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Abstract

People living with HIV/AIDS (PLWHA) often experience the reduction of CD4 even though ART (anti-retroviral therapy) has been administered. One of its causal factors is psychological distress experienced by them so that nurses need to give non-pharmacological interventions with ART to the support group of HIV/AIDS sufferers aimed to increase CD4 level. However, the influence of support group toward the CD4 level in HIV/AIDS patients is not identified yet up to now. The purpose was to analyze the influence of support group on the CD4 level of PLWHA receiving ART. The design was quasi-experimental by applying pre-post test control group. The population involved all patients living with HIV/AIDS who hospitalized in UPIPI RSUD Dr. Soetomo Surabaya. 30 people were taken as sample including 15 people as intervention group and 15 people as control group. Moreover, the difference of CD4 level between intervention group and control group was analyzed by using ANOVA. The result showed that there was difference but not significant between pre-post test in the intervention group with $p=0.223$. There was difference but not significant between pre-post test in the control group with $p=0.459$. There was difference but not significant between delta CD4 in the intervention group compared to delta CD4 in the control group with $p=0.154$. The conclusion is the influence of support group toward the CD4 level in PLWHA consuming ART, but not significant. Nurses as the health workers should give support and convince them that to increase the CD4 level, PLWHA must take ART.(FMI 2012;48:20-23)

Keyword : support, group, CD4, PLWHA, (people, living, with, HIV/AIDS), ART,

Daftar Pustaka :