

Relationship between Self Esteem with Resilience among HIV Patients in KARO

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Abstract: Human Immunodeficiency Virus (HIV) is a disease that require new approaches in terms of bio-psycho-socio-spiritual. HIV disease has become a world pandemic that cause anxiety. Individuals who are HIV positive with high resilience will be having a spirit for life. Self-esteem refers to a thorough overview of the relevant individual self-esteem. This study aims to determine the relationship of self-esteem with the resilience of people living with HIV in the Karo health center. This research is an analytic survey research using cross sectional design which aims to make the measurement or observation at the same time. sample for this study based on kriteria. Populasi in this study as many as 514 people from the years 2010-2016 with the criteria of samples to be taken are not rehabilitated, sex, male and female, aged over 20 years. By statistical analysis Spearman correlation test self-esteem with the resilience of HIV in the Karo health center in 2018 with p value <0.05 where the value of $\alpha = 0.05$ and Spearman Rho value of 0.682 with the significance of having a high correlation between dependent and independent variables. Based on the results of the study, suggested people with HIV in order to improve her self esteem in a way some problem by maintaining the level of resilience. Based on the results of the study, suggested people with HIV in order to improve her self esteem in a way some problem by maintaining the level of resilience.

Keywords: Self Esteem, resilience, HIV

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I. Introduction

Human Immunodeficiency Virus or often known as HIV is a disease that require new approaches in terms of bio-psycho-socio-spiritual, and not of a purely clinical. Aspects of life can be affected by HIV is work, social relationships, and environment. Clients of HIV often experience panic excessive fear, anxiety and uncertainty, despair, and stigma. , HIV has become a pandemic causing concern the world (Djoerban, 2012).

Through the World Health Organization (WHO) in 2013, disclosed the figure recorded in people living with HIV amounted to 35 million people and in people newly infected with HIV amounted to 2.1 million people.

In North Sumatra, the number of people infected with HIV stone in March 2016 as many as 209 people with the cumulative amount up to March 2016 as many as 11295. In particular, the area of the district karu HIV patients increased from year to year are caused by drugs, according to data from Karo health office in 2016 patients HIV as many as 549 people with the details of 337 men and 212 women. (DinKeskab.karo, 2016).

Someone who knows bhwa her being HIV positive will face many problems which are interconnected with the anxiety, isolation, and the issue of sexuality (Fang, 2014).

Resilience (resilience) is a person's ability to cope with, overcome, learn, or change through difficulties inevitable (Grotberg, 2015)

Several studies have concluded that resilience has a very important role in determining an individual's ability to survive in troubleshooting and maintaining themselves in a stressful situation, able to adapt and learn in that situation and to reach a better life.

In the internal resilience of protective factors that also affect self-esteem is. Self-esteem refers to a thorough overview of the relevant individual self-esteem. Having good self-esteem that can assist the individual in the face of adversity (Owens, 2012).

self-esteem formed through the interaction of individuals with others. Self-esteem is an important resource for addressing social stress and self-esteem is also a resource in addressing the impact of HIV stigma.

self-esteem higher would protect people with HIV from stigma or negative effects of low self-esteem otherwise would make HIV patients vulnerable to stigma (Dwyer et al, 2011).

The results of the initial survey conducted by researchers at depth interviews of some people with HIV who visited inKaro stated that their life has nomeaning anymore and there is no pride in themselves again.

In the initial survey of researchers distributed questionnaires self esteem and resilience 65% of the 15 patients experienced low self esteem so greatly affect resilience. As many as 8 out of 15 patients with HIV who were interviewed by the researchers say that the difficulty a patient know and understand the feelings of others in the face of a difficult problem because he was having a tough thing, as many as 10 of 15 patients with HIV who were interviewed declined physical condition is very difficult to accept help from people around there feeling confident. A total of 9 out of 15 HIV patients experiencing decreased self-esteem at the time of knowing HIV. There is no passion to live life after convicted of HIV, despair and no hope alive.

From the above background, researchers interested in conducting research to determine the relationship of self-esteem with the resilience of people living with HIV.

II. Method

This research is an analytic survey research using cross sectional design. The study was conducted in Karoon May 2018. Populasi in this study were 514 people with HIV diagnoses both men and women in Karo

The sampling technique in this research is to use non-probability sampling technique sampling techniques were not random. The sample in this research is all respondents with HIV in Karo with sampling criteria (inclusion): 1). Not rehabilitated 2). Able to communicate well.

Univariate analysis done by calculating the frequency distribution and the average score on the independent variables or factors that are correlated with the resilience of people living with HIV. Bivariate analysis was conducted to determine the relationship between independent variables and the dependent variable is the relationship of self esteem with resilience using Spearman rank test.

III. Result

3.1 Relationship between self esteem with resilience among hiv Patients in karo

Variables	Spearman Rho	P value
self Esteem	0.682	0,000
Resilience		

From the analysis of Spearman Test can be seen in Table 4.4 shows that there is a relationship of self esteem with the resilience of HIV infected in the Karo health center in 2018 with p value <0.05 where the value of $\alpha = 0.05$ and Spearman Rho value of 0.682 with the significance of having the power strong between dependent and independent variables, where the meaning of levels from 0.00 to 0.19 has a meaning very weak force, from 0.20 to 0.39 has the meaning of a weak force, 0.40 to 0.59 has meaning moderate strength, 0.60 - 0.79 meaning strong strength and 0.80 - 1 has the meaning of a very strong force.

IV. Discussion

4.1 Self-Esteem HIV patients at the in Karo

The above results indicate that the distribution of Self-Esteem with HIV in Karo, self esteem were as many as 24 people (77.4%) and Low Self-Esteem that as many as 3 people (9.7%). Respondents who experience low self -Esteem decreased self-esteem, not the spirit in life, hopelessness, always shy away from all the activities associated with the surrounding community (withdraw), respondents dreamy and did not talk much. Of the 195 participants, including 65 teenagers infected with HIV and 130 control are psychosocial problems in adolescents with Self-Esteem value before the intervention (Louthrenoo, 2018).

4.2 Resilience Hiv Patients At The health center Karo

The above results indicate that the distribution of the resilience of HIV in Karo, resilience was as many as 24 people (77.4%) and a high resilience as much as 3 people (9.7%). People with HIV have a high resilience is one of them influenced by education, family support and strength contained in and of itself. At the age of 24-36 years by a factor of economic sosisl and female in the find has low resilience (Du, H., Et al, 2015)

4.3 Self-Esteem relationship with the resilience of HIV infected in the Karo.

Results of research on the relationship Self-Esteem with the resilience of HIV in Karo result Self-Esteem in HIV majority being from 31 respondents surveyed 24 people with HIV who have Self-Esteem were mostly people with HIV feel useless, worthless again and have some quality of life is beneficial for his own life and social life. But there are four people with HIV are still able to appreciate diriya own and could still be

positive to society and the family. Respondents were able to accept and respect themselves is caused by the support of people around who always gave encouragement to live their lives, respondents were also able to accept how it is now.

The results of this study indicate that there is a relationship Resilience Self-Esteem with HIV in Karo 2018 with $p < 0.05$ in which the value of $\alpha = 0.05$ and 0.682 with the value of Spearman Rho significance of having strong strength between dependent and independent variables. Everyone needs resilience, ie upon ability to continue to live after the unfortunate or after experiencing severe pressure, because one thing that should ita remember that life is full of obstacles and trials (Masten and Tellegen, 2012)

V. Conclusions

1. The results of this study indicate that moderate Self-Esteem as many as 24 people (77.4%) and Low Self-Esteem that as many as 3 people (9.7%).
2. The results of this study indicate that moderate resilience as many as 24 people (77.4%) and a high resilience as much as 3 people (9.7%).
3. The results of this study can be concluded that there is a relationship Resilience Self-Esteem with HIV in Karo, with a p value < 0.05 where the value of $\alpha = 0.05$ and 0.682 with the value of Spearman Rho significance of having strong strength between dependent and independent variables .

VI. Recommendation

For nursing practice to make meeting scheduled in the development of HIV about *Self-Esteem* with resilience.

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