

PENGALAMAN KAUNSELING DALAM KALANGAN PESAKIT
HIV DI PUSAT PERLINDUNGAN HIV, TERENGGANU

TUAN NORBALKISH BINTI TUAN ABDULLAH

SARJANA SAINS
UNIVERSITI MALAYSIA TERENGGANU
2015

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PUSAT PERLINDUNGAN HIV, TERENGGANU.**

TUAN NORBALKISH BINTI TUAN ABDULLAH

PERPUSTAKAAN SULTANAH NUR ZAHIEDA

**Tesis Ini Dikemukakan Bagi Memenuhi Syarat Untuk Ijazah Sarjana
Di Pusat Pengajian Pembangunan Sosial Dan Ekonomi
Universiti Malaysia Terengganu**

Februari 2015

Abstrak tesis yang dikemukakan kepada Senat Universiti Malaysia
Terengganu sebagai memenuhi keperluan untuk Ijazah Sarjana Sains.

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Penyelia Utama :Ruhani Bt Mat Min, Ph. D.

**Pusat Pengajian :Pusat Pengajian Pembangunan Sosial dan
Ekonomi**

Kajian kualitatif ini bertujuan mengkaji pengalaman kaunseling dalam kalangan pesakit HIV di pusat perlindungan pesakit HIV di Terengganu. Seramai 10 orang pesakit HIV terlibat di dalam kajian ini. Semua peserta kajian dipilih berdasarkan persampelan bertujuan. Data dikumpul dengan menggunakan kaedah temu bual semi struktur, penulisan diari dan pemerhatian tidak turut serta. Berdasarkan proses pengumpulan data, temu bual awal terlebih dahulu dijalankan bagi menguji soala-soalan temu bual.

Seterusnya temu bual sebenar (semi struktur) dijalankan diikuti oleh pemerhatian tidak turut serta dan penulisan diari. Setiap kaedah pengumpulan data dijalankan sebanyak dua kali terhadap setiap 10 peserta kajian tersebut. Data dianalisa dengan menggunakan kaedah *thematic analysis* bagi mendapatkan tema-tema yang berkaitan dengan tujuan kajian. Dapatan kajian menunjukkan terdapat tiga tema utama yang boleh dilihat melalui pengalaman kaunseling yang dilalui oleh pesakit-pesakit HIV seperti sokongan emosi, pendekatan kaunseling dan perubahan diri. Sokongan emosi adalah di mana pesakit HIV mendapat sokongan di antara satu sama lain secara emosi. Berdasarkan sokongan emosi yang diterima oleh peserta kajian, tema ini menyumbang kepada rasa insaf, motivasi, semangat baru, kekuatan diri, ketenangan, rasa dihargai dan difahami. Pendekatan kaunseling melibatkan penggunaan alat yang signifikan dalam sesi kaunseling terhadap pesakit HIV dan sikap kaunselor terhadap pesakit HIV. Kedua-dua sub tema ini dilihat banyak memberi kesan positif kepada pesakit HIV melalui perkhidmatan kaunseling yang dijalani. Walaubagaimanapun, untuk perubahan diri, ianya didapati bahawa perubahan tingkah laku positif dan penetapan matlamat baru adalah hasil keberkesanan sesi kaunseling dalam kalangan pesakit HIV. Kedua-dua sub tema ini menyumbang kepada impak positif yang boleh dilihat dalam kehidupan pesakit-pesakit HIV melalui sesi kaunseling seperti lebih banyak mendekati diri kepada agama, banyak melibatkan diri dalam aktiviti sosial yang sihat, memperoleh semangat baru untuk meneruskan kehidupan, mendapat kesedaran sendiri, meningkatkan keyakinan diri dan mampu membina impian hidup yang baru. Dapatan kajian menunjukkan beberapa perkara yang perlu diambilkira dalam

meningkatkan kualiti perkhidmatan kaunseling terhadap pesakit HIV. Kesedaran tentang kepentingan pendekatan kaunseling dan keperluan sokongan emosi terhadap pesakit HIV boleh menyumbang kepada kesan dan penerimaan positif terhadap sesi kaunseling.

PERPUSTAKAAN SULTANAH NUR ZAHIRAH

Abstract of thesis presented to the Senate of University Malaysia
Terengganu in fulfilment of the requirement for the degree of Master.

**THE EXPERIENCE OF COUNSELING SESSION AMONG HIV
PATIENTS IN TERENGGANU HIV CARE CENTRE.**

TUAN NORBALKISH BINTI TUAN ABDULLAH

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Main Supervisor :Ruhani Bt Mat Min, Ph. D.

Centre of Study :School of Social and Economic Development

Study

The qualitative research was conducted to study the counselling session experience among HIV patients in Terengganu HIV Care Centre. There were 10 patients of HIV that have involved in this research who were selected based on purposive sampling. The methods of semi-structured interview, diary writing and indirect observations were used for the data collection. A pre-interview had been conducted to test the question script based on the data collecting process. Then the real semi-structured interview was conducted followed by the indirect observation and diary writing. Each of the

data collecting method was conducted twice to each research participants. The data were analysed by using the method of thematic analysis to get the right themes that are related to the research purposes. The result showed that there are three main themes that can be found through the counselling session experience that the HIV patients undergone. They are the emotional support, counselling approach and the changes in an individual. The emotional support is where the patients could seek for the strength from to another emotionally. Based on the emotional support that they have received, the theme contributes to the feeling of repentance, motivation, inner strength, self-appreciation, calmness and the new spirit. Counselling approach involves the usage of the significant tools inside the counselling sessions for the HIV patients and counsellor behaviour towards the patients. Both of the sub themes were seem to give positive impacts to the patients through the counselling sessions that they had undergone. However, speaking of self-change, it can be seen in the changes of positive behaviour and the setting of new goals among the patients. This clearly shown the effectiveness of counselling session. Both of the sub themes have contributed to the positive impacts that can be evaluated based on their non-verbal as well as the verbal of the patients such as the religious spirit, the participations in healthy social activities, the spirit of life continuation, the enhancement of their self-awareness as well as self-esteem and the capability of building a new life. The results showed that there are several aspects that need to be put under consideration in order to enhance the quality of the counselling service towards the HIV patients. The awareness of the importance of counselling approach and the present of emotional support

towards the HIV patients that can contribute to the positive effects and acceptance on counselling session.

PERPUSTAKAAN SULTANAH NUR ZAHIRAH