



Article

Biographical Reinvention: An Asset-Based Approach to Understanding the World of Men Living with HIV in Indonesia

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Abstract: HIV diagnosis and management have often caused disruption to the everyday life and imagined futures of people living with HIV, both at individual and social levels. This disruption has been conceptualised, in a rather dystopian way, as ‘biographical disruption’. This paper explores whether or not biographical disruption of living with HIV encourages men living with HIV (MLHIV; $n = 40$) in Yogyakarta and Belu, Indonesia, to reinvent their sense of self and future over time using internal and external assets. Our analysis uses the concepts of additive and subtractive resilience strategies, and we show how, rather than having a purely disrupted biography, participants talked about their experiences of ‘biographical reinvention’. Study participants were recruited using the snowball sampling technique, beginning with two HIV clinics as the settings. Data were collected using one-on-one in-depth interviews, and a qualitative framework analysis was used to guide step-by-step data analysis. The findings showed that, despite the disruptions in their everyday lives (i.e., mental health condition, work, activities, social relationships, etc.) following the HIV diagnosis and management, MLHIV in our study managed to utilise their internal assets or traits (i.e., hope, optimism, resilience) and mobilised external resources (i.e., support from families, friends and healthcare professionals) to cope with the disruptions. An interweaving of these internal assets and external resources enabled them to take on new activities and roles (additive resilience strategies) and give up health compromising behaviours (subtractive resilience strategies). These were effective for most MLHIV in our study, not only to cope with the HIV repercussions and improve their physical and mental health conditions, but to think or work on a ‘reinvented’ biography which encompassed resilience, hope and optimism for better health, life and future. The findings indicate the need for HIV interventions and healthcare systems that provide appropriate support for the development and maintenance of internal assets of PLHIV to enable them to cope with the repercussions of HIV and work on a ‘reinvented’ biography.

Keywords: biographical disruption; biographical reinvention; additive strategy; subtractive strategy; hope; optimism; resilience; men living with HIV; Indonesia

1. Introduction

HIV diagnosis and management have often caused disruption to the everyday life and future of people living with HIV (PLHIV), both at the individual [1–4] and social levels [3,5], which Bury conceptualised as biographical disruption [6]. The concept of biographical disruption was initially introduced to describe a fundamental rupture in the fabric of everyday life of people living with chronic illness and how the illness experience disrupted their perception and understanding of themselves or life and the future [6–8]. The disruption could affect people’s habitual behaviours and patterns or routines that govern or structure their daily lives, which Bury called ‘the disruption of taken-for-granted



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People And Society In Indonesia A Biographical Approach

Lauren Gardner



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Table of Contents People And Society In Indonesia A Biographical Approach

1. Understanding the eBook People And Society In Indonesia A Biographical Approach
 - The Rise of Digital Reading People And Society In Indonesia A Biographical Approach
 - Advantages of eBooks Over Traditional Books
2. Identifying People And Society In Indonesia A Biographical Approach
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an People And Society In Indonesia A Biographical Approach
 - User-Friendly Interface
4. Exploring eBook Recommendations from People And Society In Indonesia A Biographical Approach
 - Personalized Recommendations
 - People And Society In Indonesia A Biographical Approach User Reviews and Ratings
 - People And Society In Indonesia A Biographical Approach and Bestseller Lists
5. Accessing People And Society In Indonesia A Biographical Approach Free and Paid eBooks

- People And Society In Indonesia A Biographical Approach Public Domain eBooks
 - People And Society In Indonesia A Biographical Approach eBook Subscription Services
 - People And Society In Indonesia A Biographical Approach Budget-Friendly Options
6. Navigating People And Society In Indonesia A Biographical Approach eBook Formats
- ePub, PDF, MOBI, and More
 - People And Society In Indonesia A Biographical Approach Compatibility with Devices
 - People And Society In Indonesia A Biographical Approach Enhanced eBook Features
7. Enhancing Your Reading Experience
- Adjustable Fonts and Text Sizes of People And Society In Indonesia A Biographical Approach
 - Highlighting and Note-Taking People And Society In Indonesia A Biographical Approach
 - Interactive Elements People And Society In Indonesia A Biographical Approach
8. Staying Engaged with People And Society In Indonesia A Biographical Approach
- Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers People And Society In Indonesia A Biographical Approach
9. Balancing eBooks and Physical Books People And Society In Indonesia A Biographical Approach
- Benefits of a Digital Library
 - Creating a Diverse Reading Collection People And Society In Indonesia A Biographical Approach
10. Overcoming Reading Challenges
- Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine People And Society In Indonesia A Biographical Approach
- Setting Reading Goals People And Society In Indonesia A Biographical Approach
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of People And Society In Indonesia A Biographical Approach
- Fact-Checking eBook Content of People And Society In Indonesia A Biographical Approach
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
- Utilizing eBooks for Skill Development

- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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