that there is a number of factors affecting the connection between the second variable. Social support given by others, such as family, friends, and social environment as a form of care and attention to HIV/AIDS sufferers, can reduce the level of stress and pressure caused by negative stigma attached to PLWHA [9]. Social services can provide support in the form of informational, rewarding, emotional, instrumental, and interaction assistance [10]. A person diagnosed with HIV/AIDS suffer from negative thinking, and is impacted by various aspects of life related to PLWHA [11].

Social support is comfort, attention, appreciation, or assistance in other forms that people receive from an individual or groups [12]. Social support is divided into four types, including emotional support and appreciation, instrumental support, information support, and friendship support [13]. Emotional support and appreciation lead to providing attention, care, empathy, and compassion to PLHIV [14]. Furthermore, positive encouragement and appreciation of ideas, decisions, and behaviors of HIV are provided [15]. Instrumental support leads to providing direct or indirect assistance, which can be in the form of services or objects [16], for example, providing living equipment, household needs, or helping PLHIV take care of their lives. Information support [17, 18] results in giving suggestions, advices, and criticism that can help PLHIV facing the difficulties of life and discriminatory treatment, which they receive constantly [19]. Friendly support is closely related to the essence as social creatures [20]; it leads to providing support in the form of acceptance in a group or environment, so that PLHIV feel accepted as part of

society [21]. In case of social support for PLWHA, self-motivation and enthusiasm are expected to recover the ability to increase their quality of lives in WPA Turen.

Conclusions

From the results of the study, it can be concluded that social support play a significant role in the in quality of life of PLWHA. The more social support PLWHA will receive, the more the quality of life will increase as well as their motivation for accepting living with HIV/AIDS.

Disclosures

1. Institutional review board statement: This study was approved by the Medical Research Ethics Committee of the Faculty of Dentistry, with approval number of 59/S.Ket/KEPK/STIKesKPJ/II/2021.
2. Assistance with the article: None.
3. Financial support and sponsorship: None.
4. Conflicts of interest: None.

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