

Relationship Between Alcohol Use Disorder, Self-Esteem, and Among Early and Middle Adults

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ABSTRACT

Alcohol use is widely prevalent in Indian society, and results in road accidents, heart diseases and various mental health problems. The main aim of this research is to assess Alcohol Use Disorder and Self Esteem in early and late adulthood. This study also examines the correlation between alcohol consumption and self-esteem. 200 Alcoholics aged 20-59 were selected from Saaral and Pudhiya Paadhai De Addiction Centre, by purposive sampling method for this research. The tools used for this research were Alcohol Use Disorder Identification Test(John C. Higgins -Biddle) and Self-esteem (Martin Jerusalem). The data were collected and analysed using mean, Standard Deviation, and Pearson Correlation. The findings indicate that a majority of the middle aged participation reported high levels of alcohol consumption. Most participants demonstrated moderate level of self esteem. There is negative correlation between Alcohol use disorder and Self-esteem. There is no statistically significant relation between alcohol use disorder and self-esteem. These findings highlight the importance of addressing both Alcohol Use Disorder and self-esteem in early adulthood and middle adult as these factors may contribute to negative health outcomes and decreased well-being

Keywords: Alcohol use disorder, Self esteem, early adults, Middle adults

INTRODUCTION

ALCOHOL

Alcoholic beverages have been produced from a variety of natural sources, including honey (mead), rice (sake), palm (wine), agave and cactus (mescal and pulque), maple syrup (liquor), grapes (wine), and grains (beer). Alcohol acts as a depressant on the central nervous system and causes changes in mood, behaviour, and cognitive functioning. Although its initial effects may appear stimulating, alcohol is essentially a depressant. Individuals often experience a sense of well-being, reduced inhibitions, and increased sociability because alcohol initially suppresses the inhibitory centres of the brain. With continued consumption, alcohol further depresses multiple areas of the brain, leading to impaired functioning. Consequently, motor coordination becomes poor, speech may be slurred, reaction time slows, confusion increases, judgment is impaired, and sensory functions such as vision and hearing may be affected, which explains why driving under the influence of alcohol is extremely dangerous. Binge drinking may serve as an early indicator of vulnerability to alcohol use disorder. Alcohol consumption contributes to premature death and disability, and among individuals aged 20–42 years, approximately 13.5% of all deaths are attributable to alcohol use. Alcohol Use Disorder (AUD) is a medical condition characterized by an inability to control or stop alcohol consumption despite adverse social, occupational, or health

consequences, and it includes conditions previously referred to as alcohol abuse, alcohol dependence, alcohol addiction, and alcoholism.

Binge drinking may be an early indicator of vulnerability to alcohol use disorder. (Gowin et al., 2017). Alcohol is a psychoactive substance with dependence-producing properties that has been widely used in many cultures for centuries. Alcohol consumption causes death and disability relatively early in life. In people aged 20-42 years, approximately 13.5% of total deaths are attributable to alcohol. (World Health Organization: WHO, 2022)

Alcohol use disorder (AUD) is a medical condition characterized by an impaired ability to stop or control alcohol use despite adverse social, occupational, or health consequences. (Understanding Alcohol Use Disorder | National Institute on Alcohol Abuse and Alcoholism (NIAAA), n.d.-b). It includes the disorders known as alcohol abuse, alcohol dependence, alcohol addiction, and alcoholism.

METHODOLOGY

OBJECTIVES

- To assess the levels of alcohol usage disorder and self-esteem of the early and middle aged Adults
- To find the relationship between alcohol use disorder and self-esteem among the sample
- To find out the statistically significant difference among the young and middle adults

HYPOTHESES

- H01. There is a statistically significant difference between the level of Alcohol Use Disorder Between early and middle aged adults.
- H02, There is a statistically significant difference in Self Esteem between early and middle aged adults.
- H03 There is a Statistically significant relationship between self-esteem and Between Alcohol Use Disorder , Among Early and Middle Adults

SAMPLE

From two de-addiction centres (Puthiya Paathai de-addiction centre and Saaral de-and addiction centre) from Coimbatore, using purposive and Convenience sampling, 200 alcohol use disorder samples age from 20-59 years, who consented to take part in the study to serve as the sample

TOOLS

Self-esteem scale

To assess self-esteem we used Rosenberg Self-esteem scale (RSE), (Rosenberg Self-Esteem Scale, 2014), It was developed by Rosenberg, Morris (1965) which consists of 10 items ranging from 0-30 which indicates 30 is the highest score. Scores between 15-25 are within normal range more than 25 suggests high and less than 15 suggests low self-esteem. This scale was tested on high school students which gives test retest reliability of 0.87 and has validity of 0.88

Alcohol Use Disorder Identification Test (AUDIT)

For assessment of problematic alcohol we used AUDIT (World Health Organization: WHO, 2022b). It was developed by Babor TF, Fuente JR, Saunders J, Grant M. which contains 10 items and has been used worldwide since 1989. It enquires about three key domains namely alcohol intake, potential dependence on alcohol and experience of alcohol-related harm, and the score ranges from 0-40, 0 indicates no risk of alcohol and 1-7 indicates low risk alcohol consumption and 8-14 suggests harmful alcohol consumption

and 16 -40 indicates that the person has dependence on alcohol which suggests the person has moderate-severe alcohol use disorder The scale was tried out of samples form Australia, Bulgaria, Kenya, Mexico, Norway, and the US which gives internal consistency of 0.94

RESULT

TABLE :1
Level of alcohol usage of the sample

LEVEL OF ALCOHOL USE	NUMBER OF THE SAMPLE	PERCENTAGE
No rick	0	0
Low rick	13	12
Harmful addiction	23	22
Dependence on alcohol	72	67

Table 1 shows the level of alcohol usage of the sample. Out of 200 subjects, most of the sample, (67%)are alcohol dependent. It is a chronic medical condition that typically includes a current or past history of excessive drinking, a strong craving for alcohol, continued use despite repeated problems with drinking, and an inability to control alcohol.22% of people were addicted to alcohol. Harmful addiction may not be as bad as dependence, but it still shows a serious alcohol use problem that may affect both the user and those around them. Only 12% of the sample were having “low-risk” alcohol use.

TABLE :2
Level of self Esteem of the sample

Level of self Esteem	Number of the sample	Percentage
Low	20	19
Moderate	86	78
High	2	2

Table 2 : shows the level of self-esteem of the sample. Out of 200 sample, the majority of the sample (78%), were having “Moderate” self-esteem. This would suggest that the majority of the samples have a good balance of self-worth and self-criticism. (19%) of samples are having “low” self-esteem. This shows that some samples may be struggling with low self-esteem, which may hurt their overall mental and physical health. And only 2% of the samples had “high” self-esteem, which shows they have a strong sense of self-worth and self-confidence

TABLE : 3
Mean difference of alcohol use disorder for early adults and middle adults

Group	Mean	Standard deviation	T value
Early adult	17.6	8.99	0.196 nd
Middle adult	17.9	7.87	

Table 3 shows the mean difference for alcohol use disorder among early and middle adults. The mean value for early adults is 17.6 and for middle adults is 17.9, there appears to be no significant difference in the alcohol use disorder (AUD). As per the result both sample have same level of alcohol use disorder. Early adulthood is a time of significant transition, marked by changes in social roles, responsibilities, and relationships. Middle adulthood is often characterized by increased stress and responsibilities related to work and family. This may be due to the way of coping with stress in their own ways. Hence the hypothesis, “There is a statistically significant difference between Alcohol Use Disorder and Self Esteem in the **early and middle adult** sample is not accepted

TABLE 4
Mean difference of self -esteem among early adult and middle adults

Group	Mean	Standard deviation	T value
Early adult	18.7	3.27	
Middle adult	18.5	3.63	0.215 ns

Table 4 shows the mean difference in self-esteem among early and middle adults. The mean value for early adults is 18.7 which are similar to the mean score for middle adults 18.5 and the standard deviation is also similar for both groups. The results show that here is no statistically significant difference between the early and middle adults. Results shows both samples have normal level of self-esteem hence the hypothesis

(There is a Statistically significant relationship between self-esteem and Between Alcohol Use Disorder , Among Early and Middle Adults) is not accepted

TABLE 5
Correlation between Alcohol use Disorder and Self Esteem among the sample

Variable	Mean scores	Standard Deviation	R value
Self esteem	19.2	8.19	
Alcohol use disorder	17.18	3.50	-0.1914 ns

P value -047692 significant

From the above Table the data shows that, the mean for self-esteem is 17.4 with the standard deviation of 3.5 and for alcohol use disorder, the mean is 19.2 with a self esteem of 8.9 and the r value which is -0.1928, which is negatively correlated. The correlation analysis reveals that Alcohol Use Disorder and self esteem has a weak negative correlation (0.1914ns) There is a Statistically significant relationship between self-esteem and Between Alcohol Use Disorder , Among Early and Middle Adults is accepted

SUMMARY AND CONCLUSION

SUMMARY

To assess the levels of alcohol usage disorder and self-esteem of the early and middle aged Adults. To find the relationship between alcohol use disorder and self-esteem among the sample To find out the statistically significant difference among the young and middle adults To find out the statistically significant difference in Alcohol Use Disorder and Self-Esteem. From two de-addiction centres(Puthiya Paathai de-addiction centre and Saaral de-addiction centre) from Coimbatore, using purposive sampling,

200 alcohol use disorder samples age from 20-60 years, who consented to take part in the study to serve as the sample, The tools used were personal data sheet, Alcohol use disorder identification test developed by and Babor TF, Fuente JR, Saunders J, Grant M. Self-esteem scale developed by Rosenberg Morris (1965) The data were collected and statistically analyse and following conclusions were drawn

CONCLUSION

- Most of the sample had alcohol dependence.
- Majority of the sample had moderate level of self-esteem.
- There is a negative correlation between alcohol usage and self-esteem
- There is no statistically significant difference in the level of alcohol use disorder between early and middle aged adults. Hence the hypotheses, “There is a statistically significant difference between Alcohol Use Disorder between early and middle aged adults” is not accepted

LIMITATIONS

- The samples have been collected only from 2 de-addiction centres in Coimbatore. The other De-addiction centres have not been included
- Those alcohol dependent or alcohol addicted persons who are not taking treatments from De-addiction centres are not included
- Since it is only a descriptive study, we other psychological variables and also have been included in the research must have been taken into account

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