



**“LIFE STORIES AND COPING MECHANISMS OF HIV/AIDS PATIENTS”**

An Undergraduate Thesis

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### Abstract

Human Immunodeficiency Virus (HIV) is a lentivirus (slowly-replicating retrovirus) that causes Acquired Immune Deficiency Syndrome (AIDS), a condition in humans in which progressive failure of the immune system allows life-threatening opportunistic infections and cancers to thrive. Infection with HIV occurs by the transfer of blood, semen, vaginal fluid, pre-ejaculate, or breast milk. People Living with HIV (PLHIV) experience physical stress, emotional anxiety and social discrimination with regards to their condition.

The purpose of this study is to identify the coping mechanisms used by HIV positive Pinoy Plus members of San Lazaro Hospital H4 and how they use these coping mechanisms to help deal with the stigma that comes with their condition. Another aim is to create an in-depth study on the changes in experience in the respondents' life stories.

Purposive sampling method was used to get a total of six respondents. All of the respondents are members of the Pinoy Plus Association Inc. (PPIA) from San Lazaro Hospital in Sta. Cruz Manila. The researchers used a conceptualized instrument validated to gather data from the interview. The instruments used identified changes in experience, significant events and the coping mechanisms of the respondents.

The result of the gathered data on the interviews showed that there is a significant change in each of the respondents' lives after learning they are HIV positive. The result also showed that the two classification approaches of coping mechanism are used by the respondent in dealing with their situation, the emotion-focused coping and problem-



focused coping. Most stressors in specific events require both problem-focused and emotion-focused coping efforts. The significant events identified are: during and after diagnosis, informing their family of their condition, and acceptance of their situation.





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