

## Stigmatization Of ODHIV In The Working Area Of PB Health Center Selayang II Medan In 2023

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### Keywords

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**Abstract.** Stigma is a negative label that is a sign for someone given by someone else or yourself. Stigma is influenced by the environment and becomes a barrier for that person to get attention, opportunities and social interaction and becomes one of the inhibiting factors in improving the quality of life of PLHIV. The purpose of this research is to find out the life story, stigma and its impact, and the factors that influence acceptance of stigma. This type of research is qualitative research and data collection uses the interview method. The informants in this study were divided into 2, namely 4 key informants and 4 respondents as triangulation informants. The results of this study indicate that there is a life story effect with the causes of key informants being exposed to HIV. Stigma obtained by key informants can be categorized into several levels of stigma, namely self-stigma, family/community stigma and also institutional stigma. Furthermore, there are 2 factors that affect the acceptance of stigma for PLHIV, namely external factors and also internal factors. Based on this, it is suggested to the family that it can be a place where children can get education and love. People also need to understand more about HIV so that stigmatization can be reduced. Medical personnel must also improve services for people living with HIV so that they can also get proper services, and the local government must be able to assist HIV-related programs so that they can run smoothly.

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### 1. INTRODUCTION

HIV-AIDS is an infectious disease caused by infection with the HIV virus (Human Immunodeficiency Virus) which attacks the body's immune system. HIV reproduces in the lymphocyte cells it infects and damages these cells. This virus is found in blood and semen. A weakened immune system results in disease due to infection or other diseases that will increase [1]. This infection also causes sufferers to experience decreased body resistance, making it very easy for them to become infected with various other diseases called AIDS (Acquired Immunodeficiency Syndrome). AIDS is a group of disease symptoms that arise due to damage to the body's immune system humans due to infection with the HIV virus. People who have been diagnosed as positively infected by the HIV and AIDS viruses are called PLHIV, which is an abbreviation for People With HIV-AIDS [2]. AIDS is characterized by an immunosuppressive condition that triggers opportunistic infections, secondary neoplasms, and neurological manifestations [3].

According to WHO statistical data in July 2020, data was obtained that there were 38 million people living with HIV-AIDS cases in the world and 1.7 million were new cases and 0.7 million were deaths due to HIV-AIDS. The country with the highest number of HIV-AIDS cases in the world is Africa with 25.7 million cases. Southeast Asia itself ranks third with the number of HIV-AIDS cases at 3.7 million. Of the 38 million people suffering from HIV-AIDS as of 2020, 36.2 million adults are infected, and 1.8 million are children under 15 years of age. Based on the number of death cases, there are 690,000 people in the world who died from HIV-AIDS in 2020. WHO also states that 50% of all infected cases are young people, or in other words 7000 young people (aged 15-24 years) are infected every day, and 30% of the 38 million people infected with HIV (PLHIV) worldwide are in the 15-24 year age group [4].

Until now, no drug has been found that can completely eliminate the HIV virus, but this virus can be suppressed to suppress its development in the body using drugs that PLHIV must take regularly every day (Latifah, 2015). UNAIDS or Joint United Nations Program on HIV and AIDS is a global institution that is the main supporter in ending HIV and AIDS. Their goals are stated in the Fast Track report: Ending the AIDS epidemic by 2030 which was published in 2014. According to UNAIDS, there are several targets that must be achieved by 2020, namely: 90-90-90, reducing the

annual number of HIV infections in adults to 500,000 cases, and eliminate discrimination. Meaning This figure is that 90% of people living with HIV must know their HIV status (tested), 90% of people living with HIV (PLHIV) are undergoing treatment, 90% of people who have undergone therapy have experienced a decrease in the number of viruses (viral load) to no detected (undetected). Based on research in 2011, PLHIV (people with HIV) who adhere to taking ARVs effectively have the risk of transmitting the virus to uninfected partners reduced by up to 96%. Therefore, WHO recommends initiating ARV therapy for PLWHA because it is very significant in reducing HIV transmission.

The stigma regarding the phrase PLHIV continues to grow and even those who do not know its meaning are trapped in giving them a negative stamp. Sneering and cursing, spitting and even excessive physical actions [5]. And what started this war was the state through statements from political elites [6], continuing to ministries, state commissions, certain political parties, right-wing religious organizations (Davies, 2016) to academics [7]. Regulations were created to criminalize this group if it is not excessive that they are labeled criminals. Then, the group of young people were taken into Regional Police custody, although in the end they were released with the obligation to report. They are considered social diseases that must be stopped and punished. Deployed dozens of Satpol PP and threw stones at them along with insults, harsh words and grabbing [8]. Most of the SMRC research results consider LGBT as a threat and do not have the right to live [9]. Then the stigma and discrimination strengthens and takes root in society and even in one's own family. They were not recognized, some were expelled, their family cards were revoked and they continued to live without identity, without a name [10]. And what was said was just a disguise. The name they carried to their grave was neglected. The victims become embarrassed, tired, suffer from acute depression so they have to stigmatize themselves [11].

Until now, no medicine has been found that can completely eliminate the HIV virus, but this virus can be suppressed to suppress its growth in the body using medication that PLHIV must take regularly every day. Its function is to ensure that AIDS does not attack the body of HIV sufferers quickly [12]. A person who has been diagnosed with HIV/AIDS will experience various indications related to HIV infection itself for a relatively long time, comorbidities, and side effects from the HIV medication they are taking. More than that, HIV/AIDS sufferers also have to struggle with various social problems such as stigma, depression, and cultural beliefs that can affect their quality of life [13]. Social stigma still has frightening consequences. People who are supposed to protect, support and cure people living with HIV often discriminate against PLHIV who should be in their care [14]. In connection with HIV disease, social stigma arises which makes individuals suffering from HIV shunned by other members of society. We can see that there is different treatment for HIV/AIDS sufferers, such as being ostracized, shunned, ridiculed, and discriminatory treatment [15].

The number of HIV diseases has increased from year to year. This disease causes quite extensive problems in individuals infected with HIV, including physical, social and emotional problems. One of the biggest emotional problems faced by PLHIV is depression. PLHIV who experience depression can experience irrational feelings of guilt and shame, lose self-esteem, feel helpless and worthless, and have suicidal thoughts [16]. Depression that is allowed to drag on will burden the mind and can disrupt the immune system. So if the problem of depression is allowed to continue to burden the minds of PLHIV, it will increase or worsen the disease and can reduce the quality of life of PLHIV [17].

## 2. METHOD

The research design applied in this research uses a life history approach carried out using qualitative methods. The data used in this research is in the form of individual experience data using a life history approach. In this research four informants were taken from the entire population of PLHIV who received treatment at the PB Selayang II Health Center in Medan. The key informants for this research include: 1) transgender women (FSW), 2) female sex workers, 3) injectable Nazpa users (IDUs), and 4) men who have sex with men (MSM). Data analysis in this research was carried out during data collection and after data collection was completed within a certain period.

### 3. RESULTS AND DISCUSSION

#### Informant Characteristics

In this research, informants were divided into two, namely key informants and triangulation informants. Selecting key informants and triangulation are based on the principles of suitability and sufficiency. Determining key informants based on the principle of suitability is selecting informants who have suffered from HIV for more than 5 years and for selecting triangulation informants based on the principle of suitability is selecting informants who really like the key informant. Meanwhile, determining informants is based on the principle of sufficiency, namely determining informants who can describe all phenomena related to the research being conducted. In this study there were 4 key informants who were interviewed and the results of their answers were obtained according to what was needed to be able to answer the objectives of this research. Key informants in this research were taken 4 received treatment at the PB Selayang II Community Health Center and also came from different backgrounds. Of the 4 key informants there were 2 men and 2 women. Their sexual orientation varies, ranging from homosexual, heterosexual and bisexual. Data from the informants can be seen in the following table.

**Table 1** Key informant information

Key Informant Code	Last education	Characteristics of Key Informants			
		Gender	Sexual Orientation	Criteria	Work
I-1	Senior High School	Man	Homosexual	shemale	Salon make-up artist
I-2	Junior High School	Woman	Heterosexual	FSW (female sex workers)	Street vendors
I-3	Diploma	Woman	Bisexual	Penasu (syringe drug users)	Activist
I-4	Diploma	Man	Bisexual	MSM (men who have sex with men)	Male Sexual Workers

The key population of this research is the community group behavior that is at risk of contracting and transmitting HIV includes: I-1) transvestites (FSW), I-2) female sex workers, I-3) injectable Nazpa users (IDUs), and I-4) men who have sex with men (MSM).

**Table 2** Triangulation Informant Information

Informant Triangulation	Informant Function
T-1	I-1 community friends
T-2	I-2 community partner
T-3	I-3 community partner
T-4	I-4 Community Associates

The function of informant triangulation is to validate what the informant is the key to really brightening up his life story properly is his absence lie. Triangulation informants were also selected with the criteria that they had to be individuals really know the key informant and also know the informant well key. And also the triangulation informant must be someone who often does it interact with key informants and is also a place for the informant the key to sharing about himself

#### Interview result

Interviews were conducted separately, closed and confidential so that the identity of the informants was protected and no one knew their privacy. Then the interviews carried out aimed to obtain information regarding 1) Life Story, 2) the stigma received and its impact and 3) factors that

caused the informant to receive the stigma received. All three topics This is the main discussion in this chapter and is also fundamental so that researchers can achieve the specific objectives of this research

### **Life Story of Key Informants from Childhood to Present and Events of Violence or Harassment They Have Experienced**

Life stories are very important because by studying life stories researchers can find out what factors caused the informant to fall into a negative world and then become infected with the HIV virus. From the interview process that has been carried out, it shows that they have different backgrounds and have an event that ultimately results in this Their beginnings became what they are now.

### **Activities at Risk of HIV Infection that Key Informants Have Done**

Activities that pose a risk of HIV infection are activities that can result in people contracting the HIV virus or transmitting the HIV virus to other people. There are many types of risky activities that can transmit or contract the HIV virus, some examples of which are sexual intercourse without using protection, using injection needles in groups and so on.

### **Stigma acquired and its impact on Key Informants**

Stigma is a frightening thing for those who experience HIV in society. It's not just society that carries stigma, it could be the family or even the husband. In this topic, the results of interviews with informants will be presented regarding who gives stigma and in what form the stigma is given.

### **Factors that influence the acceptance of stigma for key informants**

Any stigma that people suffering from HIV receive must initially not be able to accept that stigma. Over time, they will be able to accept the stigma they receive as a way to avoid being burdened by bad words from other people. There are 2 factors that cause them to accept this stigma, namely external factors and internal factors.

### **Lifestyle and health of key informants**

Health is the key for PLHIV to become better so they can live a normal life. Apart from their routine of taking medication to suppress the virus in their body, they must also be able to exercise regularly or at least do light physical activity.

## **Discussion**

### **Description of the Life Story of PLHIV with Related HIV Transmission**

Past Causes of Exposure to the HIV Virus. The results of this research also concluded that life history PLHIV is closely related to exposure to the HIV virus in PLHIV. This can be known from the results of interviews with 4 key informants.

#### **Key Informant I-1**

His life history has a big influence on why Informar I-1 was exposed to the HIV virus. Starting from when he was a child, his parents treated him differently, where I-1 was the 3rd child, whereas previously the first and second children were boys and I-1 was also born a boy. When the mother was pregnant they had prepared all the equipment for a baby girl and as soon as I was born it turned out to be a boy and the parents were disappointed because the third child who was born was a boy, not according to what his parents expected and wanted. . Over time, the informant was born as a boy but was treated as a girl, he was not allowed to cut his hair, the clothes he wore were girls' clothes until the 3rd grade of elementary school. So he had a hairstyle like Adi Bing Slamet in the film which was in the form of "bobbed hair with bangs" and Informant I- 1 was wearing a skirt that was above the knee and at that time his friends didn't know that I-1 was a boy so while he was in elementary school his friends thought he was a girl and if he wanted to go bathroom I-1 went into the women's bathroom and urinated in a squatting position like a woman. This incident took place before school from childhood to grade 3 elementary school, there was a moment when the homeroom teacher of grade 3

elementary school called his mother and father to warn his parents that I-1 was a boy and had to wear men's clothes. Finally, his parents were sad and with a heavy heart when he returned home, I-1 was told to cut his hair. I-1 didn't want to cry until he had a fever because his hair was cut and his clothes were also appropriate. in men's clothes but I-I thought the clothes were strange and refused to wear them, instead feeling pressured and uncomfortable in men's clothes. Over time, I-1 became willing to accept that she finally wanted to wear men's clothes.

#### **Key Informant I-2**

Being born as a woman in a low economic family with a simple daily life had a big impact on I-2. He only graduated from junior high school, he also graduated from high school but did not graduate due to demands from his parents who told him to work. At the age of 15 he should still be playing with his friends in the village enjoying his teenage years. He was forced to drop out of school to obey his parents' words. He was looking for work and was invited to join a foundation by an acquaintance in his village. He started working as a ART (Household Assistant) in Medan with a salary of only IDR 250,000 a month. Because he is still 15 years old and he should not be able to work hard, he feels burdened and also feels stressed about his work. During her work as a household member she felt uncomfortable and also felt that she was jealous of other children who were able to go to high school and play happily. After one year, she stopped being a household member because she felt it didn't suit her.

#### **Key Informant I-3**

Being born into a rich family also does not guarantee that the family will be harmonious and happy. I-3 was born as a girl from 3 siblings, all of whom are girls. I-3's mother died when she was only 1 year old, and she was cared for and raised by household members. As time went by, I-3 called the household member Mama because he thought that the maid was the mother. He was cared for and raised by the household member because his father was busy with work.

As a child, he was often bullied by his older siblings until he cried and screamed. At his father's house there is a mini bar so that when his father's friends come they can drink liquor there. So, since I was little, I-3 has been familiar with liquor. When he entered school age, he went to school like a normal child. Not long afterward, his father remarried, and he started calling his second mother mother, so that his sisters became angry with him because he was seen as not taking their side. I-3's sisters called their second mother auntie because they didn't like her second mother. That's why I-3 was increasingly bullied by his older brothers and shunned and even ostracized. Because at home he doesn't get enough attention and affection, he feels like he lives alone because he doesn't know who to complain to.

#### **Key Informant I-4**

Coming from a TNI family background, I-4 was raised with discipline and high moral values. Getting enough love and attention, I-4 grew up to be a normal man like most. During his school days he was known to be active and also a person who had good social interactions. During high school he also had a girlfriend, this indicates that during high school he was indeed a real man. After graduating from high school, he registered himself to become a member of the TNI. His father was a TNI officer, so on that basis he should also be able to become TNI. With the blessing and prayers of his parents, he finally graduated and joined the TNI.

Like TNI members in general, he underwent very heavy physical training during his education. A year later he was assigned to the service and became an adjutant. In the early days he was his aide and The commander interacted like a superior and subordinate, but over time the commander asked I-4 to share a room with him to massage the commander's body and also had to wear shorts and sleep in the same bed. I-4 did not object and had to obey the commander's orders because he had to follow orders from his superiors. This became a routine every night for I-4 to give the commander a massage, but something surprising happened. The The commander began inviting I-4 to engage in same-sex sex

such as hugging, kissing and masturbating together. They don't have anal sex because they regularly check their health, if they have anal sex they will be caught during routine health checks. The commander had also thought about this so that his harassment could run smoothly and without anyone knowing about his deviant actions. At first I-4 was afraid because it was not an appropriate thing to do between men, but he couldn't refuse the man's invitation commander because he was afraid of his superior. And he resignedly complied and received the harassment.

### **Acquired stigma and impact**

Stigma is something negative that a person or group has and becomes an attribute for that person or individual and can be a barrier to getting attention, opportunities and interaction. Stigma is a negative label attached to a person given by society and influenced by the environment and is one of the inhibiting factors in improving the quality of life of PLHIV. The stigma received by the informants took the form of ridicule or verbal violence and also bad treatment. So far they have not experienced any physical violence, but violence in the form of insults cannot be avoided. As humans, if they are insulted, they will feel sad, especially if they are already depressed because they are HIV positive. This causes their mental condition to deteriorate and even their physical condition may also decline.

Every stigma they receive will have an impact on their lives, both big and small. The impact of the stigma they receive can be both positive and negative. The impact each person receives will definitely be different depending on their own motivation and also the support from those closest to them. One example of the positive impact experienced by the informant is that he can improve the quality of his life and can also prove that he is not what they imagine, he uses this stigma as motivation for him. And one of the negative impacts of this stigma is that he becomes a depressed person, doesn't like interacting and so on.

#### **a. Informant I-1**

We can group the stigma experienced by informant I-1 based on the level of stigmatization. I-1 received community/family stigma and also institutional stigma. The community/family stigma comes from two parties, namely the surrounding community and also the extended family. Meanwhile, the institutional stigma he received was the stigma from individual nurses at a hospital. The stigma they get from society is ridicule or verbal violence and their family is also ostracized. His mother even stopped writing so she wouldn't hear other people badmouthing her child. Community knowledge does influence stigma, because their lack of knowledge causes them to stigmatize PLHIV. Basically, PLHIV should be supported and embraced so that they can live life like normal humans.

#### **b. Informant 2**

Until now, I-2 still keeps her status as an PLHIV under wraps and the only people who know her status are friends she trusts and her husband. At first, her husband didn't mind her status as an PLHIV because he didn't know anything about what HIV was. After several years passed they had two children and they were HIV negative. Not long after, he started to fall, which caused his body to become thin and now his appearance was ugly. When he was being treated for his condition, the medical staff did not handle him optimally. This started with I-2 revealing her status to the nurse so that the nurse looked bad at her and even provoked her husband to keep his distance from her, separate the place where he ate and also if I-1 vomited he had to clean up the vomit himself. Her husband also began to be affected by the medical staff's words. Not only that, I-2 also did not get proper health facilities like him He didn't put bed sheets on his bed in the hospital and the nurses were afraid to take care of him and even scared him.

#### **c. Informan I-3**

Karakter yang dimiliki oleh I-3 sangat mendukung baginya dalam menerima stigma dari orang lain. Sifat yang bodo amat atau tidak memperdulikan apa yang orang lain katakan tentang dirinya. Banyak stigma yang ditujukan kepadanya namun dia tidak memperdulikan hal tersebut

sama sekali. Pada awalnya keluarga juga khawatir dan memisahkan tempat makan serta I-3 mencuci baju sendiri dan terpisah dari yang lain. Dan stigma dari masyarakat ya seperti menganggap bahwa saya wajar kena HIV karna memang saya wanita tidak bener namun tidak I-3 pedulikan mereka. Dan yang sedikit berefek ke I-3 adalah disaat dia menstigma dirinya sendiri pada awal terkena HIV.

d. Informant I-4

Just like I-2 did not dare to open his status, I-4 also did not dare to open his status. Until now, no one knows about his status apart from his close friends. So far, because no one knows his status, the stigma he gets is only self-stigma. He told his wife about his status and she accepted it, but his wife could not accept his sexual orientation because I-4 often had sexual relations with other men behind his wife's back. His wife could not accept this and finally his wife asked for a divorce, but his wife still maintained I-4 status as an PLHIV. The impact of the stigma he placed on himself had a very bad effect on his health. The negative impact that arose was that he thought about dying. This was a sign that he had given up hope on himself because he would not have thought that he would be infected with HIV. Apart from that, he also closed himself off from the outside world for more than 6 months, he closed himself off due to the stress and overthinking he experienced. As a result, his health was affected and his body became emaciated.

### **Factors influencing the acceptance of stigma for PLHIV**

Accepting the stigma given by other people is difficult to do. Regardless of how difficult it is to accept it, whether the sufferer likes it or not PLHIV must be able to accept this stigma. Each person has their own way of accepting the stigma they experience, there are those who don't care about the stigma, there are mothers who are forced to accept the stigma, rather they don't divorce their husbands for the sake of their children and so on. Gradually, stigma must be accepted, they cannot stop people from giving them stigma or labels, they are the ones who have to adapt and develop in order to overcome the stigma from other people.

Acceptance of stigma is usually influenced by several things, including external factors and internal factors. External factors are factors that come from the environment, whether from family or society. These external factors can also be in the form of demands that he must endure so that they do not spill over into other problems, such as the case of mothers who are forced to accept the stigma of not divorcing for the sake of their children's happiness. Internal factors are factors that originate or arise from within oneself. This internal factor can also be a motivation to improve the quality of his life and can be a means of proving that he is able to get through the bad times he is experiencing well.

a. Informant I-1

The stigma given by society will definitely be accepted by PLHIV over time. Acceptance of stigma is definitely influenced by several factors. Broadly speaking, the factors for accepting stigma for PLHIV are divided into: two, namely internal factors and external factors. Factors that help I-1 are categorized as internal factors because they make the ridicule and behavior of other people directed at him into motivation. With strong determination he realizes and can prove that he can be a good and healthy person. I-1 has a tough character so he can face and overcome all the obstacles he encounters.

b. Informant I-2

As a mother, I-2 must be able to accept all the stigma, whether words or treatment, that she receives. He uses his children as motivation for himself so that he can continue to see his children grow up. That matter is an external factor that helps him accept all the stigma he gets. He is still able to survive until now thanks to his children who he loves more than himself. This makes him enthusiastic about fighting so he can become a better person and be as healthy as other normal people. Apart from the blessings of his children, there are also external factors that

help him to divert the sad feelings in his heart. He transferred the stigma he received to positive activities, such as singing because he used to be a karaoke guide whose hobbies were singing, cleaning and decorating the interior of his house and other positive activities.

c. Informant I-3

In accepting the stigma presented to him, I-3 was assisted by 2 factors, namely external factors and also internal factors. The external factor that helped him accept the stigma was that he was invited to join in PLHIV community which contains people with the same problems. There he got to know many PLHIV and also received a lot of knowledge and education about HIV. And this is what made him interested in studying HIV. This aims to maintain their health and also to share with fellow PLHIV so that their lives can also be better. The internal factor that helped I-3 accept the stigma was that he had a strong mentality and character. And he also doesn't think too much about what other people think of him, he adheres to the principle of "less is more the more you care about the happier you are." It's true that he gets a lot of stigma from other people, but I-4 doesn't bother because they don't benefit him.

d. Informant I-4

In accepting the stigma posed to him, I-4 was assisted by sternal factors. The external factor that helped him accept the stigma was that he was invited to join the PLHIV community which contained people with the same problem. There he was invited to get to know many PLHIV and also received a lot of knowledge and education about HIV. In fact, he was often given books related to PLHIV to increase his awareness and knowledge of fellow PLHIV and this is what made him interested in studying HIV. This aims to maintain health and also to share to fellow PLHIV.

#### 4. CONCLUSION

The results of this research indicate that there is an influence on the life story of the key informant's exposure to HIV. The stigma experienced by key informants can be categorized into several levels of stigma, namely self-stigma, family/community stigma and also institutional stigma. Furthermore, there are 2 factors that influence the acceptance of stigma for PLHIV, namely external factors and also internal factors. Based on this, it is recommended to families that it can become a place where children can get education and love. The public must also understand more about HIV so that stigmatization can be reduced. Medical personnel must also improve services for PLHIV so that they can also get proper services, and local governments must be able to help HIV-related programs so that they can run smoothly.

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