

LEVEL OF STRESS AMONG SPOUSE OF ALCOHOLICS IN SELECTED COMMUNITY OF HARIDWAR

Author's Name: ¹Muskan R, Malvi R, ¹Komal C, ¹Nidhi T, ¹Lakshay, ¹Mona S, ²Anjana Williams

Affiliation: ¹Students of Shri Swami Bhumanand College of Nursing, Haridwar, UK, India

²Prof. & HOD Mental Health Nursing, Shri Swami Bhumanand College of Nursing Haridwar, UK, India

E-Mail: dranjanawilliams@gmail.com

DOI No. – 08.2020-25662434

Abstract

Introduction: Alcoholism is the inability to control drinking due to both physical and emotional dependence on alcohol. It is also known as alcohol use disorder, a condition in which a person has a desire or physical need to consume alcohol, even though it hurts their body. **Methods:** A Non Experimental descriptive exploratory design was used to conduct the present study using purposive sampling techniques. Perceived Stress Scale was used to collect the data from 39 participants. **Result:** A total of 39 females participated in the study. More than half (64%) of females were between the age group of 28-48 years. Stress was found to be evident among Spouses of alcoholics. **Conclusions:** Increasing stress among partners of alcoholics could lead to serious health problems in the longer run. It is not only a person who abuses alcohol but others in the family who suffers.

Keywords: Level of Stress, Alcoholics, Spouse of Alcoholics

INTRODUCTION

Alcoholism is considered major health as well as a social problem. Alcoholism is when one can no longer control their use of alcohol, compulsively abuse alcohol, despite its negative ramification, and/ or experience emotional distress when they are not drinking. A recent survey by the government officials among individuals consuming alcohol was done in 5 states of India where the prevalence of alcohol consumption was more.

Alcohol abuse and alcoholism within a family is a problem that can destroy a marriage or drive a wedge between family members. Among married couples 60-70 per cent abuse alcohol. Family therapy and rehabilitation can help. The impact of alcoholism on the family is so marked that it leads to an absolute breakdown of the family as an entity. Among all members, the wives of alcoholics are most adversely affected.

The wives of alcoholics undergo intense trauma and distress in their domestic environment which brings about major psychological problems in them. The wives of alcoholics often report various negative emotional states ranging from guilt, shame, anger fear, grief and isolation. The psychological problem in spouses is poor spousal communication, increased anger and distress, reduced intimacy and sexual desire, increased marital abuse, domestic violence and rejection.

Most deeply affected are the wives of the alcoholics. India is the third-largest arcade for alcoholic drinks. The wives of alcoholics undergo intense trauma and stress which brings about major psychological problems in India. According to OECD (Organization for Economic Co-operation and Development), alcohol consumption in India has risen over 73% throughout 20 years. Hiramoni Barman In his study revealed that 88% had a high level of stress.

Another study by Nagesh V.A. illustrates the mean stress score was 27.58.¹² Divyabala S and Shrinivasam P. in a study showed improvement in anxiety and depression levels after implementing relaxation techniques. NitashaSharma, Sunita Sharma et al investigated the

problems and coping strategies used by the wives of the alcoholics. Out of which 70% of wives felt anxious, more than 60% reported a feeling of mental disturbance, and sleep disturbance.

METHODOLOGY

The present study used the exploratory descriptive cross-sectional design. The samples were 39 non - alcoholic spouses residing in Bhogpur. The Snowball sampling technique was used to collect the data. Tools were socioeconomic variables and perceived stress scale (standardized scale). Permissions were taken from the village sarpanch prior. The purpose of the study was explained and informed written consent was taken from the study participants. The data were collected during November 2020.

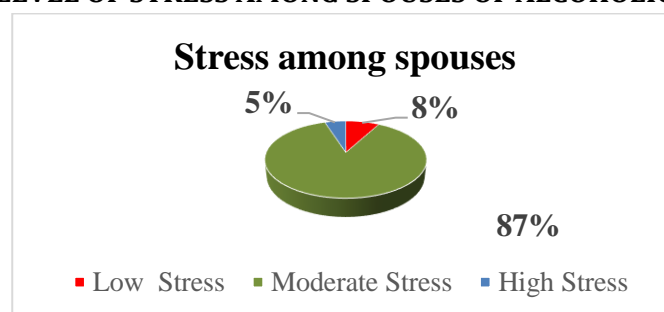
Analysis and Interpretation

Frequency and percentage distribution of study participants (N= 39)

Variables	Frequency	Percentage
Age in year		
a) 28-48	25	64 %
b) 49-70	14	35 %
Gender of Participants		
a) Female	39	100 %
Occupation		
a) Labor	6	15 %
b) Housewife	33	85 %
Education		
a) Primary	4	11 %
b) Illiterate	35	89 %
Does your spouse Smoke		
a) Yes	23	59 %
a) No	16	41 %
Smoking habits of the spouse		
a) Occasionally	3	9 %
a) Heavy Smoker	20	51%
Drinking habits of the spouse		
a) Occasionally	12	69%
b) Chronic Drinker	27	31%

The above table shows more than half of the wives were in their early thirties and forties. All were females and the majority were homemakers who participated in the study. Illiteracy was found more among participants. Apart from alcohol smoking was another factor. Half of the spouses of participants were heavy smokers. Although only one-third of the husbands were categorized as chronic drinkers.

THE PERCENTAGE LEVEL OF STRESS AMONG SPOUSES OF ALCOHOLICS



The above pie chart displays symptoms of moderate levels of stress among the majority of wives. Although there were very few subjects that showed a high level of stress.

DISCUSSION

A recent survey showed symptoms of moderate levels of stress among wives of alcoholic partners. Nagesh V.A. conducted a descriptive study and findings illustrates the mean stress score was 28. Another descriptive study by Dr. Judth Lewis on ways of coping among the wives of alcoholics used the “escape avoidance” technique to cope with stressful situations. A study done by S.Muthuvenkatachalam on 60 nonalcoholic women showed that more than half of spouses were assessed to have a moderate level of stress and every 4th of women (26.7%) had severe stress. These study results support the recent study results. Nisha S.Naik conducted a study that concludes that the wives of alcoholics were severely stressed due to alcoholism in a family.

Savita, et al, reported that eight participants had a high level of stress among study participants. The study showed that (37%) of the spouse had a severe level of stress. U. Nagarni conducted a descriptive study to assess the problem faced by wives of alcoholics. The finding of the study illustrates that 63 wives had mild problems and stress. Rupinderjit Kaur et.al conducted a descriptive study and the result illustrates the high level of stress among partners of alcoholics. There was no association found between the level of stress and selected sociodemographic variables.

CONCLUSION

In today's world, most people are consuming alcohol. Reasons could be sheer pleasure, stress, habit etc. Although consumption of alcoholic beverages does not cause serious harm. However, if who enjoy social drinking increase their consumption and eventually end up in chronic drinking. Any abuse of drugs or chemicals not only causes harm to the person who consumes it but also affects the whole unit of a family. Assessing the level of stress among family members will serve as the basis for psychological interventions.

RECOMMENDATIONS

Studies with psychological interventions, awareness and identifying symptoms of stress and other related mental disorders could be done. The recommendation can be made to policymakers and authorities of the health delivery system to follow a specific protocol for the family members where someone is consuming alcohol in enormous amounts.

REFERENCES

1. Stacy Mosael, L.M.S.W. June 26, 2020 Alcohol use disorder: Available from <https://www.alcohol.org>
2. Meredith Watkins, M.A., M.F.T. Alcoholism and family/ marital problems. May 6 2020.available from <http://www.americanaddictioncentres.org/alcoholism-treatment/family-marital>
3. Dr. A.k. Banerjee: psychological problems and women with alcoholic spouse: On February 2 2015. Available from <http://www.ijser.org>research>
4. Alcohol abuse and WHO Statistics. Available from: <https://www.WHO> Statistics of Alcohol.
5. Mary C.Townsend, DSN, PMHCNS-BC, 8TH edition, Jaypee Brothers, Page no. 385-386

6. Alcohol consumption rising fast in India: OECD report: Survey: The Indian Express 2015 May 18: Available from www.indianexpress.com
7. Stress and coping among wives of alcoholics admitted in selected De -addiction centers. Nagesh V.A.Asian J.Nur.Edu&Research 5(3) July sept.2015, Page no. 373-380 Available from
8. <http://www.ajner.com/Abstractview.asp>.
9. S. Divyabala, P Srinavasam, 2 Effectiveness of guided imagery on stress among the spouse of alcoholics.Published 2015, Psychology, international journal of applied research Available from www.semanticscholar.org>paper
10. Nitasha Sharma, Sunita Sharma Living with an alcoholic partner: Problems faced and coping strategies used by wives of alcoholic clients “ Industrial Psychiatry, vol.25,no. 1, 2016, p. 65. Accessed 20 sep.2020 Available from : www.go.gale.com/ps/anonymous
11. Dr. Judith Lewis: International Journal of informative and futuristic research: ISSN; 2347-1697: women coping with alcoholic husbands: Available from: <https://pdfs.semanticscholar.org/>
12. Muthuvenkatachalam Srinivasan: Psychological distress among spouses of alcoholics in rural area , Uttarakhand 2015 : Available from: <https://ajner.com>
13. Nisha S. Naik: Study to assess stress level among wives of alcoholics 2014 Available from:
14. <https://www.semanticscholar.org>paper>
15. Savita, Sulekha, Swati Dadwal,Uma bhatt: study to assess the level of stress among spouses of alcoholic men 2014: Available from: <https://www.iosrjournals.org>
16. M. Usha Rani: study to assess level of stress and coping among spouses of alcoholics2016:Available from: <https://www.bibliomed.org>
17. U. Nagarani: study to assess the problems faced by wivesof alcohol dependence husbands Available from: <https://www.repositorynmgrmu.ac.org>
18. Rupinderjit Kaur& Amandep Kaur: study to assess the stress and coping strategies among spouses of alcoholics 2019 Available from: <https://www.journaldr.com>