

Effectiveness of Straw Breathing Exercise on Anger among Spouses of Alcoholics

K. Abiya¹, Dr. A. Reena Evency²

¹M.Sc Nursing, Department of Mental Health(Psychiatric) Nursing, St. Xavier's Catholic College of Nursing, Tamilnadu

²Principal, Department of Child Health Nursing, St. Xavier's Catholic College of Nursing, Tamilnadu (Affiliated to the Tamilnadu Dr. M.G.R Medical University, Chennai)

ABSTRACT

BACKGROUND: Alcohol related problems primarily occur within the family and maximum impact is felt on spouses. Certain mood disorders involve other persistent emotions, such as anger and irritability. Straw breathing exercise can quickly reduce anxiety and panic, increase feelings of calm and relaxation and can help one to think more clearly. Deep breathing exercise can help to reduce anger. Straw breathing exercise improve positive effects on anger.

AIM: Aim of the study to evaluate the effectiveness of straw breathing exercise on anger among spouses of alcoholics in selected settings.

METHODOLOGY: A quantitative research approach was adopted using true experimental pretest posttest control group design among 60 participants are selected by using simple random sampling technique.

RESULTS: The results found that the effectiveness of straw breathing exercise was effective on anger among spouses of alcoholics. The mean difference between the posttest score of control group and experimental group was 31.37. The mean difference between experimental group pretest and posttest was 25.70, it showed that there was significant difference on anger among those who received straw breathing exercise.

CONCLUSION: The study findings concluded that the straw breathing exercise was effective in reducing the anger among spouses of alcoholics.

KEY WORDS: Straw breathing exercise, Anger, spouses of alcoholics.

INTRODUCTION

Alcohol abuse and alcoholism within a family is a problem that can destroy a marital life or drive a wedge between members in a family and society.¹ Alcoholism is also considered as a family disease and social problem because the alcoholism of one person in the family affects the entire family mentally, economically and physically.²

The spouses of alcoholics often face domestic violence, marital conflicts, insecurity, social isolation, job losses or house lose because of their alcoholic partner and this will lead them to psychological problems like stress, anger, shame, anxiety, depression, self- blame, hopelessness, low self- esteem and suicide tendency.³

Anger is a negative feeling state that is typically associated with hostile thoughts, physiological arousal and maladaptive behaviors.⁴ The four kinds of basic emotions are happiness, sadness, fear and anger, which are differentially associated with the three core affects, such as reward (happiness), punishment (sadness) and stress (fear and anger).⁵ Anger is an emotional disturbance. Anger will induce secretion of stress hormones, which may lead to stress and depression among spouses of alcoholics.

Straw breathing exercise can quickly reduce anxiety and panic, increase feelings of calm and relaxation and can help one to think more clearly.⁶ Straw breathing exercise is quite simple and in five minutes a person will start noticing the difference.⁷

Too much cortisol will decrease serotonin – that's the hormone that makes you happy. A decrease in serotonin can make feel anger and pain more easily, as well as increase aggressive behavior and lead to depression.⁸ Deep breathing exercise can help to reduce anger.⁹ Straw breathing exercise improve positive effects on anger.¹⁰

During clinical experience the investigator had many opportunities to interact with the spouses of alcoholics which helped to found out the common emotional disturbances such as anger they experience because of their alcoholic partner. This initiated the investigator to conduct a true experimental study among spouses of alcoholics.¹¹

OBJECTIVES

1. To assess and compare the preintervention and postintervention score on anger among spouses of alcoholics in the study group and control group
2. To evaluate the effectiveness of straw breathing exercise on anger among spouses of alcoholics in study group and control group.
3. To find out the association between selected demographic variables and partner related variables among spouses of alcoholics with their preintervention score on anger in study group and control group.

HYPOTHESES

Ho₁- There is no significant difference between preintervention and postintervention score on anger among spouses of alcoholics in study group and control group.

Ho₂ - There is no significant difference between postintervention score on anger among spouses of alcoholics between study group and control group.

METHODOLOGY

A quantitative research approach was adopted using true experimental (pretest posttest control group design). 60 participants were randomly assigned into two groups (30 in control group and 30 in experimental group). Spouses of alcoholics were selected as study participants. Research Setting was villages under Padmanabhapuram Primary Health Centre, Tamilnadu. Pretest was done using Anger rating scale in both the groups, straw breathing exercise was provided to experimental group for 30 days and on 30th day posttest was conducted by using the same Anger rating scale.

RESULTS

SECTION 1: DISTRIBUTION OF DEMOGRAPHIC VARIABLES AND PARTNER RELATED VARIABLES AMONG SPOUSES OF ALCOHOLICS IN EXPERIMENTAL GROUP AND CONTROL GROUP.

Table 1.1: Frequency and percentage distribution of demographic variables among spouses of alcoholics in study group and control group.

N=60

S.No	Demographic Variables	Study group (n = 30)		Control group (n = 30)	
		F	%	f	%
1	Age				
	a) 21-30 years	2	6.67	1	3.33
	b) 31-40 years	9	30.00	8	26.67
	c) 41-50years	11	36.66	12	40.00
	d) Above 50 years	8	26.67	9	30.00
2	Educational status				
	a) Illiterate	2	6.67	1	3.33
	b) School education	16	53.33	15	50.00
	c) Under graduate	12	40.00	14	46.67
	d) Post graduate	0	0.00	0	0.00
3	Type of family				
	a) Nuclear family	16	53.33	17	56.67
	b) Joint family	14	46.67	13	43.33
	c) Extended family	0	0.00	0	0.00
4	Religion				
	a) Christian	18	60.00	17	56.67
	b) Hindu	12	40.00	13	43.33
	c) Muslim	0	0.00	0	0.00

5	Occupation				
	a) Daily labor	6	20.00	5	16.67
	b) Unemployed	14	46.67	16	53.33
	c) Private employee	10	33.33	9	30.00
	d) Government employee	0	0.00	0	0.00
	e) Self employed	0	0.00	0	0.00
6	Family monthly income				
	a) Below ₹. 10,000	0	0.00	0	0.00
	a) ₹.10,000-20,000	14	46.67	14	46.67
	b) ₹. 20,001-30,000	9	30.00	10	33.33
	c) Above ₹.30,000	7	23.33	6	20.00
7	Number of children				
	a) No child	0	0	0	0
	b) One child	10	33.33	12	40.00
	c) Two children	16	53.33	14	46.66
	d) Above two children	4	13.34	4	13.34

Table 1.2: Frequency and percentage distribution of partner related variables among spouses of alcoholics in study group and control group.

N=60

S.No	Partner related variables	Study group (n = 30)		Control group (n = 30)	
		f	%	F	%
1	Age				
	a) 20-30years	0	0.00	0	0.00
	b) 31-40years	10	33.33	9	30.00
	c) 41-50years	9	30.00	11	36.67
	d) Above 50 years	11	36.67	10	33.33
2	Education				
	a) Illiterate	4	13.33	4	13.33
	b) School education	16	53.33	18	60.00
	c) Under graduate	10	33.34	8	26.67
	d) Post graduate	0	0.00	0	0.00

3	Occupation				
	a) Daily labor	18	60.00	16	53.33
	b) Private employee	12	40.00	14	46.67
	c) Government employee	0	0.00	0	0.00
	d) Self employed	0	0.00	0	0.00
	e) Unemployed	0	0.00	0	0.00
3.	Hospitalization				
	a) If no	15	50.00	14	46.67
	b) If yes				
	i. One time	11	36.67	12	40.00
ii. Two times	4	13.33	4	13.33	
	iii. More than two times	0	0.00	0	0.00
4.	Treatment undergone				
	a) Disulfiram	24	80.00	23	76.67
	b) Thiamine infusion	6	20.00	7	23.33

SECTION 2: Description of preintervention and postintervention score on anger among the spouses of alcoholics in study group and control group.

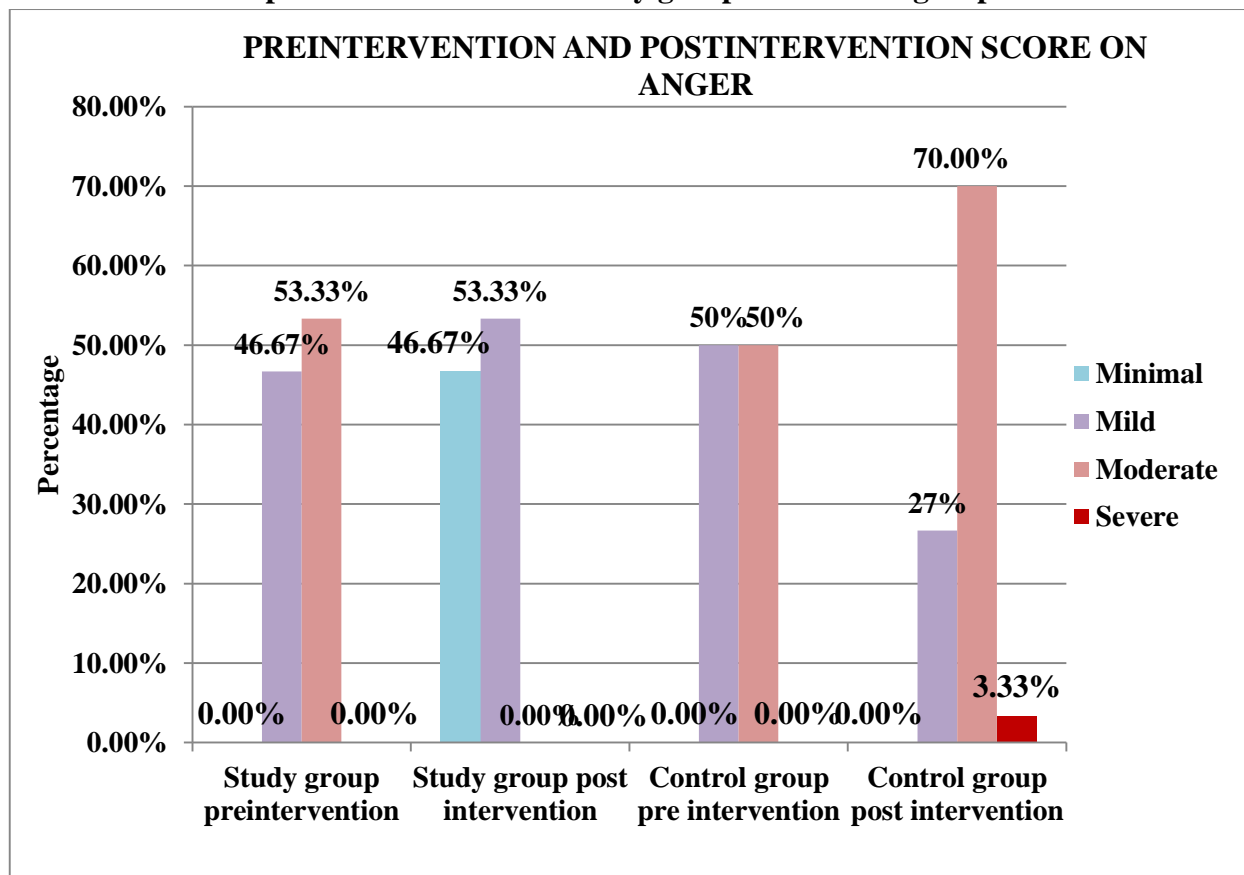


Fig 2.1: Percentage distribution of preintervention and postintervention score on anger among spouses of alcoholics in study group and control group

SECTION 3: Effect of straw breathing exercise on anger among spouses of alcoholics in control group and experimental group

Table 3.1: Postintervention comparison of control group and experimental group
N=60

Group	Test	Mean	SD	Mean Difference	Independent t-test value	p-value
Control Group (n=30)	Postintervention	77.73	10.85	31.37	9.50***	p≤0.001 ***
Experimental Group (n=30)	Postintervention	46.46	14.78			

SECTION 4: Association between selected demographic variables and partner related variables among spouses of alcoholics with their preintervention score on anger

There was a significant association between family monthly income($\chi^2=10.83^*$), partner related variables such as age($\chi^2 =6.76^*$), education($\chi^2=7.50^*$), occupation($\chi^2=7.23^*$), treatment undergone($\chi^2=4.05^*$) at $p\leq 0.05$ level and hospitalization($\chi^2=8.57^{**}$) at $p\leq 0.01$ level. Other demographic and partner related variables had no significant association with anger.

DISCUSSION

The result obtained showed that the mean difference between the posttest score of control group and experimental group was 31.37. The mean difference between experimental group pretest and posttest was 25.70, it showed that there is significant difference on anger among spouses of alcoholics those who received straw breathing exercise.

CONCLUSION

Based on the data collected, the findings revealed that the comparison of mean, standard deviation and unpaired ‘t’ test value of postintervention score on anger among spouses of alcoholics in study group and control group. In study group, the postintervention mean score was 46.46 with the standard deviation 14.78. In control group, the postintervention mean score was 77.73 with the standard deviation 10.85. The estimated unpaired ‘t’ value was 9.50*** which was significant at $p\leq 0.05$, highly significant at $p\leq 0.01$ and very highly significant at $p\leq 0.001$. Hence the straw breathing exercise was effective in reducing the anger among spouses of alcoholics.

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CONFLICT OF INTEREST STATEMENT

The author/ researcher declares no conflicts of interest.

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