The Empowerment to Increase PLHIV Participation on Support Group in East Borneo

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ABSTRACT
HIV AIDS has become epidemic serious problem. The most important thing in controlling AIDS is changing the epidemic system and preventing new infection. Every part of the society is needed in the struggle of AIDS control, especially for People Living with HIV/AIDS (PLHIV) who is the first of infection. The effort is creating Support Group as the place of PLHIV to stand on their feet. PLHIV empowerment will push the participation of increasing Support Group capacity. The purpose of the research is analyzing The Empowerment to increase PLHIV participation on Support Group in East Borneo. The research type is descriptive with qualitative approach. The sampling technique is purposive sampling, with observation technique, in-depth interview and FGD of taking data. Research place is Samarinda and Balikpapan with research time between January – December 2015.
The research result shows the empowerment that has done by East Borneo Government through Civil Society Organization (CSO) toward PLHIV helping them in Support Group. This effort will increase the function of Support Group in reaching the goal; group role, group innovation and group sustainability. There is a connection system between the government-CSO-PLHIV and Support Group that has important role in their place.
Key word: PLHIV, empowerment, participation, capacity, Support Group

BACKGROUND
PLHIV is the key in controlling HIV AIDS, because they are the doers who are possible to infect HIV to others and the first object. PLHIV as the carrier will bring HIV for their whole life. They need support to keep them healthy with healthy life habit and prevent them from infecting others (Spiritia, 2007a).
PLHIV as the most important part of this problem need support than isolation, we can make thee the main group in the health promotion. By using PLHIV will more effective in educating the society. The first step of increasing the role of PLIV in the society is letting PLHIV to join the Support Group. The interaction and communication will help PLHIV in realizing that they are important in controlling the spread of HIV-AIDS (Ikatan Ahli Kesehatan Masyarakat Indonesia, 2010)
PLHIV role can be seen in the participation of PLHIV in controlling the virus. Are they willing to do it or getting forced by situation? PLHIV role shows the development key group in HVI control for the key group. The developing key group (PLHIV) will affect more in the society, because they are the doers and the main HIV infection.
The way to increase PLHIV concern about the HIV AIDS preventing is creating Support Group. Support Group is a place for PLHIV to understand each other, to support mentality and society, to reduce trauma and to share experience. Support Group also helps to decrease the bad stigma to them (Spiritia, 2007b).

Support Groups in East Borneo are located in Samarinda which has 35 members and Balikpapan with 41 members (Dinkes Prov. Kaltim, 2012). Nevertheless some PLHIV are passive members. Support Group with PLHIV will give real affect in controlling HIV AIDS; they will share their experience in facing their problem with HIV AIDS. PLHIV will give big support to the environment. Based on the research before on the environment about the role of PLHIV in Support Group, PLHIV will easier share their experience with the same PLHIV. They will share about how to keep healthy and denying illness.

PLHIV is hoped as the changing agent who can share their experience and become the effective educator, because they will share the real experience. And as carrier of this virus, they will not infect others. PLHIV are needed to join in many preventing activities such as education in the society. They are also needed to join CSO which concern about HIV and AIDS in the some areas. There is a preventing program in East Borneo which has correlation with PLHIV. The first step of the program is by finding the case in VCT and then is monitoring by Case Manager or PLHIV mate. The activity of Support Group is only routing meeting as the same day with ARV schedule. In this meeting, they only discuss about the virus and the effect (Opportunistic Infection). They do not discuss about how to make this Support Group or the PLHIV growing up. They still have fewer roles in this Support Group.

The development of PLHIV through Support Group controls the spread of HIV in East Borneo. The role of PLHIV in this Support group is not only for their self but also for the society. This research aims to discover the empowerment to increase PLHIV participation in Support Group in East Borneo.

**RESEARCH METHODOLOGY**

Based on purpose and the analysis approach, this research is descriptive research with qualitative approach. This research tends to give description about social symptom. This research is descriptive research, the result of this research are not only verbal and written data but also the result of attitude observation of the people around the research. Through this research, the researcher can discover the object of the research and feel every experience.

Qualitative approach gives deep understanding about related social reality, because this approach focus on process and meaning which quantitative does not have (Coyne and Cowley, 2006).

Collected data and information in this research are qualitative data. The sources of the data are PLHIV who become East Borneo Support Group. Technique collecting sample is purposive sample with interview and observation technique.

**RESEARCH RESULT**

The participation of PLHIV in increasing the capacity of Support Group is the PLHIV empowerment indicator from East Borneo Government in controlling HIV AIDS, especially in decrease the bad stigma and PLHIV empowerment. The government use PLHIV in the Support Group to make the Support Group has better capacity. PLHIV who has already joined the Support Group are willing to join actively in the group, especially companying the new PLHIV or giving support to those who need psychosocial support. The government through KPA coordinating with SKPD gives support then PLHIV will get everything they need. HIV/AIDS CSO will help PLHIV to do more participation in the Support Group.

1. **Empowerment Environment**

PLHIV empowerment in the Support Group covers human development, construction business, institutional construction and environment development.
PLHIV empowerment stages start with increasing the will and the capability in indentifying the problem, explore the potential competence of them self to solve the problem, arranging activities plan, doing activities, observation and evaluating the activities.

Human development has purpose to give understanding to PLHIV about the important of Support Group. The object of if human development are PLHIV, manager case, HIV administrator, social assistance administrator, HIV/AIDS CSO and VCT counselor. The human development covers PLHIV construction independent such as training skill for PLHIV. The training skill covers beauty care, screen printing, food industry etc. PLHIV also gets capital aid to start the independent business and to increase the income. Environment development has done to create social environment that support PLHIV activities inside or outside the Support Group.

2. Benefit Recipient
The direct benefit recipient who are joining in Support Group and Helping it to get better capacity are PLHIV. And indirect benefit recipients are the society and the government. Society through CSO support the PLHIV to have active role and it will help the government in controlling the spread of HIV/AIDS.

3. The Performance of Society Empowerment System
a. Policy
HIV/AIDS controlling program, especially with PLHIV in it is started by VCT activity which helped by Global Fund (GF) in 2005. They found PLHIV at that time and still counting. East Borneo Government has quick response toward the control of HIV/AIDS. They create Peraturan Daerah Kalimantan Timur No. 05 tahun 2007 as the implementation of HIV/AIDS control. The policy integrate with founding case, treatment and medication also society support toward PLHIV in East Borneo.

b. Institutional
PLHIV participation in increasing Support Group capacity in East Borneo becomes an institution. The institution is started from Support Group. In the Support Group, there is a functional organization which is lead by a leader. The Support Group members are PLHIV who help the new PLHIV.

c. Employment
Manager case is person who helps PLHIV in participating in the Support Group. They help coordinating the Support Group with other organization or institution such as Dinkes, Dinsos etc. the Support Group leader involve the Support Group members participation, because he/she is the role model and the connector of the group and the society.

d. Performance
SKPD (Dinkes, Dinsos) works with KPA to make this empowerment success. Through CSO, they make manager case team who responsible motivating, developing and facilitating PLHIV in Support Group. In the Support Group, the leader is responsible to the members and makes them participating in the group. Their participation will make the group stronger and better for them. PLHIV can do some kind of activities such as companying duty, giving some improvement to the group, supporting each other and making some innovation to make the group stronger and growing up.

e. Facilities and Infrastructures
Some facilities and infrastructures are needed by Support Group to help them such as office, client book, stationary, leaflet and booklet as education media. All the facilities are used to support all of PLHIV activities. Furthermore, they need facilities to support skill class to help them standing on their feet. This will give big contribution to the group.

f. Developing and Controlling
Developing PLHIV empowerment in growing up the Support Group is checked from activities result report in the hospital and routine meeting such as “arisan”.
g. Financing
All these activities need capital and finance to make them successful. All the finances come from CSO and government. CSO has support from GF, KPA, PKBI and the government gives the finance from APBD and health operational. The government helps them by technical support and social support such as skill class and giving capital business for Support Group members.

4. PLHIV Participation Pattern
PLHIV in East Borneo struggles to make the Support Group better. They make schedule plan for the Support Group such as doing activities as plan and monitoring the activities. Kind of Support Group members participation are joining every activities, sharing knowledge and skill, also facilities and infrastructure. There are two kinds of PLHIV participations (a) direct participation such as joining the organization, helping to make schedule plan, communicating with outside institution and companying new PLHIV; (b) indirect participation such as attending Support Group invitation. Empowerment PLHIV process to support their participation in making the Support Group has better capacity:

![Diagram of Empowerment Process]

**Picture 1.** Empowerment Process of PLHIV Participation to grow the Support Group capacity.
Scheme chain government supports to CSO in supporting PLHIV participation in growing Support Group in East Borneo.

Picture 2. Chain Model: Empowerment to Support PLHIV Participation in Increasing Support Group Capacity in East Borneo

DISCUSSION

PLHIV participation in increasing Support Group capacity in East Borneo Member participation will influence the purpose of the group, as well as PLHIV participation in Support Group. The Support Group is a place for PLHIV gathering and it will need all the members to support this group. The statement is related to Sumardjo’s (2003), he said every member determine other members needs, because group has purpose to make the members in poverty. Therefore, all the members need to be part in planning process, doing process and policy monitoring which directly influence their life. According to Slamet (2002), participation is process and initiative which emerge from the society in shape of activities with will, capability and chance to join.

Except participation from the group, there is also needed support from outside the group. The effort to encourage the Support Group capability is coming from many aspects, because this group is a group of PLHIV who need extra support. They do not only have a problem with their healthy but also with the society, especially bad stigma. Outsider participation will make PLHIV feeling part of society who has position in development. This statement as what The World Bank said (1996) on Kolopaking (2002) participation is a process that all stakeholders influence and join on the initiative and development decision management and all the resource. Monsanto (2011) also said stakeholder role influence the benefit recipients.

Participation in simply way is someone’s role or group of society in any activities (Karsidi, 2005). And Mardikanto (2010a) said development needs society participation and also government.

PLHIV participation on Support Group has mutual benefit. PLHIV needs Support Group as a place to develop their skill and ability also actualizes PLHIV existence. Otherwise, the Support Group needs PLHIV
to make this group growing up. As an organization, Support Group has group purpose. Taking decision in the Support Group depend on member’s suggestion. Participation is a movement or group power which has purpose to join indecision making. This statement relates to Mardikanto (2010c), he said that the main issue in group participation is the power distribution, equality, involvement, policy making and decision making.

PLHIV participation will influence to Support Group capacity. The statement relates to Sutrisno (1997) and Mardikanto (2014), they said that participation is member’s awareness that make the group better and make deep relation of the members and the group also push development wider. Furthermore, participation has important position in practice and thought development. Participation is associated with development in the society. It is used to be an image of education activities, developing local capacity and society reliance.

PLHIV participation can be seen on their role in the support group, such as participation in giving suggestion or indentifying group problem, making plan, doing activities, monitoring until giving en evaluation. Participation is a shape of responsible to the group. This statement relates to Alfriti (2010), She said that participation is involved in the society development such as (a) joining problem identification (b) participating in creating plan (c) doing activities (d) monitoring (e) joining mitigation (f) evaluating in every activities.

PLHIV participation in Support Group relates to hospital is consulting to the hospital officer about the new PLHIV. But, they still get benefit from the members. So, there is mutual benefit from the members to the group and the opposite. Fritschi (1993) on Anantayu (2009) said that every member has relation with the group. The group will help to make decision for the member’s future. The next reason is effectiveness and efficiency. If the group joins the organization, the organization will be more effectiveness and efficiency. The statement relates to World Bank (1992) on Kolopaking (2002) said that condition organization environment is influenced by active participation from the members. Their participation in growing up the group has good effect the monitoring shows the member of Support Group give the group a spirit to develop the group. There are a lot of ideas and suggestions from the members that support the group innovation such as giving education to outside institution, school or University.

PLHIV participation can be delivered as money which is used to Support Group activities such as consumption. Furthermore, energy and thought participation is seen by the attending in every activity that the group held and giving response and suggestion. The financial to support the group activities and PLHIV empowerment comes from foreign CSO, Global Fund, and local CSO: PKBI, PMI, Mahkam Plus, Bubuhan, Gaya Balikpapan. Moreover, the government gives the finance for development and supervision. The financial from group internal comes from monthly dues which is used to sudden activities. The finance from government are incentive to support society participation. He government helps procurement money to support CSO operational from social foundation.

PLHIV participation in growing the group capacity will bring good relationship between the group with CSO and government. The government or hospital will be very please by PLHIV participation. Wijaya (2010) said society participation in empowerment will make good communication between the society and health officers. The teamwork between PLHIV and health officer will be a good teamwork, because the Support Group member will accompany the new PLHIV.

This mutual relationship shows that the government (hospital) believes in PLHIV in HIV/AIDS handling. Society participation in development process needs belief and chance that is given by the government to let them active participates in development process. PLHIV participation shows that the government agrees with the statement, “PLHIV is not only the object but also the subject who has capability and passion”. PLHIV also need to be given a chance to planning, doing and consuming the development result (Adi, 2007) PLHIV in East Borneo participate in Support Group is started by knowing the problem. Being a LHIV will be faced with two problem, healthy and society. Healthy problem will be direct felt by PLHIV such as...
opportunism infection and society problem is bad stigma. Moreover, they also have facilities and infrastructure problem such as no madden office.

PLHIV participation in planning the activities is done informally. It is not done in a formal meeting to get some suggestions but it is done in monthly “arisan” and discusses the plan in this forum.

PLHIV participation in doing activities can be seen in their participation in every activity. PLHIV activities in Support Group are main activity and supporting activity. Main activity is accompanying the new PLHIV and supporting activity is joining outside activities as representative of the Support Group that the time is based on the discussion before. PLHIV participation quality shows functional participation, because they accompany the new PLHIV. PLHIV who are Support Group member has good responsibility, they attend accompaniment as the schedule.

PLHIV participation gives benefit to PLHIV, such as free direct consultation to medical officer. It can be seen from many PLHIV who consult directly to medical officer or counseling officer in the hospital. It is a big advantage that is got by Support Group members, because not many PLHIV get this privilege. They can use this benefit to consult about their health.

Support Group activities for few people, such as the leader, are a place to show his/her leadership. The leader will give a lot of suggestions for the better group and for the activities schedule. He/she also gives some knowledge and skill to the members, such as sewing.

The effort to sustainable the group is done by the leader with making some various activities. The routine activity in Support Group is accompanying the new PLHIV, so they will be responsible with the group.

PLHIV participation in giving appraisal for the Support Group is done outside routine meeting, it is done spontaneously. There is no certain schedule to analyze the activities of the group. Management model is one of good effort to make Support Group capacity stronger. Management model is having plan based on member’s suggestions and also other people suggestions that has important position in this field. It will make this group has participative value. It shows collaboration between participative internal and external, because PLHIV is sensitive to outside institution and opens to certain institution such as Counselor, AIDS CSO and HIV/AIDS volunteer.

PLHIV needs support from the society, such as social support and skill support. It becomes PLHIV concern when the activities have relation with the society. PLHIV wants to get skill support and also capital support, but their statuses are HIV positive. Otherwise, the outsiders want to help but they have to know about PLHIV identity. It is not only capital supporter but also local government. CSO is the institution who helps the community a lot. PLHIV will accept easily with CSO. PLHIV will be very friendly to CSO, because they make informal approach to the community.

PLHIV participation in Support Group will make the group important in controlling HIV/AIDS. It shows that PLHIV help controlling HIV/AIDS by psychosocial accompanying the new PLHIV. It is not easy to give understanding about HIV/Aids to the new PLHIV without Support Group members’ help.


Member participation is the main point to reach group goal. PLHIV empowerment supposes to be Independent person. PLHIV participation has important role in sustainability of the group. Some PLHIV participations are facilities, money, energy and also companying New PLHIV. PLHIV participation is dominant in doing activities but less dominant in planning, monitoring and evaluating.

Support Group also need outsiders support, so they need mediator between Support Group and outsiders. CSO is the perfect mediator for them. In Samarinda are PKBI and PMI. PMI and PKBI lend them meeting room to Support Group society. PMI also lend them an office for them.
Cite Mardikanto statement (2014) “society participation needs space to grow capability, will and chance. PLHIV have to lead into those aspects:

a. Will
Psychologically, the will to participate on Support Group comes from intrinsic motif and extrinsic motif. Growing and thriving PLHIV participation need some attitudes:
   1. Attitude to leave all the value which hampers the Support Group empowerment.
   2. Attitude toward the government or Support Group empowerment doer globally.
   3. Attitude to make Support Group better day by day.
   4. Attitude to be together in solving the problem and achieving the Support Group empowerment purpose.
   5. Independent attitude on his/her capability to make the Support Group better.

b. Capability
All the Support Group members need to have some of capabilities to make maximum participation:
   1. Capability to identify some problems.
   2. Capability to understand a chance to solve the problem.
   3. Capability to do some activities based on the knowledge, skill and resource that they have.

c. Chance
Some chances to participate on Support Group is influenced by:
   2. PLHIV chance to get more information about PLHIV resource and Support Group, such as training and social support.
   3. Chance to mobilize and to take advantage from group resource.
   4. Chance to get and use instant technology.
   5. Chance for PLHIV to join on Support Group or outside the group.

Giving a chance to PLHIV is a way to erase bad stigma in the society. Moreover, PLHIV participation has to be pushed with some factors: 1) the issue or the activities are important to PLHIV, 2) PLHIV needs to believe that they will make a movement, 3) PLHIV participation needs an appreciation and support. Ife and Tesoriero (2008) said that pushing participation is main part in empowerment process and society development, concern with: the important issues in the society, the activities are to change, to admit, to appreciate and to support the participation.

CONCLUSION
Empowerment process can be done to support the PLHIV participation in growing the Support Group capacity. The most important key in empowerment PLHIV is CSO, because CSO is acceptable in the PLHIV than the government. PLHIV will easily accept something informal, quick response and out of bureaucracy. CSO shows all of these criteria, informal and flexible. The result of the research is to support the PLHIV participation in growing the Support Group capacity through the empowerment, Government-CSO-PHIV- Support Group has to work together. PLHIV participation in growing the Support Group capacity is the result of the research with noticing the PLHIV needs based on empowerment principle.

Through government support (finance, policy, facilities) and CSO role through direct companying will push PLHIV to participate on Support Group. This empowerment pushes the PLHIV participation to grow the Support Group capability. The group has good role that can be seen by the group members. The purpose of the group has reached, the group is more innovative (Support Group creativity with economic value) and group sustainability.
Suggestions

1. Government
The government has to make some policies to support PLHIV participation, such as using PLHIV as educational officer, giving facilities through supporting financial to Support Group. The government has to help PLHIV in getting health services, such as helping them in taking ARV every month without register before.

2. AIDS Control Commission
   a) Give SKPD space to control AIDS
   b) Coordinate SKPD to control AIDS by helping Support Group to be independent and creative.
   c) Push the government and society to use PLHIV product.

3. CSO
   a) Accompany Support Group to make a better organization.
   b) Help them to communicate with outsiders (Government and Public).
   c) Support the Support Group through PLHIV sill.
   d) Help to sell PLHIV product.

4. Support Group
   a) Increase the motivation the members.
   b) Make cooperation with outsiders.
   c) Push the member to an educator outside the Support Group.

BIBLIOGRAPHY


