

# **SEBUAH *INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS* TENTANG *PSYCHOLOGICAL WELL-BEING* PADA KONSELOR HIV**

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## **Abstrak**

Penelitian ini bertujuan untuk memberikan gambaran mengenai dinamika *psychological well-being* (PWB) pada konselor HIV selama bekerja. Teknik *snowball* digunakan untuk merekrut tiga partisipan yang telah berprofesi sebagai konselor HIV selama lebih dari sepuluh tahun. Pengumpulan data dilakukan dengan wawancara semi terstruktur. Transkrip wawancara kemudian dianalisis menggunakan *interpretative phenomenological analysis*. Ada tiga tema induk yang ditemukan, yaitu pergolakan dalam pekerjaan, proses mengatasi pergolakan, dan dampak pekerjaan terhadap *well-being*. Dalam tiga tema induk tersebut, terdapat sembilan tema superordinat, yaitu: (1) permasalahan dalam pekerjaan, (2) masalah emosional, (3) regulasi diri, (4) dedikasi pada pekerjaan, (5) relasi sosial, (6) empati, (7) pencapaian karier, (8) afek positif, dan (9) kebersyukuran. Ditemukan satu tema khusus, yaitu pengalaman masa lalu. Lewat penelitian ini, partisipan mengungkapkan pengalaman pribadi mereka selama bekerja dan perasaan setelah menjadi konselor HIV. Temuan dalam penelitian ini bisa menjadi masukan dalam memahami dinamika PWB konselor HIV sebagai unsur penting dalam pemutusan mata rantai penularan HIV/AIDS.

**Kata kunci:** *psychological well-being*; konselor HIV; *interpretative phenomenological analysis*

# AN INTERPRETATIVE PHENOMENOLOGICAL ANALYSIS OF PSYCHOLOGICAL WELL-BEING AMONG HIV COUNSELORS

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## **Abstract**

This study aims to provide an overview of the psychological well-being (PWB) dynamics of HIV counselors during their work. The snowball technique was used to recruit three participants who had worked as HIV counselors for more than ten years. Data was collected using semi-structured interviews. The interview transcripts was analyzed using interpretative phenomenological analysis. Three main themes were found, namely upheaval at work, the process of overcoming the upheaval, and the impact of work on well-being. Within the three main themes, there are nine superordinate themes: (1) problems at work, (2) emotional problems, (3) self-regulation, (4) dedication to work, (5) social relations, (6) empathy, (7) career achievement, (8) positive affect, and (9) gratitude. One less common theme was found, namely past experiences. Through this study, participants expressed their personal experiences during work and feelings after becoming an HIV counselor. The findings in this study can be used as input in understanding the PWB dynamics of HIV counselors as an important element in breaking the chain of HIV/AIDS transmission.

**Keywords:** psychological well-being; HIV counselors; interpretative phenomenological analysis