



A Peer Reviewed International Journal of Asian  
Academic Research Associates

**AARJSH**

**ASIAN ACADEMIC RESEARCH  
JOURNAL OF SOCIAL  
SCIENCE & HUMANITIES**



**PSYCHO-SOCIAL IMPACT ON WOMEN LIVING WITH HIV/AIDS AND  
IMPLICATIONS FOR COUNSELLING**

**DR. SARASWATI RAJU IYER \***

\* Assistant Professor,  
Department of Sociology & Social Work,  
Acharya Nagarjuna University,  
Nagarjuna Nagar,  
Guntur – 522 510  
Andhra Pradesh, India

**ABSTRACT**

*The psychological and social sequel of HIV and AIDS infection is devastating to women. HIV and AIDS is a chronic/terminal illness that forces individuals to cope with an uncertain progression of disease, complicated medication regimes, and the grief related to the loss of health and possibly the loss of family members. Unlike other chronic/terminal illnesses HIV and AIDS infection is further complicated by the stigma related to the transmission of HIV infection (i.e., sexual activity and intravenous drug use). Due to disclosure fears and stigma associated with HIV and AIDS, many women isolate themselves from their extended family and communities to protect themselves and their children from maltreatment. Thus, they are cut off from valuable supports. In conjunction with coping with the psychological and social ramifications of being infected with or affected by HIV and AIDS, these women are forced to deal with a multitude of stressors with little support. These factors place these women at risk for mental health disorders (e.g., depression, post-traumatic stress disorder, and anxiety), (e.g., drug or alcohol use, inability to maintain a job, and criminal behavior). These issues complicate the HIV and AIDS infected women's ability to access medical care and comply with complicated medication regimens. The goal of this article is to provide an overview of the psychological and social issues, which impact women that are affected by HIV and AIDS and understand the implications for counseling. To address mental health disorders. Historically, traditional psychotherapy and psycho educational interventions have not addressed the ethnically and culturally diverse issues often relate to HIV/AIDS infection.*