

IMPACT OF SOCIAL-SUPPORT AND STRESS ON PSYCHOLOGICAL WELL-BEING IN HIV POSITIVE AND NORMAL INDIVIDUALS

BABURAO.H.MUDDANKAR, DR.SHIVAKUMAR K , DR R. VENKAT REDDY

Abstract: The present research is designed to explore Impact of Social Support and Stress on Psychological well-being of HIV +ve Patients and Normal individuals of Hyderabad Karnataka Region, (Gulbarga, Bidar, Raichur, Ballary and Kopal Districts). Hyderabad Karnataka region is Socio-economically backward and the presence of individuals with HIV status is higher compared to other developed parts of the Karnataka state. This leads to many psychological consequences of negative nature on the person, family and society. Totally 400 sample constituted in the study in which 200 male and 200 female, it was decided to use "Social Support Scale" developed and standardized by Dr. RituNehra, Dr. P. Kulhara, et al., (1998)., "Personal Stress Source Inventory" by Arun Singh and K. Singh., (2004). and "Psychological Wellbeing Scale" developed by SudhaBhogale and Jai Prakash., (1995). This paper depicts that the empirical evidence on "Social Support and Stress on Psychological Well-being of HIV +ve patients and Normal Individuals" of Hyderabad Karnataka region, Gulbarga in Karnataka State.

Key words: Social Support, Stress and Psychological Well-being.

Introduction:

Social Support: Social support is concept that is generally understood in an intuitive sense, as the help from other people in a difficult life situation. (Cobb-1976). He defined social support as 'the individual belief that one is cared for and loved, esteemed, valued and belongs to a network of communication and mutual obligations'.

Stress: The modern world which is said to be a world of achievements is also a world of stress. One finds stress everywhere, whether it be within the family, business organization/enterprise or any other social or economic activity. Right from the time of birth till the last breath drawn, an individual is invariably exposed to various stressful situations. The concept of stress was first introduced in the life sciences by Hans Selye in 1936.

Psychological Well-Being: Psychological well-being (these two are used interchangeably) consists of factors like self-esteem, positive effect, satisfaction, wellness, efficiency, Social support, Somatic symptoms, Personal control and the like. An important aspect is happiness, satisfaction and gratification subjectively experienced. it is often called subjective well-being or psychological well-being. Thus well being is based on subjective experience instead of objective life condition, it has both positive and negative affects and it is a global experience (Okum and Stock, 1987).

Methodology:

Statement of the problem:

In the present study an attempt is made to assess the impact of Social Support and Stress on Psychological Well-being of HIV Positive and Normal Individuals.

Variables:

1)Independent Variables:

- a. Social Support
- b. Stress

2) Dependent Variables:

- a. Gender
- b. Psychological Well-being.

Objectives of the study:

1. To assess the effect of Social Support on Psychological Well-being of the sample
2. To assess the influence of Stress on Psychological Well-being of the sample.
3. To know the difference between HIV Positive and Normal Individuals in Psychological Well-being.
4. To study the Psychological Well-being of Male and Female respondents.

Hypothesis:

1. There would be significant effect of Social Support on Psychological Well-being
2. There would be significant effect of Stress on Psychological Well-being.
3. There would be significant difference in Psychological Well-being between HIV Positive and Normal Individual sample.
4. There would be significant difference in Psychological well-being between male and female sample.

Sample design:

Gender	HIV Positives		Normal Individuals		Total
Male	50	50	50	50	200
Female	50	50	50	50	200
Total	100	100	100	100	400

The Sample of the present study consists of 400 (200 HIV Positives and 200 Normal Individuals) selected from various Hospitals and NGOs in Gulbarga Region. The sample is matched with Gender, Social Support, Stress, Psychological Well-being etc.

Tools:

- 1). **Personal Data Schedule:** Will be framed to collect the information regarding the personal and socio-demographic characteristics of the sample.
- 2). **PGI Social Support Questionnaire:** This scale is constructed and standardized by Dr. RituNehera, Dr. ParmanadKulhara and Dr. Santosh K. Verma (1998). The scale consists of 18 statements. For each statement the response is given in four from i.e. Extremely, Quite a bit, a little bit and not at all.

3). **Singh Personal Stress Source Inventory:** This scale is constructed and standardized by ArunSingh and K.Singh (2004). The scale consists of 32 statements. For each statement response is given in the form i.e. seldom, sometimes and frequently.

- 4). **Psychological Well-being Scale:** This scale is constructed and standardized By SudhaBhogale and Jai Prakash (1995). The scale consists of 27 statements. For each statement response is given in two form i.e. Yes or No.

Statistical analysis:

Keeping in view the research objectives and hypothesis of the study the statistical analysis, like mean, SD, t-test, were applied on the collected data.

Result and discussion:

Table 1. Shows the Mean, SDs, and t-value of Psychological Well-being of high Social Support and low Social Support Sample (N=400)

Social Support	N	Mean	SD	t-value
High	299	17.80	5.69	19.10**
Low	101	10.54	2.17	

**Significant at 0.01 level

Table 1 shows the mean, SDs and t-value of psychological well-being of high social support and low social support sample. The mean score of high social support group is 17.80 and of low social support is 10.54 respectively. The t-value is 19.10 which is significant at 0.01 level. It shows that the high social support sample has higher psychological well-being than low social support sample.

Table 2. Shows the Mean, SDs, and t-value of Psychological Well-being of high Social Support and low Social Support Sample (N=400)

Stress	N	Mean	SD	t-value
High	214	14.59	5.57	5.19**
Low	186	17.55	5.98	

**Significant at 0.01 level

Table 2 shows the mean, SDs and t-value of psychological well-being of high Stress and low Stress groups. The mean score of high Stress group is 14.59 and of low Stress is 17.55 respectively. The t-value is 5.19 which is significant at 0.01 level. It shows that the high Stress sample has low psychological well-being than low Stress sample. Thus stress produces significant differences in Psychological well-being of the respondents.

Table 3. Shows the Mean, SDs, and t-value of Psychological Well-being of HIV Positive and Normal Individuals (N=400)

Category	N	Mean	SD	t-value
HIV Positive	200	21.28	2.31	39.17**
Normal Individuals	200	10.65	2.95	

**Significant at 0.01 level

Table 3 shows the mean, SDs and t-value of psychological well-being of HIV Positive and Normal Individual sample. The result reveals that the mean score of HIV Positive is 21.28 and of Normal Individual is 10.65 respectively. The t-value is 39.17 which is significant at 0.01 level. It shows that the Normal individual Sample has higher psychological well-being than HIV Positive sample as the scores reveals.

Table 4. Shows the Mean, SDs, and t-value of Psychological Well-being of Male and Female Sample (N=400)

Gender	N	Mean	SD	t-value
Male	200	15.85	6.15	0.37
Female	200	17.09	5.73	

Table 4 shows the mean, SDs and t-value of psychological well-being of male and female sample. The mean score of high Stress group is 15.85 and of female is 16.09 respectively. The t-value is 0.37 which is not significant. This indicates that there is no significant gender difference in Psychological well-being.

Conclusions: The following are major conclusions of study.

1. There is a significant difference of Social support on Psychological well-being the sample with high social support exhibited significantly higher psychological well-being than those with low social support.
2. There is a significant difference in Psychological well-being of Stress people with high stress have significantly lower psychological well-being than the low stress people.
3. There is a significant difference in Psychological well-being between HIV Positive and Normal Individual sample. The psychological well-being of Normal Individuals sample is significantly higher than the HIV Positive.
4. There is a no significant difference between Male and Female respondents.

Limitations of the study: The findings of the study have for reaching implications in the area of women issues like Health and challenges science stress is a part of life event which re-gives to be increase or reduce in order to improve Well-being of the people.

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Baburao.H.Muddankar

Post doctoral fellow department of psychology,
gulbarga university, gulbarga.

Karnataka.India.e-mail: baburao_8o88@rediffmail.com

Dr.Shivakumar K,Associate professordepartment of studies and research in psychology,
karnataka university, dharwad, karnataka. India.

E-mail: kumarpsy123@rediffmail.com

Dr R. Venkatreddy,Associate professor in psychology,
sharanabasweshwar college of arts,
gulbarga, karnataka, india.

E-mail: rudrawar@yahoo.com