

## **COPING STRATEGIES OF PEOPLE LIVING WITH HIV/AIDS IN KACHIA AND GIWA LOCAL GOVERNMENT AREAS, KADUNA STATE, NIGERIA**

**BAKO, A. R<sup>1</sup>, MAMMAN, M<sup>2</sup> & LAAH J. G<sup>3</sup>**

Department of Geography, Ahmadu Bello University, Zaria, Nigeria

### **ABSTRACT**

The aim of the study is to assess the effect of coping strategies adopted by People Living with HIV/AIDS (PLWHA) in Giwa and Kachia Local Government Areas. Data for this study was obtained through primary and secondary data sources. Data also derived from the administration of a structured questionnaire and conduct of Focus Group Discussions (FGDs). A purposeful sampling method was used. This method selected those who are living with HIV/AIDS in both Local Government Areas. In all, 329 PLWHA were involved in the survey. The data were analyzed and presented in percentage distribution. The results obtained reveal that 42.2 percent of the respondents were males and 57.8 percent were females. About 48 percent of the respondents were married, 51.3 percent were in polygamous union. Generally, the major coping strategy adopted by PLWHA in the two Local Government Areas is diversification of income (28.9 percent). This income diversification enabled most of the respondents to engage in various businesses such as sales of mangoes, yams, cassava, cocoa yam, and lots more, either seasonally or annually. As 50.2 percent of the respondents are farmers. The best coping strategies adopted by the respondents in Giwa Local Government area is sale of assets, while in Kachia it is income diversification. This study recommends the empowering of PLWHA as a matter of urgency. This could be done by giving them grants, employment opportunities as well as provide vocational training especially to poor PLWHA women who do not have jobs.

**KEYWORDS:** Coping Strategies, People Living with HIV/AIDS (PLWHA), Income Diversification, and Sales of Assets