

Stress of the Family Members of Alcoholics admitted in a De-Addiction Centre in Mangalore

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Abstract

Background: Stress is the emotional and physical strain caused by the response to pressure from the outside world. The problem of stress among the family members of alcoholics is currently a major concern in the health policy. Family burden due to alcoholism might be social, financial, emotional and physical but it disrupts the life of a whole family. **Objective:** To assess the stress of the family members of alcoholics. **Materials and Method:** Descriptive research design was adopted in the study. Subjects of 100 family members of alcoholics admitted in de-addiction centre were recruited by non-probability convenience sampling technique. The data was gathered by using stress rating scale and informed consent was obtained from the subjects. **Results:** shows that most (54%) of the family members of alcoholics had moderate stress whereas (42%) of them had severe stress and only (4%) of them were having mild stress. There is no significant association between the level of stress of the family members of alcoholics and selected demographic variables. **Conclusion:** The study findings revealed that most of all family members of alcoholics are having one or another stress which make them suffer in their life. Hence need to adopt effective measures to reduce stress and improve their wellbeing which promotes health of family members

Keywords: Stress; Family members; Alcoholics; Descriptive study.

Introduction

Alcoholism is a chronic, progressive health problem which affects not only the individual but also his entire family members. Today, many families in the world are disturbed due to substance abuse, of which the most widely abused substance is Alcohol. Even though dependents are the victims of the Alcohol, but the major consequences are faced by the family members of the Alcoholics.¹

Family members of alcoholics can experience stress, anxiety, depression and shame related to their loved ones

addiction². Family members may also be the victims of emotional or physical outbursts.

Family burden due to alcoholism might cause physiological problems such as hand tremor and blackout as well psychological problems such as obsessive desire to drink, behavioural problems that disrupt social or work life³. Alcoholism can be of any age background, income level, social or ethnic group.

It was estimated according to the national survey about alcohol consumption standards. About 25% of people life irritated with his drunkenness behaviour when they drink. 12% said they had started an argument or fight with the partner while drinking which points out the importance of working with these peoples family⁴.

Stress is the body's reaction to change that requires a physical, mental or emotional adjustment or response. Stress can come from any situation or thought that makes you frustrated angry, nervous or anxious. Stress is the body and minds response to any pressure that disrupts in

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normal balance. It occurs when our perception of events doesn't meet our expectations and we are unable to manage our reaction. When body is unable to resist the stress and strain the physiological and the psychological equilibrium is disturbed, that in turn can lead to numerous health hazards⁵.

Alcoholism also has negative effects on the spouse of an alcoholic. The spouse may have feelings of hatred, exhaustion and become physically or mentally ill. Very often the spouse has to perform the roles of both parents. As a result, the non-alcoholic parent may be inconsistent, demanding and often neglect the children⁶.

Common stress reactions include change in activity levels difficulty in communicating, in ability to rest, relax, irritability, outburst of anger, sleep disturbance, periods of crying, gallows humour, headache, tunnel vision, sweating or chills, increase heart rate, stomach upset, intolerance, withdrawal, isolating from people. Family members involved in this study were exposed to tension of which may negatively impact their physical and mental health.

From all the above statistics it is evident that there is a stress among family members of alcoholics, which leads unhappy life with multiple health problems.

Materials and Method

A quantitative approach with descriptive research design was adapted in this study to assess the stress of family members of alcoholics. The study was conducted in a de-addiction centre, a unit Father Muller Medical College Hospital, Mangalore. Total of 100 family members of alcoholics who were admitted in de-addiction centre were recruited through non-probability convenience sampling technique. Family members of alcoholics are the women related to alcoholic by marriage, children by him, his parents, sisters and brothers who are common living with him at the time of the study were selected as subjects. Ethical clearance: obtained from Institutional Ethics committee of Father Muller Medical College, Mangalore.

Inclusion Criteria: The study includes family members of alcoholics

- who are willing to participate in the study
- who are available during the time of data collection
- who never consumed alcohol and without any kind of major medical or psychiatric illness

Exclusion Criteria: The study excludes family members of Alcoholics

- who are not co-operative
- who are unable to communicate due to any other reasons like hearing impairment, mental disorders, below 18 years or chronic illness
- who are not available at the time of data collection

The permission to conduct study was obtained from Director, Father Muller Medical College Hospital, Mangalore. Informed consent was obtained from the study subjects. The need and purpose of the study was explained to the participants in their local language and confidentiality was assured. The stress among family members of alcoholics was assessed by using self prepared stress rating scale in the areas such as Physical, Psychological, Social and Financial with a total of 20 items. The data gathered were analyzed by using descriptive and inferential statistics.

Results

Section –1: Description of Sample characteristics

This section deals with the description of the baseline characteristics of 100 subjects presented in frequency and percentage. The demographic characteristics of the family members are age, education, income; types of family, number of children duration of drinking and relationship with the patient with alcoholics are depicted in the table.

Table 1: Frequency and percentage distribution of family members of alcoholics

n=100

Sl. No	Variables	Frequency (F)	Percentage (%)
1	Age (in years)		
	a. 20-40	39	39
	b. 41-60	48	48
	c. 61-80	13	13
2	Education		
	a. Illiteracy	8	8
	b. Primary	27	27
	c. High School	35	35
	d. PUC	18	18
	e. Graduate & Above	12	12
3	Income		
	a. 5000	17	17
	b. 5001-10000	49	49
	c. 10001-15000	25	25
	d. 15001above	9	9
4	Types of family		
	a. Nuclear family	61	61
	b. Joint family	35	35
	c. Other	4	4
5	Number of children		
	a. No children	22	22
	b. 1 child	40	40
	c. 2 children	25	25
	d. 3 and above	13	13
6	Drinking		
	a. 1 year	8	8
	b. 1-5 years	32	32
	c. 6-10 years	33	33
	d. Morethan10years	27	27
7	Relationship with patient		
	a. Wife	32	32
	b. Parents	19	19
	c. Son and daughter	32	32
	d. Siblings	14	14
	e. Others	3	3

The data presented in table 1 shows that Majority (48 %) of the subjects belongs to the age group of 41-60 years. Highest percentage (35%) had high school education. Family income (49%) had income of Rs.5001 to 10,000 per month. About (61 %) of them belongs to nuclear family. Most (40%) of the family members had one child. About (33%) of them had duration of drinking about 6-10 years. Majority (32%) of each had relationship of wife, son and daughter with alcoholics.

Section II: Stress level of the family members of alcoholics

Table 2: frequency and percentage distribution of subject according to the stress score of the family members of alcoholics. n= 100

Sl.No	Score	Grades	Frequency (F)	Percentage (%)
1	0-20	Mild	4	4
2	21-40	Moderate	54	54
3	41-60	Severe	42	42

The data presented in table 2 shows that majority (54%) of family members had moderate stress due to alcoholics, about (42%) of them had severe stress and only (4%) had mild stress because of an alcoholics in the family.

TABEL 3: Mean, standard deviation (SD) and mean percentage according to their stress score of the family members of alcoholics. n= 100

Family members of alcoholics	Minimum score	Maximum score	Mean + SD	Mean %
Overall stress score	10.00	53.00	36.9500+ 9.73526	69.71%

The data in the table 3 shows that maximum score is (53.00) and minimum score is (10.0). The mean \pm standard deviation of stress score of the family members of alcoholics are 36.9500 ± 9.73526 and mean percentage of stress score is (36.95%) respectively.

Section IV. Association of stress level of subjects with selected demographic variables

Chi square test was computed to determine the association between the stress level and selected demographic variables. The following null hypothesis was stated:

H_{01} : There is no significant association of level of stress among family members of alcoholic with selected demographic variables

There is no significant association between stress level of the subjects and the selected variables since the calculated chi square value is less than the tabled value .Hence the null hypothesis is accepted and research hypothesis is rejected.

Discussion

Alcohol abuse has the potential to destroy families. Research shows that families affected by alcoholism are more likely to have low levels of emotional bonding, expressiveness and independence⁷.

The present study aimed at to assess the stress of the family members of alcoholics and the findings revealed that majority about (42%) of them had severe stress, due to various factors. A cross-sectional study was carried out to evaluate quality of life and presence of stress in caregivers of drug-addicted people. Results revealed that, 55.9% were mothers with a mean age of 47.66 years; 23.8% had depressive symptoms. The SF36 scores most compromised were emotional aspects, vitality, pain and mental health. Mean stress among caregivers was 2.24. A significant correlation in quality of life, depression and stress of caregivers was seen⁸. The present study also showed that there is no significant association between stress level of the subjects and the selected variables since the calculated chi square value is less than the tabled value .Hence the research hypothesis

is rejected and null hypothesis is accepted

CONCLUSION

Alcoholism is a family disease. Due alcoholic member in the family there are various consequences are faced by the family members. The present study envisaged to assess the stress of the family members of alcoholics. The findings of the present study revealed that majority of the family members had severe stress due to various factors. So the researcher felt the need to further to undertake some essential interventions to the family members to train them how to cope up with situations.

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Ethical Clearance: obtained from Institutional Ethics committee of Father Muller Medical College, Mangalore.

Conflict of Interest: There are no conflicts of interests

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