

**A STUDY TO ASSESS THE EFFECTIVENESS OF NURSING INTERVENTION ON ENHANCING SELF MOTIVATION TO MAINTAIN ABSTINENCE, IN ALCOHOL DEPENDENT CONSTRUCTION WORKERS IN SELECTED CONSTRUCTION SITES AT BHARATPUR**

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**ABSTRACT**

*Alcohol dependence is a major health problem in every society, and in both developed and developing countries. It is usually referred to as the third most serious public health problem. Alcohol is a dangerous drug, which has been domesticated by traditions that predate history. It is intimate with our social life. It is the ravening wolf that became our pet dog, a dear and useful pet, with values as food, as medicament, as euphoriant, as soothing syrup and consoler, even as helper and protector, alcohol is too agreeable a dangerous drug for people to be willing to give it up. The mean post-test motivational scores regarding self motivation to maintain abstinence in alcohol dependent construction workers was significantly higher than the pre-test knowledge scores among alcohol dependent construction workers after providing self motivational package through nursing intervention. Pre-test motivational score was related Pre-contemplation 52.40%, Contemplation 46.40%, Action 50%, Maintenance 46%, Readiness 48%, and motivation 50.8%. Post-test score of Pre-contemplation 69.6%, Contemplation 67.2%, Action 66.8%, Maintenance 65.2%, Readiness 66%, and Motivation 66.4%. The increase in the post test score was signifies the effectiveness of nursing interventional package. There was a significant difference in the mean scores between pre-test and post-test in relation to improving the motivational score of the alcohol dependent construction workers regarding maintaining abstinence from alcohol.*

**Keywords:** Nursing intervention, Self-motivation, Abstinence, Alcohol dependence, Construction workers

## INTRODUCTION

Alcohol has been discovered and used by practically every culture in the world. This practice has invariably produced problems of alcohol misuse. Edwards and Gross introduced the concept of alcohol dependence syndrome as a cluster of core psycho physiological symptoms principally centered on a drive to consume alcohol. The concept had a tremendous influence in the field of alcohol studies it was included by the world health organization as one of the components of alcohol related disabilities. The alcohol dependence syndrome is considered as a process, distinct from other alcohol related problems such as social, legal, work or health problems and this was accepted by all international classificatory systems. Excessive drinking by one or more family members result in several negative consequences of others in the family, especially for the wife and children of a male drinker. These effects are particularly serious for poor families. As has been mentioned above, much of the family income may be used to buy alcohol, wages may decline, and the drinker may eventually lose his job. In such situation the wife and children are forced into work, often in low paid, hazardous jobs. Children may be unable to continue their schooling and may also suffer from nutritional deficiencies because there is not enough to eat at home. Wife and child battering are common, which lead to physical and mental trauma. Failure of the man to use contraceptive methods often leads to unwanted pregnancies, further increasing family size. These factors contribute towards greater poverty, often to the point of destitution. Alcohol dependence is a major health problem in every society, and in both developed and developing countries. It is usually referred to as the third most serious public health problem. Alcohol is a dangerous drug, which has been domesticated by traditions that predate history. It is intimate with our social life. It is the ravaging wolf that became our pet dog, a dear and useful pet, with values as food, as medicament, as euphoriant, as soothing syrup and consoler, even as helper and protector, alcohol is too agreeable a dangerous drug for people to be willing to give it up.

## RESEARCH METHODOLOGY

The research methodology refers to the principles and ideas on which researchers bases their procedures and strategies. Methodology is the most important part of any research study which enables the researcher to form the blueprint for the study undertaken.

### Research Approach

Research approach indicates the procedure for conducting the study. In order to accomplish the objectives of the study a quasi experimental study was adopted.

### Research Design

Quasi-experimental, Pre-experimental group pre- and post-test design with the help of URICA SCALE on alcohol dependent construction workers.

## Variables

1. Independent variables - Self motivation enhancing technique.
2. Dependent variables - A change in level of self motivation.
3. Demographic variables - Age, Sex, Religion, Education, Marital status, type of family, duration of work, income, history of alcoholism in the family, duration of drinking alcohol.

**Setting of the Study:** The setting for the present study was selected construction workers in selected construction sites at Bharatpur.

**Population:** All the alcohol dependent construction workers present at construction sites at Bharatpur,

**Sample and Sampling Technique:** In this study, 50 alcohol dependent workers at construction sites at Bharatpur, during the period of data collection was the sample for the study. A representative sample was selected by using purposive sampling technique from the population of all the alcohol dependent workers present at construction sites at Bharatpur.

**Sample Size:** 50 alcohol dependent workers at construction sites at Bharatpur, during the period of data collection was the sample for the study.

## Data Collection Tools and Techniques:

Based on the research problem and objective of the study the following steps were under taken to select and develop the data collection tool.

### a. Selection of the tool

The researcher used self administered URICA scale questionnaire, a standardized research tool used for motivational change assessment. It was considered to be the most appropriate instrument to assess the motivational change from the respondents.

### b. Development of the tool.

Self administered URICA scale questionnaire was selected to assess the self motivational level in the alcohol dependent workers.

The tool was developed

- After reviewing the related literature
- Based on the consultation with the subject experts

### c. Description of the tool

URICA, a standardized scale for assessment of motivation level in alcohol dependent workers was used for the study.

It is motivational scale consisting of 30 items. It has four sub scales to measure the stages of change. Pre contemplation, Contemplation. Action and Maintenance, Motivation

The tool was organized in two sections

**Section – A: Socio-demographic data**

It Consist of 9 items such as Age, Sex, Religion, Type of family, Education, Income, Marital status, History of alcoholism in the family, Duration of drinking alcohol. The details of the socio-demographic data are given in annexure F.

**Section – B: URICA scale questionnaire**

In this questionnaire, each statement describes how a person might feel when starting therapy, it indicates the extent to which a person tends to agree or disagree with each statement. It is a Likert type scale.

There are five possible responses to each of the items in the questionnaire, strongly disagree = 1, disagree = 2, undecided = 3, agree = 4 and strongly agree = 5. The respondent is required to encircle the number denoting the response of his choice.

This section has 30 items with five 6 – item subscales. The URICA is a self-report measure that includes four subscales that measures the stages of change: pre contemplation, contemplation, action and maintenance, readiness, motivation.

**RESULTS:**

Major findings are summarized as follows: -

**Section-I**

**Frequency and percentage distribution of socio demographic variables**

Demographic variables		f	%
Age	21-25 yrs	5	10%
	26 -30 yrs	20	40%
	31- 35 yrs	16	32%
	36-40 yrs	9	18%
Sex	Male	45	90%
	Female	5	10%
Religion	Hindu	28	56%
	Muslim	14	28%
	others	8	16%
Educational status	Illiterate	15	30%
	Primary	16	32%
	Secondary	18	36%
	Graduate	1	2%
	Others	0	0%

<b>Socio economic status</b>	Below Rs.5000/-	21	42%
	Rs.5000/- to 10000/-	23	46%
	Above Rs.10000/-	6	12%
<b>Marital status</b>	Single	8	16%
	Married	33	66%
	Divorce	7	14%
	Separate	2	4%
<b>Types of family</b>	Nuclear family	28	56%
	Joint	8	16%
	Extended Family	14	28%
<b>History of alcoholism in the family</b>	Yes	29	58%
	No	21	42%
<b>Duration of drinking alcohol (in years)</b>	1-5 years	33	66%
	6-10 years	8	16%
	11-15 years	7	14%
	16 years and above	2	4%

Most of the samples 20 (40%) are between the ages of 26-30 years, males are 33 (66%) and majority of them are secondary studied 18 (36%), most of sample economic status for Rs.5000-10,000/- (46%), 66% of them are married. In religion 28(56%) workers are Hindu. Most of them belong to nuclear family 28 (56%), history of alcohol in family are 29 (58%), duration of drinking 33% are 1-5 year.

## Section – II

**Percentage of different aspects (domains) of the pre-test level of motivation in maintaining abstinence from alcohol among the alcohol dependent construction workers.**

Domain	No. of questions	Min-Max score	Total score	Knowledge score	
				Mean score	%
Pre-contemplation	5	1-25	655	13.10	52.40%
Contemplation	5	1-25	580	11.60	46.40%
Action	5	1-25	625	12.50	50%
Maintenance	5	1-25	575	11.50	46%
Readiness	5	1-25	600	12.00	48%
Motivation	5	1-25	635	12.70	50.8%

Total score	30				48.93%
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Table shows that they are having pre-test motivational level related Pre-contemplation (52.40%), Contemplation (46.40%), Action (50%), Maintenance (46%), Readiness (48%), and motivation (50.8%).

**Section – III**

**Total pre-test level of motivation in maintaining abstinence from alcohol among the alcohol dependent construction workers.**

<b>Strongly Disagree</b>	9	18%
<b>Disagree</b>	9	18%
<b>Undecided</b>	14	28%
<b>Agree</b>	10	20%
<b>Strongly Agree</b>	8	16%

Table shows that 18% of the workers are strongly disagree, 18% of the workers are disagree 28% of the workers are undecided, 20% of the workers are agree, and 16% of the workers are strongly agree regarding maintaining abstinence from alcohol. It shows bar diagram depicting pre-test percentage of worker’s motivational level regarding maintaining abstinence from alcohol.

**Section-IV**

**Comparison of mean scores between pre-test and post-test for maintaining abstinence from alcohol among the alcohol dependent construction workers. (Sub section wise).**

Component	Observation	Mean	Mean Differenc	S.D.	S.D. (d)	‘t’ value	Significance
Pre-contemplation	Pre-test	13.10		3.04			Significant
	Post-test	17.40	4.30	3.20	0.1602	6.72	P<0.05
contemplation	Pre-test	11.60	5.20	2.81	1.0311	7.56	Significant

	Post-test	16.80		3.84			P<0.05
Maintenance	Pre-test	12.50		2.78			Significant
	Post-test	16.70	4.20	3.48	0.7021	6.60	P<0.05
Action	Pre-test	11.50		2.67			Significant
	Post-test	16.30	4.80	3.00	0.3386	8.36	P<0.05
Readiness	Pre-test	12.00		3.03			Significant
	Post-test	16.50	4.50	3.42	0.3931	6.90	P<0.05
Motivation	Pre-test	12.70		2.80			Significant
	Post-test	16.60	3.90	3.50	0.7012	6.08	P<0.05

The Table depicts that the pre-contemplation pre- test mean score was 13.10 and post- test mean score was 17.40, SDd=0.1602, t=6.72. The contemplation pre-test mean score was 11.60 and post-test mean score was 16.80, SDd=1.0311, t=7.56. The maintenance pre-test mean score was 12.50 and post-test mean score was 16.70, SDd=0.7021, t=6.60. The action pre-test mean score was 11.50 and post-test mean score was 16.30, SD=0.3386, t=8.36. The readiness pre-test mean score was 12.00 and post-test mean score was 16.50, SDd=0.3931, t=6.90. The motivation pre-test mean score was 12.70 and post-test mean score was 16.60, pre-test SDd=0.7012, t=6.08. Therefore H<sub>1</sub> is accepted.

### Section V

#### Association between pre-intervention test knowledge and demographic variables of construction workers regarding maintaining abstinence from alcohol

Demographic variables		Level of Knowledge					Chi-Square Value	Significance
		Strongly disagree	Disagree	Un decided	Agree	strongly agree		
Age	21-25 yrs	1	1	0	0	3	Df=12	<b>Not Significant</b>
	26-30 yrs	1	0	2	5	12	X <sup>2</sup> =18.5	
	31-35 yrs	3	4	1	0	8	5	
	36-40 yrs	1	0	3	0	5	P=21.03	
Sex	Male	2	16	3	5	19	Df=4	<b>Significant</b>
	Female	0	0	2	2	1	X <sup>2</sup> =10.24	

							P=9.49	
Religion	Hindu	7	4	8	2	7	Df=8	<b>Not Significant</b>
	Muslim	2	0	3	7	2	X <sup>2</sup> =13.8	
	others	2	1	0	2	3	P=15.51	
Educational status	Illiterate	2	0	2	2	9	Df=12	<b>Significant</b>
	Primary	2	4	0	3	7	X <sup>2</sup> =22.3	
	Secondary	2	0	7	4	5	1	
	Graduate	0	0	0	1	0	P=21.03	
Socio-economic status	Below Rs.5000/-	6	2	1	3	9	Df=8	<b>Not Significant</b>
	Rs.5000/- to 10000/-	4	6	3	5	5	X <sup>2</sup> =10.67	
	Above Rs.10000/-	1	2	0	3	0	P=15.51	
Marital status	Single	4	2	0	1	1	Df=12	<b>Significant</b>
	Married	4	5	15	7	2	X <sup>2</sup> =21.7	
	Divorce	2	0	1	1	3	9	
	Separate	0	0	0	1	1	P=21.03	
Types of family	Nuclear	3	5	9	8	3	Df=8	<b>Not Significant</b>
	Joint	2	1	1	2	2	X <sup>2</sup> =10.5	
	Extended	4	0	1	4	5	P=15.51	
History of alcohol	Yes	5	4	6	1	13	Df=4	<b>Not Significant</b>
	No	2	3	5	6	5	X <sup>2</sup> =4.56 P=9.49	
Duration of drinking alcohol (in years)	1-5 years	3	2	8	3	17	Df=12	<b>Not Significant</b>
	6-10 years	2	0	2	2	2	X <sup>2</sup> =17.4	
	11-15 years	2	2	0	2	1	1	
	16 years above	1	0	0	1	0	P=21.03	



Table shows that in alcohol dependent construction workers, educational status, occupational status, and religion of family are closely associated with their level of knowledge.

## DISCUSSIONS & CONCLUSIONS

The present study was conducted to assess the effectiveness of nursing intervention on enhancing self-motivation to maintenance abstinence in alcohol dependent workers in a selected construction site at Bharatpur. In order to achieve the objectives of the study a quasi-experimental study approach was adopted. Purposive sampling technique was used to select the sample. The data was collected from 50 alcohol dependent construction workers.

The overall analysis of the level of motivation shows that all the participants had the increases level of motivation to maintain abstinence from alcohol consumption.

The mean post-test motivational scores regarding self motivation to maintain abstinence in alcohol dependent construction workers was significantly higher than the pre-test knowledge scores among alcohol dependent construction workers after providing self motivational package through nursing intervention. Pre-test motivational score was related Pre-contemplation 52.40%, Contemplation 46.40%, Action 50%, Maintenance 46%, Readiness 48%, and motivation 50.8%. Post-test score of Pre-contemplation 69.6%, Contemplation 67.2%, Action 66.8%, Maintenance 65.2%, Readiness 66%, and Motivation 66.4%. The increase in the post test score was signifies the effectiveness of nursing interventional package.

There was a significant difference in the mean scores between pre-test and post-test in relation to improving the motivational score of the alcohol dependent construction workers regarding maintaining abstinence from alcohol.

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