

**ABSTRAK****Pengaruh Pencerahan Qalbu Padang Lampe Terhadap Persepsi Stres, Strategi Koping dan Jumlah CD4 Pengidap HIV/AIDS**

Pengidap HIV/AIDS mengalami kondisi *distress* psikologis, Pencerahan Qalbu Padang Lampe (PQPL) merupakan salah satu pendekatan spiritual hanya dilakukan oleh Universitas Muslim Indonesia untuk mahasiswa baru, sehingga PQPL belum pernah diteliti dan dilakukan di tempat lain dan belum pernah dilakukan terhadap ODHA. Penelitian ini bertujuan membuktikan pengaruh PQPL terhadap perubahan dimensi spiritual, strategi koping, persepsi stres dan jumlah CD4 pengidap HIV/AIDS. Desain penelitian *quasi eksperimen non randomized pre test and post test kontrol group design*, 23 perlakuan diberi PQPL 3 tahap selama April-September 2014 dan 20 kontrol terapi standar dan motivasi spiritual brosur, sebelum dan sesudah PQPL jumlah CD4 diperiksa dan kuesioner. Analisis data menggunakan *paired t test*, *McNemar Test*, uji *t independen*, PLS dan *General Linear Model (GLM)*. Distribusi ODHA perlakuan dan kontrol homogen berdasarkan umur terbanyak 30-34 tahun, jenis kelamin dominan laki-laki, pendidikan terbanyak SMA, status pernikahan umumnya menikah, dan lama diagnosis 1-3 tahun. Dari 19 ODHA perlakuan *distress* saat pre test, 12 (63.2%) menjadi *eustress* post test, terdapat perbedaan bermakna  $p = 0.013$ , terjadi peningkatan dimensi spiritual perlakuan dari 36.74 menjadi 58.74. Strategi koping perlakuan 124.35 meningkat 143.48 dan berbeda signifikan (0.001). *Final Modeling* hubungan variabel memperlihatkan PQPL berpengaruh pada dimensi spiritual ( $T=2.433$ ), dimensi spiritual berpengaruh pada koping positif ( $T=11.065$ ), koping positif berpengaruh terhadap persepsi stres ( $T=3.811$ ). Kesimpulan, Pencerahan Qalbu Padang Lampe meningkatkan dimensi spiritual, strategi koping positif, dan merubah persepsi stres dari *distress* menjadi *eustress*. PPQPL sebagai stimulasi kognitif perlu dilakukan untuk penanggulangan HIV/AIDS, dibutuhkan penelitian lanjut mengenai prediksi durasi dan lama waktu perlakuan yang efektif meningkatkan indikator biologis CD4 ODHA.

**Kata Kunci:** PQPL, ODHA, Dimensi Spiritual, Persepsi Stres, CD4

## ABSTRACT

### **The effect of *Pencerahan Qalbu Padang Lampe* on Stress Perception, Coping Strategies and CD4 Counts in People Living with HIV/AIDS**

People living with HIV/AIDS (PLWHA) have psychological distress. Spiritual Enlightenment Padang Lampe (*Pencerahan Qalbu Padang Lampe*, PQPL) is one of spiritual approaches that is only performed by Indonesian Muslim University for new students. Therefore, PQPL has not been studied and performed in other places and has never been subjected to PLWHA. This study aimed to prove the influence of PQPL on changes in spiritual dimension, coping strategies, stress perception and CD4 counts of HIV/AIDS. This study was a quasi-experimental study using non-randomized pretest and posttest control group design. A total of 23 treatments were given with PQPL in 3 phases during April-September 2014 and 20 controls were given standard therapy and spiritual motivation brochures. Before and after PQPL, CD4 count was checked and the respondents filled out questionnaires. Data analysis used paired t test, McNemar test, independent t test, PLS and the General Linear Model (GLM). Distribution of PLWHA was homogeneous, either in treatment or control groups. Most respondents aged 30-34 years old, predominantly male, mostly high school educated, generally married, and had been diagnosed for 1-3 years old. From 19 PLWHA with distress during pre-test, 12 (63.2%) became eustress during post-test, with significant difference ( $p = 0.013$ ). Spiritual dimensions of the treatment group increased from 36.74 to 58.74. Treatment group had increased coping strategies from 124.35 to 143.48, which was significantly different (0.001). Final Modeling of variable correlations showed that PQPL had effect on spiritual dimension ( $T = 2.433$ ), spiritual dimension had effect on positive coping ( $T = 11.065$ ), and positive coping had effect on stress perception ( $T = 3.811$ ). In conclusion, *Pencerahan Qalbu Padang Lampe* improved spiritual dimension, positive coping strategy, and the alteration of stress perception from distress into eustress. PQPL, as cognitive stimulation, should be undertaken to control HIV/AIDS. Further studies are needed on the prediction of duration and length of effective treatment to enhance CD4 as biological indicator in PLWHA.

**Keywords:** PQPL, PLWHA, spiritual dimension, perceived stress, CD4