

INTISARI

Pandemi COVID-19 membawa dampak pada Orang Dengan HIV dan AIDS (ODHA) di Daerah Istimewa Yogyakarta dalam berbagai aspek kehidupan. Hal yang paling dirasakan ialah adanya perubahan pada mekanisme pengobatan HIV dan AIDS yang dilakukan oleh fasilitas pelayanan kesehatan ataupun secara pribadi. Akibatnya, ODHA melakukan penyesuaian diri dalam mengakses pengobatan medis dan menjaga kesehatan pribadi melalui budaya lokal. Akan tetapi, sampai saat ini belum ditemukan kajian mengenai strategi adaptasi yang dilakukan ODHA untuk bertahan dalam kondisi pandemi COVID-19. Penelitian ini mengeksplorasi pola-pola pengobatan ODHA saat pandemi COVID-19 di Daerah Istimewa Yogyakarta sebagai bentuk adaptasi kesehatan dan ketahanan budaya lokal. Metode penelitian yang digunakan melalui wawancara mendalam dan *Focus Group Discussion* kepada ODHA, keluarga terdekat, dan pengurus yayasan yang bergerak di bidang penanganan HIV dan AIDS sebanyak 22 informan. Penelitian ini dilakukan pada tahun 2020. Analisis data dilakukan melalui reduksi data, penyajian data, verifikasi data, dan penarikan kesimpulan. Hasil dari penelitian ini menemukan dampak yang paling dirasakan ODHA berasal dari sektor sosial ekonomi, kesulitan mengakses obat ARV, dan pembatasan pemeriksaan laboratorium untuk *Viral Load* dan CD4. Mekanisme penyesuaian dalam mengakses obat ARV dilakukan dengan pelayanan berbasis digital, dibantu oleh Kelompok Dukungan Sebaya, dan menghadirkan budaya pinjam-meminjam sebagai penguatan solidaritas sesama ODHA. Pengobatan komplementer yang dipilih ODHA di masa pandemi COVID-19 ialah *mind-body intervention*, *manipulative and body-based methods*, serta *biologically based therapies*. Pola pengobatan komplementer secara tradisional menjadi pilihan terfavorit di kalangan ODHA dengan mengonsumsi jamu-jamuan, seperti Kunir Asem, Temulawak, Wedang Uwuh, dan Wedang Jahe. Tradisi pengobatan dan nilai solidaritas menjadi representasi budaya dan membawa makna simbolis dengan mengacu pada pengaruh secara kultural dalam aspek kesehatan, psikologis, dan sosial ekonomi. ODHA dapat membuktikan pada kondisi pandemi COVID-19 masih dapat bertahan dengan melakukan adaptasi di berbagai aspek kehidupan.

Kata Kunci: HIV dan AIDS, pandemi COVID-19, pengobatan, adaptasi, budaya.

ABSTRACT

The COVID-19 pandemic has an impact on People Living with HIV and AIDS (PLWHA) in the Special Region of Yogyakarta in various aspects of life. This condition has an impact in changing the mechanism for treating HIV and AIDS that is carried out by health service facilities or individually. As a result, people living with HIV and AIDS have made adjustments in accessing medical treatment and maintaining personal health through local culture. However, until now there has been no study on the adaptation strategies carried out by PLWHA to survive the conditions of the COVID-19 pandemic. This research will study the treatment patterns of PLWHA during the COVID-19 pandemic in the Special Region of Yogyakarta as a form of health adaptation and local cultural resilience. The research method used was through in-depth interviews and focus group discussions with PLWHA, their closest families, and foundations engaged in handling HIV and AIDS with total 22 informants. This research was conducted in 2020. Data analysis was carried out through data collection, data reduction, data presentation, data verification, and drawing conclusions. The results of this study found that the most impact felt by PLWHA came from the socio-economic sector, difficulties in accessing ARV drugs, and restrictions on laboratory testing for Viral Load/CD4. The adjustment mechanism in accessing ARV drugs is carried out with digital-based services, assisted by Peer Support Groups, and bring up a culture of borrow from each other as a strengthening of solidarity among PLWHA. The complementary treatments chosen by PLWHA during the COVID-19 pandemic were mind-body intervention, manipulative and body-based methods, and biologically based therapies. Traditional complementary medicine patterns have been the favorite choice among PLWHA by consuming *jamu*, such as Kunir Asem, Temulawak, Wedang Uwuh, and Wedang Jahe. The medical tradition and the value of solidarity become cultural representations and carry symbolic meaning by referring to cultural influences in health, psychological, and socio-economic aspects. PLWHA can prove that in the COVID-19 pandemic conditions they can still survive by adapting in various aspects of life.

Keywords: HIV and AIDS, COVID-19 pandemic, treatment, adaptation, culture.