



SELF-CONCEPT AND WELL-BEING IN HIV/AIDS PATIENTS

Fenska Narly Makualaina^{1*}, Cristyn Evangelin Watunglawar¹, Fathia Fakhri Inayati Said¹, Nofita Dewi Kok Mesa², Dwi Ayu Astuti³, Minnaliala Soakakone⁴

¹Nursing Study Program, Universitas Jayapura. Jl. Youmakhe, Kelurahan Hinekombe, Sentani, Kabupaten Jayapura

²D-III Nursing Study Program, Kepulauan Yappen, Poltekkes Kemenkes Jayapura, Padang Bulan, Jalan Masuk Poltekkes Padang Bulan, Hedam, Heram, Jayapura, Papua 99351, Indonesia

³Nursing Study Program, Universitas Cenderawasih. Jl. Kamp Wolker Yabansai, Jayapura, Papua 99351 Indonesia, Kampus Abepura Jl. Raya Sentani Abepura, Papua 99358

⁴Public Health Study Program, Universitas Kristen Indonesia. Jl. Mayor Jendral Sutoyo No.2, Cawang, Kramat jati, Jakarta Timur, Jakarta 13630, Indonesia

*makualainafenskanarly@gmail.com

ABSTRACT

People with HIV/AIDS often experience disturbances in their self concept and well being. A low self concept can cause people with HIV/AIDS to feel worthless, insecure, and hopeless about the future. Low well being can also cause people with HIV/AIDS to experience stress, anxiety, and depression. This study aims to determine the relationship between self-concept and well being variables in HIV AIDS patients. The sampling technique in this study used total sampling with a sample of 35 respondents. Data were collected using questionnaires that had been tested for validity and reliability, which were self-administered by the respondents. The analysis test used Spearman's rho with a p-value of < 0.005. The results of the analysis showed that there was a significant relationship between self-concept and well-being in HIV AIDS patients (sig value = 0.001, $p < 0.05$). The correlation coefficient (r) was 0.543, indicating a strong positive correlation. Self-concept has a significant relationship with subjective well-being in HIV AIDS patients, which means that HIV AIDS patients who have a positive self concept are more likely to have higher subjective well being.

Keywords: anxiety; experience; people with HIV AIDS; self-concept; well-being

How to cite (in APA style)

Makualaina, F. N., Watunglawar, C. E., Said, F. F. I., Mesa, N. D. K., Astuti, D. A., & Soakakone, M. (2026). Self-Concept and Well-Being in HIV/AIDS Patients. *Indonesian Journal of Global Health Research*, 8(1), 503–506. <https://doi.org/10.37287/ijghr.v8i1.702>.

INTRODUCTION

Human Immunodeficiency Virus (HIV) is a virus that specifically attacks the immune system which then if not treated properly will become AIDS, where AIDS itself is called *Acquired Immune Deficiency Syndrome* is a collection of diseases that appear due to the weakening of the immune system due to the HIV virus (Natalia et al., 2024). The province with the highest HIV/AIDS rate in 2024 is Papua (Utami & Muslima, 2020). Based on data from the Papua Provincial Health Office in 2023, it stated that as of December 2022, as many as 50,502 people with the number of men 23,590 people and the number of women 26,822 people were infected with HIV/AIDS. (Febriana et al., 2025). Furthermore, data from the age group infected with HIV/AIDS with the highest infection in the age group of 25 to 49 years with 29,107 people, followed by the age group of 20 to 24 years with an incidence of 11,995 people. In 2024, there were 21,129 people infected with HIV/AIDS in nine districts and cities in Papua (Natalia et al., 2024).

Every human being strives to improve their life, and people living with HIV/AIDS do the same. It is believed that happiness begins with a good life. Therefore, in recent decades, many researchers have conducted research to find answers to the meaning of happiness and how it can be experienced by each individual (Pratama, 2023) & (Florika et al., 2025). People living with HIV/AIDS (PLWHA) experience several changes, both internally and externally, that influence their negative self-perception and impact their self-concept. In this situation, PLWHA typically exhibits several reactions, both in terms of attitudes and behavior (Syair & Aryanti, 2025). These events are caused

by their inability to accept their current condition (Di & Harapan, 2024). Therefore, on study this, researcher aim analyzing the relationship between self-concept and *well-being* in HIV/AIDS sufferers.

METHOD

Data collection in this study used three questionnaires including questionnaire A which was about general patient data, questionnaire B containing self-concept and questionnaire C containing *well-being*. The questionnaire was adapted from Fitri's Research (2022) with validity test results > 0.70 and a Cronbach's Alpha reliability test of 0.081. The analyses used were validity and reliability tests. In this study, the validity test results were reported as > 0.70.

RESULT

Table 1.
Characteristics Respondents

| Respondent Characteristics | f | % |
|----------------------------|----|------|
| Age | | |
| <20 Years | 11 | 31.4 |
| 20-29 Years | 12 | 34.3 |
| 30-39 Years | 10 | 28.6 |
| >40 years | 2 | 5.7 |
| Level of education | | |
| Elementary School | 4 | 11.4 |
| Junior High School | 8 | 22.9 |
| Senior High School | 17 | 48.6 |
| D3/Bachelor's Degree | 6 | 17.1 |
| Work | | |
| Work | 33 | 94.3 |
| Doesn't work | 2 | 5.7 |
| Marital status | | |
| Not married yet | 25 | 71.4 |
| Marry | 10 | 28.6 |
| Duration of Suffering | | |
| 1 month - 5 years | 21 | 60 |
| 6 Years - 10 Years | 14 | 40 |

Based on Table 1 shows that part big respondents aged mostly 20-29 years old on percent (34.3%), education most high school with total 17 (48.6%), employment status most No Work as many as 33 (94.3%), marital status most Not yet married 25 (71.4%), and the length of time respondents suffering from HIV AIDS the most was 21 (60.0%).

Table 2.
Draft Self and *Subjective Well-Being*

| Self-Concept | f | % |
|------------------------------|----|------|
| Very Suitable | 6 | 17.1 |
| In accordance | 19 | 54.3 |
| It is not in accordance with | 6 | 17.1 |
| Totally Inappropriate | 4 | 11.4 |
| <i>Subjective Well-Being</i> | f | % |
| Very Suitable | 3 | 8.6 |
| In accordance | 25 | 71.4 |
| It is not in accordance with | 6 | 17.1 |
| Totally Inappropriate | 1 | 2.9 |

Table 2 shows that the results of the study indicate that respondents' self-concepts tended to be positive, with 19 respondents (54.3%) having an appropriate self-concept. An appropriate self-concept was the highest score in this study. This indicates that respondents have a positive view of themselves and high self-confidence. The *subjective well-being* variable showed that respondents' *subjective well-being* tended to be high, with 25 respondents (71.4%) reporting a satisfactory *subjective well-being*. This finding suggests that respondents had good life satisfaction and felt happy with their lives.

Table 3.
Relationship between Self-Concept and Subjective Well-Being

| | | | Self-Concept | Subjective Well-Being . |
|----------------|-----------------------|----------------|--------------|-------------------------|
| Spearman's rho | Self-Concept | Correlation | 1,000 | 0.543 |
| | | Sig (2-tailed) | | 0.001 |
| | | N | 35 | 35 |
| | Subjective Well-Being | Correlation | 0.543 | 1,000 |
| | | Sig (2-tailed) | 0.001 | |
| | | N | 35 | 35 |

Based on Table 3 obtained information that there is connection draft self to *Subjective Well Being* with mark significance of 0.001 (p value < 0.005) and mark correlation (r) of 0.543 which means correlation positive strong . Therefore, it can be concluded that self-concept has a significant relationship with *subjective well-being* in HIV/AIDS patients, which means that HIV/AIDS patients who have a positive self-concept are more likely to have higher *subjective well-being*.

DISCUSSION

The findings of this study suggest a significant relationship between self-concept and *subjective well-being* in HIV/AIDS patients. A significance value of $0.001 < 0.05$ indicates a highly significant relationship between the two variables. This statement demonstrates the respondents' self-acceptance, which encompasses their own qualities and limitations (Johan, 2024). Individuals with self-acceptance possess strong self-esteem, enabling them to be fair in facing challenges without overburdening themselves in order to maintain their mental health (Florika et al., 2025). Most of the research respondents have a high self-concept as evidenced by their self-acceptance of their HIV/AIDS diagnosis, making them more capable of controlling both positive and negative responses to themselves (Utami & Muslima, 2020); (Gabriel, 2025) & (Allolinggi & Astrid, 2025).

Self-concept is defined as a person's image of themselves derived from experiences and interactions with their environment (Bagas et al., 2024); (Lestari et al., 2023) & (Nurul Aini Zulaiha, 2025). In this case, the importance of having a self-concept is that PLWHA are able to have confidence in their physical, psychological, emotional, and social health, as well as achievements that are truly capable of being achieved by PLWHA (Rozani & Nurhayati, 2021). PLWHA with low self-concept often respond with shame, fear, and have difficulty accepting the reality of the disease that infects them because they feel humiliated and worried about what others think of them (Sa et al., 2024). In this study, an appropriate self-concept will be significantly related to appropriate *subjective well-being* . This is because almost all respondents stated that when they first learned their positive status, PLWHA often felt worried and anxious. Then, the respondents felt increasingly that they still had other positive things about themselves that were able to keep them going (Sari & Maryatmi, 2019)&(Siampa & Budiyan, 2024).

This response can occur because the respondents know that until now, AIDS infection has not been found a therapy that can truly kill the virus and the infection is one of the deadly diseases. Although respondents who admitted to feeling shocked and down when learning their positive status, the respondents still want to continue living with all the possibilities within themselves and their minds (Sukadari, 2020).

CONCLUSION

There is a significant relationship between self-concept and well-being in HIV/AIDS sufferers . Correlation between second variables classified as positive strong . Self- concept has a significant influence on well-being in HIV/AIDS sufferers , the higher the self-concept in HIV/AIDS sufferers, the higher their well-being , and the results of this study indicate that self-concept is an important factor in improving well-being in HIV/AIDS sufferers. The results of this study have important implications for developing interventions to improve well-being in people with HIV/AIDS.

Therefore, efforts to improve self-concept in people with HIV/AIDS, such as through training and counseling, are needed.

REFERENCES

- Allolinggi, M. A., & Astrid, M. (2025). *SENTRI: Pengalaman Pasien HIV / Aids dalam Menjalani Pengobatan ARV di RSUD Nabire : Literature Review*. 4(9), 1975–1986.
- Bagas, Pamukhti, D., Khusna, L., & Margatot, D. I. (2024). *Zaitun Pasien Dengan Hiv / Aids The Effect of Empowerment on Self Concept Patient with HIV / AIDS*. 12(1).
- Di, A. R. V., & Harapan, P. (n.d.). *Pendahuluan Kejadian Lost Follow Up atau putus obat banyak terjadi pada pasien dengan kasus HIV AIDS . Berbagai macam masalah menjadi penyebab timbulnya kejadian Lost Follow Up tersebut antara lain , kurang adanya pengawasan dari tenaga kesehatan dan kelu*. 197–204.
- Febriana, T., Tyas, C., & Sahiddin, M. (2025). *Pendampingan Dan Aktualisasi Kader Sebagai Edukator Pencegahan Hiv / Aids Dan Seks Pranikah Di Distrik Sentani , Papua Mentoring and Empowerment of Cadres as Educators for HIV / AIDS and Premarital Sex Prevention in Sentani District , Papua*. 2025(7), 25–31.
- Florika, M. S., Fatmawati, Z. I., Laksono, E. B., & Sucipto, A. (2025). *Hubungan Kesejahteraan Spiritual Dengan Kualitas Tidur Pada Pasien Hiv / Aids Di Rsud Sultan Imanuddin Pangkalan Bun*. 1(1), 78–86.
- Gabriel, et al. (2025). *Stadium Hiv-Aids Terhadap Psychological Wellbeing*. 8(1).
- Johan. (2024). *Konsep diri*.
- Lestari, D. I., Yunita, R., & Rahmat, N. N. (2023). *Hubungan Konsep Diri Dengan Kesejahteraan Psikologis Pada Pasien Hiv/Aids Di Lembaga Cahaya Prolink Kabupaten Pobolinggo*. *Jurnal Riset Rumpun Ilmu Kesehatan ...*, 2(2).
- Natalia, L., Sembiring, B., Studi, P., Keperawatan, S., Makualaina, F. N., Studi, P., & Keperawatan, S. (2024). *Hiv/aids pada remaja di puskesmas sentani papu a*. 399–408.
- Nurul Aini Zulaiha, et al. (2025). *Nurul Aini Zulaiha, Zuliya Indah Fatmawati 2 , Wahyono 3*. 11.
- Rozani, L., & Nurhayati, N. (2021). *Jurnal Ilmiah Gambaran Konsep Diri Pasien Dengan Hiv / Aids*. *Jurnal Keperawatan Muhammadiyah Bengkulu*, 09(April), 45–49.
- Sa, C., Noviyanti, L. K., & Azhari, N. K. (2024). *Studi Kasus : Pengalaman Peningkatan Harga Diri Orang dengan HIV AIDS di Kota Semarang*. 2(3).
- Sari, F., & Maryatmi, A. (2019). *Hubungan Antara Konsep Diri (Dimensi Internal) Dan Optimisme Dengan Subjective Well-Being Siswa SMA Marsudirini Bekasi*. *Ikraith-Humaniora*, 3(1), 23–29.
- Siampa, D. R., & Budiyani, K. (2024). *Hubungan antara Regulasi Emosi dengan Subjective Well-Being pada Penderita HIV / AIDS*. 043, 356–363.
- Sukadari, D. (2020). *Psychological Well-Being*.
- Syair, W. P., & Aryanti, S. D. (2025). *HIV / AIDS Cases in Nabire Regency , Papua : Identification of Trends and Risk Factors in 2021*. 2(2), 2021–2026.
- Tcf, I. A. B., & Tcf, I. A. B. (2022). *Dengan Subjective Well-Being Pada Mahasiswa Psikologi Uin Walisongo Semarang Skripsi Diajukan Untuk Memenuhi Sebagian Syarat Guna Memperoleh Gelar Sarjana Psikologi (S1) Dalam Ilmu Psikologi (S . Psi) Disusun oleh : Fitri Afifah Program Studi Psikologi Universitas Islam Negeri Walisongo Semarang*.
- Utami, W., & Muslima, E. (2020). *Konsep Diri Anak Remaja Dengan Hiv/Aids Di Ruang Poli Sehati Rsud Dr. R. Sososoro Djatikoesoemo Bojonegoro*. *Asuhan Kesehatan*, 11(2), 23–27.