



## Optimism: A comparative study among HIV/AIDS patients of different age groups

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**Abstract**

This study was carried out to find out whether there is any difference among mean scores of optimisms for HIV/AIDS patients of different age groups. 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 Life Orientation Test-Revised (LOT-R) was used. The data was analyzed by using one-way ANOVA. The results showed that there was found no significant difference among people of different age groups living with HIV/AIDS on optimism.

**Keywords:** optimism, HIV/AIDS patients

**Introduction: HIV/AIDS**

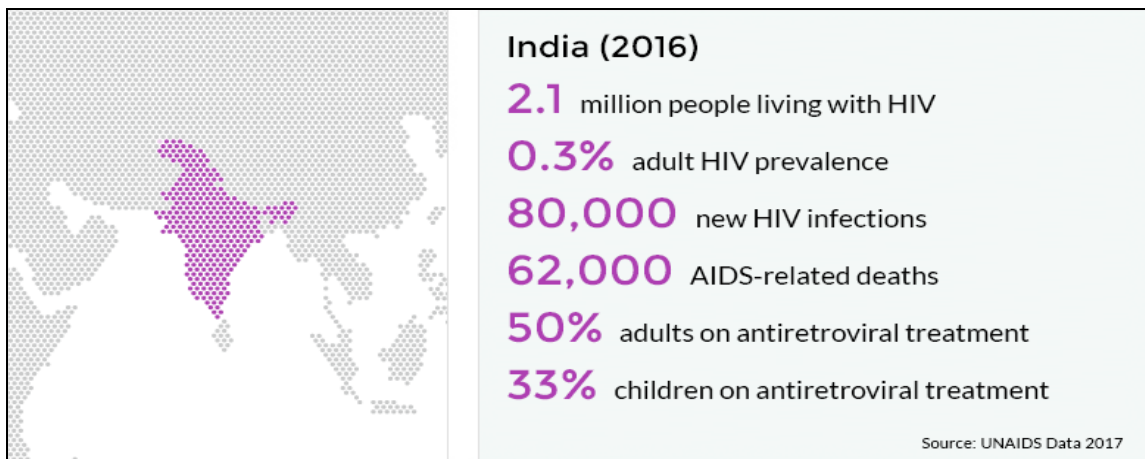
HIV stands for human immunodeficiency virus. This virus harms a person’s immune system by damaging person’s white blood cells. This virus puts a patient at the severe risk for deadly infections and particular cancers. The final stage of infection with HIV is known as AIDS (acquired immunodeficiency syndrome). Not everybody with HIV develops AIDS (Medlineplus, n.d).

**HIV and AIDS in India**

India shelters the third highest number of HIV/AIDS patients. In 2016, in India, the prevalence of the estimated 0.3% is quite smaller when compared to other countries with middle-income. But this 0.3% in other words means 2.1 million people living with HIV/AIDS, because India is the country with a huge number of populations. In 2016 in

India an estimated 62,000 people died because of the illnesses begotten by AIDS. On the whole, the deadly wave in India is now slowing down. There was found the decline of a 32% in new HIV infections (80,000 in 2016), and between 2007 and 2015 there was found the decline of a 54% in AIDS-related deaths as well (AIDS Virus Education Research Trust, n.d).

In India heterosexual sex is the prominent cause for the epidemic and accounted for 87% of latest infections in 2015. On the other hand, the epidemic is intense mostly in key affected populations like sex workers. The three states which have the highest HIV prevalence (Manipur, Mizoram, and Nagaland) fall in the east of the country. Some of the states in northeast and north have increase in HIV prevalence.



**Fig 2:** HIV and AIDS in India (AIDS Virus Education Research Trust, n.d).

**Variables**

**Optimism:** Optimism is an inclination and a psychological attitude where a person is hopeful and confident that the result or outcome of a particular event or an attempt will be positive and pleasant. Pessimism as well is a psychological attitude where a person believes that unwanted events and

happenings will occur in his life and has a negative attitude towards life overall (Scheier, Carver, & Bridges, 1994).

**Objective**

To examine the mean difference among optimism scores for HIV/AIDS patients of different age groups.

**Hypothesis**

**H<sub>A1</sub>:** There will be the difference among mean scores of optimisms for HIV/AIDS patients of different age groups.

**Methodology**

**Sample**

In this study 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**

**Life Orientation Test-Revised (LOT-R)**

Life Orientation Test-Revised was developed by Scheier, Carver, and Bridges in 1994. This scale is made of 10 items. The response may range from 0 (strongly disagree) to 4 (strongly agree). The higher score of the items indicate the greater optimism. And the total score may range between 0 and 24. The corrected item-scale correlation of .43 to .63 was found. While the Cronbach's alpha for the all 6 items was. 78.

**Procedure for data collection**

The purposive sampling method was made use of to select the participants. The participants were approached individually and the participants who were not willing to participate were excluded.

**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**

**Table 1:** ANOVA Summary of Optimism among people living with HIV/AIDS with respect to their age

	Sum of Squares	Df	Mean of Squares	F	p
Between Groups	40.77	2	20.39	.578 <sup>NS</sup>	.562
Within Groups	5183.19	147	35.26		
Total	5223.97	149			

The one-way ANOVA was made use of to compare the effect of age on optimism among people living with HIV/AIDS. Age was grouped into three categories viz. 20-30, 31-40 and 40 above. The Table 1 evidently indicates that there is no significant effect of age on optimism [F=.578, p>.05 (2,147)] among people living with HIV/AIDS. Therefore, the hypothesis H<sub>A1</sub> which states that there will be the difference among mean scores of optimisms for HIV/AIDS patients of different age groups stands not supported. The study held by Sarvimäki and Stenbock-Hult (2000) is in conflict with our result as they have found that purpose in life was more among younger adults than older adults. Bondevik and Skogstad (2000) also suggest that there is higher level of purpose in life among the oldest old people as compared to a young old group. While Osgood (1991) and Reed (1991) in their research studies also found that meaning in life diminishes in the older adults.

**Findings**

- There was found no significant difference on optimism among people living with HIV/AIDS with respect to their age.

**Limitations**

- (a) The target population was too sensitive.
- (b) Only one demographic variable was taken into consideration.

**Suggestions for Future Research**

- (a) Population demands more extensive study.
- (b) Larger group of HIV/AIDS patients should be taken into consideration.

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