

A STUDY ON COPING MECHANISM OF WIVES OF ALCOHOLIC ADDICTS IN COIMBATORE, TAMILNADU

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Abstract

Alcoholism has been an important problem of global concern. The impact of alcohol not only disturbs the physical health of an individual it also affect the people who surround him. Research has shown that men comprise a large proposition of the alcohol consuming population in our country. They may drink in order to relieve their stress, but the problem is that drinking to relieve stress may lead to further social, emotional and physical problem, also for people who surround. These become an added source of stress and further decrease a person's self-esteem and confidence. Alcoholism is a significant problem in India. There is a vast body of literature in India and in the west devoted to understanding the marital dynamics involved in alcoholism and ascertaining the deleterious impact that alcoholism could have on the personality and function of spouse.

Keywords: Alcoholism, WHO, drunkenness, intoxication, Alcohol consumption, rehabilitation, de-addiction

World Health Organization View on Alcoholism

“First the man takes the drink,
Then the drink takes the man,
Then the drink takes the man”

-Japanese proverb.

How true! Once man starts to drink, there is no end and then drink not only takes the man but it also takes the entire family along.

The World Health Organization (WHO) estimates that there are about 140 million people worldwide who consume alcoholic beverages and 76.3% million with diagnosable alcohol use disorder (2004). From a public health perspective, the global burden related to alcohol consumption, both in terms of morbidity and mortality, is considerable in most part of the world. Alcohol consumption has health and social consequences via intoxication (drunkenness), alcohol dependence and other biochemical effects of alcohol. In addition to the chronic diseases that may affect drinkers after many years of heavy use, alcohol contributes to traumatic outcomes that kill or disable at are relatively young age, resulting in the loss of many years of life due to death or disability. There is increasing evidence that besides volume of alcohol, the pattern of alcohol consumption can cause more than 60 types of disease and injury.

Statement of the Problem

“A descriptive study helps to determine the quality of marital life and find out the level of coping among the spouses of alcoholic dependent patients who are seeking treatment at Kasturba Gandhi memorial de-addiction, rehabilitation and research Centre at Coimbatore.

Significance of Study

The study aims to identify the socio-economic status, educational status, and knowledge about coping mechanism needed for them and problems encountered by the spouses of alcohol dependents.

Aim of the Study

To Study the Coping Mechanism among Spouses of Alcohol Dependents

OBJECTIVE

- To study the Coping Mechanism of the Spouses of Alcohol Dependent patients.
- To understand how Coping Mechanism helps to lead a harmonious life.
- To know whether the Coping Mechanism helps in improving the mental satisfaction.
- To know the problems encountered by spouses of alcohol dependent patient.

Area of the Study

Coimbatore Corporation area, Tamil Nadu

Research Design

The researcher has utilized the descriptive research design during the research process to investigate the coping mechanism of the spouses of alcohol dependents. Descriptive study is a fact finding investigation with proper explanation over the facts. It is used to gather information over the study matter.

Universe

The universe of the study was the spouses of alcohol addicts taking treatment in Kasturba Gandhi memorial de-addiction, rehabilitation and research Centre in Coimbatore.

Sample Size

The sample size of this study is 60 respondents.

Selection Criteria

The samples were selected based on the following criteria

Inclusion Criteria

1. Subjects whose husbands meet with International Classification of Disease-10 (ICD 10) criteria of alcohol dependent syndrome.
2. Spouses of alcohol dependents were only selected for the study.
3. Who are able to read English/Tamil.

Exclusion Criteria

1. Subjects who are suffering from chronic physical and mental problems.
2. Who are not willing to participate in the study
3. Husbands who are having the habit of drug abuse in addition with alcohol dependence.
4. Other family members are excluded. Eg: Father, Mother and Children.

Tools used for Data Collection

The tool which was used for the data collection was Questionnaires'. Since the spouses were not busy with their works, they were willing to answer to the questions in written and Questions was translated in Tamil so that researcher could answer with ease.

Findings

- Nearly half (46.7%) of the respondents belong to the age group of 30-40 years
- Above half (51.6%) of respondent's have completed Higher Secondary
- Vast majority (90%) of the respondents belong to Hindu Religion
- Above half (56.7%) of the respondents family monthly income were below 10,000
- Majority (71.7%) of the respondent's Family type is Nuclear family
- 1/3rd (36.7%) of the respondents have more than 2 siblings
- Majority (71.7%) of the respondents have support system of their parents
- 1/3rd (36.6%) of the respondents have more than 16 years of marital life
- 1/3rd (33.3%) of the respondents have between 6-10 years of their husband's alcohol consumption.
- Nearly half (46.7%) of the respondents were said often to quarrel with their husbands regarding their drinking habit.
- Less than half (41.7%) of the respondents often request their husbands to quit drinking.
- 1/3rd (30.0%) of the respondents threaten their husbands that they will desert him if he doesn't quit drinking.
- Nearly half (48.3%) of the respondents said yes to the fact that they fight with him regarding the problems of alcoholism.
- Nearly half (48.3%) of the respondents explained about the evils of alcohol.
- Less than (40%) of the respondents had fought with their husbands before him going to consume alcohol.

- Above half (53.3%) of the respondents was said yes to that they will compel their spouses to quit alcohol.
- Nearly half (48.3%) of the respondents explained their spouses about the benefits of quitting alcohol.
- 1/3rd (38.4%) of the respondents have opted and said that they can't face the problems of family.
- Above half (56.7%) of the respondents that they will not threaten to commit suicide.
- Above half (51.7%) of the respondents have opted yes when their husbands comes with alcohol they feel that they can't do anything.
- Nearly half (48.3%) of the respondents said no when their husbands under intoxication they won't disturb him regarding his drinking habit.
- Majority (86.6%) of the respondents never tried to humiliate in public places for quitting that habit.
- Above half (50%) of the respondents opined that they won't leave their husbands when they are under intoxication.
- Majority (78.3%) of the respondents opined that they won't avoid their husbands.
- Above half (53.3%) of the respondents refused to talk with their husband when he is under intoxication.
- Nearly half (46.7%) of the respondents opted yes when their husbands comes with alcohol they feel that they can't do anything.
- Majority (61.7%) of the respondents said that they won't leave their husband when he is under intoxication.
- Majority (60%) of the respondents are not bothered about bringing alcohol to home and they will throw it when they get a chance.
- Above half (56.7%) of the respondents said they will get anger when their husband consumes alcohol.
- Nearly half (43.3%) of the respondents get fear when their husband consumes alcohol.
- Majority (60%) of the respondents explained their husbands regarding the mentality of children.
- Majority (85%) of the respondents refuse to give alcohol to their husband during the withdrawal symptoms.
- Nearly half (45%) of the respondents refused to give money to their husbands
- Above half (50%) of the respondents use to thrown the alcohol bottles
- All the respondents said that they won't drink with their husband, when he is consuming continuously.
- Majority (93.3%) of the respondents never drink alcohol when their husband brings it.

- Majority (66.6%) of the respondents have not acting as enjoying as
- situation with family or alone.
- Nearly half (45%) of the respondents tried to find out alcohol when their husband hides it.
- Nearly half (48.3%) of the respondents never tried to hide alcohol when their husband brings it.
- Above half (55%) of the respondents denied permission to drink alcohol in the home.
- Majority (45%) of the respondents bothers about bringing alcohol to home and they will throw it when they get a chance.
- Majority (73.3%) of the respondents never tried to hit their husband physically
- Nearly half (43.3%) of the respondents use to repay their husband's debts
- Majority (83.4%) of the respondents never tried to humiliate in public places to quit drinking habit.
- More than half (51.7%) of the respondents have never tried to help their husband to feed.
- (51.7%) of the respondents objected to share bed.
- Nearly half (45%) of the respondents denied for sex.
- Nearly half (43.3%) of the respondents never get fear that their husband may do anything under intoxication.
- Above half (56.7%) of the respondents feel fear when their husband under intoxication.
- Majority (66.7%) of the respondents never separate child from their husband.
- Above half (53.3%) of the respondents are going job to meet out family expenses.
- Majority (68.3%) of the respondents never contacted doctors for deaddiction without their husband knowledge.
- Nearly half (46.7%) of the respondents discussed with doctor regarding their husband addiction
- Majority (60%) of the respondents contacted their friends or relatives to help their husbands to quit drinking
- Majority (60%) of the respondents tried to help their husband to lay down under intoxication.
- Majority (80%) of the respondents never tried to throw out their husband.

Social Work Intervention

Social work is a profession concerned with helping individuals, families, groups and communities to enhance their individual and collective well-being. It aims to help people develop their skills and their ability to use their own resources and those of the community to resolve problems. Social work is concerned with individual and personal problem but also

with broader social issues such as poverty, unemployment and domestic violence. The uniqueness of Social Work Practice is in the blend of some particular values, knowledge and skills, including the use of relationship as the basis of all interventions and respect for the client's choice and involvement.

Conclusion

This study helped the researcher to gain an insight into the problems encountered by the wives of alcoholic addicts. It is an alarming fact that lot of families are on the verge of collapse due to this alcoholic dependency of the male members of the family. As a Social Worker we have got tremendous responsibilities on our shoulders to create awareness, to counsel the alcoholic addicts, to counsel the wives of alcoholic addicts, to train the care takers in the rehabilitation home, and to suitably modify the environment of person who need intervention. The Primary Social Work methods such as Social Case Work, Social Group Work shall be utilized effectively to bring change in the life of persons with problems.

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