

**“A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF STRESS AND COPING
BEHAVIOR AMONG WIVES OF ALCOHOL DEPENDENTS ATTENDING SELECTED
DE-ADDICTION CENTERS IN SHIMOGA, KARNATAKA”**

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ABSTRACT

The World Health Organization estimated that there are about 2 billion people worldwide who consume alcoholic beverages and 76.3 million with diagnosable alcohol use disorder. The global burden related to alcohol consumption both in term of morbidity and mortality is considerable in most part of the world. Alcoholics may have young, teenage, or grown-up children, they have wives or husbands, and they have brothers or sisters, parents or other relatives. An alcoholic can totally disrupt family life and cause harmful effects that can last a lifetime. Hence the focus of the study was to assess the level of stress and coping behaviour among wives of alcohol dependents attending selected de-addiction centers in Shimoga, Karnataka”. Major findings of the study were among the participants 60% of the wives of alcoholic patients experience moderate level of stress, 36.7% experience mild stress, 1.7% experienced severe stress and only 1.7% had no stress during hospital stay. Among the participants 38.3% of the wives of alcoholic patients mild level of coping ability, 55% had moderate coping ability, 5% had high coping ability and only 1.7% had inadequate coping.

Key words: stress, Coping behaviour, Wives of alcoholic patients, Alcohol Dependents.

Introduction

The use of alcohol can be traced back to the Neolithic age. Beer & wine are known to have been used around 6400BC. Early Egyptian and Greek writings made several references to alcohol. Hippocrates recognized many of the medical complications of excessive drinking & Senera introduced the idea of loss of control and habituation ¹.

The term alcoholism is defined as “a diseased condition due to the excessive use of alcoholic beverages”. Silverstein in his book “Alcoholism” gives three criteria that the American Psychiatric

Association listed for physicians to diagnose this disease. They are (a) Physiological problems, such as hand tremors and blackouts. (b) Psychological problems, such as an obsessive desire to drink. (c) Behavioral problems that disrupt social or work life ².

The World Health Organization estimated that there are about 2 billion people worldwide who consume alcoholic beverages and 76.3 million with diagnosable alcohol use disorder.³

In India 62.5 million peoples were estimated to be alcohol users with per capita consumption of alcohol had increased by 106.7% over the 15 year period . The sale of alcohol in India has been steadily growing at 6% and is estimated to grow at the rate of 8% per year.. During the last few decades the mean age of initiation of alcohol use has decreased from 23.6 years to 19.45 years indicating that peoples are drinking alcohol at an earlier age than previously. A two year survey on the extended pattern and magnituded the drug abuse in India. Survey showed that drug users were predominantly young and male ⁴.

Coping is a complex process; it is variously described as a situation and as trait-like response to stress and as a disposition to respond to change. Coping with stress is one of the biggest health concerns and it effect can be different from person to person ⁵.

In India about 4% males and 0.6% females were found to be alcohol dependents. The incidence rate was found to be 15.1% in Mumbai, 14.3% in Bangalore, 12.2% in Delhi and 9.5% in Chennai ⁸. There are approximately 500 thousand alcohol dependent individuals in Karnataka. A report on 'study of alcohol dependent person' submitted to Health Risk Force of Karnataka shows the social cost of alcoholics in the state. The study explained the following emerging findings ⁶.

- Individual spent more than they earn.
- Most people take loan to support their habit.
- Averages 12.2 working days were lost.
- 18% lost their job in one year.
- 59.4% families were supported by income from other family members.
- 9.7% sent children under 15years to work to supplement family income.

A study reported that alcoholism should be considered as the no.1 major health problem in India. ⁷.Alcoholics may have young, teenage, or grown-up children, they have wives or husbands, and they have brothers or sisters, parents or other relatives. An alcoholic can totally disrupt family life and cause harmful effects that can last a lifetime.²

Alcoholism in family systems is the conditions of families that enable alcoholism and the effects of alcoholic behavior, by one or more family members on the rest of the family. Mental health

professionals are increasingly considering alcoholism and addiction as diseases that flourish in and are enabled by family systems. Family members react to the alcoholic with particular behavioral patterns. They may enable the addiction to continue by shielding the addict from the negative consequences of his actions and such behaviors are referred to as codependence. In this way, the alcoholic is said to suffer from the disease of addiction, whereas the family members suffer from the disease of codependence ³.

Wives who live with alcohol dependents are always engrossed with reacting to the alcohol dependant's behavior, compensating for it and feeling angry about it. They forget how to enjoy the many things life has to offer. They try to pretend that everything is normal and avoid provoking their husband into another bout of drinking. They have to cope up with the bewildering, unpredictability and frequent unpleasantness of life with a problem drinker. Wives question their perception, deny or suppress their feelings and stop communicating freely, thus they become rigid and against to growth. Wives of alcoholic becomes so desperate to rescue the drinker from blind compulsion that they neglect their other responsibilities, including self care and began to suffer a serious decline with their own emotional, psychological or physical health.

Methods:

2.1 Participants

Convenient sampling technique was used to select the samples for the present study. Sample size of the present study consists of 60 wives of alcoholic patients in selected De-addiction Centre, Shimoga. The samples were selected with the following predetermined set of criteria. Inclusion criteria: Only wives of alcoholic inmates present in de-addiction center where the study is conducted and age range of wives - 20-50 years. Exclusion criteria: Wives of alcoholic inmates who are not interested to participate in the study and wives of alcoholic inmates, who cannot read, write or understand Kannada, or English.

2.2 Instruments

Structured interview schedule by using the modified perceived stress scale and modified Jaloweic coping behavior scale.

2.3 Description of the Tool

Structured interview schedule consist of 3 parts i.e. Part I, Part II and Part III.

Part I: Consists of items on demographic variables such as age, religion, educational status, occupation, family income, family type, place of residence and duration of alcoholism.

Part II: consists of 35 items on modified perceived stress scale which are in both positive and negative direction.

Part III: 40 items in Jaloweic coping behavior scale.

2.4 Scoring Key

Part-I: Scoring key is prepared for Part-I by coding the demographic variables.

Part-II: Responses to the items should be scored from '1' representing strongly never to '4' representing very often.

The negatively worded items should be reverse scored. Below are the reversals for the original item score in the left column and reversed item score in the right. The rightmost values should be substituted for the leftmost. This can also be accomplished by subtracting the original values for the internal items from 4.

1 = 4
2 = 3
3 = 2
4 = 1

Individual scores on the perceived stress can range from 35 to 140 with higher scores indicating higher stress. Out of 35 items in the stress scale, 4, 5, 7, 8, 11, and 34 are positively stated questions. For which, the score will be 1=4, 2=3, 3=2, and 4=1.

- Scores less than 35 indicates no stress
- Scores ranging from 36-70 would be considered mild level of stress.
- Scores ranging from 71 – 105 would be considered moderate level of stress.
- Scores ranging from 106-140 would be considered severe stress.

Part III: Responses to the items should be scored '1' representing 'does not apply' and '4' representing 'do more' with each.

The negatively worded items should be reverse scored. Below are the reversals for the original item score in the left column and reversed item score in the right. The rightmost values should be substituted for the leftmost. This can also be accomplished by subtracting the original values for the internal items from 4.

1 = 4
2 = 3
3 = 2
4 = 1

Out of 40 items in the coping scale, 8, 9, 11, 19, 20, 21 and 24 are negatively stated questions. For which, the score will be 1=4, 2=3, 3=2, and 4=1.

Individual scores on the coping can range from 1 to 160 with higher scores indicating higher coping.

- Scores ranging from 1 - 40 would be considered inadequate coping.
- Scores ranging from 41-80 would be considered mild level of coping.
- Scores ranging from 81-120 would be considered moderate level of coping.
- Scores ranging from 121-160 would be considered adequate level of coping.

Part III: consists of 40 items on Jaloweic coping behavior scale which describes a broad range of behavioral, emotional and cognitive coping responses.

3. Results:

SECTION-I: DEMOGRAPHIC VARIABLES :Results showed that, among the wives of alcoholic patients majority 40% belongs to the age group of 31-40 years, 48.3% belonged to the age group of 41-50 years, 11.7% belongs to the 21-30 years (Table 1). Majority 51.7% of the wives of alcoholic patients were Hindus and remaining 41.7% were Christians (Table 2). 35% of the subjects had primary education, 28.3% has completed secondary education, 20% of them were illiterates, 13.3% has completed their pre-university education and remaining 3.3% were graduates (Table 3). Majority 31.7% of the wives of alcoholic patients were private employees, 36.7% were self employed, 25% were housewives and remaining 6.7% were government employees (Table 4). Majority 33.3% of wives of alcoholic patients family income was between Rs. 5001- 10000, 31.7% had family income between Rs. 10001-15000, 23.3% of them had income more than Rs.15001 and remaining 11.7% had the income less than Rs. 5000 (Table 5). 13.3% of the wives of alcoholic patients were living in joint family and 86.7% subjects living in nuclear family (Table 6). Majority 56.7% of the wives of alcoholic patients were living in urban areas and remaining 43.3% were lives in rural areas (Table 7). Majority 43.3% of the alcoholic patients consume alcohol since 5-10 years, 35% of them take alcohol since last 5 years, 20% of them take alcohol since 11-15 years and remaining 1.7% were taking alcohol since more than 16 years (Table 8).

SECTION-II: STRESS LEVEL OF WIVES OF ALCOHOLIC PATIENTS: 60% of the wives of alcoholic patients experience moderate level of stress, 36.7% experience mild stress, 1.7% experienced severe stress and only 1.7% had no stress during hospital stay (Table 9). 38.3% of the wives of alcoholic patients mild level of coping ability, 55% had moderate coping ability, 5% had high coping ability and only 1.7% had inadequate coping (Table 10). mean stress score the subjects was 75.53 (53.95%) with standard deviation of 18.95 and the obtained mean coping scores the subjects was found to be 86.8 (54.25%) with standard deviation 21.24 (Table 11).

SECTION III: CORRELATION BETWEEN STRESS LEVEL AND COPING ABILITY OF WIVES OF ALCOHOLIC PATIENTS: Pearson's correlation (r) value 0.985. It reveals that there is high statistical positive correlation between stress and coping score (Table 12).

SECTION IV: ASSOCIATION BETWEEN STRESS LEVEL OF WIVES OF ALCOHOLIC PATIENTS AND THE SELECTED DEMOGRAPHIC VARIABLES : X^2 value computed between the stress level of wives of alcoholic patients and selected demographic variables. Variables such as age, religion, education, occupation, family income, family type, place of residence and duration of alcoholism were significant at 0.05 level of significance. Thus it can be interpreted that there is significant association between the stress level of wives of alcoholic patients and selected demographic variables (Table 13).

SECTION V: ASSOCIATION BETWEEN COPING LEVEL OF WIVES OF ALCOHOLIC PATIENTS AND THE SELECTED DEMOGRAPHIC VARIABLES: X^2 value computed between the coping level of wives of alcoholic patients and selected demographic variables. Variables such as age, religion, education, occupation, family income, family type, place of residence and duration of alcoholism were significant at 0.05 level of significance. Thus it can be interpreted that there is significant association between the coping level of wives of alcoholic patients and selected demographic variables such as family income, family type, place of residence and duration of alcoholism

3. Discussion.

Majority 40% belongs to the age group of 31-40 years, 48.3% belonged to the age group of 41-50 years and 6% belongs to the age group of 60 years and above. Majority 51.7% of the wives of alcoholic patients were Hindus and remaining 41.7% were Christians. 35% of the subjects had primary education, 28.3% has completed secondary education, 20% of them were illiterates, 13.3% has completed their pre- university education and remaining 3.3% were graduates. Majority 31.7% of the wives of alcoholic patients were private employees, 36.7% were self employed, 25% were housewives and remaining 6.7% were government employees. Majority 31.7% of wives of alcoholic patients family income was between Rs. 10001- 15000 and 11.7% had the income less than Rs. 5000. Among the participants 13.3% of the wives of alcoholic patients were living in joint family. Majority 56.7% of the wives of alcoholic patients were living in urban areas and remaining 43.3% were lives in rural areas. Majority 43.3% of the alcoholic patients consume alcohol since 5-10 years, 35% of them take alcohol since last 5 years, 20% of them take alcohol since 11-15 years and remaining 1.7% were taking alcohol since more than 16 years.

Among the participants 60% of the wives of alcoholic patients experience moderate level of stress, 36.7% experience mild stress, 1.7% experienced severe stress and only 1.7% had no stress during hospital stay.

Smilar study was conducted by Savita, sulekha, swatadadwal., (2014), a descriptive study to

assess the level of stress among 50 spouses of alcoholic men at ranipokhri community, Dehradun. Purposive sampling technique was used for selecting the samples and a modified four point likert scale was used to assess the stress level among spouse of alcoholics. The study results revealed that majority of the alcoholic wives, whose husband are victim of alcohol addiction (42.3% women; $M = 17.18$, $SD = 6.08$) were belongs to moderate level of stress.⁸

Among the participants 38.3% of the wives of alcoholic patients mild level of coping ability, 55% had moderate coping ability, 5% had high coping ability and only 1.7% had inadequate coping.

Similar study was conducted by Sreedevi.M, H.M Gangadhariah & V.Benegal (2001) conducted an explorative study to explore the problem of domestic violence experienced by wives of alcohol dependent individuals. The study was carried out in de-addiction centre in NIMHANS, Bangalore. The results indicate that intellectual violence was the commonest variety of violence (69%) followed by emotional violence (58.6%) and social violence (57.8%). Physical violence was found in 47% of the women and economic violence in 41.6%. The least commonly reported violence was sexual 18 violence (27.4%). High levels of stress were seen in wives of alcoholics. Wives with higher levels of domestic violence showed higher level of stress. The major coping styles adopted were avoidance (53%), discard (51.5%), fearful withdrawal (40.4%) and sexual withdrawal (25.8%).⁹

The overall mean stress score obtained by the subjects was 75.53 (53.95%) with standard deviation of 18.95. The overall mean coping score obtained by the subjects was 86.8 (54.25%) with standard deviation of 21.24.

Section III: Correlation between stress level and coping ability of wives of alcoholic patients: Pearson's correlation between stress scores and coping ability was 0.985 and it reveals that there is high positive correlation between stress and coping ability.

Section IV: Association between stress level of wives of alcoholic patients and the selected demographic variables: It was evident that there was a statistically significant association between the stress level of wives of alcoholic patients and selected demographic variables such as age, religion, educational status, occupation, family income, family type, place of residence and duration of alcoholism at the probability level of $p < 0.05$. Hence the research hypothesis stated that there will be significant association between the stress level of wives of alcoholic patients with selected demographic variable was accepted.

An another similar study reveled that, The obtained chi- square value was significant for variable like age, the obtained chi-squares values for the variables like education, occupation, family income, religion, type of family, duration of marital life, no of children. Duration of husband's

alcoholisms, alcohol drinking in last 1 year, nature of alcohol consumption. any other substance abuse and level of stress were not significant at 0.05 level.¹⁰

Section V: Association between coping level of wives of alcoholic patients and the selected demographic variables: It was evident that there was a statistically significant association between the coping level of wives of alcoholic patients and selected demographic variables such as age, religion, educational status, occupation, family income, family type, place of residence and duration of alcoholism at the probability level of $p < 0.05$. Hence the research hypothesis stated that there will be significant association between the coping levels of the wives of alcoholic patients with selected demographic variable was accepted.

4. Conclusion

Majority 40% belongs to the age group of 31-40 years. Majority 51.7% of the wives of alcoholic patients were Hindus. 35% of the subjects had primary education and 3.3% were graduates. Majority 31.7% of the wives of alcoholic patients were private employees and 6.7% were government employees. Majority 31.7% of wives of alcoholic patients family income was between Rs. 10001- 15000 and 11.7% had the income less than Rs. 5000. Among the participants 13.3% of the wives of alcoholic patients were living in joint family. Majority 56.7% of the wives of alcoholic patients were living in urban areas and remaining 43.3% were lives in rural areas. Majority 43.3% of the alcoholic patients consume alcohol since 5-10 years and 1.7% were taking alcohol since more than 16 years.

Over all mean stress score obtained by the subjects was 75.53 (53.95%) with standard deviation of 18.95 found to be moderate level of stress. Over all mean coping score obtained by the subjects was 86.8 (54.25%) with standard deviation of 21.24 found to be moderate coping ability. Pearson's correlation between stress scores and coping ability was 0.985 and it reveals that there is high positive correlation between stress and coping ability. There was a statistically significant association between the stress score of wives of alcoholic patients with demographic variables such as age, religion, educational status, occupation, family income, family type, place of residence and duration of alcoholism at the probability level of $p < 0.05$.

There was a statistically significant association between the coping score of wives of alcoholic patients with demographic variables such as age, religion, educational status, occupation, family income, family type, place of residence and duration of alcoholism at the probability level of $p < 0.05$.

Table – 1: Distribution of wives of alcoholic patients according to their age.

n = 60

Age	Frequency	Percentage n
a. 21- 30years	7	11.7
b. 31- 40 years	24	40.0
c. 41- 0 years	29	48.3
Total	60	100.0

Table – 2: Distribution of wives of alcoholic patients according to their religion

N = 60

Religion	Frequency	Perce tage n
a. Hindu	31	51.7
b. Christian	25	41.7
c. Mu lim	4	6.
Otal	60	100

Table – 3: Distribution of Wives of alcoholic patients by their Educational status.

N = 60

Educational Status	Frequency	Perce tage n
a. Illiterate	12	20.0
b. Pri ary	21	35.0
c. Secondary	17	28.3
d. PU	8	13.3
e. Graduate & above	2	3.
Total	60	100

Table – 4: Distribution of wives of alcoholic patients according to their occupation

n = 60

Occupation	Frequency	Percentage n
a. Housewife	15	25.0
b. Private employee	19	31.7
c. Self employee	22	36.7
Government employee		

	4	6.
Total	60	100

Table - 5: Distribution of wives of alcoholic patients according to their family income.

n = 60

Family Income	Frequency	Percentage
a. Less than Rs.5000	7	11.7
b. Rs. 50 01-10000	20	33.3
c. Rs. 1 001-15000	19	31.7
d. Rs. 1 001 and above	14	23.3
Total	60	100

Table - 6: Distribution of wives of alcoholic patients according to family type.

N = 60

Family type	Frequency	Percentage
a. Joint Family	8	13.3
b. Nuclear Famil	52	86.7
Total	60	100.0

Table – 7: Distribution of wives of alcoholic patients according to their place of residence

N = 60

Place of residence	Frequency	Percentage
a. Urban	34	56.7
b. Rural	26	43.3
Total	60	100

Table – 8: Distribution of wives of alcoholic patients according to the duration of alcoholism.

N = 60

Duration of alcoholism	Frequency	Percentage
a. Less than 5 years	21	35.0
b. 5-10 ears	26	43.3
c. 11-15 years	12	20.0
d. Above 16 years	1	.7

Total	60	1 0.0
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Table – 9: Stress level of wives of alcoholic patients.

N = 60

Stress Level	Frequency	Percentage
a. No stress	1	.7
b. Mild level of stress	22	36.7
c. mode ate level of Stress	36	60.0
d. Severe stress	1	.7
Total	60	1 0.0

Table – 10: Coping level of wives of alcoholic patients

N = 60

Coping Level	Frequency	Percentage
a. Inadequate coping	1	1.7
b. Mild level of coping	23	38.3
c. Moderate coping	33	55.0
d. High level of coping	3	5.0
Total	60	100.0

Table – 11: Mean, Mean percentage and standard deviation for stress and coping scores of the wives of alcoholic patients.

N = 60

Scale	No. of Items	Max Score	Mean	Mean %	Median	SD
Stress scores	35	140	75.53	53.95	75.5	18.95
Coping scores	40	160	86.8	54.25	86.5	21.24

Table 12: Correlation between stress level and coping ability of wives of alcoholic patients

N = 60

	Mean	SD	Pearson's r value
Total stress score	75.53	18.95	0.985
Total check score	86.8	21.24	

Table 13: Association between stress level of wives of alcoholic patients and the selected demographic variables

N = 60

Variables	Below Median	Median and above	Chi square	Df	P value	Inference
1. Age						

a. 21-30 years	6	1	9.244	2	0.010	S
b. 31-40 years	15	9				
c. 41-50 years	9	20				
2. Religion						
a. Hindu	9	22	15.452	2	0.000	S
b. Christian	20	5				
c. Muslim	1	3				
3. Education						
a. Illiterate	10	2	11.906	4	0.018	S
b. Primary education	8	13				
c. Secondary education	5	12				
d. PUC	5	3				
e. Graduation and above	2	0				
4. Occupation						
a. Housewife	5	10	12.686	3	0.005	S
b. Private employee	8	11				
c. Self employee	17	5				
d. Govt employee	0	4				
5. Family Income						
a. Less than Rs.5000	7	0	35.838	3	0.000	S
b. Rs. 5001-10000	18	2				
c. Rs. 10001-15000	3	16				
d. Rs. 15001 and above	2	12				
6. Family type						
a. Joint Family	0	8	9.231	1	0.002	S
b. Nuclear Family	30	22				
7. Place of residence						
a. Urban	8	26	21.991	1	0.000	S
b. Rural	22	4				
8. Duration of alcoholism						
a. Less than 5 years	16	5	10.377	3	0.016	S
b. 5-10 years	11	15				
c. 11-15 years	3	9				
d. Above 16 years	0	1				

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