A Case Study: Problems faced by Family Members of Alcohol Dependents

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ABSTRACT:

This exploratory 'case study' was conducted in the home settings of the alcohol dependents. Alcohol dependents were selected from the Muktanganan, Inter group office, Ishkrupa Groups of Alcoholics Anonymous, Pune. The sample consisted of '34 family members' of the selected 10 alcohol dependents. The samples were selected according to purposive sampling technique. Family members were interviewed both open and closed ended questions were asked to assess problems faced by them. Analysis was done by descriptive, statistical and narrative analysis.

PROBLEM STATEMENT:

'An exploratory study to assess the problems faced by the family members of the selected alcohol dependents in Pune city'.

INTRODUCTION:

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 who are disturbed due to substance abuse. One of the most widely used and abused substance is an alcohol.

Alcohol is a central nervous system depressant. Consumption of larger amounts, it can cause intoxication, sedation, unconsciousness, and even death.

Living with an alcohol dependent is a family affair. Alcohol affects all members of a family to constant stress and fears of various kinds. Therefore it has often been referred to as a "family illness.

OBJECTIVES:

1. To assess social problems faced by the family members of the selected alcohol dependents.
2. To assess financial problems faced by the family members of the selected alcohol dependents.
3. To assess psychological problems faced by the family members of the selected alcohol dependents.
4. To assess physiological problems faced by the family members of the selected alcohol dependents.
5. To determine the association between the selected demographic variables of the family members of the selected alcohol dependents and problems faced by them due to alcohol dependents.

The tool used for the data collection consisted of Semi structured interview:

Annexure a:
Semi structured interview for screening of the alcoholics.
I. Introductory part.
II. Screening test.
III. Years of addiction to alcoholism.

Annexure b:
Semi structured interview with the selected 10 alcoholic. (Each alcoholic client will be dealt separately).
I. Introductory part.
II. Consent form.
III. Personal information of the alcoholic client.

Annexure c:
Semi structured interview with the family member of the selected alcoholic. (Each family member will be dealt separately).
I. Introductory part.
II. Consent form.
III. Collection of personal information of the family member.
IV. Collection of information on social problems faced by the family members due to problem drinker.
   a. Closed ended questions.
   b. Open ended questions.

V. Collection of information on financial problems faced by the family members due to problem drinker.
   a. Closed ended questions.
   b. Open ended questions.

VI. Collection of information on psychological problems faced by the family members due to problem drinker.
   a. Closed ended questions.
   b. Open ended questions.

VII. Collection of information on physiological problems faced by the family members due to problem drinker.
   a. Closed ended questions.
   b. Open ended questions.

Content validity was established by the experts from different specialties in Nursing, Educationist, Statistics, Clinical Psychologists and Psychiatrist. Reliability of the tool was tested by using test-retest method. Test retest method was conducted on 10 family members. The reliability co-efficient was 0.88 and the tool is highly reliable. A pilot study was conducted on 8 family members to check the feasibility and practicability of the semi structured interview tool and the final study was carried out on 34 family members. Social, economical, physical, psychological problems faced by the each family member collected separately, using both open and closed ended questions. In depth data gathered from each family member in separate semi structured interview sessions. Each closed ended question analyzed on 4 point likert scale. Each open ended question summarized. The mean and the standard deviations calculated from the analysis made on 4 point likert scale for all the cases. Social, psychological, financial and physiological problems each assessed and analyzed separately. At the end the association formulated between the selected demographic variables of the family members of the selected alcohol dependents and problems faced by them due to alcohol dependents using tests of association i.e. chi square test. The data collected was analyzed by descriptive and inferential statistics and summarizing the open ended questions.

MAJOR FINDINGS OF THE STUDY WERE:

1. Demographic variables:

   In the Demographic variables following points were clearly noted.

   a. 41.2% of the family members aged 18 years or more from the alcohol dependents' families were not earning.

   b. '11.8% of the family members addicted to alcohol and nicotine both', '2.9%of the family members were addicted to alcohol, nicotine and other addictive substances' and '29.4 of the family members were addicted to nicotine products only. Total of 44.9% of the family members of the alcohol dependent are found to be addictive at least one of the psychoactive substance. Also it is remarkable that 0% of the people are addicted only to alcohol (those who are addicted to alcohol are usually multi drug users such as addicted to alcohol with nicotine products and other psychoactive drugs.

   c. 58.8% of family members of the alcohol dependent reported the incidence of personal crisis.

   d. 73.5% of family members of the alcohol dependent reported the incidence of family crisis.

2. Problems faced by the family members of the alcohol dependents:

   Most of the family members have problems ranging from moderate to severe degree. (Formulated on the basis of calculation of Mean, S.D. and range, on the scale ranging from negligible, mild, moderate and severe degree).

3. Association between selected demographic variables and problems faced by the family members of the selected alcohol dependents

   There is significant relation between the following 6 selected demographic variables and problems faced by the family members of the alcohol dependent.

   1. Relation with Alcohol dependent.
   2. Sex.
   3. Age in years.
   4. Satisfaction with present and past jobs.
   5. Type of family.

4. Narrative analysis of Open ended questions asked in interview sessions with family members of alcohol dependents.
dependents:

Remarkable answers of the interviewees in their own words translated into English.

1. Adult daughter of an alcohol dependent, 'I really most of the times feel very disgraced due to my father coming to home drunken, he loved us but never looked after us. Our mother looks like to play both the roles as father and mother for us.'

2. Spouse of an alcohol dependent, "He just wants to enjoy his life. Some times he tries to completely give up alcohol, that time he himself faces many problems, he used to go in depression, not taking food, agitated sometimes become violent. That period of abstinence of alcohol is more dangerous for us than the period of drunken. At present alcohol on both sides abstinence and drunken equally lethal for us.'

3. Adult Son of an alcohol dependent, "We never enjoy time when my father at home is in a drunken state."

4. Mother of an alcohol dependent, 'Most of the times in a day I am thinking about my son's drinking problem.'

5. Adult son of an alcohol dependent, 'Many times papa used to promise us they will bring sweets for us in the evening, but he rarely did so. Till now we have spend a big amount towards the deaddiction of my father, but they are useful for only limited period.'

6. Mother of an alcohol dependent, "My son would have achieved higher profile than this, if he had no addiction towards alcohol.

7. Adult son of an alcohol dependent, 'there was no such family financial crisis for us, due to drinking problems of my father. But it is true that alcohol has caused remarkable problems for us economically.'

8. Father of an alcohol dependent, "My son would have achieved higher profile than this, if he had no addiction towards alcohol.

9. Spouse of an alcohol dependent, "If someone gives millions of rupees to my husband, he will waste it all on his drinks."

10. Spouse of an alcohol dependent, "Fights with the society and the family is an everyday phenomenon for me. Children are also sufferers of my husband. He tried many times to give up the alcohol. Some times he succeeded for few days. But the problem became more severe when he started giving up alcohol. Use to become aggressive, beat me and shout."

11. Adult son of an alcohol dependent, "I still remember my father used to drink and my friends used to laugh at me & also used to tease me.

12. Father of an alcohol dependent, "We all of us rarely sat together and had food or enjoy a family moment together."

13. Spouse of an alcohol dependent, "Many things have been done to stop the drinking problem of my husband. Sometime for few days he used to succeeds, but again things happen as past. Neighbors sometimes give bad words and some times there are also used to be fights with them, due to drinking problems."

14. Old Father of an alcohol dependent, "I many times told to my son about stopping the alcohol, but he never succeeded completely. It is like a social stigma for us, now I stopped looking into his matters, because I feel now he is out of control.

15. Mother of an alcohol dependent, "His friends are the cause for his alcohol addiction. Clashes in the family and the outside with society people are everyday phenomena for us.

16. Adult daughter of an alcohol dependent, "I don't like to discuss about my father's drinking with any one. Some times I feel embarrassed to talk on it."

REFERENCES:


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