

Mental Well-Being: A comparative study among HIV/AIDS patients of different levels of income

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Abstract

The present study was conducted to find out the difference among mean scores of mental well-being for HIV/AIDS patients of different levels of monthly income. The sample consisted of 150 HIV/AIDS patients was collected from the department of medicine, Jawahar Lal Nehru Medical College & Hospital, Aligarh Muslim University, Aligarh, Uttar Pradesh. The Warwick-Edinburgh Mental Well-Being Scale (WEMWBS) was used. The data was analyzed by using one-way ANOVA. The results showed that there was found a significant difference among people of different levels of monthly income living with HIV/AIDS on mental well-being.

Keywords: mental well-being, HIV/AIDS patients

Introduction

HIV/AIDS

HI Virus is a deadly virus (human immunodeficiency virus). It makes a person unable to fight against infections and diseases. The virus doesn't have a much longer history but only in last few decades it has been found very lethal to mankind. HI virus ultimately leads to AIDS (acquired immunodeficiency syndrome) for which there is no cure but fortunately there are the medicines in the market that helps a patient to live relatively a better life (Medlineplus, n.d).

Variables

Mental Well-Being: Mental well-being includes two important points: (1) Subjective happiness and the satisfaction of life (hedonic perspective); and (2) the strong relationship with the people around and the realization of self (the eudaimonic perspective). The later includes the capability for the progress of self, healthier relationship with the people around, and the self-competency (Stewart-Brown & Janmohamed, 2008) [4].

Objective

1. To examine the mean difference among mental well-being scores for HIV/AIDS patients of different levels of income.

Hypothesis

H_{A1}: There will be the difference among mean scores of mental well-being for HIV/AIDS patients of different levels of income.

Methodology

Sample

In this study with the use of purposive sampling 150 people living with HIV/AIDS taken from the department of medicine, Jawahar Lal Nehru Medical College & Hospital, Aligarh Muslim University, Aligarh, Uttar Pradesh served up as the participants.

Tools Used

Warwick-Edinburgh mental well-being scale (WEMWBS)

The Warwick-Edinburgh Mental Well-being Scale (WEMWBS) was developed by a team of researchers at the Universities of Warwick and Edinburgh (2007) [4]. WEMWBS consists of 14 items which measures the mental well-being of an individual in the past two weeks. It uses 5-point likert rating scale that ranges from "none of the times" to "all of the times". The total score may ranges between 14 and 70. Chronbach's alpha of WEMWBS of 0.87 and 0.91 was found. And the one-week test-retest reliability at Validation studies were held in diverse populations in UK (Stewart-Brown & Janmohamed, 2008) [4].

Procedure for data collection

The sample was collected from the department of medicine, Jawahar Lal Nehru Medical College & Hospital, Aligarh Muslim University, Aligarh, Uttar Pradesh. Initially, support was asked, confidentiality was guaranteed and to the participant the main aim of the study was explained.

Statistical techniques Used

The data were analyzed by using Statistical Package for Social Sciences 20.0 (SPSS 20.0). And the statistical technique ANOVA was also used.

Result and Discussion

The one-way ANOVA was made use of to compare the effect of income on mental well-being among people living with HIV/AIDS. Income was grouped into three categories viz. 1000-10000, 11000-20000, and 20000 above. The Table 1 plainly indicates that there is a significant effect of income on mental well-being [$F=8.62$, $p=.001$ (2,147)] among people living with HIV/AIDS. Table 2, post hoc comparisons, made it clear that there is a significant mean difference in mental well-being ($p<.05$) between the people

(HIV/AIDS) whose monthly income ranges between 1000-10000 and 20000 above. The results suggest that the people whose monthly income is 20000 above (M=33.84) have higher level of mental well-being than those whose monthly income ranges between 1000-10000 (M=25.40). However, those whose monthly income ranges between 11000-20000 and 20000 above did not show any significant difference in their level of mental well-being. Therefore the hypothesis H_{A1} that says, there will be the difference among mean scores of mental well-being for HIV/AIDS patients of different levels of income stands partially supported. Patients with higher mental well-being live a good quality life than the patients with poor mental well-being. Patients with highest monthly income have higher mental well-being and healthy life style, because they have sources to fight their illness. They are wealthy enough to live life of a better quality and their money and the feeling of helpfulness has a positive effect on their mental well-being and overall life. The results agree with the findings of Boer *et al.* (2008) [1] and World Health Organization (2009) [5]. They suggest, among every 10 individuals, 4 are the victims of psychological disorders like depression and schizophrenia and they live in middle and low income countries. Likewise, Holzer *et al.* (1986) [2] argues that poor people are unjustly victimized by psychological disorders. The people who are living with the most deteriorated socio-economic status have more inclination to fall prey to schizophrenia as compared to the people living in the highest socio-economic status.

Table 1: ANOVA Summary of Mental Well-Being among people living with HIV/AIDS with respect to their monthly income

	Sum of Squares	Df	Mean of Squares	F	p
Between Groups	2411.36	2	1205.68		
				8.62*	.001
Within Groups	20548.13	147	139.78		
Total	22959.50	149			

Table 2: Mean difference and descriptive of mental well-being among people living with HIV/AIDS with respect to their monthly income

Monthly Income	M	SD	Std. Error	MD	p
1000 TO 10000	25.40	10.30	2.424	7.72*	.005
11000 TO 20000	33.12	13.91			
1000 TO 10000	25.40	10.30	2.452	8.44*	.002
20000 Above	33.84	13.24			
11000 TO 20000	33.12	13.91	2.933	.722 ^{NS}	.967
20000 Above	33.84	13.24			
Total N=150					

Findings

The HIV/AIDS patients of different levels of monthly income were compared on mental well-being and among the groups the significant difference was found. However, the patients with highest level of monthly income (20000 above) were found with a better mental well-being, but the patients of 11000-20000 and 20000 above monthly incomes did not differ significantly.

Limitations

- a. Only 1 demographic variable was studied.
- b. The sample was only collected from Jawahar Lal Nehru Medical College and Hospital, Aligarh, Utter Pradesh.

Suggestions for Future Research

- (a) For learning more comprehensively about HIV/AIDS patients a more comprehensive study has to be held.

References

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