

SPIRITUALITY AND DEATH ANXIETY IN MALE AND FEMALE HIV POSITIVE
PATIENTS

By:

MARIA USMAN

A thesis

Presented to Bahria University, Islamabad

In partial fulfillment of the requirement

For the degree of

Masters of Philosophy

2018

**BAHRIA UNIVERSITY
IPP LIBRARY**

BAHRIA UNIVERSITY, ISLAMABAD

APPROVAL SHEET

SUBMISSION OF HIGHER RESEARCH DEGREE THESIS

Candidate's Name: Maria Usman

Discipline: Clinical Psychology (M. Phil)

Faculty/ Department: Institute of Professional Psychology (IPP)

I hereby certify that the above candidate's work, including the thesis, has been completed to my satisfaction and that the thesis is in a format and of an educational standard recognized by the faculty/department as appropriate for examination.

Signature:

Supervisor: _____

Date: 12-June-2018

The undersigned certifies that:

1. The candidate presented at a pre-completion seminar, an overview and synthesis of major findings of the thesis, and that the research is of a standard and extent appropriate for submission as a thesis.
2. I have checked the candidate's thesis and its scope, format and editorial standards are recognized by the faculty/ department as appropriate.

Signature:

Dean/Head of Faculty/ Department: _____

Date: 12-June-2018

TABLE OF CONTENT

COPYRIGHT	ii
APPROVAL SHEET	iii
AUTHENTICATION	iv
ACKNOWLEDGEMENT	v
TABLE OF CONTENTS	vi
LIST OF TABLES	viii
LIST OF FIGURES	ix
ABSTRACT	x

CHAPTERS

1. INTRODUCTION	
1.1. Background of Research	3
1.2. Purpose of Study	5
1.3. Research Objectives	5
1.4. Research Questions	6
1.5. Significance of Study	6
1.6. Structure of Thesis	6
1.7. Definition of Key Terms	7
1.8. Summary	8
2. LITERATURE REVIEW	
2.1. Understanding Spirituality.....	10
2.2. Spirituality and Religiosity according to Islamic Perspective.....	10
2.3. Components of Spirituality.....	11
2.4. Measurement of Spirituality.....	12
2.5. Spirituality as a Coping Strategy.....	13
2.6. Chronic Illness and Role of Spirituality.....	14
2.7. Gender Differences in Spirituality and Religiosity.....	16
2.8. Death Anxiety.....	16
2.9. The link between Death Anxiety and Spirituality.....	16
2.10. Gender Difference in Death Anxiety.....	18
2.11. Spiritual Correlates of Psychotherapeutic Treatment of Patients with HIV.....	21
2.12. HIV Spread in Normal Population.....	21

DECLARATION OF AUTHENTICATION

I certify that the research work presented in this thesis, to the best of my knowledge, is my own. All sources used and any help received in the preparation of this thesis have been acknowledged. I hereby declare that I have not submitted this material, either in whole or in part, for any other degree at this or any other institution.

Signature: Maid

ACKNOWLEDGMENT

First and foremost I would like to thank Almighty Allah who gave me this much power to help people in building awareness regarding spread of HIV infection in our surrounding and emotional difficulties that people with HIV positive face. With grace of Allah, working on this thesis made me understand about spirituality and HIV disease in a better way and it increased my knowledge as well. He made me wise enough to understand issues of patients and depict a complete picture in front of other people.

I give thanks to my parents due to their efforts I was able to come to university and complete my thesis. They always supported me in my studies and let me flourish in my career. My father supported me in my data collection in every possible way. He always put his childrens' studies on priority.

I am extremely thankful to my supervisor, Dr Kiran Bashir Ahmad who was always inviting to the queries that I had. She always supported me and boosted my confidence to work on the thesis. She showed patience and guided me in every possible way. Whenever I was stuck with something while working on my thesis she was there to help me and guide me. She never let me lose hope and go under confident on my thesis which let me move forward with my thesis and complete it.

I am obliged to my graceful Director of our department, Dr. Zainab F. Zadeh; due to her efforts and struggle, I was able to work on this thesis. She is always being a source of inspiration and awe for me. Her encouraging and supporting words always do wonders for my self-esteem. She has been a great support during whole duration of M-Phil. I truly am indebted to her for the belief and confidence she placed on me.

I thank Sindh AIDS/ HIV Control Program that let me collect data and talk to their patients without any restriction. They cooperated a lot with me in every possible way. They provided me with patients. Proper place was provided to me by them where I could sit with patients and talk to them. They let me follow my protocol and without their help it was not possible to collect data from HIV positive patients.

I would also like to express my gratitude to Mr. Mumtaz Khan who assisted me with the statistical analysis of my data. His kind and calm attitude made the technical aspect of this thesis very easy to compute and understand.

I am especially grateful to all those people who help me in this thesis. Ms. Batoool Fatima, who guided me in the search of online researches and gave me proper guidance of the place where I can get my desired sample population. I would like to thank her from the core of my heart for her friendly suggestions and guidance that she provided. Ms. Tahira Yousuf, that provided me with her thesis to use it as guidance while initiating my work. Ms. Amna Zuberi, who helped in topic selection and guided me how to refine my topic.

2.13. Cultural Aspect in HIV.....	22
2.14. Psychological Problems in HIV Infection.....	23
2.15. Therapeutic Work for Psychological Problem of HIV Patients.....	27
2.16. Summary.....	30
3. THEORETICAL FRAMEWORK	
3.1. Theoretical Model Linking Study Variables	31
3.2. Illustration of Theoretical Framework	34
3.3. Hypotheses	34
3.4. Summary	35
4. METHODOLOGY	
4.1. Participants	36
4.2. Material	36
4.3. Procedure	37
4.4. Ethical Considerations	38
5. RESULTS	
5.1. Descriptive Data.....	39
5.2. Method of Transfusion of HIV Infection.....	44
5.3. Statistical Analyses of Variables	46
5.4. Hypothesis 1.....	46
5.5. Hypothesis 2.....	48
5.6. Hypothesis 3.....	49
5.7. Summary.....	49
6. DISCUSSION	
6.1. Conclusion	54
6.2. Limitations	54
6.3. Recommendations	55
REFERENCES.....	57
APPENDICES	
Appendix A: Hospital Permission Letter	
Appendix B: Permission of Organization Use Their Name	
Appendix C: Demographic Information Form	
Appendix D: Consent Form	
Appendix E: Inclusion/ Exclusion Criteria Sheet	
Appendix F: Permissions for Use of Inventories	
Appendix G: Inventories	
Appendix H: Turnitin Originality Report	

LIST OF TABLES

Table 1 Main Demographic Variables of the Participants of Study.....	39
Table 2 Method of Transfusion of HIV Infection as Reported by Participants in the Study.....	44
Table 3 Regression Analysis for Level of Spirituality to Predict Death Anxiety in HIV-Positive Patients.....	46
Table 4 Pearson Product Moment Correlation for Correlation between Search for Divinity Meaning and Purpose in Life (Factors of Spirituality) and Death Anxiety in HIV-Positive Patients.....	47
Table 5 T-test for Level of Spirituality in HIV-Positive Patients.....	48
Table 6 T-test for Level of Death Anxiety in HIV-Positive Patients.....	49

LIST OF FIGURES

Figure 1 Proposed Model for Spirituality as a Predictor of Death Anxiety in HIV-Positive Patients.....	34
Figure 2 Bar Graph showing the Age Level of Participants.....	40
Figure 3 Pie Chart Showing Marital Status of Participants.....	41
Figure 4 Pie Chart Showing Gender of Participants.....	42
Figure 5 Bar Graph Showing Qualification Level of Participants.....	43
Figure 6 Bar Graph Showing Method of Transfusion of HIV Infection in Participants.....	45

ABSTRACT

The present study was conducted to explore the relationship between spirituality and death anxiety in patients with HIV disease. It was hypothesized that there will be a significant relationship between spirituality and death anxiety in HIV-Positive patients and there will be high level of spirituality and death anxiety in HIV positive patients. It was also hypothesized that factors of spirituality will have significant relationship with death anxiety. Purposive sampling technique was used with survey design method and data was collected from Sindh HIV/AIDS Control Program Clinic. 100 Muslim participants (77 males and 23 females) suffering from HIV disease were recruited. The data was gathered using Consent Form, Demographic Information Form, Multidimensional Measure of Islamic Spirituality (Dasti, & Sitwat, 2014), and Templer Death Anxiety Scale (Templer, 1970). Obtained result was analyzed using the Statistical Package for the Social Sciences (SPSS) version 20.0 applying the Correlation and Regression Analysis. Result showed that spirituality is not a predictor of death anxiety, P value 0.754 for correlation of spirituality with death anxiety ($P \text{ value} < 0.05$) and there is significant correlation present between sense of connectedness and death anxiety, P value 0.36 that is P value is > 0.05 . It was also confirmed that there is high level of death anxiety and spirituality in HIV-Positive patients P values are 0.000 and 0.000 respectively. It is concluded that, Muslim Pakistani HIV-Positive patients have high level of Islamic spirituality and death anxiety. The model proposed is not a good predictor of death anxiety on the basis of spirituality in HIV-Positive patients.