

Gambaran konseling berbasis reality therapy pada pria hiv-positif yang belum membuka status kepada istri

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Abstrak

HIV/AIDS has become a growing epidemic in Indonesia. The potential of infected partners from high-risk groups infecting their sexual partners from low-risk groups has become a major concern. This qualitative, applied study aims to see the counseling process for married, HIV – positive men who have not disclosed their statues to their wives. Counseling was designed to follow the basic principles of reality, a form of cognitive therapy that emphasizes on the freedom of choice to make rational decisions. Analysis is done on the issues that arise during conseling, as well as the process of counseling itself, based on the WDEP model developed for reality therapy. Results show that two of the three subjects have concern on how to disclose their HIV status to their wives, and are willing to make plans to disclose their HIV Status. Another major concern for the clients is the issue of dependence on methadone, whichh they claim to be on the biggest hindrance in their everyday lives.