

(RESEARCH ARTICLE)



A study to assess the level of self-esteem among alcohol dependent

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Abstract

Aim of the study: The Alcohol dependent period holds a special significance because this period marks assertiveness training Changes in an individual. The present study was conducted to find out the association between assertiveness. **Methodology:** Correlation design was employed for the present research. Participants of the study comprised 30 high Alcohol dependent with an equal number of male 30 to above years. The questionnaires method is Rosenberg self-esteem scale. **Main Findings:** Percentage wise distribution of pre and post test level of self-esteem among alcohol dependence syndrome in control group depicts that in pre-test and post test, most of patients of 86.7% and 13.3% had low level self-esteem and normal level during pre-test and post test in control group. Percentage wise distribution of pre and post test level of anxiety among alcohol dependence syndrome in experimental group depicts that in pre-test, all of them (100%) had severity whereas In post test, highest percentage of patients (93.3%) had mild level and 6.7% of them mild -moderate anxiety level. Percentage wise distribution of pre and post test level of anxiety among alcohol dependence syndrome in control group depicts that in pre-test and post test, all of them (100%) had severity

Association between the level of assertiveness schedule among patients in control group during pre-test and their selected demographic data reveals that, all the selected variables were shown not significant association. It was chance alone. Hence, the null hypothesis is accepted. There was no statistically significant association found between levels of assertiveness schedule among patients in control group. Therefore, null hypothesis was accepted at 0.05 level of significance. Except the Duration of alcohol consumption ($p=0.019$)

Keywords: Alcohol dependent; Self-esteem; Post test; Association

1 Introduction

Alcoholism is one of the major health and social problems seen all over the world. The problem of alcoholism is not just related to the alcoholics alone but also the lives of those around them. The vicissitudes of alcoholism are multifold causing significant morbidity personally and socially.

The world's highest alcohol consumption levels are found in the developed world, including Western and Eastern Europe. According to the Hindustan Times it is estimated that around 1% of the population in India, can be classified as being alcohol-dependent. This translates into about 5 million people dependent on alcohol. Kerala is the largest consumer of alcohol in India, followed by Punjab. Kerala alone accounts for 16% and Punjab accounts for 14% of all the liquor consumed in India.

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1.1 Need for the study

Globally, alcohol consumption results in approximately 3.3 million deaths each year, and this number has already been adjusted to take into account the beneficial impact of low risk patterns of alcohol consumption on some diseases. Of all deaths worldwide, 5.9% are attributable to alcohol consumption; this is greater than, for example, the proportion of deaths from HIV/AIDS (2.8%), violence (0.9%) or tuberculosis (1.7%). Also, 5.1% of the global burden of disease and injury is attributable to alcohol, as measured in Disability Adjusted Life Years.

Statement of the problem: "A Study to Assess the Level of self esteem among Alcohol Dependent' 'in selected de addiction center Puducherry.

Objectives

- To assess the level of self esteem among alcohol dependence syndrome in experimental and control group.
- To find out the association between the Level of self esteem among alcohol dependence in selected socio-demographic variables experimental and control group.

2 Material and method

- Research Approach: Quantitative Approach
- Research Design: Descriptive Design
- Setting of the study: Bharathamatha de addiction center
- Population: alcohol dependent syndrome
- Sampling Technique: Convenience sampling technique
- Sample Size: 30
- Data collection: Demographic variables and standardized tool self esteem
- Tool: Standardized tool was used
- Interpretation: Analysis and findings

2.1 Description the tool

- Socio demographic variables
- Standardized tool assertiveness schedule, self-esteem and anxiety scale was used

2.2 Ethical consideration

- Intuitional review board approved from the college of nursing PIMS
- Permission from De- addiction center Puducherry.
- Informed consent was obtained from the study participant.

3 Results and Discussion

3.1 SECTION A: Distribution of alcohol dependent syndrome in according to socio demographic variables experimental and control group

Table 1 Frequency and percentage wise distribution participants according to social demographic variables in experimental and control group N=30

| Demographic data | Experimental Group (n=15) | | Control group (n=15) | |
|---------------------|---------------------------|------|----------------------|------|
| | f | % | f | % |
| Age in years | | | | |
| 20-30 years | 3 | 20 | 2 | 13.3 |
| 31-40 years | 8 | 53.3 | 11 | 73.3 |
| 41 and above | 4 | 26.7 | 2 | 13.3 |

| Educational status | | | | |
|--|----|------|----|------|
| Illiterate | 4 | 26.7 | 3 | 20 |
| Schooling | 7 | 46.6 | 7 | 46.7 |
| Graduate | 4 | 26.7 | 5 | 33.3 |
| Family monthly income | | | | |
| Below 10000 | 7 | 46.7 | 7 | 46.7 |
| 10001-20000 | 6 | 40 | 5 | 33.3 |
| Above 20000 | 2 | 13.3 | 3 | 20 |
| Occupation: | | | | |
| Unemployed | 7 | 46.7 | 5 | 33.3 |
| Business | 5 | 33.3 | 3 | 20 |
| Government | 1 | 6.7 | 3 | 20 |
| Others | 2 | 13.3 | 4 | 26.7 |
| Religion | | | | |
| Hindu | 9 | 60 | 10 | 66.6 |
| Muslim | 2 | 13.3 | 1 | 6.7 |
| Christian | 4 | 26.7 | 4 | 26.7 |
| Type of family | | | | |
| Nuclear | 6 | 40 | 8 | 53.3 |
| Joint | 2 | 13.3 | 3 | 20 |
| Extended | 7 | 46.7 | 4 | 26.7 |
| Marital status | | | | |
| Married | 15 | 100 | 15 | 100 |
| Single | 0 | 0 | 0 | 0 |
| Divorce | 0 | 0 | 0 | 0 |
| Area of residence | | | | |
| Rural | 5 | 33.3 | 11 | 73.3 |
| Urban | 5 | 33.3 | 3 | 20 |
| Semi urban | 5 | 33.3 | 1 | 6.7 |
| Family History | | | | |
| Yes | 9 | 60 | 6 | 40 |
| No | 6 | 40 | 9 | 60 |
| Duration of alcohol consumption | | | | |
| Less than 1 or 3 years | 6 | 40 | 7 | 46.7 |
| More than 2 or 5 years | 9 | 60 | 8 | 53.3 |

Majority of the participants 8 (53.3%) in experimental group and 11 (73.3%) in control group were in the age group of 31-40yrs. 7 (46.7%) participants in experimental group and control group. Had complied school education most of the participants 7 (46.7%) each in experimental and control group had monthly income <10,000/-.

3.2 SECTION B: Level of behavioral problems among alcohol dependent syndrome in experimental group and control group

Table 2 Distribution of participants according to level of assertiveness

| Level of assertiveness | Experimental group | | | | Control group | | | |
|-------------------------------|--------------------|-----|-----------|------|---------------|-----|-----------|-----|
| | Pre test | | Post test | | Pre test | | Post test | |
| | f | % | f | % | f | % | f | % |
| Non assertiveness (-90 to 20) | 15 | 100 | 2 | 6.7 | 15 | 100 | 15 | 100 |
| Assertiveness (20-90) | 0 | 0 | 13 | 93.3 | 0 | 0 | 0 | 0 |
| Total | 15 | 100 | 15 | 100 | 15 | 100 | 15 | 100 |

Percentage wise distribution of pre and post test level of assertiveness among alcohol dependence syndrome in experimental group depicts that in pretest, all of them (100%) had non assertiveness and None of them had assertiveness level during pretest whereas In posttest, higher percentage of patients (93.3%) had assertiveness and lower percentage of them (6.7%) had non assertiveness . Hence, assertiveness programmed shown improvement from pretest to posttest after the intervention in experimental group .whereas in control group all of them were non assertiveness, there was no improvement in pre (100%) and post test (100%). Hence, it can be interpreted that Level of assertiveness schedulescores was improved in experimental post-test and study was shown more effective in experimental group after administration of Assertiveness training (AST).

Table 3 Distribution of participants according to level of self esteem

| Level of self-esteem | Experimental group | | | | Control group | | | |
|----------------------|--------------------|------|-----------|-----|---------------|------|-----------|------|
| | Pre test | | Post test | | Pre test | | Post test | |
| | f | % | f | % | f | % | f | % |
| Low | 14 | 93.3 | 0 | 0 | 13 | 86.7 | 13 | 86.7 |
| Normal | 1 | 6.67 | 12 | 80 | 2 | 13.3 | 2 | 13.3 |
| High | 0 | 0 | 3 | 20 | 0 | 0 | 0 | 0 |
| Total | 15 | 100 | 15 | 100 | 15 | 10 | 15 | 100 |

Percentage wise distribution of pre and post test level of self-esteem among alcohol dependence syndrome in experimental group depicts that in pretest, most of them 93.3% had low level self-esteem and 6.7% of them had normal level during pretest whereas In posttest, most of patients (80%) had normal self-esteem and 20% of them had high level self-esteem after assertiveness programme it was shown improvement from pretest to post test after the intervention. Hence, it can be interpreted that Level of self esteemscores was improved in experimental post-test and study was shown more effective in experimental group after administration.

Percentage wise distribution of pre and post test level of self-esteem among alcohol dependence syndrome in control group depicts that in pretest and post test , most of patients of 86.7% and 13.3% had low level self-esteem and normal level during pre-test and post test in control group .

Percentage wise distribution of pre and post test level of anxiety among alcohol dependence syndrome in experimental group depicts that in pretest, all of them (100%) had severity whereas In posttest, highest percentage of patients (93.3%) had mild level and 6.7% of them mild -moderate anxiety level. Percentage wise distribution of pre and post test level of anxiety among alcohol dependence syndrome in control group depicts that in pretest and post test, all of them (100%) had severity

Table 4 Distribution of participants according to level of self esteem

| Level of anxiety | Experimental group | | | | Control group | | | |
|--------------------|--------------------|-----|-----------|------|---------------|-----|-----------|-----|
| | Pre test | | Post test | | Pre test | | Post test | |
| | f | % | f | % | f | % | f | % |
| No | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Mild | 0 | 0 | 14 | 93.3 | 0 | 0 | 0 | 0 |
| Mild-moderate | 0 | 0 | 1 | 6.7 | 0 | 0 | 0 | 0 |
| Moderate -severity | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |
| Severe | 15 | 100 | 0 | 0 | 15 | 100 | 15 | 100 |
| Total | 15 | 100 | 15 | 100 | 15 | 100 | 15 | 100 |

Table 5 Association between pretest level of assertiveness among alcohol dependence syndrome in control group and Socio demographic variables

| Demographic variable | <=Median (<=-21) | | >Median (>=21) | | χ^2 -value (df) | p-value |
|------------------------------|---------------------|------|-------------------|------|-------------------------|---------------|
| | f | % | f | % | | |
| Age in years | | | | | | |
| 20-30 years | 1 | 6.7 | 1 | 6.7 | 0.02 (df=2) | 0.988 (NS) |
| 31-40 years | 6 | 40 | 5 | 33.3 | | |
| 41 and above | 1 | 6.7 | 1 | 6.7 | | |
| Educational status | | | | | | |
| Illiterate | 3 | 20 | 0 | 0 | 3.29 | 0.193 (NS) |
| Schooling | 3 | 20 | 4 | 26.7 | | |
| Graduate | 2 | 13.3 | 3 | 20 | | |
| Family monthly income | | | | | | |
| Below 10000 | 6 | 40 | 1 | 6.7 | 5.66 (df=2) | 0.059 (NS) |
| 10001-20000 | 1 | 6.7 | 4 | 26.7 | | |
| Above 20000 | 1 | 6.7 | 2 | 13.3 | | |
| Occupation | | | | | | |
| Unemployed | 4 | 26.7 | 1 | 6.7 | 6.09 (df=3) | 0.107 (NS) |
| Business | 1 | 6.67 | 2 | 13.3 | | |
| Government | 0 | 0 | 3 | 20 | | |
| Others | 3 | 20 | 1 | 6.7 | | |
| Religion | | | | | | |
| Hindu | 4 | 26.7 | 6 | 40 | 2.34 (df=2) | 0.310 (NS) |
| Muslim | 1 | 6.7 | 0 | 0 | | |
| Christian | 3 | 20 | 1 | 6.7 | | |

| Type of family | | | | | | |
|--|---|------|---|------|-----------------|---------------|
| Nuclear | 4 | 26.7 | 4 | 26.7 | 0.26 (df=2) | 0.875 (NS) |
| Joint | 2 | 13.3 | 1 | 6.7 | | |
| Extended | 2 | 13.3 | 2 | 13.3 | | |
| Marital status: | | | | | | |
| Married | 8 | 53.3 | 7 | 46.7 | 0 (df=6) | 1 (NS) |
| Single | 0 | 0 | 0 | 0 | | |
| Divorce | 0 | 0 | 0 | 0 | | |
| Area of residence: | | | | | | |
| Rural | 6 | 40 | 5 | 33.3 | 1.36 (df=2) | 0.506 (NS) |
| Urban | 2 | 13.3 | 1 | 6.7 | | |
| Semi urban | 0 | 0 | 1 | 6.7 | | |
| Family History | | | | | | |
| Yes | 3 | 20 | 3 | 20 | 0.044 (df=1) | 0.833 (NS) |
| No | 5 | 33.3 | 4 | 26.7 | | |
| Duration of alcohol consumption | | | | | | |
| Less than 1 or 3 years | 6 | 40 | 1 | 6.67 | 5.53 (df=1) | 0.019* (S) |
| More than 2 or 5 years | 2 | 13.3 | 6 | 40 | | |

*-p<0.05 significant, **-p<0.001 & ***p<0.001 -highly significant

Association between the level of assertiveness schedule **among** patients in control group during pretest and their selected demographic data reveals that, all the selected variables were shown not significant association. It was chance alone. Hence, the null hypothesis is accepted. There was no statistically significant association found between level of assertiveness schedule **among** patients in control group. Therefore, null hypothesis was accepted at 0.05 level of significance. Except the Duration of alcohol consumption (**p=0.019**)

4 Conclusion

Therefore, self-esteem programme shown improvement (reduced anxiety) from pretest to posttest after the intervention hence, it can be interpreted that Level of anxiety scores was improved.

Compliance with ethical standards

Acknowledgment

I thank you for giving me the opportunity to conduct research studies with the dead diction centre authorities and patients.

Disclosure of conflict of interest

No conflict of interest.

Statement of ethical approval

With approval from the de addiction centre, a patient information sheet and consent form were used.

Statement of informed consent

Informed consent was obtained from all individual participants included in the study.

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