

# A Descriptive Study to Assess the Levels of Anxiety and Depression among Family Members of Alcoholic Dependent in a Selected De Addiction Centre Malayalapurza Kerala

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**Abstract:** *Alcoholism is a significant problem in India. Alcoholism is a chronic progressive and often fatal disease. It is a primary disorder and not a symptom of other diseases or emotional problem. The chemistry of alcohol allows it to affect Nearly Every type of cell in the body, including those in central Nervous System. The study shows that Overall levels of anxiety and depression categorized as Abnormal case (11-21score), borderline abnormal (8-10 score) and Normal (0-7 score). The table was shows that out of 30 Family members 22(73.33%) respondent had abnormal case anxiety, 5 (16.66%) had borderline abnormal anxiety and 3(10%) had normal. In depression, out of 30 Family members 11(36.66%) respondent had abnormal case, 9 (30%) respondent had borderline abnormal and 10 (33.33%) respondent had Normal.*

**Keywords:** Alcolol, Anxiety Depression

## 1. Introduction

“Alcoholism is a significant problem in India. Alcoholism is a chronic progressive and often fatal disease. It is a primary disorder and not a symptom of other diseases or emotional problem. The chemistry of alcohol allows it to affect Nearly Every type of cell in the body, including those in central Nervous System.

When a person drinks alcohol, the alcohol is absorbed in the stomach cell, and then taken to the systemic circulation and goes to all the tissues. The effect of alcohol is dependent on a variety of factor, including a person size, weight, age and sex as well as the amount of food and alcohol consumed The impact of alcohol not only disturb the physical health of an individual it also affects the people who surrounds them. Alcoholism is linked to disrupted family roles, impaired family communication, physical and psychological illnesses.

## 2. Need for Study

Family a more or less durable association of husband and wife with children. Alcohol abuse is one of the major factors contributing to instability. There is lack of mutual trust.

Alcoholism puts strains on family members’ alcohol abuse can have dangerous physical and emotional effect. Alcoholism can also put financial strains on marriage. The money being spent on alcohol may cause problem and the strain among the alcoholic wives and children.

Coping behavior of family members of alcoholics and 30 wives of alcoholics were analyzed using an oxford – Guthrie’s coping behavior. the report was discord, avoidance, indulgence and fearful withdrawal while marital breakdown taking special action and assertion. The study concluded that the presented data added to the growing evidence that alcoholism can have serious consequence on family.

## 3. Objectives

- 1) To Assess Levels of anxiety among Family Members of alcoholic dependent.
- 2) To Assess levels of depression among the family members of alcoholic dependent.
- 3) To find out the Association between level of anxiety with selected demographic variables.
- 4) To find out the association between level of Depression with selected demographic variables

### Assumption:

- 1) The Family members of alcohol dependent may have anxiety.
- 2) The Family members of alcoholic dependent may have depression.

### Operational Definition

- a) **Assess :**  
It is estimation of level of anxiety and depression among Family members of alcoholic dependent.
- b) **Family members of alcoholic dependent:** In this study Family members of alcohol dependent refer to wife and children of alcoholic dependent.
- c) **Alcoholic dependent** Alcoholic dependent is a person who frequently drink alcohol and one who physically, psychologically and verbally abuse the wives.
- d) **Anxiety:**  
A Feeling of worry, nervousness, or unease among wives of alcoholic dependent.
- e) **Depression**  
In this study, it refers to depressed mood, loss of interest or pleasure, feeling of guilt, disturbed sleep and poor concentration among wives of alcoholic dependent.

## 4. Methodology

**Study Approach:** The approach of the study is a descriptive evaluative approach.

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**Study Design:** In this study Non – experimental descriptive study design is used to assess the level of anxiety and depression among wives of alcoholic dependent husband.

**Variables:**

- a) **Study variables:** Levels of anxiety and depression among Family members of alcoholic dependent husband.
- b) **Socio demographic variables:** Sociodemographic variables such as Age, education, occupation, duration of marriage and duration of alcoholic drinking of spouses.

**Setting of the Study:** The study was conducted at a selected deaddiction centre malayalapurzha

**Target Population:** The target population for this study was wives of alcoholic dependents

**Sample Size:** The sample size was 30 family members

**Sample Technique:** Purposive sampling technique is used in this study.

**Criteria for Sample Selection**

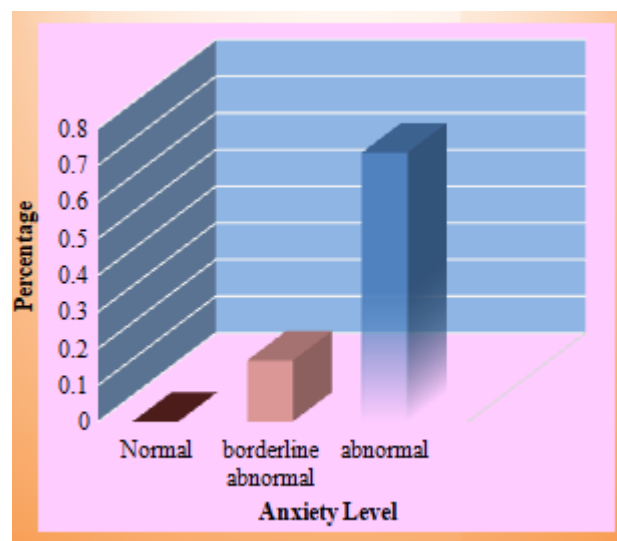
**Inclusion criteria**

- Family members of alcohol dependent who are willing to participate in the study.
- Family members of alcoholic dependent who can read and understand Marathi.

**Exclusion criteria**

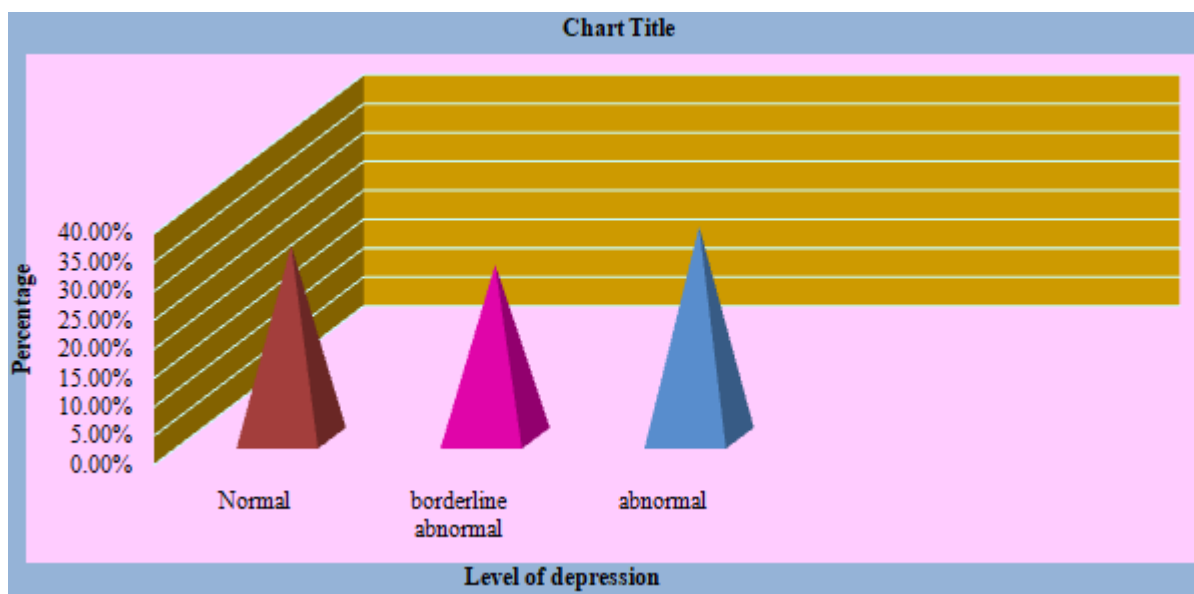
- Family members of alcohol dependent those who are not willing to participate in this study.

**5. Results**



**Percentage distribution according to level of anxiety**

Table no shows that, the table shows that out of 30 Family members of alcoholic dependent, 73.33% had abnormal (case), 16.66% had borderline abnormal anxiety and 10% had normal case.



Shows that, out of 30 Family Members of alcoholic dependent 36.66% had abnormal case, 33.33% had normal and 30 % had borderline abnormal.

There is no significant association between level of depression with selected demographic variables such as Age, education, occupation, Relationship with Family, duration of marriage and duration of alcohol drinking.

**6. Conclusion**

Overall levels of anxiety and depression categorized as Abnormal case (11-21score), borderline abnormal (8-10 score) and Normal (0-7 score). The table was shows that out of 30 Family members 22(73.33%) respondent had abnormal case anxiety, 5 (16.66%) had borderline abnormal anxiety and 3(10%) had normal. In depression, out of 30 Family members 11(36.66%) respondent had abnormal case, 9 (30%) respondent had borderline abnormal and 10 (33.33%) respondent had Normal.

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