

	<p>Journal Homepage: - <a href="http://www.journalijar.com">www.journalijar.com</a></p> <h2>INTERNATIONAL JOURNAL OF ADVANCED RESEARCH (IJAR)</h2> <p>Article DOI: 10.21474/IJAR01/7504 DOI URL: <a href="http://dx.doi.org/10.21474/IJAR01/7504">http://dx.doi.org/10.21474/IJAR01/7504</a></p>	
---	--	---

### RESEARCH ARTICLE

## SOCIAL ADJUSTMENT OF AIDS PATIENTS: RECENT FINDINGS OF CHANGING OUTLOOK OF INDIAN SOCIETY TOWARDS AIDS PATIENTS.

**Smita Tripathi<sup>1</sup>, Abha Saxena<sup>2</sup> and Richik Tripathi<sup>3</sup>.**

1. PhD scholar, Deptt of Sociology, AKPG College Varanasi.
2. Reader, Deptt of Sociology, AKPG College Varanasi
3. AsttProf, Faculty of Dental sciences IMS, BHU, Varanasi.

#### Manuscript Info

#### Manuscript History

Received: 04 June 2018  
Final Accepted: 06 July 2018  
Published: August 2018

#### Abstract

According to recent estimates of UNAIDS (The joint United Nations Programme on HIV & AIDS ) there are 4.2 million people living with AIDS in Asia Pacific, of these 49% are in India alone. Highest prevalence of AIDS in India is seen in Andhra Pradesh, Tamil Nadu and Maharashtra. A number of studies has been conducted regarding social status of AIDS patient, however there is lack of recent survey to check any change in thinking of society towards AIDS patients. This study is based on recent survey on AIDS patient and their relatives. About 200 patients and their relatives were interviewed 106 were female and 94 were male . A questionnaire consisted of objective questions was presented before patients and they were allowed to answer in front of counsellor.

*Copy Right, IJAR, 2018., All rights reserved.*

#### Introduction:-

There are 2.1 million AIDS patients living in India. According to NACO, highest incidence of AIDS in India is seen in Andhra Pradesh(18%) Maharashtra(14%) and Karnataka(9%), while lowest incidence of AIDS is seen in Arunachal Pradesh, Sikkim and Mizoram. In Uttar Pradesh and Bihar this incidence is 7% and 6% respectively. A number of studies on social status of HIV patients were done in past however there is lack of recent survey upon psychological evaluation of Indian population towards AIDS patients. According to studies done in past, depression, isolation, financial compromisation and social discrimination were the leading problems which AIDS patients have to face in India. This study was based on the recent findings about social status of AIDS patients and the status of their adjustment in Indian society.

#### Materials and Methods:-

This study was conducted at ART centre situated in Sir Sunderlal Hospital of BHU Varanasi. Inclusion criteria:

1. History of AIDS infection
2. Age- 18 to 70 years.
3. Free from psychological or psychiatric disorders (Able to understand the questions).
4. Suffering from AIDS for more than 3 years.

1000 patients were screened and 200 patients met the inclusion criteria. Out of which 106 patients were female and

94 patients were male. All patients were interviewed by a single interviewer who kept the identity of these patients undisclosed.

A list of objective questions was presented before the patients and they were allowed to answer as per their own thinking in the absence of any accompanying person or family member.

### Results:-

58% men and 61% (Table 1) women were from rural areas of Uttar Pradesh and Bihar. Educational status of most of the patients were of primary school level(26% male and 33% females (Table 2)). Most of patients agreed that, the family and friends support them(Table 3) and their family is united to fight against the disease. Infact the family and friends seemed to be the greatest support to AIDS patients and it is very clear that awareness in society is the chief factor which has kept the families of AIDS patients united against AIDS. These findings are different from previous findings done on social status of AIDS patients in india in which it was clearly visible that discrimination and isolation starts from family and it is the family members who don't accept AIDS patient as family member. If family supports AIDS patient, risk of social rejection is greatly reduced. There was slight differences in the response of male and female patients. Female patients get less support from family compared to the male patients. However it is the female member in family who cares the most for male AIDS victim in family. This shows roots of sexual discrimination still persistent in Indian society.

**Table 1:-** Residential status of aids patients

Resident	Male		Female	
	Findings	Percentage	Findings	Percentage
Urban	36	38.30	45	42.45
Rural	58	61.70	61	57.55
<b>Total</b>	94	100.00	106	100.00

**Table 2:-** Educational status of AIDS patients

Education	Male		Female	
	Findings	Percentage	Findings	Percentage
Primary	25	26.60	36	33.96
High school	16	17.02	15	14.15
Intermediate	31	32.98	16	15.09
Graduate	12	12.77	9	8.49
Post graduate	1	1.06	0	0.00
Uneducated	9	9.57	30	28.30
<b>Total</b>	94	100.00	106	100.00

**Table 3:-** Role of family members

Role of family members is supportive??	Male		Female	
	Findings	percentage	Findings	Percentage
Yes	80	85.11	72	67.92
No	14	14.89	34	32.08
<b>Total</b>	94	100.00	106	100.00

### Discussion:-

Adjustment can be defined as an act through which an individual tries to maintain a balance between his needs and factors which will help him fulfil those needs.

Or simply the changes in our behaviour and living according to the situations and response of society . Humans are social organisms and can't live in isolation. Definite support of family and friends is mandatory for fulfilling needs and a good psychological status.

HIV/AIDS patients feel many difficulties in adjusting to their social needs and there are some misconceptions which are prevalent in Indian society which prevents their social adjustments. Lack of education and religious thoughts are the backbone of such misconceptions prevalent in society. In recent years the government of India and various non government organisation worked really hard to spread awareness . Past studies on social status of AIDS patients in India revealed following points, -AIDS patients feel stigmatized -They are excluded from society and family -Patients are held guilty for their status - Condition of women is worse compared to men

However recent findings are exactly opposite to previous ones. According to the patients their biggest support are family members and their friends. Next to the family is the government's support in which free medications, medical tests and access to counsellor is provided totally free of cost. Around 80% of patients believed that it's the hard work of government and non government organisations to spread awareness towards AIDS which made their family members and friends to accept them without any discrimination. The average life expectancy of AIDS patient has increased miraculously and psychological and psychiatric disorders are on decline. Overall the scenario is changing rapidly and AIDS patients are well accepted by family and friends paving their path for a better living.

### References:-

1. HIV facts and figures, naco.gov.in/hiv/facts
2. NACO annual report, 2016-17
3. India : HIV and AIDS-related Discrimination, Stigmatization and Denial, Shalini Bharat, UNAIDS/01.46E (English original, August 2001) ISBN 92-9173-104-8.
4. Assessment of quality of life among HIV infected persons in Pune, India. Kohli RM, Sane S, Kumar K, Paranjape RS, Mehendale SM (2005) Indian J Med Res 122: 297-304
5. Quality of life in HIV/ AIDS patients: A cross sectional study in south India. Nirmal B, Divya KR, Dorairaj VS, Venkateswaran K (2008) Indian J Sex Transm Dis 29: 15-17
6. The third phase of HIV pandemic: Social consequences of HIV/AIDS stigma & discrimination & future needs, Nita Mawar, Seema Sahay, Apoorva Pandit & Uma Mahajan Indian J Med Res 122, December 2005, pp 471-484
7. National AIDS Research Institute: Annual Report 2002-2003: NARI, Pune.
8. HIV/AIDS in India: A country responds to a challenge. Salunke SR, Shaikat M, Hira SK, Jagtap MR. AIDS 1998; 12 (Suppl B) : S27-31.
9. Rapid spread of HIV infection in married monogamous women in India. . Gangakhedkar RR, Bentley ME, Divekar AD, Gadkari D, Mehendale SM, Shepherd ME, et al. JAMA 1997; 278 : 2090-2
10. India: HIV and AIDS related discrimination, stigmatization and denial, Bharat S, Aggleton P, Tyrer P. A report prepared for UNAIDS, Geneva, Switzerland; 2001.