



## **The Psychosocial Challenges of People Living with HIV/AIDS in North-West Province of South Africa**

**Samuel E. Oladipo<sup>\*</sup>, Acheampong Yaw Amoateng and Ishmael Kalule-Sabiti**

*School of Research and Postgraduate Studies, North-West University (Mafikeng Campus),  
Private Bag X2046, Mmabatho, 2735 South Africa*

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**ABSTRACT** The present study investigated psychological and social challenges facing PLWHA in Northwest Province of South Africa. 728 participants were sampled for the study; there were 319 (43.8%) female and 409 (56.2%) male, with ages ranging between 19 – 75 years. Data was collected using existing validated scales, with hypotheses tested with Pearson moment correlation and t-test for independent samples, using version 21 of the SPSS statistical software. Results of the study suggested a significant relationship among the psychosocial variables in the study; gender did not significantly predict self-efficacy and self-worth among PLWHA; however, there was a significant gender difference in life satisfaction as women appeared to be more satisfied with life than men did. Participants did not present such reactions as guilt, helplessness, depression, confusion, or despair in the face of diagnosis. It was concluded that most PLWHA in North-West Province of South Africa are adjusting well; without feeling of fear, rejection, frustration and depression. The most important factor in helping PLWHA might be improving their psychosocial well-being and protect them from stigmatization.