

IMPACT OF THE COUNSELING METHOD KNOWN AS RATIONAL EMOTIVE THERAPY (RET) ON THE PSYCHOLOGICAL WELL-BEING OF HIV/AIDS PATIENTS IN WARRI, DELTA STATE, NIGERIA.

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Abstract

This study investigated Impact of the Counseling Method known as Rational Emotive Therapy (RET) on the Psychological Well-being of HIV/AIDS Patients in Uvwie Local Government Area of Delta State Nigeria. Four research questions and four hypotheses guided the study. It adopted descriptive survey design. Structured questionnaire titled Rational Emotive Therapy (RET) on the Psychological Well-being of HIV/AIDS Patients with forty (40) items were used for data collection. A total of 80 sample respondents were used for the study. Data generated were analysed using mean and standard deviation for research questions, while the hypotheses were tested using Pearson Product moment correlation coefficient. The findings showed among other things that Rational Emotive Therapy (RET) counseling technique has a positive effect and impact on the social life style of people living with HIV/AIDS in Uvwie Local Government Area of Delta State Nigeria. Based on the findings, the paper recommends among other things that, Government should provide Counselling centres with facilities in all the community health centres in the federation.

Keywords: Counseling Method, Rational Emotive Therapy (RET) and HIV/AIDS Patients.

Introduction

Within the third decade of its existence, the global epidemic of HIV/AIDS, also known as acquired immunodeficiency syndrome, has reached concerning proportions. One of the most challenging public health problems our country is currently facing is HIV/AIDS. It is a calamity that upsets the balance of the family by casting a shadow of fear and uncertainty over their future. Any level of stigmatization has a number of

negative repercussions on the lives of individuals living with HIV/AIDS as well as on society at large. It disrupts social interactions, makes people more susceptible to infection, and lowers the ability of communities to care for one another. One widespread issue that may have an impact on health worldwide and jeopardize a person's mental and physical health is stigma. The sociological and economic well-being of sufferers of the HIV/AIDS epidemic is

significantly impacted. Due to its severe effects, which include prolonged illness, fatalities, and a rise in the number of orphans and widows/widowers, it has become a threat to people's well being in Nigeria. Over 150 million people are estimated to live in Nigeria, of which 3.5 million are HIV/AIDS positive (FMINO, 2007). HIV/AIDS was first identified in Nigeria in 1985, and an international conference officially reported on the disease in 1986 (Adeyi et al, 2006). The HIV/AIDS pandemic claimed the lives of 170,000 Nigerians in 2007 (UNAIDS, 2008). Over 1.3 million people have died from the disease, and over a million children have been left orphaned (FMINO, 2007). According to Edewor (2010), the rates of HIV/AIDS infection in Nigeria's six geopolitical zones vary. Nigeria has already emerged from the explosive prevalence phase of five percent. It is commonly known that in order to accept their status as seriously ill, people living with HIV/AIDS (PLWHA) need a great deal of support and have high emotional demands. HIV/AIDS is a highly stigmatized illness that is linked to social stigma, in addition to being a condition associated with a number of physiological issues and growing discomforts like pain, dyspnea, altered sexual patterns, and deformity. A person's quality of life declining, their fear of dying physically, their inability to cope with uncertainty, their homelessness and unemployment, their financial difficulties, their divorce, and other severe psychological stressors like depression, anxiety, suicidal thoughts, and so forth can all be made worse by the stigmatization of specific conditions.

People living with HIV/AIDS can lead healthy lives if they receive the right support and care. Their immune systems can be fortified with medical care, a healthy diet, consistent exercise, relaxation, and support. To survive, assess their accomplishments, and rediscover happiness and joy, they need a range of caring types of assistance and support. A positive HIV diagnosis can cause shock or rage. Other emotions that PLWHAs experience include phobias, or fears of social rejection from friends and family, and worries

about spreading the virus to other people. Such reflective thinking can lead to depression, which affects PLWHA twice as often as the general population (American Psychiatric Association, 2013). According to studies by Farinpour et al. (2013) and Cook et al. (2014), the majorities of HIV/AIDS patients engage in risky behaviors, do not take their medications as directed, and have lower survival rates. People with low socioeconomic status are particularly susceptible to the effects of HIV/AIDS because they may feel forlorn, anxious, or afraid of not being able to afford future medical care. The global estimate of individuals living with HIV/AIDS is 33.3 million; however, in South East Asia, the figure is more like 3.5 million. It is estimated that 2.3 million people in India, or approximately 0.34% of the population, are infected with the virus. On the other hand, estimates of the number of HIV-positive individuals in Nigeria are about 3.1 million, including 2.8% of adults (15–49 years old) who are infected, 210,000 new HIV infections, 150,000 deaths from AIDS, and 34% of adults who are receiving retroviral therapy. Unprotected heterosexual activity is the primary cause of 80% of new HIV infections in Nigeria; the majority of HIV infections occur in impacted populations, such as sex workers. Sometimes risky behavior—such as sharing syringes and needles contaminated with HIV, unprotected sexual contact, intravenous drug use, and alcohol consumption before sex—can be connected to the primary causes of HIV transmission (Saylor and Daliparthy, 2015; Luber, 2012). Therefore, the current researcher wants to know how HIV/AIDS patients in Nkanu West Local Government Area (LGA) in Enugu State, Nigeria, adjust psychologically after receiving Rational Emotive Therapy (RET).

Statement of Problems

Records show that despite improvements in HIV care, psychological difficulties are still a major concern for people living with HIV/AIDS (PLWHA). PLWHA face many psychological difficulties, one of which is stigmatization, defined as the devaluing and social discrediting of people who are HIV positive. The frequent exclusion from family and forced poverty that

PLWHA experience can have a detrimental psychological effect on them. Furthermore, because they lack support from their family and community, they may not disclose their illness status or take their medications as directed. Some people who are HIV/AIDS positive suffer from social exclusion and self-ostracism; some children struggle because of bullying in the community and at school, which can lead to depression and low self-worth. Due to the stigma attached to HIV/AIDS, families with small networks of both internal and external support do not disclose the diagnosis. Research indicates that as many as 50% of PLWHA struggle with substance abuse and mental illness (Bing et al., 2009). Major HIV transmission factors have occasionally been connected to depression, including sharing HIV-contaminated syringes and needles, unprotected sex, intravenous drug use, and alcohol consumption before sex (Saylor & Daliparthi, 2010; Luber, 2012). Therefore, the aim of this study is to determine the impact of group counseling on the psychological adjustment of Nigerians living with HIV/AIDS.

Purpose of the Study

The purpose of this study is to ascertain the impact of the counseling method known as Rational Emotive Therapy (RET) on the psychological well-being of HIV/AIDS patients in Uvwie Local Government Area of Delta State, Nigeria. The specific objectives this study seeks to achieve are as follows:

1. To determine the effect of the counseling technique known as Rational Emotive Therapy (RET) on the social style of individuals living with HIV/AIDS in Uvwie Local Government Area, Delta State.
2. To investigate the role of Rational Emotive Therapy (RET) counseling technique on positive thinking pattern of people living with HIV/AIDS in Uvwie Local Government Area, Delta State
3. To find out the effect of availability of

Rational Emotive Therapy (RET) counseling materials on the wellbeing of People living with HIV/AIDS in Uvwie Local Government Area, Delta State

4. To ascertain the effect of Rational Emotive Therapy (RET) counseling technique on the wellbeing of HIV/AIDS patient in Uvwie Local Government Area, Delta State

Research Questions

To direct the investigation, the following research questions were developed:

1. To what extent is the effect of Rational Emotive Therapy (RET) counseling technique on the social life style of people living with HIV/AIDS in Uvwie Local Government Area, Delta State.
2. What is the role of Rational Emotive Therapy (RET) counseling technique on positive thinking pattern of people living with HIV/AIDS in Uvwie Local Government Area, State
3. To what extent does the availability of Rational Emotive Therapy (RET) counseling materials affect the wellbeing of People living with HIV/AIDS in Uvwie Local Government Area, Delta State.
4. To what extent do People living with HIV/AIDS' utilization of Rational Emotive Therapy (RET) counseling techniques affect their wellbeing in Uvwie Local Government Area, Delta State

Research Hypotheses

H₀1: There is no significant relationship between the effects of RET counseling technique and the social life style of people living with HIV/AIDS in Uvwie Local Government Area, Delta State.

H₀2: here is no significant relationship between

the role of RET counseling technique and positive thinking pattern of people living with HIV/AIDS in Uvwie Local Government Area, Delta State

H₃; To There is no significant relationship between the availability of Rational Emotive Therapy (RET) counseling materials and well being of People living with HIV/AIDS in Uvwie Local Government Area, Delta State

H₄: There is no significant relationship between the effect of RET counseling utilization and the wellbeing of HIV/AIDS patient in Uvwie Local Government Area, Delta State

Methodology

The researcher used a descriptive survey design for this work, and the study. Was carried out in Uvwie Local Government Area, Delta State. The population of the study consists of all people living with HIV/AIDS in Uvwie Local Government Area Delta State, Nigeria. They were about one hundred (105) of them in the population under investigation. Then eighty (80) HIV/AIDS-positive individuals were used as sample. The researcher arrived at the study's sample of eighty (80) respondents by applying the Taro Yamani formula, thus:

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

A self-made questionnaire that the researcher called "Rational Emotive Therapy (RET) Counselling technique on the Psychological Adjustment" was used to collect primary data from the respondents. There were two sections on the questionnaire. Section A inquires about the respondent's profile, section B poses questions based on the research questions. It was a four point Likert scale questions of, Strongly Agree (SA), Agree (A), Disagree (D), and Strongly Disagree (SD), with corresponding rating scales of 4, 3, 2, and 1, respectively. Any score of 2.5 or higher indicated agreement, while a score of less than 2.5 indicated disagreement. The 2.5 was arrived at thus: $-4+3+2+1=10-4=2.5$

The instruments were sent to experts who rigorously reviewed the first drafts in terms of clarity, relevance, and adequacy. The experts' recommendations and corrections were used by the researcher to reconstruct the instrument. Mean, standard deviation, and t-test were employed to analyze the data.

Results

Research Question 1

To what extent is the effect of Rational Emotive Therapy (RET) counseling technique on the social life style of people living with HIV/AIDS (PLHIV/AIDS) in Uvwie Local Government Area Delta State.

Table 4: Mean ratings and standard deviation of the respondents the effect of Rational Emotive Therapy (RET) counseling technique on the social life style of people living with HIV/AIDS (PLHIV/AIDS) in Uvwie Local Government Area Delta State

SN	Variable	Frequency				Descriptive Statistics		Rmks
		VGE	GE	SE	NE	Mean	SD	
1	Enhances rational social life of PLHIV/AIDS	33	29	15	3	2.82	1.03	GE
2	Enhances the reduction of self isolation	28	38	11	3	2.91	0.84	GE
3	Enhances the development of free movement/association	28	40	7	5	2.81	1.01	GE
4	Assist in reduction of fear of death.	37	27	1	5	3.26	0.84	VGE
5	Stimulate the development personal survival	31	14	14	1	3.15	0.82	VGE
6	Enhance the development of rapport and acceptance	37	27	15	1	3.10	0.81	VGE
7	Improve on the development of social and communication skills	35	23	17	5	2.98	0.91	GE
8	Enhances D evelopment of living a normal life	31	27	17	5	3.14	0.87 6	VGE
9	Introduces new or alternative methods of social life	38	14	18	10	2.90	1.03	GE
10	Reduction of illogical thought	35	20	17	8	2.92	0.97	GE
	Cluster Mean					2.80	0.71	GE

The analysis that was done, as indicated in table 4 above, produced results that showed how the Rational Emotive Therapy (RET) counseling techniques affected the social lives of people living with HIV/AIDS (PLHIV/AIDS) in Uvwie Local Government Area Delta State.

According to the analysis, the overall cluster mean value is 2.80 with standard deviation value of 0.71. This cluster mean value lies within the mean acceptance region of $2 < \text{Mean value} \leq 3 = \text{Great Extent} = (51-75)$. Indicating that the extent to which the effect of Rational Emotive Therapy

(RET) counseling technique on the social life style of people living with HIV/AIDS (PLHIV/AIDS) in Uvwie Local Government Area Delta State is enhanced, their social life will improve.

Research Question 2

How does the role of Rational Emotive Therapy (RET) counseling technique effect positive thinking/behavioural pattern of people living with HIV/AIDS (PLHIV/AIDS) in Uvwie Local Government Area Delta State.

Table 5. Mean ratings and standard deviation of the respondents on the effect of Rational Emotive Therapy (RET) counseling technique on the positive thinking/behaviour pattern of people living with HIV/AIDS (PLHIV/AIDS) in Uvwie Local Government Area Delta State.

SN	Variable	Frequency				Descriptive Statistics		Rmks
		VGE	GE	SE	NE	Mean	SD	
1	It makes them(PLHIV/AIDS) think positively	25	33	13	9	3.14	0.88	GE
2	Encourage PLHIV/AIDS to see themselves like those suffering other diseases	43	22	11	4	2.95	0.99	GE
3	It exposes PLHIV/AIDS to survival techniques	33	23	10	14	3.02	0.86	GE
4	Encourage PLHIV/AIDS to live careful life	32	24	18	6	2.60	0.92	GE
5	Encourage PLHIV/AIDS to do mild excercises	24	30	216	10	3.00	0.91	GE
6	Teaching the PLHIV/AIDS rational behaviour	37	20	17	5	2.70	0.93	GE
7	Help Encourage PLHIV/AIDS to eliminate anxiety and weakness.	26	23	23	8	3.09	0.77	GE
8	Encourage PLHIV/AIDS to self actualization	32	27	19	2	2.60	1.09	GE
9	Development of logical abilities using ABC technique	26	28	21	5	2.90	0.93	GE
10	Teaches PLHIV/AIDS to avoid risky behaviour	35	22	17	6	2.97	1.04	GE
	Cluster Mean					3.02	0.63	GE

The analysis that was done, as indicated in table 5 above, demonstrated the impact of the counseling technique known as Rational Emotive Therapy (RET) on the positive thought patterns and behavioral patterns of individuals living with HIV/AIDS (PLHIV/AIDS) in Uvwie Local Government Area Delta State. The analysis indicates that the standard deviation value is 0.63 and the overall cluster mean value is 3.02. The mean value of this cluster falls within the $2 < \text{Mean value} \leq 3 = \text{Great Extent} = (51-75)$ mean acceptance region, demonstrating how much the use of the counseling technique Rational Emotive

Therapy (RET) influences the positive thought/behavioral patterns of people living with HIV/AIDS (PLHIV/AIDS) in The analysis indicates that the standard deviation value is 0.63 and the overall cluster mean value is 3.02. The mean value of this cluster falls within the $2 < \text{Mean value} \leq 3 = \text{Great Extent} = (51-75)$ mean acceptance region. It shows how much the use of the counseling technique Rational Emotive Therapy (RET) influences the positive thought/behavioral patterns of people living with HIV/AIDS (PLHIV/AIDS) in Uvwie Local Government Area Delta State, Nigeria.

Research Question 3

To what extent does the availability of Rational Emotive Therapy (RET) counseling materials affect the well being of People living with HIV/AIDS in Uvwie Local Government Area Delta State, Nigeria.

Table 6. Mean ratings and standard deviation of the respondents on the availability of Rational Emotive Therapy (RET) counseling materials affect on the wellbeing of People living with HIV/AIDS in Uvwie Local Government Area Delta State, Nigeria.

SN	Variable	Frequency				Descriptive Statistics		Remark
		VGE	GE	SE	NE	Mean	SD	
	Availability of:							
1	PLHIV/AIDS Counselling Centre	21	20	16	23	2.490	1.068	GE
2	Pamphlets on HIV/AIDS	27	35	15	3	2.860	0.853	GE
3	Base rate charts and folders	8	53	16	3	2.560	0.821	GE
4	Film/projector on good lifestyle	22	33	15	10	2.770	0.909	GE
5	Anxiety inventory instrument	30	28	18	4	2.740	1.041	GE
6	Depression study manual	34	34	6	6	3.060	0.863	VGE
7	Phobic Avoidance scale	36	23	13	8	2.970	0.958	GE
8	Story books on confidence	29	40	2	9	3.070	0.714	VGE
9	Hope-alive therapy	37	28	10	5	2.970	1.039	GE
10	Time table on follow-up	45	25	8	2	3.430	0.728	VGE
	Cluster Mean					2.84	0.91	GE

The well-being of people living with HIV/AIDS in Uvwie Local Government Area Delta State, has been found to be impacted by the availability of Rational Emotive Therapy (RET) counseling materials. The analysis's findings are shown in Table 6 above. The analysis indicates that the standard deviation value is 0.91 and the overall cluster mean value is 2.84. The cluster mean value falls between $2 < \text{Mean value} \leq 3 = \text{Great Extent} = (51-75)$ in the mean acceptance region, demonstrating that the availability of counseling

materials for Rational Emotive Therapy (RET) has a significant impact on the well-being of HIV/AIDS patients in Uvwie Local Government Area, Delta State Nigeria.

Research question 4

To what extent do People living with HIV/AIDS utilization of Rational Emotive Therapy (RET) counseling techniques affect their well being in Uvwie Local Government Area of Delta State, Nigeria.

Table 7: Mean ratings and standard deviation of the respondents on the effect of utilization of Rational Emotive Therapy (RET) counseling techniques on the well being of people living with HIV/AIDS in Uvwie Local Government Area of Delta State, Nigeria.

SN	Variable	Frequency				Descriptive Statistics		Rmks
		VGE	GE	SE	NE	Mean	SD	
1	Modelling	26	39	13	2	2.890	0.815	GE
2	Premark principles	15	42	11	12	2.700	0.870	GE
3	Behaviour contract	24	31	13	12	2.770	0.952	GE
4	Variable reinforcement principles	35	21	11	13	2.880	1.038	GE
5	A-B-C Principle	20	30	18	12	2.480	1.049	GE
6	Token economy	25	35	16	4	2.810	0.861	GE
7	Cueing principle	7	41	18	14	2.510	0.823	GE
8	Persuasion principle	21	35	12	12	2.750	0.925	GE
9	Cognitive restructuring	31	27	17	5	2.740	1.060	GE
10	Confrontation and Self control	37	30	6	7	3.070	0.902	VGE
	Cluster Mean					2.68	0.72	GE

(Source: Author's Fieldwork Survey, 2023)

Based on the results of the analysis, as displayed in Table 7 above, the wellbeing of HIV/AIDS patients in Uvwie Local Government Area Delta State , was found to be impacted by the application of Rational Emotive Therapy (RET) counseling techniques. According to the analysis, the overall cluster mean value is 2.68 with standard deviation value of 0.72. This cluster mean value lies within the mean acceptance region of $2 < \text{Mean value} \leq 3 = \text{Great Extent} = (51-75)$, indicating that the extent to which People

living with HIV/AIDS utilization of Rational Emotive Therapy (RET) counseling techniques for their wellbeing in Uvwie Local Government Area of Delta State is to a great extent.

H₀1: There is no significant relationship between the effects of RET counseling technique and the social life style of people living with HIV/AIDS in Uvwie Local Government Area Delta State, Nigeria.

Table 8: The relationship between the effects of RET counseling technique and the social life style of HIV/AIDS patients in Uvwie Local Government Area Delta of State, Nigeria.

SN	Variable	N	Mean	STD	R	Sign Value
1	Rational Emotive Therapy (RET) counseling techniques	80	23.760	3.202	0.543(*)	0.034
2	Effect on social life style of people living with HIV/AIDS	80	22.541	3.101		
S	* At the 0.05 level (2-tailed), correlation is significant.					

Source: Author's Fieldwork Survey, 2023)

Based on the analysis presented in Table 8, there is a strong positive correlation between the variables "Rational Emotive Therapy (RET) counseling techniques" and "Effect on social life style of people living with HIV/AIDS." The Pearson Product Moment Correlation Coefficient between these two variables, calculated at an alpha level of 0.05, is 0.543. This value is closer to the figure plus one than zero, suggesting that RET counseling techniques have a positive impact on

the social life style of people living with HIV/AIDS in Uvwie Local Government Area Delta State, Nigeria.

Hypothesis 2

H₀2: There is no significant relationship between the role of RET counseling technique and positive thinking pattern of people living with HIV/AIDS in Uvwie Local Government Area, Delta State

Table 9: Relationship between the effect of RET counseling technique and the positive thinking pattern of people living with HIV/AIDS in Uvwie Local Government Area, Delta State.

SN	Variable	N	Mean	STD	R	Sign Value
1	Role of Rational Emotive Therapy (RET) counseling techniques	80	25.010	3.178	0.721(*)	0.017
2	Effect on thinking pattern of people living with HIV/AIDS in Warri, Delta State	80	26.320	2.847		
	* At the 0.05 level (2-tailed), correlation is significant.					

(Source: Author's Fieldwork Survey, 2023)

According to the analysis's findings, which are displayed in table 9 above, the Pearson Product Moment Correlation value There is a strong positive correlation between the variables, as

indicated by the coefficient of 0.721 between the variables "Role of RET counseling technique" and "Effect on thinking pattern of people living with HIV/AIDS in Uvwie Local Government

Area," done at the 0.05 significant level. This value is closer to the figure plus one than zero, indicating that the role of RET counseling technique has a positive impact on the thinking pattern of people living with HIV/AIDS in Uvwie Local Government Area Delta State.

Hypothesis 3

Ho3: To There is no significant relationship between the availability of Rational Emotive Therapy (RET) counseling materials and wellbeing of People living with HIV/AIDS in Uvwie Local Government Area,Delta State

Table 10: Relationship between the effect of availability of RET counseling materials and the well being of people living with HIV/AIDS in Uvwie Local Government Area, Delta State.

SN	Variable	N	Mean	SD	R	Sign Value
1	Availability of Rational Emotive Therapy (RET) counseling materials	80	24.200	2.621	0.811(*)	0.30s0
2	Effect on well being of people living with HIV/AIDS in Warri ,Delta State.	80	26.310	2.811		
* Correlation is significant at the 0.05 level (2-tailed)						

(Source: Author's Fieldwork Survey, 2023)

There is a strong positive correlation between the variables "availability of Rational Emotive Therapy (RET) counseling materials" and "Effect on well-being of people living with HIV/AIDS in Uvwie Local Government Area," as indicated by the analysis of results displayed in table above 10. The value of the Pearson Product Moment Correlation Coefficient between the variables "Availability of RET counseling materials" and "Effect on well-being of people living with

HIV/AIDS in Uvwie Local Government Area, Delta State." at an alpha level of 0.05 is 0.811, and this value is closer to the figure plus one than zero.

Hypothesis 4

H₀4: There is no significant relationship between the effect of RET counseling utilization and the well being of HIV/AIDS patient in Uvwie Local Government Area ,Delta State

Table 11: Relationship between the effect of RET counseling utilization and the well being of people living with HIV/AIDS in Uvwie Local Government Area, Delta State.

SN	Variable	N	Mean	STD	R	Sign Value
1	The utilization of Rational Emotive Therapy (RET) counseling	80	28.300	2.848	0.832(*)	0.031
2	Effect on the well being of people living with HIV/AIDS in Warri, Delta State.	80	29.520	2.917		
* Correlation is significant at the 0.05 level (2-tailed)						

(Source: Author's Fieldwork Survey, 2023)

From the result of the analysis carried out as shown in table 11 above, the value of Pearson Product Moment Correlation Coefficient between the variable “utilization of Rational Emotive Therapy (RET) counseling ” and the variable “Effect on the well being of people living with HIV/AIDS in Uvwie Local Government Area ,Delta State ”, done at alpha level of 0.05 is 0.832 and this value is closer to the figure plus one than zero showing that there is a significant positive correlation between the variable “utilization of Rational Emotive Therapy (RET) counseling ” and the variable “effect on the well being of people living with HIV/AIDS in Uvwie Local Government Area, Delta State. Implying that of RET counseling utilization has positive effect on the wellbeing of HIV/AIDS patient in Uvwie Local Government Area of Delta State, Nigeria.

Discussion of findings

In terms of social life style and emotional support, it was found that the counseling technique known as Rational Emotive Therapy (RET) is beneficial in strengthening the social life style and emotional stability of people living with HIV/AIDS (PLHIV/AIDS). This finding is consistent with the findings of Kendler et al. (2005), who suggested that in order to lower the risk of psychological distress, people living with HIV/AIDS need social and emotional supports. The well-being of individuals living with HIV/AIDS in Uvwie Local Government Area of Delta State, Nigeria, was also significantly impacted by the availability of Rational Emotive Therapy (RET) counseling materials. Equally, in Uvwie Local Government Area of Delta State, the use of Rational Emotive Therapy (RET) counseling techniques on the well-being of individuals living with HIV/AIDS was also examined; the results showed an overall cluster mean value of 2.68 and a standard deviation value of 0.72. Implying that individuals living with HIV/AIDS can benefit from the application of Rational Emotive Therapy (RET) counseling

techniques, which have been shown to have a positive impact on their thought patterns, social life style and well being of people living with HIV/AIDS in Uvwie Local Government Area of Delta State, Nigeria.

Conclusion

This study shows that if given adequate psychological support through Rational emotive therapy counseling techniques, people living with HIV/AIDS will adjustment in the areas of social life style, thinking/behavioral pattern, and the general wellbeing of people living with HIV/AIDS. HIV/AIDS infected patients can live healthy long lives, if proper care and support is provided to change their psych.

Recommendations

Based on the findings, the researchers made the following recommendations:

1. Government should provide Counselling centres with facilities in all the community health centres in the federation
2. Government at all levels should mount campaigns against stigmatization and discriminating against HIV patients at all levels of society and intensify voluntary counseling and testing for the public using Rational Emotive Therapy (RET) counseling techniques
3. Guidance Counsellors should be retrained in the use of Rational Emotive Therapy (RET) counseling techniques
4. The general public should assist the government in the provision of PLHIV/AIDS Counselling Centre, Film/projector on good lifestyle, Phobic Avoidance scale, Pamphlets on behaviour modification, Depression study manual, Pamphlets on HIV/AIDS prevention and control, Story books on confidence

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