



UNIVERSITI PUTRA MALAYSIA

***EXPERIENCES AND COUNSELING NEEDS OF MEN
HAVING SEX WITH MEN WITH HIV***

EDDY LEE KOK LEONG

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BERILMU BERBAKTI

**EXPERIENCES AND COUNSELING NEEDS OF MEN HAVING SEX WITH MEN
WITH HIV**

By

EDDY LEE KOK LEONG

**This thesis is submitted to the School of Graduate Studies, Universiti Putra Malaysia, in
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EXPERIENCES AND COUNSELING NEEDS OF MEN HAVING SEX WITH MEN WITH HIV

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January 2014

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This qualitative study aimed at exploring the experiences of MSM (men who have sex with men) Living with HIV draw on the theory of Shattered Assumptions by Januff-Bulman. The theory of Shattered Assumptions believes people have falsely assumed that their world is benevolence and secure. These false assumptions are shattered when they experience a traumatic event. However, individuals whose old assumptions were shattered managed to rebuild their inner world with support from loved ones and friends. More positive and realistic assumptions will transpire once they have adjusted to their post-traumatic world.

The PCC perspective sees human beings as possessing the self-actualizing tendency and constantly in the process of “becoming”. Given an environment of acceptance, positive and empathic, the human person will utilize his/her self-actualizing tendency to cope and adjust in any adverse situation and condition.

Five HIV positive MSM (men who have sex with men) who volunteered to participate in this study were interviewed using a semi-structured interview guide. These participants were selected from a HIV positive support group. The interview data collected were transcribed into verbatim and analyzed using the constant comparative method. Content analysis of the first transcripts, field notes and document collected yielded meaningful units and subthemes.

Four main themes emerged from the data collected based on the first two research questions, namely, life, relationship with family, relationship with friends, and purpose, religion and spirituality. Twenty three sub-themes were derived from the four main themes. The three major changes in the lives of the participants based on the data were they had become better people, they discovered the purpose of their life and their relationship with their family had improved.

Though the participants had contracted a treatable but fatal disease, none of them was afraid of death. In fact, they viewed death as something inevitable and natural.

Six main themes emerged from the data collected in research question three and they were the counseling need of information, the counseling need of support, the counseling need of expressing feelings and thoughts, the counseling need of guidance, the counseling need of hope, the counseling need of acceptance.

The findings of the study implied that Januff-Bulman's theory of Shattered Assumptions and Carl Roger's PCC theory are relevant in the understanding of the experiences of PLHIV as well as their counseling needs. In addition, PCC's three core conditions are also appropriate to promote growth in the counselor to enhance his/her counseling competency, especially in helping PLHIV clients. The study also showed that support groups were the most appropriate to meet PLHIV counseling needs. Further studies are recommended to include experiences of PLHIV from the straight community, men and women as well as communities from the different ethnic groups in the Malaysian society.

Abstrak tesis yang dikemukakan kepada Senat Universiti Putra Malaysia sebagai memenuhi keperluan untuk Ijazah Master Sains

PENGALAMAN DAN KEPERLUAN KAUNSELING LELAKI YANG MEMPUNYAI HUBUNGAN SEKS DENGAN LELAKI YANG DIJANGKITI HIV

Oleh

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Tujuan kajian kualitatif adalah untuk mendalami pengalaman Orang yang hidup dengan HIV (PLHIV) melalui teori “Shattered Assumption” oleh Januff Bulman dan keperluan kaunseling mereka mengikut perspektif Kaunseling Pemusatan Perorangan (PCC). Teori “Shattered Assumption” percaya bahawa manusia secara salah telah menganggap bahawa dunia mereka adalah baik dan selamat. Anggapan salah mereka ini musnah apabila mereka mengalami peristiwa trauma. Walau bagaimanapun, individu-individu di mana anggapan mereka telah musnah boleh membina kembali dunia dalaman mereka dengan pertolongan daripada orang-orang yang disayangi dan rakan-rakan. Tanggapan yang lebih positif dan realistik akan berlaku setelah mereka mendapat keserasian dengan dunia selepas trauma, Perspektif PCC adalah manusia itu memiliki kecenderungan ideal swadiri dan sentiasa di dalam proses “becoming”. Di dalam persekitaran penerimaan, positif dan empatik, seseorang itu akan menggunakan kecenderungan ideal swadiri untuk bertahan dan menyesuaikan diri di dalam apa sebarang keadaan dan situasi.

Lima orang pengidap HIV positif MSM (lelaki yang menjalinkan hubungan sejenis) telah menyertai kajian ini secara sukarela telah ditemuramah secara separa struktur. Peserta-peserta ini telah dipilih dari kumpulan sokongan HIV positif. Data yang dikumpulkan telah ditulis semula kata demi kata (verbatim) dan dianalisis menggunakan kaedah perbandingan berterusan. Analisis kandungan transkrip pertama, nota lapangan dan dokumen yang dikumpul telah menghasilkan unit-unit dan sub tema yang bermakna.

Empat tema utama telah terbit hasil dari data yang dikumpul berdasarkan dua soalan pertama kajian, iaitu; kehidupan, hubungan dengan keluarga, hubungan dengan kawan-kawan dan tujuan, ugama dan spiritual. Dua puluh tiga sub-tema diperolehi daripada empat tema utama. Tiga perubahan utama dalam hidup peserta-peserta berdasarkan data adalah ketika mereka telah

berubah menjadi lebih baik, apabila mereka menemui tujuan hidup mereka dan apabila hubungan antara mereka dan keluarga bertambah baik. Walaupun peserta mengidap penyakit boleh diubati yang membawa maut, tetapi mereka tidak takut kepada kematian. Sebaliknya mereka berpendapat bahawa kematian adalah sesuatu yang tidak boleh dielakkan dan semulajadi. Enam tema utama terbit daripada data yang dikumpul berdasarkan soalan kajian ketiga iaitu, keperluan kaunseling terhadap maklumat, keperluan kaunseling terhadap sokongan, keperluan kaunseling terhadap ekspresi perasaan dan fikiran, keperluan kaunseling terhadap sokongan, keperluan kaunseling terhadap harapan, keperluan kaunseling terhadap penerimaan.

Dapat daripada kajian membayangkan bahawa teori “Shattered Assumption” oleh Januff-Bulman dan teori PCC oleh Carl Rogers ada perhubungan di dalam memahami pengalaman dan keperluan kaunseling PLHIV. Selain daripada itu, tiga syarat teras PCC juga bersesuaian untuk mendorong kemajuan kepada kaunselor untuk meningkatkan lagi kemahiran kaunseling, terutama dalam menolong klien PLHIV. Kajian selanjutnya yang dianjurkan adalah mengambil kira pengalaman PLHIV dari komuniti biasa (lelaki dan wanita) dan juga komuniti daripada kumpulan etnik yang berlainan dalam masyarakat Malaysia.

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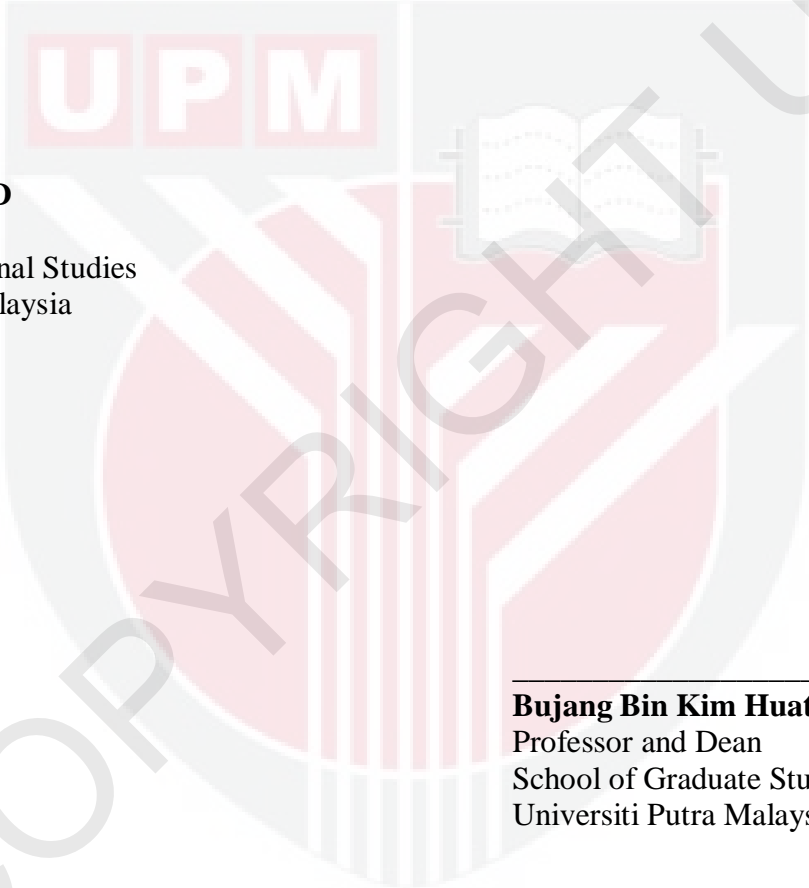
This thesis was submitted to the Senate of Universiti Putra Malaysia and has been accepted as fulfilment of the requirement for the degree of Master of Science. The members of the Supervisory Committee were as follows:

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LIST OF ABBREVIATIONS

AIDS	Acquired Immunodeficiency Syndrome
HIV	Human Immunodeficiency Virus
MSM	Men Who have Sex with Men
PCC	Person-Centered Counseling
PLHIV	People Living with HIV



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