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Title: The Provision of Cognitive Support On The Increased Levels of CD4 in People Living With HIV in Kediri City

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ABSTRACT

Introduction: Human immunodeficiency virus (HIV) is a health problem that threatens Indonesia and many countries globally. Currently, no country is free from the problem of HIV. HIV is a virus attacking the human immune system. When the virus enters the body, it looks for CD4 cells and begins to replicate itself. CD4 is the primary target for HIV to destroy the body's immune system. Once replicated and left the dead CD4, the new viral particles will be looking for and infecting new CD4, thus lowering the levels of CD4 in the body. The purpose of the present study was to determine the effects of the provision of cognitive supports for people living with HIV. Those cognitive supports consisted of information, psychological and spiritual supports in order to increase the levels of CD4. Method: A total of 20 people living with HIV were used as respondents in this study. They were assigned to a treatment group consisting of people living with HIV taking ARV regularly and receiving cognitive support treatment, and a control group consisting of people living with HIV taking ARV regularly and irregularly without receiving cognitive support. Result: Results indicated that the provision of cognitive supports had an effect of increasing the levels of absolute CD4 and CD4 percentage in people living with HIV at a significance value of 0.003. However, there was no significant difference between the control groups taking ARV irregularly and irregularly. Conclusion: The provision of cognitive support was capable of stimulating the immune system by increasing T lymphocytes that have CD4 molecular markers. Thus, an increase in the levels of CD4 is expected to improve the quality of life of people living with HIV.

Keywords: cognitive support, HIV, CD4
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