

DECLARATION

I, Mokoena Patronella Maepa, declare that the dissertation hereby submitted to the University of Limpopo for the degree of Masters of Arts in Clinical Psychology has not previously been submitted by me for a degree at this or any other university, that it is my own work, and that all material contained therein has been duly acknowledged.

Signature.....

Date.....

DEDICATION

I dedicate this study to three wonderful women in my life: my mother, Modjadji Joyce Maepa; my grandmother, Ngwanalesele Elizabeth Machete, and my cousin, Ngwanalesele Patricia Machete-Ntjie. And, in loving memory of my late father, Pududu Isaac Maepa.

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LIST OF ABBREVIATIONS

AIDS- Acquired Immune Deficiency Syndrome

HIV- Human Immunodeficiency Virus

PLWHA- People Living with HIV/AIDS

ARV- Antiretroviral

ART- Antiretroviral Therapy

HAART- Highly Active Antiretroviral Therapy

VCT- Voluntary counseling and Testing

MLWHA- Men Living with HIV/AIDS

WLWHA- Women Living With HIV/AIDS

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ABSTRACT

Aim: The study aimed at assessing and understanding the unmet needs and well-being among people living with HIV/AIDS. People living with HIV/AIDS experience many challenges. Challenges may be characterized by medical, social and psychological challenges.

Method: A cross sectional design was used. A total of ($N = 200$) young and adult age ranged from 20-71 years ($\bar{X} = 43.70$, $SD = 12.420$) women (62%) and 75 men (37, 5%) living with HIV/AIDS who attend HIV/AIDS clinic/unit in Polokwane/Mankweng hospital complex was selected with purposive sample.

Results: Four hypotheses were tested with one-way ANOVA. The findings indicated that social support ($p < .001$) and age ($p < .04$) plays a significant role in the psychological well-being of people living with HIV/AIDS. Medical challenges and gender revealed no significant results.

Conclusion: It is concluded that PLWHA attend some form of support groups which will aid in alleviating the psychological distress associated with HIV/AIDS.