***ABSTRACT***

***The Effect of Pranic Healing Therapy on Depression Levels in People with HIV in the Work Area of Jembrana 1 Community Health Center***

Ni Komang Dita Trya Hardianthi 1, Desak Made Ari Dwi Jayanti 2

 Anak Agung Sri Sanjiwani 3,

1,2,3Stikes Wira Medika Bali

*People living with HIV/AIDS can experience prolonged depression, which can impact their self-care. People living with HIV/AIDS who experience depression will experience mental health issues, leading to a lack of adherence to treatment, which can impact their quality of life.The purpose of this study was to determine the effect of pranic healing therapy on the level of depression in HIV/AIDS in the Working Area of Jembrana Health Center I. This study used a pre-experimental design with a one-group pre-post test design approach. The sampling technique was non-probability with a purposive sampling type. The number of research subjects was 10 people. Respondents were given therapy twice a week for 3 weeks. Data collection was carried out using the Beck Depression Inventory instrument. Hypothesis testing used a Paired t-test. The results of this study showed that before being given pranic healing therapy, some respondents experienced moderate depression as many as 8 people (80%), while after being given treatment, the level of depression decreased to mild depression as many as 8 people (80%) with a p-value of 0.000. It was concluded that pranic healing therapy had an effect on depression levels in people living with HIV/AIDS in the Jembrana Community Health Center I Working Area. This pranic healing therapy intervention can reduce the level of depression in research subjects to minimal to mild depression from severe and moderate depression. By administering non-pharmacological therapy such as pranic healing, it can create feelings of calm, motivation, enthusiasm, happiness, pride in oneself, and eliminate negative feelings. This condition will make the patient very relaxed and comfortable, so that this condition can be equated with the condition when the body is at rest. It is recommended that pranic healing therapy be carried out consistently and continuously.*

*Keywords* *Depression, HIV/AIDS, Pranic healing therapy*