

**Thesis Title** Health - Related Hardiness in Persons with HIV Infection

**Author** Miss Maneenuch Thamawathana

**M.N.S.** Mental Health and Psychiatric Nursing

**Examining Committee :**

Assistant Professor Dr. Darawan Thapinta	Chairman
Assistant Professor Dr. Khanokporn Sucamvang	Member
Associate Professor Ubol Niwatchai	Member
Assistant Professor Dr. Ratanawadee Chontawan	Member
Assistant Professor Dr. Chawapornpan Chanprasit	Member

**Abstract**

The purpose of this descriptive study were to examine health-related hardiness level as well as enhancement and maintenance of health-related hardiness in persons with HIV infection. The study sample , which were drawn purposively , comprised 33 HIV infected persons attending Holistic Care Course at Holistic Care Center, Doi Saket District, Chiang Mai Province. The research instruments were questionnaire regarding health-related hardiness which its reliability was .86 , and semi-structured interview schedule related to enhancement and maintenance of health-related hardiness. The content validity of the interview schedule was also confirmed by the experts. Obtained data were analyzed using descriptive statistic, while interview data were categorized and re-grouped .

The main finding of the showed as follows.

1. Regarding health-related hardiness (HRHD), 27.27 percent of the study sample was classified as having moderate level while 72.73 percent of those was classified as having high level.

2. Concerning enhancement and maintenance HRHD, the two groups either moderate and high level of HRHD were similar as the following explanation.

Health-related control : the majority of the study sample perceived their health status in 2 levels : good or weak. Only some members in high HRHD group perceived their own health as excellent. The indicators for this perception used by the sample included health deviation, ability to perform daily life activity or work. Regarding physical health care, the sample attempted to avoid risk behavior like smoking or drinking, and also perform promoting health behavior such as good nutrition, exercises, and physical check up. Concerning mental health care, the sample preferred relaxation techniques like meditation or praying. Only the high HRHD group listen to Buddha's teaching (Dharma).

Health-related commitment : the important motivation of the sample was supported from either family or closed relatives and had good goals for being healthy and longevity. Only in the high HRHD group presented the extra goals to being free from opportunistic infection and get rid HIV out from their body. With regard to data resources for their own health care, they were related to media, health profession or peer group or even persons with HIV infection and to be trained health care course.

Health-related challenge : the majority of the sample thought that HIV infected increase value of their lives, helping society opportunity or getting closed with family and more attention on self-care. The thought that they are still alive, happiness and overcome the social stigma are also enhance health-related challenge. Free from opportunistic infection was the extra presented only in the high HRHD group who had never been opportunistic infection.

Thus this results indicated that the group of high level of HRHD had more techniques to enhance and maintenance in 3 components of HRHD than the group of moderate level of HRHD.