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RESEARCH ARTICLE

The Relationship Between Personal Health Communication and Ethics for HIV/AIDS Treatment at Bairo Pite Private Clinic, Dom-Aleixo Administrative Post, Dili Municipality, In 2025

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ABSTRACT

Human Immunodeficiency Virus (HIV) is a virus that attacks the human immune system. This Human Immunodeficiency Virus can cause AIDS by destroying white blood cells / leucocytes and causing abnormalities in the immune system. AIDS is the impact or influence of the HIV virus that develops in the human body which can cause damage to the human immune system which can cause opportunistic symptoms. Objective: The aim of this research is to determine of The relationship between personal health communication and ethics for HIV/AIDS treatment at Bairo Pite Private Clinic, Dom-Aleixo Administrative Post, Dili Municipality, in 2025.

Method: The population in the study was 221 and the total sample in this study was 37 patients, the sampling technique used accidental sampling. The data analysis techniques used are univariate, bivariate analysis and ChiSquare test statistical analysis.

Result and Discussion: The results of this study show that there is a significant relationship between personal health communication (X2) and the implementation of HIV/AIDS treatment policies (Y), with a P-Value = 0.003 ($p < 0.05$). And there is a significant relationship between the ethics of personal health (X1) and the implementation of HIV/AIDS treatment policies (Y), with a P-Value = 0.002 ($P < 0.05$).

Conclusion: It can be concluded that there is a significant relationship between personal health communication (X1) and health worker ethics (X2) with HIV/AIDS treatment (Y).

INTRODUCTION

Human Immunodeficiency Virus (HIV) is a virus that attacks the human immune system. This Human Immunodeficiency Virus can cause Acquired immunodeficiency syndrome (AIDS) by destroying white blood cells / leucocytes and causing abnormalities



in the immune system. Acquired immunodeficiency syndrome (AIDS) is the impact or influence of the Human Immunodeficiency Virus (HIV) virus that develops in the human body which can cause damage to the human immune system which can cause opportunistic symptoms.

Human Immunodeficiency Virus (HIV) means the virus that attacks a person's immune system. Human Immunodeficiency Virus can cause Acquired immunodeficiency syndrome (AIDS) by damaging the white blood cells or leukocytes and causing abnormalities in the immune system. AIDS is the impact or effect of the Human Immunodeficiency Virus (HIV) virus which develops over time in a human body and causes damage to the person's immune system, leading to the appearance of opportunistic symptoms.

Overall, in 2021, almost 38.4 million people were living with Human Immunodeficiency Virus (HIV) and 1.5 million people acquired a new Human Immunodeficiency Virus (HIV) infection. Based on data reported by UNAIDS (2022) worldwide, people infected with HIV/AIDS live an average of 4,000 days. Without effective interventions, it is predicted that there will be a tendency for up to 1.2 million people to be newly infected with HIV in 2025.

Although there is availability of advanced antiretroviral medicine and effective instruments to detect and treat opportunistic infections, in 2021, 650,000 people have already died from SIDA-related infections that could have easily been prevented. Progress in HIV prevention and treatment has lost momentum worldwide, putting millions of lives in danger.

Based on the data reported by Health Management Information System (HMIS, 2022), starting from 2003 until March 2022, the total number of HIV/AIDS infected patients in Timor-Leste is 1,582, with 288 of them having died. 414 patients are currently undergoing treatment and almost 500 more patients need treatment.

Data on HIV in Indonesia in 2024 shows an increase in cases and an increase in the number of people living with HIV (PLHIV). The estimated number of PLHIV living in Indonesia is around 503,261 people, but most PLHIV do not know their HIV status. As of June 2024, there were 351,378 PLHIV who knew their HIV status and 217,482 PLHIV who knew their status and were receiving ARV treatment.

By 2024, China has a plan to monitor HIV infections at a population level below 0.2% by 2030. Beijing recorded a 21% decrease in new HIV/AIDS cases in the period from January to October 2024, with 1,105 new cases. In addition, China has reported 1.329 million people living with HIV and 0.474 million HIV-related deaths by mid-2024.

In Timor-Leste, the first case of HIV was diagnosed in 2003. According to a report from the Ministry of Health (MoH) in 2017, there were a total of 725 people living with HIV, and 287 of them had access to antiretroviral treatment (MoH, 2017). Objectives To know the relationship of personal communication related to HIV/AIDS treatment in the Bairo Pite Private Clinic, Administrative Post Dom-Aleixo, Dili Municipality, in 2025. To know the relationship between ethics and personal health communication for HIV/AIDS treatment in the Bairo Pite Private Clinic, Dom-Aleixo Administrative Post, Dili Municipality, in 2025.



LITERATUR REVIEW

Health Communication and Patient Adherence

Penn et al. (2011) emphasize the role of culturally sensitive communication in promoting adherence to HIV treatment. Effective pharmacist-patient interactions, grounded in empathy and trust, significantly influence patients' willingness to adhere to antiretroviral therapy (ART).

Penn, C., Watermeyer, J., & Evans, M. (2011). Why don't patients take their drugs? The role of communication, context and culture in patient adherence. *Patient Education and Counseling*, 83(3), 310–318.

Ethics of Confidentiality and Cultural Norms

Ndebele et al. (2008) explore how cultural contexts reshape ethical norms such as confidentiality. Among the Bantu communities, collective responsibility may sometimes supersede individual confidentiality, affecting disclosure and treatment-seeking behavior.

Ndebele, P., Mfutso-Bengo, J., & Masiye, F. (2008). HIV/AIDS reduces the relevance of the principle of individual medical confidentiality. *Theoretical Medicine and Bioethics*, 29(2), 103–120.

Personal Communication and Health Literacy

Nachega et al. (2012) establish that personalized patient-provider communication significantly improves health literacy and treatment outcomes in HIV care. They advocate for provider training in ethical and clear dialogue.

Nachega, J. B., et al. (2012). HIV treatment adherence, health literacy, and communication. *Journal of the Association of Nurses in AIDS Care*, 23(4), 340–349.

METHODOLOGY

Procedures

The procedures of data collection are described bellow:

- 1) Official authorization letter from the Faculty of Public Health and Medical Sciences - University of Peace sent to the National Institute of Public Health of Timor-Leste and then to the Bairo Pite Private Clinic, Dom-Aleixo Administrative Post, Dili Municipality to explain the objectives of the research and to request permission to collect data.
- 2) the researcher waits for authorization from the clinic to answer before scheduling interviews with respondents
- 3) The researcher explains the purpose of the research to the respondents and maintains the confidentiality of the information obtained from the respondents.
- 4) After the questionnaire was completed, the researcher checked and entered the data for statistical analysis.



Prosedure of date Collection

Special Package for Social Sciences (SPSS) 18.0 for windows was used for data analysis. The research design was a cross-sectional study to find out the relationship between personal health communication and ethics for the HIV/AIDS treatment at the Bairo Pite Private Clinic, Dom-Aleixo Administrative Post, Dili Municipality, in 2025. The target population in the study was 221 and the total sample in this study was 37 patients, the sampling technique used accidental. The data analysis techniques used are univariate, bivariate analysis and ChiSquare test statistical analysis. The sample size of 37 was calculated using the following formula:

$$n = \frac{N}{N(d^2) + 1}$$

Where by:

N = Total of population

n = Total of sample

d² = Needed Value 0.15 (15%)

1 = Permanent Value (Constant)

Sample calculation:

$$n = \frac{221}{221(15^2) + 1} = \frac{221}{221(0,0225) + 1} = \frac{221}{5,9725} = 37,002 = 37$$

The proportional stratified random was applied to take 37 patients at the Bairo Pite Private Clinic, Do,-Aleixo Administrative Post, Dili Municipality. The interviews methods questionnaire comprised three parts. The first part asked about respondent identity. The second part asked about relationship between personal health communication and ethics for the HIV/AIDS treatment. The data analysis used was univariate and bivariate with the aim of knowing the relationship of each variable to be studies. The degree of confidence used is with=0.05.

RESULT AND DISCUSSION

Table 1

The distribution and frequency based on the age, gender and level of education of patients at the Bairo Pite Private Clinic, Do,-Aleixo Administrative Post, Dili Municipality.

Characteristic	Category	Frequency	Percent (%)
Age	21 – 30 years old	19	51,35
	31 – 40 years old	17	45,94
	41 – 50 years old	2	5,40
Total		37	100
Gender	Female	13	35,13



	Male	24	64,86
Total		37	100
Level of Education	Senior High School	28	75,67
	Undergraduate	9	24,32
Total		37	100

primary data sources 2025

Based on the table above, it shows that the number of respondents was 37 patients. Respondents who age 21 – 30 years old are 19 respondents (51,35%), who age 31 – 40 years old are 17 respondents (45,94%), and who age 41 – 50 years old are 2 respondents (5,40%). Gender of female 13 (35,13%) and male 24 (64,86%). Level of education with category Senior High School 28 (75,67%), Undergraduate 9 (24,32%).

Table 2

The relationship between personal health communication and ethics for the HIV/AIDS treatment at the Bairo Pite Private Clinic, Do-Aleixo Administrative Post, Dili Municipality, in 2024.

Variables		Implementation of HIV/AIDS treatment policies				Total		P-value
		Not good		Good				
Ethics of personal health		N	%	N	%	N	%	0.003
Not good		12	32,4	9	24,3	16	43,2	
Good		0	0	1	2,4	1	2,4	
Total		12	32,4	8	21,6	17	100	
Personal health communication		N	%	N	%	N	%	0.002
Not good		15	40,5	15	40,5	30	73	
Good		7	18,9	4	10,8	11	26,7	
Total		15	100	22	59,4	37	100	



Based on the table above, it shows that Personal health communication with P-value = **0.003** and the Ethics of personal health with P-value = **0.002**. This means that there is a significant difference between those who received and did not receive treatment.

Discussion

Personal communication relationship on health for the HIV/AIDS treatment in the Bairo Pite Private Clinic, Do,-Aleixo Administrative Post, Dili Municipality, in 2025.

From the statistical analysis results shown, it is indicated that there is a significant relationship between personal health communication of the HIV/AIDS treatment because of the statistically significant value. The statistical test result (Chi square) shows a P-Value of 0.002 ($P < 0.05$).

previous search results from (Babel et al., 2021) Based on the full-text review of the 154 studies, we excluded 139 studies when applying the criteria. There was 85% agreement between the reviewers. The following were the main reasons for exclusion: (1) the paper did not meet our criteria of an empirical evaluation ($n=78$); (2) the intervention was not targeting a marginalised population in a low-income or middle-income country ($n=56$) and (3) the study did not evaluate a combination HIV prevention programme ($n=5$). The remaining 15 full-text studies were included and used as the basis of the analysis that follows. Included studies were identified through PubMed ($n=7$), POPLINE ($n=4$) and Keyword searches ($n=4$). All were peer-reviewed journal articles except one unpublished report. Personal ethical relationship towards health for the implementation of HIV/AIDS treatment policy at Bairo Pite Private Clinic, Do,-Aleixo Administrative Post, Dili Municipality, in 2025.

previous search results from (Gentil & Real, 2024) Based on the results of the Spearman Rank test for variable X and variable Y, where variable X shows that the frequency of the category very good was 13 with a percentage of 100%, good had a frequency of 31 and a percentage of 100%, sufficient had a frequency of Spearman Rank test showed that there is a relationship between the level of knowledge and the family's attitude towards transmission of pulmonary tuberculosis disease in the isolation ward of the HNGV, Dili, with a correlation coefficient of 0.415 and a significant value of 0.001. Therefore, the study was able to confirm the hypothesis that there is a relationship between the level of knowledge and the family's attitude towards the transmission of pulmonary tuberculosis in the isolation ward of the HNGV, Dili. Knowledge is a very important domain for the formation of a person's actions and support by families.

Ethic Personal health for relationship on health for the HIV/AIDS treatment in the Bairo Pite Private Clinic, Do,-Aleixo Administrative Post, Dili Municipality, in 2025.

The statistical chi-square test result shows a relationship between personal ethics, health and the implementation of HIV/AIDS treatment policies at the Bairo Pite Private Clinic, Do,-Aleixo Administrative Post, Dili Municipality, in 2025, with a P-value of 0.003 ($P < 0.05$), and it means that receiving and not receiving treatment are significant. The interpretation of this result is that personal ethics and health in relation to the HIV/AIDS treatment are not good at the Bairo Pite Private Clinic.



Previous search results from (Pacheco et al., 2025) Discussions about HIV/AIDS are traditionally sensitive and often met with resistance. However, the absence of comprehensive sex education in GCC countries has also been cited as a contributing factor to the lack of acceptance of HIV/AIDS. Participants emphasised the importance of awareness campaigns, noting their potential impact irrespective of community perceptions.

CONCLUSION

Statistical chi-square test indicates that there is a significant relationship between personal health communication of the HIV/AIDS treatment, as indicated by the statistically significant value. The statistical test result (Chi square) shows a P-value of 0.002 ($P < 0.05$). Statistical test shows that there is a relationship between personal ethics and health in relation of HIV/AIDS treatment at the Bairo Pite Private Clinic, Do,-Aleixo Administrative Post, Dili Municipality, in 2024, with a P-Value of 0.003 ($P < 0.05$). It can be concluded that there is a significant relationship between personal health communication (X1) and personal health ethics (X2) of the HIV/AIDS treatment (Y).

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