

**DESKRIPSI DAN FAKTOR *PSYCHOLOGICAL WELL-BEING*
PADA ISTRI YANG TERTULAR HIV/AIDS**

Studi Kualitatif Naratif di Yogyakarta

Christina Preventi Suryaningrum

ABSTRAK

Terjadi pergeseran penularan HIV/AIDS dari masyarakat rentan ke masyarakat umum, khususnya ibu rumah tangga/istri. Mereka menjadi populasi dominan penderita HIV/AIDS di berbagai daerah di Indonesia. Sebagai istri yang tertular HIV/AIDS, mereka memiliki banyak sumber stres. Tujuan penelitian ini adalah mendeskripsikan PWB, menemukan faktor PWB, dan menemukan keterkaitan antara faktor PWB dengan narasi yang dimiliki istri yang tertular HIV/AIDS melalui metode kualitatif studi naratif. Peneliti mewawancarai 2 orang istri yang tertular HIV/AIDS untuk mengumpulkan data. Peneliti mempertimbangkan durasi tertular/mengetahui tertular HIV/AIDS agar memperoleh data yang beragam dan berniat membandingkan kedua data tersebut. Data akan dianalisis menggunakan analisis tematik. Hasil penelitian ini adalah subjek yang memiliki PWB baik memiliki narasi kehidupan progresif/optimistik, sedangkan subjek yang memiliki PWB kurang baik memiliki narasi regresif/pesimistik. Faktor-faktor yang mempengaruhi PWB antara lain pemahaman tentang diri dan frekuensi keberhasilan, *self-efficacy* (termasuk didalamnya *self-esteem* dan kondisi fisik), dukungan sosial dari ODHA lain, perasaan diterima, penilaian terhadap seseorang atau sesuatu yang melekat pada seseorang, harapan kepada orang lain dan perasaan kecewa karena harapan tidak terpenuhi, penilaian terhadap situasi yang dihadapi, keterbukaan terhadap pengalaman baru, rasa tanggung jawab terhadap peran istri dan ibu, kepuasan ketika menolong orang lain, dan keyakinan (*belief*) pada sesuatu. *Self-efficacy* merupakan faktor yang paling penting untuk dikembangkan karena memberikan dampak besar pada perkembangan narasi subjek.

Kata kunci: HIV/AIDS, istri, *psychological well-being* (PWB), deskripsi, narasi, faktor

**THE DESCRIPTION AND THE FACTORS OF PSYCHOLOGICAL
WELL-BEING ON WIVES WHO WERE INFECTED HIV/AIDS**

Narrative Qualitative Study in Yogyakarta

Christina Preventi Suryaningrum

ABSTRACT

HIV/AIDS transmission friction from vulnerable communities into general communities, especially wife, was happened. They became dominant population of HIV/AIDS patients in various regions in Indonesia. Wives, who were infected HIV/AIDS, had many stressors. The aim of this reserch was to describe psychological well-being (PWB), to found factors of PWB, and to found relationship between PWB factors and wives' narrative who were infected HIV/AIDS through narrative qualitative study. Researcher interviewed two wives who were infected HIV/AIDS to collect datas. Researcher considered the duration of having known if they had been infected HIV/AIDS so researcher could collect various datas and intended to compared them. Tematik data analysis would been used to analyze the datas. Results of the research was progressive/optimistic narrative was owned by subject who had good PWB. Whereas, regressive/pessimistic narrative was owned by subject who had weak PWB. Factors that affect PWB were the understanding of themselves and the frequency of success, self-efficacy (including self-esteem and physical condition), social support from other ODHA, feeling accepted, an assessment of someone or something that is attached to a person, expectations to the others and disappointed feeling because the expectations are not met, an assessment of the situation, openness to new experiences, a sense of responsibility towards the roles of wife and mother, the satisfaction when helping others, and belief in something. Self-efficacy was the most important factor because it gave big impact on subject's narrative development.

Key words: HIV/AIDS, wives, psychological well-being (PWB), description, narrative, factors