

# Research on the status quo of psychological care for AIDS patients in adolescents

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**Abstract:** AIDS is a chronic infectious disease caused by human immunodeficiency virus. Due to the infectiousness of AIDS and the lack of specific drugs to treat AIDS, the majority of people still have the psychology of rejection and discrimination against AIDS patients. Under the influence of various factors such as themselves, families and the public, AIDS patients are prone to be negative, inferior and even world-weary. Among them, the mental health status of adolescent AIDS patients is even less optimistic due to their unique psychological characteristics. The living conditions and mental health of this particular group deserve social attention; Psychological nursing is an important way to promote the mental health of adolescent patients. Improving the long-term psychological coping ability of young AIDS patients is beneficial to their own health, family stability and social harmony. This paper studies the current situation of psychological care for AIDS patients in adolescents, analyzes its importance and puts forward some suggestions.

**Keywords:** AIDS; Teenager; Self-discrimination; Mental nursing

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## 1 Introduction

As AIDS discrimination is still widespread in the society, many people do not know AIDS related knowledge, still shy of talking about AIDS. Due to various reasons, AIDS patients may have some pessimistic feelings or even aggressive behaviors, such as anxiety, escape, depression, despair, and

even self-injury or wounding. Maintain close contact with AIDS patients, establish a good relationship, good psychological care, help them to establish hope and confidence in life, overcome the difficulties of psychological problems, can effectively reduce the occurrence of aggressive behavior.

## 2 The impact of AIDS on young people

### 2.1 The characteristics and social environment of AIDS

AIDS is a chronic infectious disease caused by human immunodeficiency virus (HIV) infection<sup>[1]</sup>. HIV has a long incubation period in the body of an infected person. With the development of the disease, the patient may have acute, asymptomatic and AIDS symptoms, which will have a negative impact on the body and mind of the patient. At present, AIDS can be treated with drugs to restore the immune function, reduce the infectivity of the virus, improve the quality of life of patients, prolong their life.

Due to various social, psychological, physiological and legal reasons, AIDS is more common among people aged 10 to 20. According to a report released by UNICEF on 25 November 2020, a child under the age of 20 was infected with HIV about every 100 seconds last year. Due to the infectivity, non-interference of AIDS and the widespread AIDS discrimination in the society, many infected people will experience a complex psychological process and many negative emotions. In the early stages of infection, patients are filled with shock and fear for the unknown future. Self-discrimination follows. Thinking that you are different from others hurts others and makes you feel unworthy of family and

friends. Negative and hopeless, believing oneself to be hopeless and hopeless in the future, even resulting in world-weariness and extreme behavior. Teenagers are already more emotionally sensitive and unstable, and are more likely to take extreme actions when they are hit.

Because AIDS is infectious, and most people now still not enough objective completely and understanding of HIV/AIDS, and have a psychological fear and rejection, encountered generally choose to stay away from HIV/AIDS patients and some people even in patients with HIV/AIDS discrimination emotion, psychological and physical aspects among AIDS patients in most suffer a double whammy, lose confidence disease treatment, trigger a rapid decline in immune function, so provide good psychological care for AIDS patients in clinical intervention measures, to ensure that disease treatment effect.

## **2.2 Psychological characteristics of adolescents with AIDS**

The United Nations defines people from ten to twenty-four years old as adolescents, and young people are people from fifteen to twenty-four years old. Adolescents will experience physical maturity, especially sexual maturity, and their psychology gradually develops towards maturity. Adolescents often have the following characteristics.

### **2.2.1 Emotions gradually become richer and stronger, but are prone to impulsive imbalance and instability**

In the teenage years, human emotions develop from simple and primitive to complex and social emotions. Adolescence began to have a certain sense of group, morality, social responsibility and other complex emotions. However, when encountering unsatisfactory or unsatisfactory conditions, teenagers are prone to emotional outbursts, and in most cases boys are more obvious.

### **2.2.2 Have curiosity, dare to try, willing to make friends, but the ability to distinguish right from wrong is not strong, easy to suffer bad temptation**

They are active in thinking, energetic, willing to participate in all kinds of activities they are interested in, willing to expand their circle of friends, and pay attention to friendship loyalty. They cannot measure the relationship between friends' interests, short-term

interests, social interests and long-term interests. For right and wrong, good and evil can not correctly recognize, and a small number of students weak legal concept, easy to be affected by bad temptation, go astray.

### **2.2.3 Consciousness is gradually established, eager for independence, but also sensitive and fragile, will development is unstable, imperfect**

Teenagers begin to have the consciousness of self-consciousness, persistence, decisiveness and self-control. They are eager to be independent but not independent enough, and their thinking is not perfect. They do not want to be influenced by others and are easily influenced by others.

As a result of the psychological characteristics and lack of knowledge mentioned above, adolescents are more likely to be tempted or develop HIV through inappropriate sexual behavior. Compared with adults, the treatment coverage rate of hiv-infected and AIDS patients among adolescents is lower, which is inseparable from their special psychological characteristics, and the failure to receive timely diagnosis and treatment will bring serious consequences to their future life.

Adolescents may not have enough knowledge about sexual health, and may have inappropriate sexual behaviors due to desire, or have insufficient awareness of self-protection, leading to a high incidence of AIDS among adolescents. The proportion of sexually active adolescents infected with HIV is relatively high, and the persistent use of condoms is less than 60%. It can be seen that the popularization of AIDS knowledge and psychological care are very necessary.

## **3 The role of psychological nursing**

With the transformation of medical model from "biomedical model" to "bio-psycho-social medical model", health problems should be considered comprehensively from the perspectives of psychology and sociology. However, it is regrettable that so far, among the medical staff working on the clinical front, they only know the anatomical structure of the person, but do not understand the psychological structure of the person. We only know the physiological function, but we don't know the psychological function. Through interpersonal communication in the nursing process. To influence and change patients'

psychological state and behavior by actions, and to promote their rehabilitation methods and means for the in-depth understanding of the current level and ability of clinical psychological nursing, and for the further implementation of scientific and effective psychological nursing basis.

For the psychological care of adolescent AIDS patients, the patient's mental health can be evaluated first. Psychological experts and patients to establish a relationship of trust, guide patients to take the initiative to tell; Keep confidentiality and inform the patient that the content of the interview will not be disclosed to others, so as to establish a good relationship of trust; Health publicity and education should be actively carried out to enable patients to have a more scientific understanding of their own disease, and to understand that the disease can be well controlled by taking medicine consistently. In addition, health education can be carried out for the family members of patients so that they can better understand, support and encourage the patients.

### **3.1 The beneficial impact of psychological nursing on patients' physical health**

Scholars Dan Liu is variable with whether to accept the psychological nursing, comparing 66 patients with HIV/AIDS group test, we found that the AIDS treated with psychological nursing team of anxiety and depression was significantly lower than did not accept the psychological care of AIDS patients with the control group, CD4 + T lymphocyte count absolutely clear difference compare, explain psychological nursing can obviously improve the patient's immune capacity.

Along with the social progress, economic development, the transformation of modern medical model and the enhancement of national health care awareness, modern nursing content has also extended from the single body care under the planned economic pattern in the past to physical and mental care, gradually tending to humanization. To explore the application status of psychological nursing intervention in clinical nursing, broaden its application scope, and summarize effective nursing countermeasures are conducive to improve the degree of medical nursing cooperation, strengthen the overall treatment effect, improve the increasingly tense

relationship between medical and patient.

### **3.2 The beneficial impact of psychological nursing on patients' mental health**

In the process of psychological care for AIDS patients, nurses use different forms, ways to have a positive impact on the patient's psychology, improve the nursing effect of a method. AIDS adolescent patients because of the impact of the disease, plus the disease, treatment measures do not understand, at the same time by the society for AIDS patients prejudice and rejection of the impact, easy to appear a series of adverse psychological activities. Many people even live with HIV in the mistaken belief that they have less than a few years left to live, so they become inactive. In fact, many people who become infected with HIV or AIDS can live many years with timely treatment and lead normal or almost normal lives. The application of psychological nursing, according to the exchange of observation found that the patient's psychological characteristics and psychological problems, a series of intervention measures, so that patients relax the tension, rational acceptance of the status quo, brave face, popular science treatment related knowledge, so that they have hope for the future, so as to shape a good mental health.

### **3.3 Regulation of patients' behavior by psychological nursing**

The patients' psychological tension, fear, despair and other negative emotions will affect the patients' cooperation in receiving treatment. Some adolescent patients for AIDS treatment specific, whether the patient can give birth to a healthy child and other issues do not understand or even misunderstanding, they may because of these negative psychology and escape the reality, refuse treatment, or even do harm to their own extreme behavior. After psychological nursing, one-to-one communication with patients is carried out to convey positive signals, so that patients can receive them effectively and have a clearer cognition of their own diseases and treatment process, thus improving the treatment compliance<sup>[2]</sup>. Good positive psychological status can effectively reduce the occurrence of negative behavior, improve the quality of life of patients.

## 4 The current situation of psychological nursing in China

### 4.1 Not enough theoretical knowledge

In recent years, psychological nursing is increasingly popular in China, and the related psychological nursing research is also on the rise year by year. Although the application of psychological nursing in China's clinical nursing work has made significant improvement, most of the nursing staff have also realized the importance of psychological nursing to patients, but there are still some areas to be improved in the practical application of psychological nursing in the clinical process. At present, many nurses still have some misunderstanding of psychological nursing, such as "psychological nursing" is equal to "psychological treatment", "psychological nursing" is equal to "ideological work" and "psychological nursing" is equal to "nurse-patient conversation" and other understanding, these have become the reason for the slow development of psychological nursing in clinical.

### 4.2 Management's lack of attention

The hospital management does not pay enough attention to the implementation quality of psychological nursing, and the psychological nursing supervision system has not been established yet. There is a lack of psychological nursing and nursing effect in the investigation of nursing quality standards. The nursing department has not carried on the strict quality examination to the psychological nursing in the nursing quality examination. In the psychological care, whether the records are complete, the effect of evaluation and other aspects of not one by one check. Due to the lack of attention from the hospital management, the application of psychological nursing in clinical practice is not standardized, specific, and feasible.

### 4.3 Nurses work under great pressure

When nursing students step out of the campus and enter the clinic, they will experience the transition from nursing students to nurses' roles and functions. During this transition, nurses will be burdened with a variety of pressures. Work pressure refers to the psychological changes and pressure caused by the imbalance between objective needs and subjective

responses in a certain working environment, as well as the functional disorder caused by the failure to meet the needs. In the face of the ensuing pressure, nurses themselves are overwhelmed, then, to give patients detailed psychological care, the effect and execution may be greatly reduced.

## 5 Conclusion

AIDS has become a global disease, and adolescents are in a period of growing physical and psychological maturity, especially when their sexual awareness begins to awaken. They are vulnerable to AIDS. The social care for young AIDS patients is an important part of AIDS care. Psychological care for adolescent AIDS patients is conducive to regulating their bad emotions, so that they have a more scientific and comprehensive understanding of their own disease, so as to have hope for the future, improve the treatment compliance, and to a great extent to avoid the negative psychological and extreme emotions caused by their negative impact on themselves, their families and the society.

The training of basic psychological nursing knowledge should be strengthened to improve the ability of nurses to apply psychological nursing. Society should strengthen the attention to this special group youth AIDS patients and care for, or government departments concerned to formulate policies reduce youth AIDS patients can receive psychological nursing on various aspects of the barrier, let youth AIDS patients can more easily access to psychological nursing care, to improve the discrimination, give up the negative psychological, optimistic to face the future, positive treatment, improve their quality of life, but also to the harmonious development of society.

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