

Stress level among wives of alcoholics

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Abstract

The study was conducted to assess the stress level among the wives of alcoholics in Pimpri Chinchwad municipal co-operation area at Kasarwadi, Pune-34. Descriptive research design was adopted, the sample consists of 100 wives of alcoholics and the subjects were selected using non-probability purposive sampling techniques. Demographic data and stress level related to drinking was assessed using self-structured questionnaire. Descriptive and inferential statistics were used to analyze the data. The result revealed that majority (88%) of the subjects had severe stress, 10(10%) of them were in moderate stress and only 02(02%) of subjects were in low level stress. There is an association of stress level with the demographic variables like age, religion, education, occupation, income in rupees, number of children and duration of drinking of spouse.

The findings showed that the wives of alcoholics had severe stress level which needs significant attention by family members and health care providers.

Keywords: *Stress level, wives of alcoholics.*

Introduction

Alcoholism is a evil ones family. Family burden due to alcoholism might be social, financial, emotional and physical. It is obvious that spouses are affected due to alcohol drinking. They are affected by their partner's characteristics as well as by the stress full events related to drinking.

Objectives of the study

- To assess the stress level among wives of alcoholics.

- To find association of stress level of wives of alcoholics with demographic variables.

Review of literature

A study to assess the psychological problems experienced by wives of alcoholics was assessed on N=50 at shenoy Nagar, Chennai. Structured interview schedule was used to identify the psychological problems under three levels mild, moderate, severe and on analysis found 90% were having psychological problems in severe level, 64% under social problems in moderate level and overall problems 48% under moderate level and 46% under severe and statistically study showed significant association with age at $p < 0.001$ levels.¹

Similarly" A study of coping among the wives of alcohol depends" was assessed on N=50 at NIMHANS de-addiction centre, Bangalore. Data was collected with questionnaire on coping with drinking to identify coping strategy for stress and on analysis found 36% subjects were in moderate level, 13% in low level and only 1% in high level coping for stress. The study also shows association with demographic data like type of family, residence, marriage and number of children.²

Methods & Materials

The research design adopted for the study was descriptive study design at kasarwadi, Pune-34. Study was conducted among 100 wives of alcoholics using non-probability purposive sampling technique.

Description of the tool

The tool consists of two sections.

Section 1 Includes demographic information.

This was developed to acquire the background information of the wives of alcoholics. It consisted of 9 items like

- Age,
- Religion,
- Education,
- Occupational status,
- Income in rupees,
- Duration marriage,
- Type of family,
- Number of children
- Duration of drinking.



Section 2

It includes close ended questionnaire (yes/No) type on stress level.

Results

Table 4.1: Description of sample characteristics		
N=100		
Demographic variables	Frequency	Percentage (%)
1.Age in years		
21-30	42	42
31-40	45	45
41-50	13	13
>50	00	00
2.Religion		
Hindu	86	86
Muslim	03	03
Christian	10	10
Others	01	01
3.Education		
Primary	34	34
Secondary	30	30
Higher secondary	26	26
Undergraduate	08	08
Post-Graduate	02	02
4.Occupation status		
Daily wages	08	08
Farmer	01	01
Housewife	61	61
Business	02	02
Service	28	28
5.Income in rupees		
<5000	35	35
5001-10000	45	45
>10001	20	20
6.Duration of marriage		
Up to 5 years	22	22
6-10 years	20	20
Above 11 years	58	58
7.Type of family		
Nuclear	70	70
Joint	30	30
Extended	00	00
8.Number of children		
Less than two	15	15
Two	70	70
More than two	15	15
9.Duration of drinking of spouse		
Three to 10 years	35	35
11 to 18 years	38	38
19 to 25 years	13	13
>25 years	14	14

The above table shows that maximum (45%) subjects were between 31-40 years of age group. Majorities (86%) was Hindus and out of these 34% were studied up to

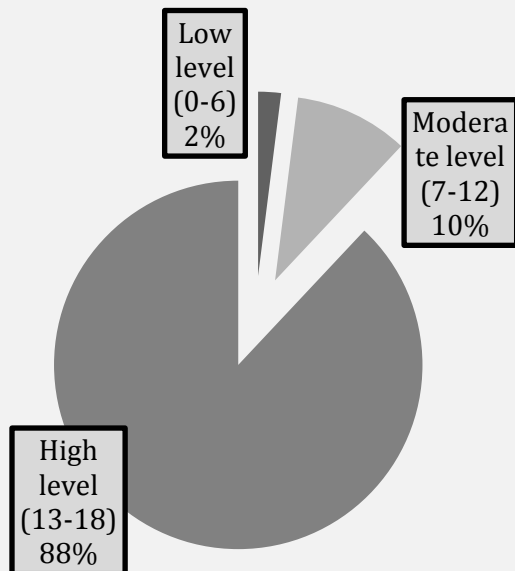
primary level. Maximum (61%) were housewives. Majority (45%) had income upto 5001-10000 per month. Maximum (58%) were married since more than 11 years and 70% lived in nuclear family with majority having (70%) two children and maximum (38%) spouse were alcoholics since 11 to 18 years.

Table: 4.2: Description of frequency and percentage with mean and standard deviation of stress level among wives of alcoholics.

N=100

Sr. No.	Stress level	Frequency	Percentage (%)	Mean	S.D.
1	Low level (0-6)	02	02	14.59	2.89
2	Moderate level (7-12)	10	10		
3	High level (13-18)	88	88		

Fig. 4.1: Mean score of stress level among wives of alcoholics



The above table depicts that 88% of subjects were suffering with severe stress level and 10% of subjects with moderate stress level. Mean of stress levels is 14.59 and standard deviation (S.D) is 2.89.

Table 4.3: The association of stress level with demographic variables N=100					
Demographic variables	Low	Moderate	Severe	X ²	p-Value
1. Age in years					
21-30	00	00	42	91.259	0.000***
31-40	00	00	45		
41-50	02	10	01		
>50	00	00	00		
2. Religion					
Hindu	00	03	83	99.915	0.000***
Muslim	01	02	00		
Christian	00	05	05		
Others	01	00	00		
3. Education					
Primary	00	01	33	77.974	0.000***
Secondary	00	01	29		
Higher secondary	00	01	25		
Undergraduate	01	06	01		
Post-Graduate	01	01	00		
4. Occupation status					
Daily wages	00	01	07	43.762	0.000***
Farmer	00	01	00		
Housewife	00	00	61		
Business	00	02	00		
Service	02	06	20		
5. Income in rupees					
<5000	00	00	35	54.545	0.000***
5001-10000	00	00	45		
>10001	02	10	08		
6. Duration of marriage					
Up to 5 years	00	00	22	5.033	0.28
6-10 years	00	02	18		
Above 11 years	02	08	48		
7. Type of family					
Nuclear	00	02	68	Need Higher factor	
Joint	02	08	20		
Extended	00	00	00		
8. Number of children					
Less than two	02	06	07	31.091	0.000***
Two	00	04	66		
More than two	00	00	15		
9. Duration of drinking of spouse					
Three to 10 years	00	03	32	6.734	0.151
11 to 18 years	00	03	35		
19 to 25 years	01	02	10		
>25 years	01	02	11		

*** p<0.001 highly significant

The above table shows that the stress level has association with demographic variables like age, religion, education, occupation, income in rupees and number of children.

Discussion

The study revealed that wives of alcoholics were in severe stress (88%) and 10% in moderate stress level. Stress are high due to alcoholism in spouse are affected emotionally. Similarly study on psychological problem also showed wives alcoholics (90%) were in severe psychological problem.¹

Conclusion

The study concludes that wives of alcoholics are severely stressed due to alcoholism in family. It hampered martial life, caring of children, negative attitude towards husband, loss of respect and dignity. A psychiatric nurse could participate in planning and implementing effective intervention programme in collaboration with other members of the multidisciplinary team.

References

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Alcohol a Family Disease

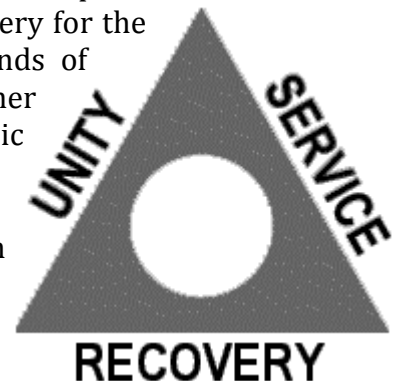
According to 'Alcoholics Anonymous' Big Book' "The alcoholic is like a tornado roaring his way through the lives of others. Hearts are broken. Sweet relationships are dead. Affections have been uprooted. Selfish and inconsiderate habits have kept the home in turmoil."

There are many families in the world are disturbed due to substance abuse. One of the most widely used and abused substance is an alcohol.

'Even though alcohol dependents are the victims of the alcohol, but the major victims are deprived and helpless family members of the alcohol dependents. The major of them are wives and children of the alcohol dependents. With the increasing dependency of the alcohol dependents towards the alcohol, all the family members develop increasing co-dependency towards the alcohol.'

Al Anon

"worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem or seeks help."



Say no to Drugs, Yes to Life

(Family Life)

