

Assistance for People with HIV/AIDS in Enhancing Emotional Regulation Through the Utilization of Bibliotherapy at KPA Bandung City

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Abstract

According to the World Health Organization (WHO), the prevalence of HIV/AIDS is rising in all age groups. Members of KPA Bandung City who have HIV/AIDS (PLWHA) have psychological issues. PLWHA's main problems include feeling sad and angry with God, frequently crying, and believing they are dying (feeling depressed). The psychological consequences of HIV/AIDS can have an impact on the survival of HIV-positive adolescents. As a result, it is critical to recognize and treat these psychological symptoms, one of which is the use of emotion regulation strategies.

People suffering from chronic illnesses, which are sometimes fatal, rely on their faith and religious practices to find support and acceptance for their suffering. As a result, more attention must be paid to the management of emotion regulation. Cognitive-behavioral therapy (CBT) can help adolescents with HIV/AIDS improve their emotional regulation strategies and religious coping. Through bibliotherapy, the Youth Empowerment Program with HIV/AIDS aimed to improve the emotional regulation. This community service activity is conducted by assisting PLWHA youth through the use of bibliotherapy. Activities for up to 5 PLWHA will be carried out at the KPA office. Community service is performed by asking PLWHA to read a book on the topic of PLWHA once. Furthermore, bibliotherapy is given to PLWHA for one session by asking them to read a book with the theme of becoming successful HIV AID patients. People living with HIV are able to capture the meaning of every event that occurs in the reading during the stages after reading. There was a change in the regulation of PLWHA's emotions after being given bibliotherapy, namely being positive.

Keywords: Bibliotherapy, Community Service, Emotional regulation, PLWHA

INTRODUCTION

The AIDS Commission (KPA) Bandung, located at Jalan Banteng 48, 40286 Bandung, West Java, is a partner in this community service program. The AIDS Commission was established in the context of increased efforts to prevent and control AIDS, Strategic steps are deemed necessary to maintain the continuity of the AIDS response and to avoid a larger impact in the health, social, political, and economic sectors, as well as to increase the effectiveness of response coordination by the AIDS Commission in a more intensive, comprehensive, and integrated manner. People living with HIV/AIDS are among the Bandung KPA's members. Members of KPA Bandung living with HIV/AIDS (PLWHA) have psychological issues. The main problems that PLWHA youth face are feeling sad and angry with God, frequently crying, and believing that they are close to death (feeling depressed). Furthermore, PLWHA adolescents continue to experience disappointment and stress. Interviews with PLWHA youth at KPA Bandung revealed that they were stressed by their disease conditions and frequently engaged in self-injury activities.

The primary issue of PLWHA KPA in Bandung is that they believe their illness is a punishment from God; they have passive religious coping, low religiosity, self-directed coping, and poor emotional regulation. This demonstrated that PLWHA adolescents have a proclivity for religious coping patterns and poor emotional regulation (Aisyah, Widiyanti, Lusiani, 2020). Based on interviews with PLWHA youth, they were disobedient in taking anti-virals as a result of this negative religious coping, and they were rushed to the hospital due to HIV complications.

The mayor established the KPA to combat HIV and AIDS. In carrying out its duties, the KPA as intended has the function of coordinating the formulation of policies, strategies, and steps required in the context of tackling HIV and AIDS in accordance with the policies, strategies, and guidelines stipulated by the AIDS Commission; leading, managing, controlling, monitoring, and evaluating the implementation of HIV and AIDS response in the Regions; collecting, mobilizing, providing, and utilizing resources originating from the central, regional, communitarian, and local levels; coordinating the implementation of the duties and functions of each agency that is part of the KPA membership; implementing of regional cooperation in the context of HIV and AIDS prevention; disseminating of information on HIV and AIDS prevention efforts to officials and the public; fostering and facilitating the implementation of sub-district and the headman's tasks in the response to HIV and AIDS; encouraging the formation of NGOs/HIV and AIDS care groups; fostering , coordinating and monitoring the activities of NGOs/HIV and AIDS care groups; monitoring and evaluating of the implementation of HIV prevention and AIDS and submitting regular reports and tiered to the Provincial KPA.

Women predominated in HIV-AIDS cases, and several cases of transmission occurred during childbirth (RI Ministry of Health, 2011). Between 1987 and 2016, there were 18,727 HIV cases discovered in women and children in West Java. West Java is Indonesia's fourth most HIV-infected province, trailing only Jakarta, East Java, and Papua. The age group 15-19 years had 209 cases, and the age group 20-29 years had 3,877 cases (Ministry of Health RI, 2014). This indicated that the prevalence of HIV infection among adolescents is quite high.

Adolescence is synonymous with the period of searching for one's self-identity, and the environment has an impact on shaping adolescents' values and attitudes toward dealing with life's problems, as well as their religion. Adolescents raised in a religious environment by their parents will have strong religious values. If you do not have the support of a religious life, it is easier to be dominated by your sexual desires, because sexual maturity is developing at this time.

Teenage deaths as a result of sexual misconduct are receiving a lot of attention in Indonesian society and the government right now. The reason for this is an increase in sexually transmitted diseases, such as HIV-AIDS, among adolescents as a result of premarital sex and the use of injecting needles in drug cases. 2022 (Wilandika).

Adolescents with HIV/AIDS frequently experience emotional and even spiritual difficulties. According to Vitriawan et al. (2007), HIV/AIDS patients experience psychological stress, such as feeling depressed and down. When hanging out, social problems cause feelings of shame and insecurity. Grief from rejecting the HIV/AIDS diagnosis, anger, blaming others, depression, sadness, confusion, fear of facing life, and fear of death are all psychological problems for adolescents with HIV/AIDS.

The psychological consequences of HIV/AIDS can affect on the survival of HIV-positive adolescents. As a result, it is important to recognize and treat these psychological symptoms, one of which is the role of emotion regulation strategies. People suffering from chronic illnesses, some of which are incurable, rely on faith and religious action to find support and acceptance for their suffering (Gonçalves, Lucchetti, Menezes, & Vallada, 2017). As a result, more attention must be paid to the management of emotion regulation. Cognitive behavioral therapy can help adolescents with HIV/AIDS improve their emotional regulation strategies and religious coping (CBT). This model serves as the foundation for a therapeutic strategy to change maladaptive cognition, which in turn changes emotional stress, one of which is bibliotherapy. . (Hofmann, Asnaani, Vonk, Sawyer, & Fang, 2012) .

One of the soul restoration therapies is bibliotherapy, also known as reading therapy. Bibliotherapy can be used for spiritual healing as well as emotional regulation. Dewi and Widiyanti

(2019) did this by providing interventions in the form of bibliotherapy using presence support and reading stories from the Al-Qurab to hemodialysis patients, with the results showing an increase in emotional regulation scores and religious coping. According to this, bibliotherapy may be an effective alternative therapy for improving emotional regulation and spiritual coping in hemodialysis patients.

It is feared that, in the absence of a regulation improvement program for PLWHA adolescents, the aforementioned issues will lead to attitudes of rejection of antiretroviral therapy, deep feelings of punishment from God, and deviations in the adolescents' identities. As a result, efforts that can contribute to the prevention of decreased emotional regulation through religious bibliotherapy of physical activity are required to aid in the formation of positive emotional regulation in adolescents living with HIV. According to the description above, the new strategy that has never been used at KPA Bandung in an effort to increase the ability of adolescents living with HIV to regulate their emotions is the use of books as therapy (Islamic version) with the companion of PLWHA as facilitators.

METHOD

The KPA Bandung was in charge of carrying out this community service activity. On October 28, 2022, this Community Service was completed. This service was designed for PLWHA members of the KPA Bandung. This method of community service involved PLWHA members participating in Bibliotherapy, which entails reading books with HIV/AIDS themes, assistance, the practice of assisting PLWHA in improving emotional regulation in daily life, the treatment process and the PLWHA's quality of life.

The method of implementing this Community Service program is to provide bibliotherapy assistance for PLWHA. Stages and methods of Activity in this community service activity are the mapping stage, the activity program design stage, the implementation plan, the implementation stage, the evaluation stage. During the bibliotherapy process, PLWHA will be asked to read the theme regarding

- Motivation and Inspiration
- HIV is not a virus that inhibits success
- Wise Process
- Healthy Living with HIV
- Careers for PLWHA

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The following is a chart of the community service process that was completed.

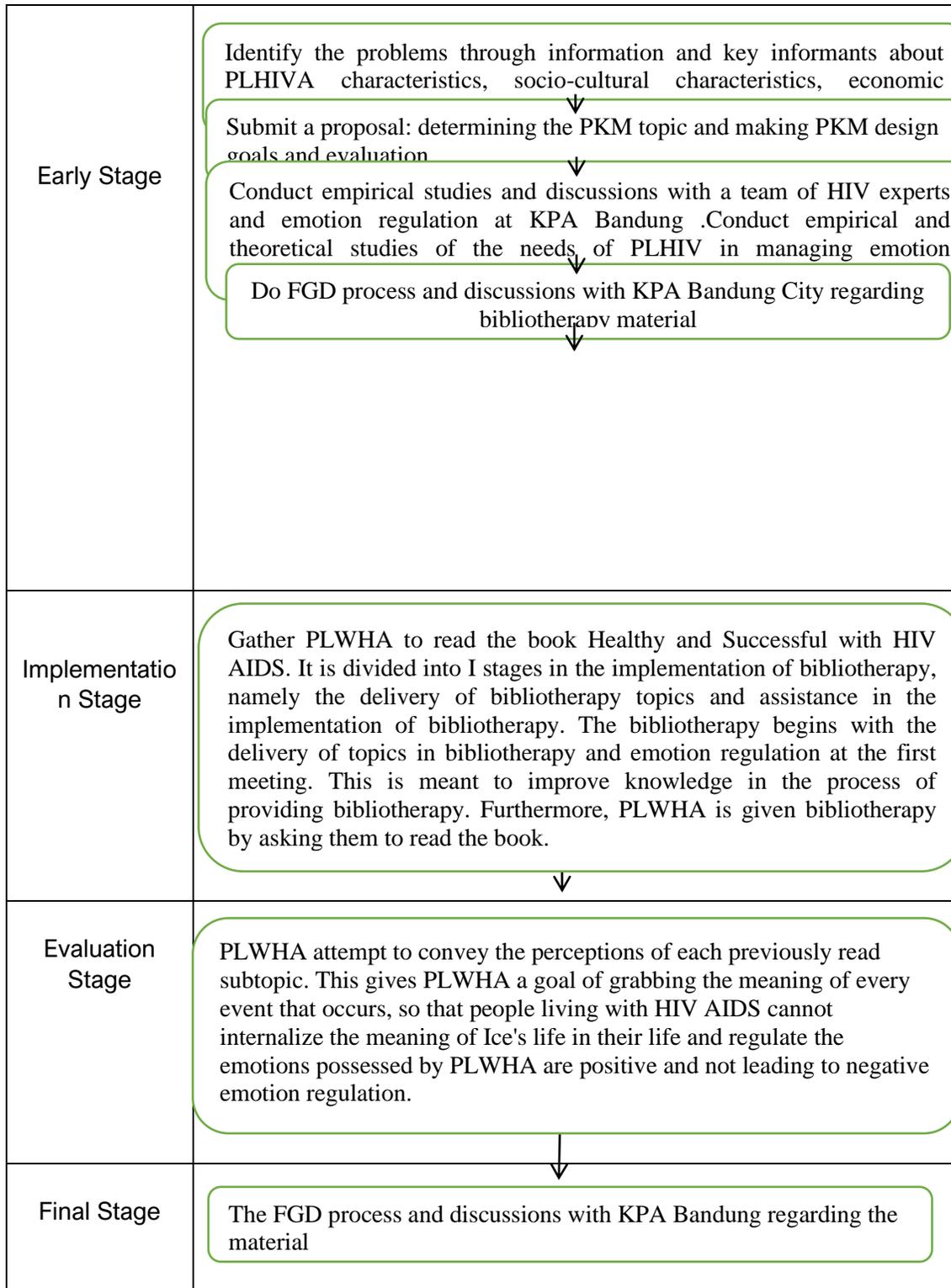


Figure 1. Community Service Method Flow
RESULTS AND DISCUSSION

The community service program at KPA Bandung in effort to improve PLWHA emotional regulation has gone well. During the community service process, the five PLWHA participants who participated in bibliotherapy activities looked enthusiastic. Participants can relate and understand

the meaning of the events contained in the books as they discover the meaning of the books they have read. As a result, bibliotherapy is extremely beneficial to PLWHA in terms of emotional regulation.

Participants are brought to a real atmosphere by reading, which describes a person's conflict or condition in a state of anger and how they get out of a problem, namely the habit of expressing anger negatively to expressing it positively. This result was consistent with the opinion of Gladding (2005) and Shechtman (2009) stating that that reading teaches people how to explore different emotions, understand and find explanations for their own experiences, and solve their own problems. In such situations, students can learn to express their anger positively, control themselves, and solve environmental problems in a positive manner.

In addition to reading, they use discussion and writing to gain a broader understanding of the problem of angry emotions. This was consistent with Tribaul (Shechtman, 2009) and Eliasa (2009) stating that bibliotherapy activities include discussion and writing to assist participants in expressing their problems. The facilitator's role in the administration of bibliotherapy techniques is important. The facilitator's role is to provide support and motivation so that participants can participate in all of the activities or actions assigned to them. Furthermore, the facilitator must understand the contents of the library material that will be provided and the recommended texts as well as the participants' needs and problems and have the ability to read and understand written materials (Silverberg , 2003).

The book "Healthy and Successful with HIV/AIDS" by Dr. Stephanus Agung Sujatmoko and Dr. Muchlis Achsan Udji Sofro SpPD KPTI-FINASIM was provided as library material. This book is classified as a Popular Scientific book because it is broad in scope and does not focus on specific scopes or circles. This book aimed to motivate and inspire the majority of PLWHA who are hopeless and feel useless for themselves and others. The author investigated HIV/AIDS survivors in the field in this biography book. Goleman (2002) also argued that activities that make us feel good, such as reading, can help us regulate our emotions. PLWHA is basically directed at experiential learning in this book, which the readers are brought cognitively through stories, exercises that lead to the process of providing assistance to help PLWHA to be able to actualize the problems they face in order to develop their ability to understand the steps to manage emotions, as well as aspects that affect the ability to manage emotions, because this book also contains how PLWHA are able to rise from the initial diagnosis. According to Eliasa (2009), reading allows people to actualize their lives and build their own.

CONCLUSIONS AND RECOMMENDATIONS

In one mentoring session, namely bibliotherapy to regulate emotion regulation for PLWHA, the community service activities at KPA Bandung run well. This activity received positive feedback from the community service participants because, in addition to providing knowledge, participants could use this bibliotherapy activity to regulate their emotions. There were no difficulties in conducting this community service activity; it was just that there were not many PLWHA who wanted to participate.

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