



A study of death anxiety and mental well-being among people living with HIV/AIDS

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Abstract

The present study intended to study the correlation between death anxiety and mental well-being among people living with HIV/AIDS. The 30 HIV/AIDS patients were taken as the sample. The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) and Templer's death anxiety scale was applied. Pearson's correlation was used for the analysis of data. The results revealed that there is a significant negative correlation between death anxiety and mental well-being among people living with HIV/AIDS.

Keywords: mental well-being, death anxiety, people living with HIV/AIDS

Introduction

HIV is a retrovirus which ruins one's immune system which basically protects a person against various infections. This virus is very lethal and destroys a person's white blood cells which are known as T-helper cell. The person who is infected with HIV and does not receive treatment will find it quite complicated to fight against the diseases and infections. If HIV remains without treatment, it could take around 10 or 15 years to spoil the immune system of a person for life time. Though, the speed of harm will vary according to age, fitness and background (AVERT, 2017). AIDS which stands for Acquired Immune Deficiency Syndrome is a disease triggered by HIV. It badly affects a person's immunity and in the end leads to death. HIV is believed to be one among the deadly causes of death nowadays. The worldwide situation of AIDS is scary and the figure of damaged people is gradually increasing. The quick adaptation and the growth of the virus is a very deadly issue. Hybridization of many diverse subtypes is a challenge for the global efforts for the remedy. A very inclusive clinical contribution is vital ranging from detection to therapy. Though, the treatment, for instance HAART is already available yet constant complexity is presently being faced because of the advancement of the virus (Journal of AIDS & Clinical Research, 2017).

Death Anxiety

Death anxiety is a "feeling of dread, apprehension or solicitude (anxiety) when a person wonders about the process of dying, or ceasing to exist. It is also known as thanatophobia (fear of death) (Wikipedia, n.d).

Mental Well-Being

There is no globally accepted "definition" of the term mental well-being. For some people mental well-being may be financial prosperity. It is possibly based on the goals that are to be achieved and the challenges that are placed on a particular individual or a culture. It as well may be the absence of negative determinants in a person's life or a community. Mental well-being consists of cognitive,

emotional and behavioral responses at the personal level. (World Health Organization, n.d).

Objectives of the study

1. To study the correlation between death anxiety and mental well-being among people living with HIV/AIDS.

Hypotheses

H₀₁: There will be no significant correlation between death anxiety and mental well-being among people living with HIV/AIDS.

Methodology

Sample

The sample of the current study consisted of 30 HIV/AIDS patients that were collected from Jawahar Lal Nehru Medical College and Hospital, Aligarh Muslim University, Aligarh.

Tools used

1. Death Anxiety scale is a 15-item scale. The total score may range between 0 and 15. The higher score is the indication of higher death anxiety level. This scale was translated in around 26 languages. The Test-retest reliability coefficient for death anxiety scale was found to be .83 and the alpha coefficient index of internal was found to be .76. The construct validity of the scale was also assessed.
2. The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) has been devised by the experts at the university of Warwick and Edinburgh. This is a 14 item scale. Its score can range between 14 and 70. The entire scale is worded in a positive direction. The Warwick-Edinburgh Mental Well-being Scale has in fact been validated with the purpose of using it in United Kingdom with those who are aged 16 and more than that.

Procedure for data collection

The purposive sampling method was employed in this study. The patients were approached individually. And the patients

who were not willing to participate were excluded.

Statistical techniques used

For the analysis of data Statistical Product and Service Solutions (SPSS 20.0) was employed. And the Statistical technique which was employed to analyze the data was Pearson's product moment correlation.

Results and Discussion

Table 1: Showing the Correlation between Death Anxiety and Mental Well-Being among people living with HIV/AIDS

Variables	r
Death Anxiety	
	-.803* (p=<.05)
Mental Well-Being	

p ≤ .05 Level of Significance

The table 1 indicates that there is a significant negative correlation between death anxiety and mental well-being among people living with HIV/AIDS (r=-.803* is significant at 0.05 level of significance). Therefore, the null hypothesis H_{01} which says that, there will be no significant correlation between death anxiety and mental well-being among people living with HIV/AIDS stands rejected.

Conclusions

- Significant negative correlation was found between death anxiety and mental well-being among people living with HIV/AIDS.

Limitations

1. The purposive sampling technique has a potential to weaken the generalization of this study.
2. The sample size was not ideal.

Future Suggestions

1. Sample size should be more comprehensive.
2. Other related variables should also be taken into consideration.

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