

## **ABSTRACT**

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**Describing of *Self efficacy* ODHA whose being a buddy in maintaining the physical health (Miniwaty, M.Psi and Debora Basaria, M.Psi); S1 Psychology Studies Program Tarumanagara University. (120 pages; P1-P3; L1-L14)**

AIDS is the result of the spread of HIV virus that attacks the immune system, and lead to death. Self efficacy must be owned by the infected with HIV (ODHA) in adopting healthy behaviors. With a healthy physical, then the development of HIV virus in ODHA's body can be suppressed. High self efficacy seen in the behavior of taking drugs, maintaining food intake, avoid drug, exercise regularly, avoid stres, and maintain personal hygiene and the environment. ODHA with high self-efficacy are expected to be a buddy and a model for another ODHA. This reserach uses in depth interviews method to describing of self efficacy ODHA whose being buddy in maintaining the physical health. Subjects in this research amounted to 5 people. From the research results obtained, 2 (two) of 5 subjects research has a high self-efficacy in maintaining their physical health, so that they become a buddy and model for his fellow people living with HIV.

Key words: ODHA, Health Behavior, Self efficacy, and Buddy