

**PHYSICAL ACTIVITY AMONG  
PEOPLE LIVING WITH HIV/AIDS  
AT ANTIRETROVIRAL THERAPY CENTER  
IN HLAING THAR YAR GENERAL HOSPITAL,  
YANGON**

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## ABSTRACT

A lack of physical activity is one of the leading causes of premature death in HIV patient. Adults and older adults with HIV patient on ART should do at least 150–300 minutes of moderate-intensity aerobic physical activity; or at least 75–150 minutes of vigorous-intensity aerobic physical activity; or an equivalent combination of moderate- and vigorous-intensity activity throughout the week for substantial health benefits. People living with HIV can perform the same types of physical activity and exercise as individuals who do not have HIV. The more inactivity HIV patient he lives, the higher risk of chronic diseases he will get. This study was carried out to find out the physical activity levels among PLWHA at anti-retroviral therapy (ART)center in Hlaing Thar Yar General Hospital. In this study, 180 people living with HIV were studied about their physical activity by cross sectional descriptive study. Face-to- face interview with kobo-collect was used. Association between variables and outcomes was found out. The study showed that PLWHA at ART center in Hlaing Thar Yar General Hospital were high in physical activity. Among the participants, 84.5% could do usual daily activities & 86.4% of participants stayed without comorbidities. Almost the majority 80.6% PLWHA received peer supports but 46.7% PLWHA only shared their health status to peer groups. ART adherence was 100%. Among all of socio-demographic factors and disease related characteristics, only there was significant association between family expenditure per month and physical activity ( $p=0.031$ ). This study showed that different people living with HIV/AIDS had different levels of physical activity; however, physical activity also varied substantially. This study concluded that high family expenditure per month of PLWHA had to do hard or heavy work to face their family problems and financial problems that needed great physical efforts.