

A Study Assess the Problems Faced and Coping Strategies Used by the Wives of Alcoholics in Selected Rural Areas of Ludhiana, Punjab

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Abstract

Introduction: Alcoholism is considered as an ongoing stressor not only for individuals but for other family members as well. Each and every day the wife of the alcoholic person often faces several problems like domestic violence, marital conflicts, social isolation, loss of valuable things due to alcoholic partner. In modern lifestyle, alcoholism has become a source of social pride and excessive drinking may be the root for a number of social issues. Aim: To assess the problems faced and coping strategies used by wives of alcoholics in selected rural areas of Ludhiana, Punjab. Material and method: A quantitative non-experimental descriptive research design was used to assess the problems faced and coping strategies used by wives of alcoholics. A sample size of 60 were selected by non probability non discriminative snowball sampling technique and the study was conducted in selected rural areas of Ludhiana, Punjab. The data was used by using self-structured questionnaire tool for assessing the problems faced by wives of alcoholics and self-structured likert scale for coping strategies assessment. The data was collected by self-report (interview) method. Results: The study shows that the majority of husbands are moderate drinker 52(86%), age ist alcohol intake 14-23 years 33(55%) and 21(35%) of husbands facing physical health issues due to alcohol intake. Most of wives were facing physiological problems i.e Frequent headache due to stress and tension followed by the emotional i.e -Felt mentally disturbed, frustrated and crying. Majority of wives were using tolerant coping strategies i.e make a mindset that he couldn't change followed by engaged and withdrawal coping strategies were used by of wives. Conclusion: Majority of wives were facing physiological problems i.e. frequent headache due to stress and tension. Most of the wives were using tolerant coping i.e. make a mindset that he couldn't change.

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KEYWORDS: Alcoholics, Problems, Coping strategies

INTRODUCTION AND BACKGROUND OF THE STUDY

Alcoholism is considered as the world's 3 rd largest health and social problem and now considered as a 'family disease'. The impact of alcohol not only disturbs the physical health of an individual, but it also affects the people who surrounds to alcoholic person because alcoholism of one person in family also affect the entire family. Among family members wives of alcoholics are the most affected person because of their emotional and physical attachment with their husbands. Alcoholism affects the family emotionally, physically, financially, socially and psychologically. Spouses of alcoholics felt difficult to manage her married life and developing stress. Alcoholism generally refers to an uncontrolled consumption of alcoholic beverages to such an extent that it affects the drinker's health, personal relationships and overall social functioning. The wives of alcoholics face immense problems. The uncertainty of his behaviour, poor communication, social embarrassment, fear of the future, frustration at not being able to alter his drinking and having to take over his responsibilities in addition to her own puts her under much stress both physically and psychologically (Selwyn Stanley, 2004). Alcoholism has been showing a rising trend all over the world. All the health care professionals are focusing only on alcoholics but the actual sufferers are the family members, especially the wives of alcoholics.

OBJECTIVES:

1. To assess the problems faced by wives of alcoholics.
2. To assess the coping strategies used by wives of alcoholics.
3. To find out the association of problems faced and coping strategies used by wives of alcoholics with selected socio demographic variables.
4. To find out the correlation between problems faced and coping strategies used by wives of alcoholics with selected socio demographic variables.
5. To develop and disseminate IEC materials in the form of pamphlets on stress management techniques used by wives of alcoholics.

METHOD AND MATERIAL**RESEARCH APPROACH:** quantitative research approach**RESEARCH DESIGN:** non-experimental descriptive design**SOCIO-DEMOGRAPHIC VARIABLES:**

Socio demographic variables comprises of :- Age of the wives and husbands, Education of the wives, Occupation of husband, Duration of marriage, Number of children, Number of children, religion, Family income, Duration of alcohol intake.

ASSUMPTIONS:**The study assumes that:**

1. The most of alcoholic wives are facing psychological problems.
2. The alcoholics wives may have used different coping strategies.

STUDY SETTING: study was conducted in selected rural areas Ludhiana, Punjab.**POPULATION:** the target population of the study was wives of alcoholics residing in rural areas of Ludhiana, Punjab.**SAMPLING TECHNIQUE AND SAMPLE:** ample consist of 60 wives of alcoholics residing in rural areas of Ludhiana and exponential non-discriminative snowball sampling technique used to select and collect the data from the sample.**CRITERIA FOR SAMPLE SELECTION:****Inclusion criteria:**

Wives of alcoholics who were:

1. Willing to participate.
2. Able to read Punjabi or English.
3. Available at the time of data collection.

Exclusion criteria:

Wives who were:

1. Not staying together.
2. Not able to answer or bed-ridden.
3. Other family members.

DESCRIPTION OF THE TOOL

The tool comprised of two sections:

SECTION-I : PART (A) Socio – demographic profile

PART (B) Alcoholic profile of husband

SECTION-II: PART (A)- Self structured questionnaire tool to assess the problems faced by wives of alcoholics.

PART (B) - Self structured likert scale to assess the coping strategies used by wives of alcoholics.

RESULTS:

A:Frequency and percentage distribution of problems faced and coping strategies used by the wives of alcoholics with socio-demographic variables.

Socio-demographic profile: The analysis of socio-demographic profile reveals that out of 60 subjects majority of wives 33(55%) were in age group of 39-49, husbands 23(38.3%) were in age group of 41-50

years, duration of marriage 28(46.7%) were in group 11-20 years, maximum duration of alcohol intake by husbands 23(38.3%) were in group 11-20 years, education of wives 20(33.3%) were having high school education, education of husbands 25(41.6%) were having high school education, working status of wives 50(83.3%) are non working, working status of husbands 60(100%) are working, family type 53(88.3%) were having nuclear family and 47(78.3%) were having upper lower status.

Alcoholic profile of husband: The analysis of alcoholic profile of husband reveals that out of 60 husbands 33(55%) have age of 1st alcohol intake is 14-23 years ,15(25%)family history of alcohol intake, moderate drinkers were 52(86),56(93.3%) consume whiskey and 9(15%) have previous attempts to quit alcohol whereas 29(48.3%) consume alcohol daily.

B:Objective 1: To assess the problems faced by the wives of the alcoholics.

Table 1: Problems faced by the wives of alcoholics as per agree response

S.no	Problems faced		f(%)
1	Emotional problems	Felt mentally disturbed Felt frustrated and crying	49 (81.7) 49 (81.7)
2	Physiological problems	Frequent headache due to stress and tension	52 (85.7)
3	Social problems	Social visit get reduced	22 (36.7)
4	Financial problems	Being unable to save money for future	44 (73.3)
5	Physical violence	Physically accused and abused	30 (50)

Table 2: Problems faced by the wives of alcoholics as per domains.

SNO	PROBLEMS	TOTAL SCORE	MEANS±SD	MEAN%	OVERALL MEAN±SD	MEAN%
1	Emotional problems	467	7.78±2.05	77.8%	26.28±7.86	50.5%
2	Physiological problems	427	7.11±2.07	71.1%		
3	Social problems	254	4.23±2.77	42.3%		
4	Financial problems	276	4.6±1.71	46%		
5	Physical violence	153	2.55±2.71	25.5%		

Maximum score – 52

Minimum score – 0

C: Objective 2: To assess the coping strategies used by the wives of the alcoholics

Table 3: coping strategies used by wives of the alcoholics as per always reponse

S.no	Coping strategies		f(%)
1	Engaged coping	Engaging myself with my children and other family members	44 (73.3)
2	Withdrawal coping	Remain busy with my own things	44 (73.3)
3	Tolerant coping	Make mindset that he couldn't change	51 (85)

Table 4: Coping strategies used by the wives of alcoholics as per domains.

SNO	COPING STRATEGIES	TOTAL SCORE	MEAN±SD	MEAN %	OVERALL MEAN±SD	MEAN%
1	Engaged coping	1254	20.9±5.2	20.9%	77.41±9.91	64.5%
2	Withdrawal coping	1629	27.15±5.6	27.1%		
3	Tolerant coping	1762	29.36±4.8	29.3%		

Minimum score – 0

Maximum score – 120

Objective 3: To find out the association of problems faced and coping strategies used by the wives of alcoholics with selected socio demographic variables.

Among all socio-demographic variables, education of wives and husband and socio- economic status of family have significant association with problems faced by the wives of alcoholics. Whereas Family type and socio-economic status have significant association with coping strategies used by the wives of alcoholics.

Objective 4: To find out the correlation between problems faced and coping strategies used by the wives of alcoholics.

S.NO	VARIABLES	MAXIMUM SCORE	MEAN%	SD	CORRELATIONA(R)
1	Problem faced	52	50.5%	7.86	0.117
2	Coping strategies	120	64.5%	9.91	

Table 5: depicts the mean%,standard deviation and correlation between problems faced and coping strategies used by the wives of alcoholics. Karl Pearson correlation(r) was used to find out the correlation between problems faced and coping strategies and correlation(r) value was 0.117 which depicts that there was a weak positive correlation between problems faced and coping strategies used by the wives of alcoholics.

CONCLUSION:

- The findings of the study reveals that majority of wives were facing physiological problems i.e. frequent headache due to stress and tension.
- Most of the wives were using tolerant coping i.e. make a mindset that he couldn't change.
- Problems faced by the wives of alcoholics have significant association with education of wives and husband and socio- economic status of family.
- Whereas Family type and socio-economic status have significant association with coping strategies used by the wives of alcoholics. There is a weak positive correlation Between problems faced and coping strategies used by wives of alcoholics.

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