



QUALITATIVE STUDY: FAMILY SUPPORT FOR POST-PARTUM MOTHERS WITH HIV IN PAPUA

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ABSTRACT

The support that mothers with HIV expect is not only during pregnancy but also throughout the postpartum period and the rest of their life as a mother. Objective: to dig deeper into family support for postpartum mothers with HIV. This research is a quantitative research with a phenomenological approach. The number of participants in this study is two participants who will be interviewed in depth using an unstructured interview guide. Data analysis in this study is divided into three parts, including data reduction, data display and conclusion or verification. Family support is important for all informants, both support from parents and from husbands. Participants felt that the support they received from their families was much greater than the support they received from their husbands.

Keywords: family; HIV; husband; mother's hope; support

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INTRODUCTION

For women living with HIV, the burden is doubled as they deal with the impact of HIV in their daily lives. This impact is even greater during pregnancy, childbirth, and the postpartum period because of the dual role of women as patients and mothers (Wang et al., 2017). Motherhood is the process of becoming a mother, and begins when a woman decides to become pregnant. The period of motherhood includes the period of gestation, gestation, natality and the remainder of a woman's life (Leyva-Moral et al., 2017). Evidence shows that most women living with HIV are at risk and often face psychosocial challenges during pregnancy, childbirth and the postpartum period (Ashaba et al., 2017).

Psychosocial problems often experienced by people living with HIV (PLHIV) among others, differences in treatment, stigma and discrimination have a profound social impact on PLHIV and indirectly have an impact on psychological problems (Prathama Limalvin et al., 2020). Furthermore, in previous research, PLHIV tend to be burdened with various problems such as contracting various chronic diseases, losing jobs and income, increasing health expenditure, psychological stress, discrimination and social restrictions (Winda Rizky et al., 2021).

Changes that occur internally and externally make them have a negative perception of themselves and influence the development of their self-concept. They tend to show forms of wrong attitudes and behavior reactions. This could be caused by one of the reasons being the lack of support for the mother. Most HIV positive mothers do not receive enough support from their partners during this time. Support plays an important role in improving a person's adaptive coping with the situation they are facing. Family support is in the form of emotional

support, informative support, appreciation support, instrumental and spiritual support (Dewi Yunadi et al., 2019).

The support that mothers with HIV expect is not only during pregnancy but also during the postpartum period and the rest of their life as a mother. Based on previous research, it was stated that postpartum mothers who are infected with HIV really need family support (Dewi Yunadi et al., 2019). This is supported by research findings in 2023 which found that, until now, postpartum mothers still have to face challenges, both medical and psychosocial (Worku et al., 2023). The purpose of this study was to explore further the family support for postpartum mothers with HIV at Harapan Health Center.

METHOD

This research is a qualitative research with a phenomenological approach through a research work mechanism that is guided by non-statistical or non-mathematical subjective assessment. This research was conducted at Harapan Health Center for three months. The informants of this research were selected using purposive sampling technique. The number of informants in this study was 2 postpartum mothers with HIV. Data analysis in this study is divided into three parts, including data reduction, data display and conclusion or verification. The ethical test of this study has been carried out with the ethical number No.202/VI/2024/Komisi Bioetik.

RESULT

Table 1.
Characteristics of Informants

Informant Code	Age	Education	Number of children	Positive status	Age of Last Child	Status	Income
A	33	Senior High School	3	Since 2020 (4 years)	15 Months	Married	<3.000.000
B	34	Elementary school	4	Since 2019 (5 Years)	12 Months	Married	<3.000.000

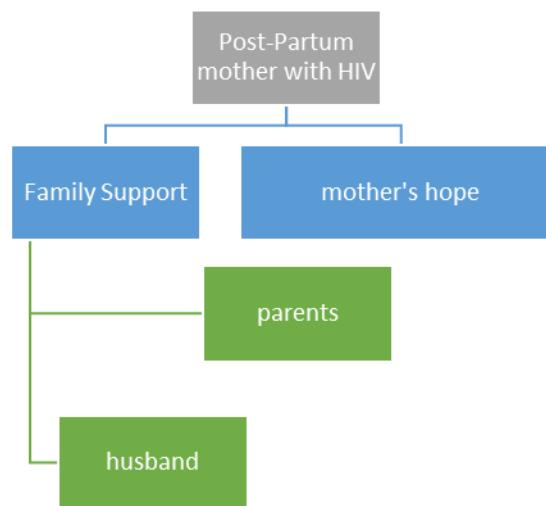


Figure 1. thematic analysis results

Family Support

Parents Support

Family is an attitude, an act of family acceptance towards family members in the form of informational support, assessment support, instrumental support and emotional support. Based on the results of interviews conducted with informants, the family is a comfortable place and always accepts and provides support to informants as expressed by the following informant:

“The first time I was infected with HIV, my family was very sad and devastated, but they remained supportive, so I feel that the greatest support comes from my parents, from helping to care for my child to helping me financially. When I was in my postpartum period, I worked and left my child with my parents. Because I live separately from my husband. Family support is very good so that when I am with my family I do not feel anxious” (A).

The same statement was also expressed by other informants:

“My family, all of them know my parents, my little brother, so they are the ones who help me, giving me strength. If my family is caring, they are always kind, helping to take care of the baby when I am in postpartum, sometimes helping to buy milk for my little brother, they always support me, remind me to take my medicine and strengthen me” (B).

Husband Support

The husband is a source of encouragement and motivation for his wife, both morally and materially. Based on the results of interviews conducted with informants, the husband is one of the people who provides Support for mothers during postpartum as expressed by the following informant:

“My husband only came and accompanied me when I gave birth, after I was allowed to go home, we each went home, my husband only came occasionally, maybe once every 4-5 months, but he communicated by telephone every day, such as reminding me to take my medicine so I wouldn't forget” (A).

Different statements were expressed by other informants:

“After the child was born, my husband helped a lot, bathed the child, washed clothes, he always took care of his meals, we lived together”. I was taken to live with my husband's family so I don't live separately anymore. Even though the family doesn't know I'm positive” (B)

Mother's Hope

Mother's desire is something that is expected by a mother. Based on the results of interviews that have been conducted with informants, mother's desire is a hope for change in several subjects as expressed by the following informants:

“I hope my husband can live with us and take care of the child together like before, I don't want to live in my husband's place because the environment that my husband left makes me uncomfortable, starting from those who like to talk about me and my child, I really feel sorry for the child, I'm afraid that the child's mental health will be disturbed because the environment there sees me more negatively, rather than me being sad and stressed every day, that's why I live in my family's place even though the environment where my family lives is also negative but not as much as there” (A).

The same statement was expressed by another informant:

“If the environment is good, I hope it's because I always hear my neighbors talking about people with HIV/AIDS, there are people with HIV/AIDS that I know that they talk about, they also like to talk about people with HIV/AIDS who have died, but I remain strong, that's why I don't tell them about my status because then they will tell me about it” (B).

DISCUSSION

Family Support

Based on the results of interviews with the two informants, the support received from the family is the most important part of being able to continue living with the new condition of being indicated as HIV positive. The informant said that family support from both parents and husbands provided encouragement and motivation to continue carrying out activities as they should.

For postpartum mothers, especially mothers who are indicated as being HIV positive, they really need support from those closest to them because they are not yet in a completely stable condition, both physically and psychologically. Mothers will still be very unfamiliar with the changes in their new roles and circumstances. With a positive response from the immediate environment, it will speed up the process of adapting to this role and will make it easier for mothers to live their new lives and roles (Jayani & Ruffaida, 2020).

The family has a network system of interactions that are more interpersonal in nature, where each member is able to have an intensity of relationship with each other between father and mother, father and child, mother and child and husband and wife. Family is the basic institution of society and is also called the smallest society. Family is also the first environment encountered by a child when born into the world. Every mother needs affection, recognition from other human beings and needs to be known, appreciated, cared for and needs to receive support from other people, family and friends starting from pregnancy until after giving birth, during which period a mother often shows mild depression a few days after giving birth. Therefore, in order to fulfill the mother's needs in going through this period, encouragement and attention from other family members are very necessary starting from pregnancy until breastfeeding. This is positive support for the mother (Thaha et al., 2020).

Social support is a condition that is beneficial for individuals obtained from other people who care, appreciate and love. Social support is also a process of relationships between family and the social environment. Sources of social support come from spouses, parents, siblings, children, relatives, friends, co-workers, health workers and members of community groups. It is hoped that with social support, a person will feel cared for, appreciated and loved. By providing meaningful social support, a person will overcome their anxiety about the surgery they will undergo (Mariany et al., 2022).

Mother's Hope

Based on the results of the study, it was found that both informants hoped to get a good response and acceptance from the surrounding environment. The results of the interview with the first informant stated that she really hoped to be able to live with her husband again and get a good response from the environment, as well as the hopes or desires of the second informant who stated that she wanted to be accepted in the surrounding environment and be able to live properly. Treatment of HIV sufferers is often discriminatory and has an impact that causes a high risk of suicide in HIV sufferers due to the mental depression they experience. This condition causes PLWHA to lose the meaning of their lives, feel low, helpless and empty. They find it difficult to accept their condition until negative thoughts arise in them (Anasari & Trisnawati, 2018). Meaningfulness of life is a condition that shows the extent to which a person has experienced and experienced the importance of his life's existence according to his own perspective. Meaningfulness of life can be found and seen in various aspects such as life goals, life satisfaction, freedom, attitudes towards death, thoughts of suicide, and the worthiness of life (Setyo et al., 2018). The mother's hopes and desires are one of the things that can increase the meaning of life for mothers suffering from HIV, support from those closest to them, the absence of negative stigma provides a positive meaning for mothers to improve their well-being and becomes one of the psychological therapies that are felt.

CONCLUSION

Postpartum mothers with HIV have high hopes for their husbands to be able to live with them and help them during child care, but all they get is a small role from their husbands and they actually get a lot of support from their parents.

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