

Stress And Coping Strategies Among Spouses of Alcoholics

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Abstract- Alcoholism is bearing wide spread problem in the Indian society. Effects of alcoholics physically, mentally, socially, occupationally and legacy developed many problem. It affects the spouse of alcoholics as well as children. The spouse of alcoholic undergoes various psychological problems. So, the spouses of alcoholic were at risk of stress, depression. This study aimed to assess the level of stress and coping strategies among the spouse of alcoholic. A descriptive design was adopted. Study was conducted at selected rural area Thadikarankonam village Kanyakumari district, Tamil Nadu. The sample consisted of 30 spouse of alcoholic. Data was collected using sociodemographic data sheet, Perceived stress scale (Cohen S., 1983) and Ways of Coping (Lazarus and Folkman, 1988). Finding of the study reveals that the majority of the age group of the subjects 53% was in the age group of 20-30 years and 93% were living together. Most 53% of the subjects have two children, and 70% were house wife, 63% were had arranged marriage. 23% of the subjects had mild stress, 40% of the spouse had moderate stress and 37% of the spouse had severe stress. The commonest coping strategies adopted by the subjects 40% were confronting coping.

percentage such as bear 4.5%, whisky 40%, Wine 12-16%, Brandy, Vodka, Whisky & most good Spirits are usually 40%, Rum 42.8% (Vivek B., 2015). A nationally representing population based survey of 14,706 participants revealed that among men 80% reported drinking alcohol during the last year and 40% were hazardous / harmful drinkers. Approximately 60% of men and 45% of women had consumed alcohol during the last week. Number of standard drinks reported by men was associated with hypertension³. In India among all men 46.1% consumed alcohol and 31.4% were hazardous drinkers among them 19% had increased risk, 7.7% high risk and 4.7% dependent drinkers⁴. Alcoholism is becoming widespread problem in the Indian society and Tamilnadu is no exception. The age of first exposure to alcohol in the state has dropped to 11 years. The prevalence of alcohol use in Tamilnadu on 2013 was found to be 9.4% prevalence was more among males 16.8% as compared to the females 1.3% mean age at initiation was 25-37 years multiple logistic regression analysis revealed that middle age 15-44 years. Among 29.2% were possible hazardous drinkers, 33.7% people were having alcohol dependence and 16.2% had experienced harmful efforts⁵. This study was aimed to assess the stress and coping strategies among the spouse of alcoholics.

I. INTRODUCTION

Alcoholism (or) Alcohol dependence is defined as “a Primary, chronic disease with genetic psychological and environment factors influencing its development and manifestation (American Medical association, 2010)¹. Criteria of alcohol dependence is tolerance withdraw alcohol is often taken in larger amounts (or) under a longer period than was intended, there is a persistent desire (or) there are unsuccessful efforts to cut down (or) control alcohol use. A great deal of time is spent in activities necessary to obtain alcohol, use alcohol (or) recover from its effects, important social occupational (or) recreational activities are given up (or) reduced because of alcohol use, alcohol use is continued despite knowledge of having a persistent (or) recurrent physical (or) psychological problem that is likely to have been caused (or) exacerbated by the alcohol (-Diagnostic and statistical manual of mental disorders, 1994)². In India various types of alcoholic beverages are used such as beer, brandy, rum, whisky, wine and vodka. This beverages contains alcohol

II. MATERIALS & METHODS

A descriptive design was adopted. Study was conducted at Thadikarankonam village Kanyakumari district, Tamil Nadu. The sample consisted of 30 spouse of alcoholic. Data was collected using sociodemographic data sheet, Perceived stress scale (Cohen S., 1983) and Ways of Coping (Lazarus and Folkman, 1988).

III. RESULTS

Sociodemographic characteristics of the subjects:

Table 1. Percentage distribution of subjects based on the Sociodemographic characteristics (N=30)

Sl. No.	Variables	Categories	Frequency	Percentage
1.	Age (Years)	20–30	16	53
		31-40	6	20
		41-50	7	24
		51-60	1	3
2.	Marital Status	Living together	28	93
		Separated	2	7
3.	Religion	Hindu	15	50
		Christian	15	50
4.	No. of Children	One	7	24
		Two	16	53
		Three	3	10
		Four & Above	4	13
5.	Educational Status of Spouse	Elementary	18	61
		High School	9	33
		Higher Secondary	1	3
		Degree	1	3
6.	Educational Status of Husband	Elementary	18	60
		High School	9	30
		Higher Secondary	2	7
		Degree	1	3
7.	Occupation of Husband	Unemployed	1	3
		Coolie	24	80
		Government	3	10
		Private	2	7
8.	Occupational of Spouse	Housewife	21	70
		Business	1	3
		Coolie	5	17
		Government	3	10
9.	Income of family (monthly)	< Rs.5,000	9	30
		Rs. 5,001-10,000	16	53
		> Rs.10,000	5	17
11.	Use of other substances	Yes	20	67
		No	10	33
12.	Type of marriage	Arranged	19	63
		Love	11	37
13.	Duration of Married life	1-5 years	8	27
		6-10 years	9	30
		11-15 years	4	13
		16 years & above	9	30

Table 1 depicts the sociodemographic characteristics of the subjects. The age group of the subjects 53% was between 20 – 30 years. Regarding the marital status majority 93% were living together. In relation to religion 50% were Hindu and 50% were Christian. Majority 53% of subjects have

two children. Regarding the educational status majority 60% of both the subjects and their husbands had only elementary education. Regarding occupational status of the subjects majority 70% were house wife. In relation to monthly income of family 53% have Rs. 5,000-10,000. Type of marriage majority 63% were arranged marriage. With regard to use of other substances 20(66.7%) were taken, 10(33.3%) were not take other substances.

Table: 2 Percentage distribution of subjects according to level of stress

S.N.	Category	Frequency	Percentage
1	Mild (<13)	12	40
2.	Moderate (13-20)	7	23
3.	Severe (20 and above)	11	37

Table 2 reveals the percentage distribution of subjects according to level of stress. 40% of the subjects experiences mild stress, 23% were having moderate stress and 37% were at severe stress. The commonest coping behavior identified was that majority 40% were using confrontive coping, 6% distancing, 18% self controlling, 12% were seeking social support, 15% use accepting responsibility, 6% use escape avoidance, and 3% were using positive reappraisal strategies to cope up with the stressful situations.

IV. DISCUSSION

The subjects had experiences varied level of stress due their alcoholic husbands, it was found that 40% of the subjects experienced mild stress, 23% were having moderate stress and 37% were at severe stress. In a study conducted by Nitasha S., et al (2016) reported that the problems faced by alcoholics' wives were in multiple domains viz. physical, psychological and social. While most highly reported were the emotional problems and least reported were the problems of physical violence⁶. In a similar study the findings revealed that wives of alcohol dependent patients had high levels of perceived stress. Domestic violence was found to increase the stress⁷. In this study the commonest coping behavior identified was that majority 40% were using confrontive coping, 6% distancing, 18% self-controlling, 12% were seeking social support, 15% use accepting responsibility, 6% use escape avoidance, and 3% were using positive reappraisal strategies to cope up with the stressful situations. In a study conducted by Nanjundaswamy M., et al. (2013)⁷ reported that most common coping components identified in wives of alcohol dependent patients were avoidance, discord, fearful withdrawal and sexual withdrawal and domestic violence was found to increase the stress and influences the coping styles of these women. In another study it was found that the coping

strategies used by wives of alcoholics were reported in three major styles: engaged, tolerant and withdrawal⁶.

V. CONCLUSION

This study shows that the spouses of alcoholics undergoes various levels of stress and exhibits different coping strategies to handle the stressful situations. Nurses can work with the spouses of alcoholics and implement stress reduction measures.

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