

## Documents

Nasrah<sup>a</sup>, Suweni, K.<sup>a</sup>, Maay, J.K.R.<sup>a</sup>, Arifin, S.R.M.<sup>b</sup>, Yousuf, A.<sup>c</sup>

**Application of group positive psychotherapy to improve psychological well-being for people with HIV in Papua**  
(2023) *Bali Medical Journal*, 12 (1), pp. 261-266.

**DOI:** 10.15562/bmj.v12i1.3960

<sup>a</sup> Health Polytechnic of the Ministry of Health Jayapura, Papua, Jayapura City, Indonesia

<sup>b</sup> International Islamic University Malaysia, Indera Mahkota Campus, Pahang, Kuantan, Malaysia

<sup>c</sup> College of Medicine and Health Sciences, Jijiga University, Jijiga, Ethiopia

### Abstract

Introduction: Problems that arise in a person with HIV/AIDS status are related to disease conditions and psychosocial conditions that can affect psychological well-being. One form of intervention that can improve psychological well-being is Group Positive Psychotherapy. The present study aimed to investigate the effect of implementing positive group psychotherapy in improving the psychological well-being of people living with HIV/AIDS (PLWHA) in the working area of the Timika Jaya Health Center, Mimika Regency. Method: This is a quasi-experimental research with the One Groups Pretest-Posttest Design technique approach. Respondents were pretested before the group positive psychotherapy treatment with counseling and education methods. Upon completing the treatment, a posttest was administered. The population of this study was the entire community of PLWHA in the working area of the Timika Jaya Public Health Center with 27 people for a total sampling technique. Data analysis used Chi-Square Test and Paired Samples T-Test. Based on the results of the analysis using paired sample t-test,  $p\text{-value} = 0.000 < \alpha$  means that there is a significant difference in psychological well-being in PLWHA before and after 1 month of positive group psychotherapy intervention. Result: Furthermore, from 1 month of group positive psychotherapy intervention to the next 2 months,  $p = 0.000$ , and before the second group positive psychotherapy intervention,  $p = 0.000$ . Overall, there was a significant difference in the improvement of psychological well-being before and after the group positive psychotherapy intervention. Conclusion: Group positive psychotherapy effectively improves psychological well-being for people with HIV/AIDS. © 2023, Sanglah General Hospital. All rights reserved.

### Author Keywords

AIDS; group positive psychotherapy; HIV; psychological

### References

- Galih, B.  
*HIV/AIDS in Numbers: 36.9 Million Sufferers, 25 Percent Unaware*,  
[online] Kompas.com. retrieved 20 November 2019
- Gare, J.  
**Factors influencing antiretroviral adherence and virological outcomes in people living with HIV in the Highlands of Papua New Guinea**  
(2015) *PLoS One*, 10 (8).

- Widiyanti, M., Hadi, M.I.  
**Viral and Host Factors are Related to the Progression of HIV Diseases in Mimika, Papua**  
(2019) *Open access Macedonian journal of medical sciences*, 7 (20), p. 3429.
- Kepmenkes, R.I.  
(2019) *National Guidelines for HIV Management Medical Services*,  
Jakarta
- Jayanthimala, R.  
**Social problems in the short story by Mu Anbuchelvan**  
(2017) *Muallim Journal of Social Sciences and Humanities*, 1 (2), pp. 21-33.
- Butt, L.  
**Sexual tensions: HIV-positive women in Papua**  
(2014) *Sex and Sexualities in Contemporary Indonesia*, pp. 127-146.  
Routledge
- Asante, K.O.  
**Social Support and the Psychological Well-Being of People Living with HIV/AIDS in Ghana**  
(2012) *African Journal of Psychiatry*,  
[Thesis] Department of Human Development and Psychology, Regent University College of Science and Technology,  
Accra, Ghana
- Persson, A.  
**“Vibrant Entanglements”: HIV Biomedicine and Serodiscordant Couples in Papua New Guinea**  
(2019) *Medical anthropology*, 38 (3), pp. 267-281.
- (2007) *HIV & AIDS Approach to Molecular, Clinical and Social Biology*, 1 (1).  
Surabaya: Airlangga University Press
- Muniisvaran, K.  
**Tamil men’s psychological stress in Sangam era: A study in a point of general adaptation syndrome**  
(2017) *Muallim Journal of Social Sciences and Humanities*, 1 (2), pp. 47-59.
- Temane, Q. M., Wissing, M. P.  
**The Role of Subjective Perception of Health in The Dynamics of Context and PWB**  
(2006) *South African Journal of Psychology*, 36 (3).
- Ryff, C. D.  
**Psychological Well-Being In Adult Life**  
(1995) *Current Directions in Psychological Science*, 4, pp. 99-104.

- Wardhani, A. F.  
(2014) *Differences of basic psychological need fulfillment between soldiers and civil servant in military institution*, [Thesis] Psychologic faculty, Universitas Indonesia
- Wardiyah, M.  
**Group Positive Psychotherapy to Improve Adolescent Psychological Well-Being**  
(2013) *Journal of Science and Practice psychology*, 1 (2), pp. 139-152.
- Hidayah, N.  
(2014) *Group Positive Psychotherapy For People With HIV/AIDS (PLWHA)*, [Thesis] Muhammadiyah University of Surakarta
- Guney, S.  
**The Positive Psychotherapy Inventory (PPTI): Reliability and Validity Study in Turkish Population**  
(2011) *Social and Behavioral Sciences*, 29, pp. 81-86.
- Badalov, A. A.  
**On the Issue of Neurophysiological Mechanisms of Giftedness: Creative Type of Personality as an Objective Reality**  
(2021) *ANP Journal of Social Science and Humanities*, 2 (1), pp. 1-10.
- Widiyanti, M.  
**Karakteristik pasien koinfeksi TB-HIV di rumah sakit mitra masyarakat mimika papua**  
(2019) *SEL*,
- Abbott  
**An evaluation of the precision of measurement of Ryff 's psychological well-being scales in a population sample**  
(2010) *Springer*, 97, pp. 357-373.
- Rodriguez-Penney, A. T.  
**Co-morbidities in persons infected with HIV: increased burden with older age and negative effects on health-related quality of life**  
(2013) *AIDS patient care and STDs*, 27 (1), pp. 5-16.
- *Report on the WHO/TDR consultation on promoting implementation/operational research in countries receiving grants from the Global Fund to Fight AIDS, Tuberculosis and Malaria: Domaine de Penthes, Geneva, Switzerland 9-10 December 2015 [Report]*,  
World Health Organization. 2016
- *HIV/AIDS Status Statistics in Indonesia*,  
Directorate General of P.P., P.L Kemenkes R.I., [Online] retrieved 14 January 2021

- Kambu, Y.  
**Umur orang dengan HIV AIDS (ODHA) berhubungan dengan tindakan pencegahan penularan HIV**  
(2016) *Jurnal Keperawatan Indonesia*, 19 (3), pp. 200-207.
- Kumar, K.  
**Short term traffic flow prediction for a non urban highway using artificial neural network**  
(2013) *Procedia-Social and Behavioral Sciences*, 104, pp. 755-764.
- Douma  
**Estrogen-related mood disorder reproductive life cycle factor**  
(2005) *Advance in nursing Science*, 28 (4), pp. 364-375.
- Stuart, G. W.  
(2013) *Principles and Praticce of Psychiatric Nursing 10thed*,  
USA: Elsevier Mosby
- Rashid, T.  
**Positive psychotherapy**  
(2008) *The Journal of Positive Psychology*, 10 (1), pp. 25-45.
- Skinta, M. D.  
**Acceptance and compassion-based group therapy to reduce HIV stigma**  
(2015) *Cognitive and Behavioral Practice*, 22 (4), pp. 481-490.
- Magyar-Moe, J. L.  
**Therapist's guide to positive psychological interventions**  
(2009) *Academic press*, 1, pp. 87-97.
- Parks-Sheiner, A. C.  
**Positive psychotherapy: Building a model of empirically supported self-help**  
(2009), [Dissertation] University of Pennsylvania
- Rashid, T.  
**Positive psychotherapy: A strength-based approach**  
(2015) *The Journal of Positive Psychology*, 10 (1), pp. 25-40.
- Marimuthu, S.  
**Sosioekonomi keluarga sebagai faktor pendorong gejala gengsterisme murid India Pendidikan Moral di sekolah menengah [Family socioeconomic status as an impulse factor of gangsterism among Indian Moral Education student in secondary school]**  
(2020) *Muallim Journal of Social Sciences and Humanities*, 4 (4), pp. 60-78.

- Linley, P.A., Joseph, S.  
**Positive change following trauma and adversity: A review**  
(2004) *Journal of traumatic stress: official publication of the international society for traumatic stress studies*, 17 (1), pp. 11-21.
- Munro, J., McIntyre, L.  
**(Not) getting political: indigenous women and preventing mother-to-child transmission of HIV in West Papua**  
(2016) *Culture, Health & Sexuality*, 18 (2), pp. 156-170.

**Correspondence Address**

Maay J.K.R.; Health Polytechnic of the Ministry of Health Jayapura, Papua, Indonesia; email: jemskrmaay@yahoo.co.id

**Publisher:** Sanglah General Hospital

**ISSN:** 20891180

**Language of Original Document:** English

**Abbreviated Source Title:** Bali med. j.

2-s2.0-85153851874

**Document Type:** Article

**Publication Stage:** Final

**Source:** Scopus