

***Self-Regulation* pada Orang Dengan HIV/AIDS (ODHA) Wanita Dewasa Awal yang  
Menjadi Aktivis**

**Desiree Puspita & Widya Risnawaty, M. Psi**

**Universitas Tarumanagara**

**Jakarta**

***Abstract***

Currently, HIV / AIDS is growing. Individual circumstances with HIV / AIDS is making them worse. An effective way to change things is people living with HIV should receive and regulate themselves to live well. This study aims to look at the process of self-regulation to PLHIV who became activists in NGOs or AIDS foundation. This study uses in-depth interview techniques. Data collection and interview process conducted from May to early November 2012. The results showed that the self-regulation process successfully performed by the subjects well. The four subjects can achieve their goals to be accepted by their families and communities so that they are not desperate in the face of life in the presence of HIV / AIDS on their bodies. These results are also affected by the activities of the subject as an activist in the NGO or charity to help people living with HIV AIDS-other PLWHA in order to have the spirit of life.

Keywords: self-regulation, HIV / AIDS, Activists