

**PSYCHO-SOCIAL PROBLEMS AND COPING OF WOMEN
WITH ALCOHOLIC SPOUSES IN RURAL MALWA AREA,
DIST. LUDHIANA, PUNJAB – A PILOT STUDY**

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ABSTRACT

The present study was conducted to assess the psychosocial problems and coping of women with alcoholic spouse, in village Gahour, 56 km from Raikot city in distt. Ludhiana. The objectives of this study were : 1. To assess the psychosocial problem of women with alcoholic spouse 2. To assess the coping of women with alcoholic spouse 3. To find the relationship between the psychosocial problem and coping of women with alcoholic spouse 4. To find the relationship of psychosocial problems with the selected variables. i.e. age, education, family income per month, occupation, type of family, duration of addiction of spouse, religion, duration of marriage, number of children 5. To find the relationship of coping with selected variables. i.e. age, education, family income per month, occupation, type of family, duration of addiction of spouse, religion, duration of marriage, number of children. The conceptual framework is based on Roy's adaptation model. An exploratory approach and non experimental research design was used for the study. Purposive sampling technique was used and 60 women with alcoholic husbands were interviewed. The independent variables were age, education, family income per month, occupation, type of family, duration of addiction of spouse, religion, duration of marriage and number of children. The dependent variables were psychosocial problem and coping of women with alcoholic spouse. The study found that majority of women had physiological problems [13.13%] followed by psychological problems [12.79%] and psycho-social problems [7.40%].

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While 6.6% women had financial problems, only 3.92% stated to have sexual problems. 71.1% women had adoptive and 28.3% showed mal-adoptive coping. Age, Education, Vocation, Economic status, Family type, religion, Duration of Marriage, Duration of Addiction and number of Children had No Impact on Psycho-Social problems. Among these variables, only age and duration of addiction had impacted coping strategy of women.

KEY-WORDS: Alcoholism, Alcoholic Spouse, Wife, Psychosocial problems, Coping, Rural Punjab

INTRODUCTION

Alcoholism is defined in dictionary as a disease condition due to excessive use of alcoholic beverages. American psychiatric association listed the following criteria for diagnosis of Alcoholism : Physiological problems (hand tremors and blackouts), Psychological problems, (an obsessive desire to drink), Behavioral problems that affect work or social life. WHO estimates that there about two billion people worldwide who consume alcohol and 76.3 million with diagnosable alcohol use disorders. Globally alcohol causes 3.2% of all deaths (1.8million deaths). Alcoholism is a disease that gets worse the more the person keeps drinking. Without treatment, it can destroy mental, physical and social health and can lead to death of the alcoholic and devastation in the family.

In a nation where family is the basic unit of the society, health of the nation is measured in terms of the health of its families.

The relationship between an alcohol abuser and his family is complex. Family members report experiencing guilt, shame, anger, fear, grief and isolation due to the presence of an alcoholic in the family. They are often subjected to moderate to severe harassment, conflict, anxiety and tension. The major problems that arise in the family as a result of alcohol abuse of husband include:-

1. Long absence from home.
2. Destruction of household objects in rage.
3. Lack of communication between the alcohol abuser and the other family members.
4. Domestic violence and hostility.

A comparative study was conducted by Marie Dethier et al (1997) to assess the marital adjustment and self esteem of wives. And the results revealed that the couples with an alcoholic husband had lower marital satisfaction and lower self esteem than the couples with healthy and non alcoholic husband.

The national family survey (2010) results indicate that among the Indian population 17% of men and 2% of women aged 15yrs and above is consuming alcohol. In India, 62.5 million people are alcohol abusers. In the 15-year period from 1976 to 1990, the per capita consumption has increased by 106.7%. In the last few decades, the mean age of starting alcohol consumption has been declined from 23.6 yrs to 19.45 years.

Statistics regarding the gross sales of alcohol and related substances shows that **Punjab** stands first in the per capita consumption. i.e. 11.5 liters. In 2008- 09, Rs. 3974.14 crores worth of alcohol was sold. In 2009 – 10, it rose to Rs. 4376.24 crores and during 2010-11, Rs. 4776.80 crores. Punjab total population is 22,77,04,234 and there are approximately 90% alcohol dependent person.

STUDY STATEMENT

An exploratory study to assess the psychosocial problem and coping of women with alcoholic spouse in rural community of village Gahaur, Ludhiana, Punjab

OBJECTIVES

1. To assess the psychosocial problems of women with alcoholic spouse.
2. To assess the coping of women with alcoholic spouse.
3. To find the relationship between the psychosocial problem and coping of women with alcoholic spouse.
4. To find the relationship of psychosocial problems with the selected variables. i.e. age, education, family income per month, occupation, type of family, duration of addiction of spouse, religion, duration of marriage, number of children.
5. To find the relationship of coping with selected variables. i.e. age, education, family income, religion, occupation, type of family, duration of addiction of spouse, religion, duration of marriage, and number of children.

OPERATIONAL DEFINITIONS

1. Psychosocial problems: These are altered behavioral changes which are expressed in form of psychological, psychosocial and the other factors such as the physiological,

- sexual, support and financial insecurities which contribute to the problems faced by the alcoholic husband.
2. Coping: Refers to the specific adaptive and maladaptive, cognitive or behavioral efforts of wives of alcohol spouse in order to manage the problem resulting from their husband drinking habit.
 3. Women: In this study women refers to females who are married with an alcoholic spouse.
 4. Alcoholism : It refers a person who indulges in uncontrollable and excessive drinking of alcohol on a daily basis.
 5. Lickert's scale
 6. Roy's coping checklist.
 7. Roy's adaptation model is based on General System Theory as applied to an individual. Sister Callista Roy (1979) developed an adaptation model of nursing. It comprises four domains, person, environment, health and nursing and involves six steps of nursing process. This theory states the person as, "A bio-psychosocial being and recipient of nursing care." The person is an open adaptive system, who uses the coping skills to deal with psychosocial problems. The study is based on modified conceptual framework of Callista Roy's adaptation model and the person is the woman whose husband is alcohol dependent. Roy's states the environment as, "All the conditions, circumstances and influences surrounding and affecting the development of an organism."It states health as, "the person encounters adaptation problems in changing environment". In this study ,the health of person includes psychological health, physiological health and sexual health. In this study nursing refers to promotion of adaptations for the individual by providing education.

A women needs medical and nursing interaction such as medical and nursing assessment, effective communication, therapeutic relationship, psychotherapy and marital counseling. Roy states that contextual stimulus is the combination of all stimuli pressed in the situation that contributes to the effect of focal stimuli. In this study contextual stimuli are : age, education, family income, occupation, types of

family, duration of marriage, religion, no of children and duration of addiction of spouse.

Roy's theory states than focal stimuli are internal or external stimuli most immediately confronting the human system. In this study focal stimuli are psychosocial problem. It states that residual stimuli are the environmental factors within or without human systems which affects the current situation that are unclear.

In this study residual stimuli are attitudes, beliefs, traits.

ASSUMPTION

Women with alcoholic spouse do have psychosocial problems and they do cope with these problems.

DELIMITATION

60 Women with alcoholic spouse residing in Village Gahaur, dist. Ludhiana, a rural area

SELECTION AND DESCRIPTION OF FIELD OF STUDY

The main study was conducted in Gahour, Ludhiana, Punjab . Approximate population of the village is 4500. The facilities in the village are: one primary health center and one primary school. The status of alcoholism is 40%-60% of women with alcoholic spouse.

SAMPLE AND SAMPLING TECHNIQUES

The purposive sampling technique was used.

Inclusion Criteria : the study includes women with alcoholic spouse who are willing to participate in the study.

Exclusion Criteria : the study excludes women of alcoholic spouse, who do not want to participate or unable to follow the instruction or are busy in household work.

Table-1
PERCENTAGE DISTRIBUTION OF SAMPLE CHARACTERISTICS

Variables	N	Percentage
Age of women with alcoholic spouse		
a)18-28	10	16.7%
b)29-39	21	35%
c)40-51	17	28.3%
d)more than 51	12	20%
Education		

a)Illiterate	11	18.3%
b)Matric	24	40%
c)Senior secondary	14	23.3%
d)Graduate and above	11	18.3%

Family income per month

a)Less than or equal to 5000	8	13.4%
b)5001 to 10,000	13	21.6%
c)Senior secondary	14	23.3%
d)Graduate and above	1	18.3%

Occupation

a)House wife	40	66.8%
b)Self employed	2	3.3%
c)Government job	5	8.3%
d)Private job	13	21.6%

Type of family

a)Nuclear	35	58.3%
b)Joint	23	38.4%
c)Extended	2	3.3%

Duration of addiction of spouse

a)Less than 1 year	4	6.6%
b)1 year to 2 years	8	13.4%
c)2 years to 3 years	5	8.4%
d)3 years to 4 years	7	11.6%
e)More than 4 years	36	60%

Number of children

a)None	3	5%
b)1	16	26.6%
c)2	30	50%
d)3 and above	11	18.4%

DEVELOPMENT AND DESCRIPTION OF TOOL

The tool was made to assess the psychosocial problem and coping of women with alcoholic spouse. The interview schedule was developed with the help of review of literature, expert opinion, and investigator's own experience. Kiran Roy modified checklist was used for coping.

PSYCHOSOCIAL PROBLEM

The three point Likerts scale was used to assess the psychosocial problems.

The final tool was divided into three parts :-

- Psychological problems
- Psychosocial problems

- Problems contributing to psychological and sociological issues (physiological, financial, sexual problems and support)

RELIABILITY OF TOOL

The reliability of the tool was computed by split half method to check the internal consistency of tool. Reliability of tool psychosocial problem was 0.83 and coping was 0.82.

OBSERVATION & ANALYSIS

OBJECTIVE-1 : To assess psychosocial problems of women with alcoholic spouse

TABLE-2

MEAN, MEAN PERCENTAGE AND RANK ORDER OF PSYCHOSOCIAL PROBLEMS OF WOMEN

Psychosocial Problems	Psychosocial problems score of women with alcoholic spouse			
	Score	mean	mean percentage	rank order
Psychological problems	20	11.7	12.79	2
Physiological problems	24	12.08	13.13	1
Psychosocial problems	16	6.82	7.40	3
Financial problems	12	6.08	6.60	4
Support	10	3.40	3.69	6
Sexual problems	10	3.62	3.92	5
Total	92			

Maximum score=92

Minimum score=0

It is concluded that most of the women had physiological problems due to their alcoholic spouse.

TABLE-3

MEAN AND PERCENTAGE DISTRIBUTION OF WOMEN ACCORDING TO PSYCHOSOCIAL PROBLEMS

Level of psychosocial	psychosocial problem score of women with alcoholic spouse
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problem	score	n	mean	percentage
Mild	0-30	5	69	8.3%
Moderate	31-62	46	45.39	76.7%
Severe	63- 92	9	21.77	15%

Maximum=68

Minimum=0

Hence it is concluded that majority of women had moderate level of psychosocial problems.

OBJECTIVE-2 To assess the coping of women with alcoholic spouse

Table-4

MEAN AND PERCENTAGE DISTRIBUTION OF WOMEN ACCORDING TO LEVEL OF COPING

Level of Coping	coping score of women with alcoholic spouse		
	Score	n	percentage
Maladaptive	0-34	17	28.3%
Adaptive	35-68	43	71.7%

Maximum=68

Minimum=0

It is concluded that majority of women used adoptive coping strategy

OBJECTIVE 3- To find the relationship between the psychosocial problem and coping of women

TABLE-5

CORRELATION OF PSYCHOSOCIAL PROBLEMS AND COPING OF WOMEN

N=60

Dependent Variables	n	Mean scores		r
		mean	S.D.	
Psychosocial Problems	60	43.77	13.720	.361(**)
Coping	60	38.03	4.780	

**significant at p=0.01 level

It is concluded that there is negative correlation between Psycho-Social problems and coping

OBJECTIVE-4 - To find the relationship of psychosocial problem with selected variables that is age, education, family income per month, occupation, type of family, duration if addiction, religion, duration of marriage and number of child.

It is concluded that age of wife, educational status, family Income, occupation, family type, duration of addiction of spouse, religion, duration of marriage or number of children have NO impact on psycho-social problems of women.

TABLE-6

MEAN PSYCHOSOCIAL SCORE PROBLEM OF WOMEN ACCORDING TO AGE.

N=60

Age(year)	Mean score of psychosocial problems of women with alcoholic spouse				
	n	mean	S.D.	df	f
18-28	10	39.70	10.023	3	
29-39	21	40.67	13.955	56	1.447NS
40-50	17	48.47	11.891		
≥51	12	45.92	17.181		

Maximum=92
Minimum=0

NS=non significant at p=0.05 level

TABLE -7

MEAN SCORE OF PSYCHOSOCIAL PROBLEM OF WOMEN ACCORDING TO EDUCATION.

N=60

Education	Mean score of psychosocial problem of women with alcoholic spouse				
	n	mean	S.D.	df	f
Illiterate	11	52.18	16.296	3	
Matric	24	41.63	13.81	56	1.760NS

Sen. Secondary	14	42.21	7.81
Graduate and above	11	42.00	15

Maximum=92
Minimum=0

NS=Non significant at p=0.05 level

TABLE-8

MEAN SCORE OF PSYCHOSOCIAL PROBLEM OF WOMEN TO FAMILY INCOME

N=60

Family					
mean score of psychosocial problem of women with alcoholic spouse					
Per month	n	mean	S.D.	df	f
≤5000	8	54.50	15.97	3	
5001-10000	13	42.92	14.33	56	2.226NS
10001-15000	15	39.73	11.54		
More than 15000	24	43.17	12.86		

Maximum =92
Minimum=0

NS= Non significant at p=0.05 level

TABLE- 9

MEAN SCORE OF PSYCHOSOCIAL PROBLEM OF WOMEN ACCORDING TO OCCUPATION

N=60

Mean score of psychosocial problem of women					
Occupation	n	mean	S.D.	df	f
House wife	40	44.40	14.047	3	
Self employed	2	58	18.385	56	1.261NS
Govt-job	5	36.60	15.093		
Private job	13	42.38	11.027		

Maximum=92
Minimum=0

NS=Non significant at p=0.05 level

TABLE -10

MEAN SCORE OF PSYCHOSOCIAL PROBLEMS OF WOMEN ACCORDING TO FAMILY TYPE

N=60

Family type	Mean score of psychosocial problem of women with alcoholic spouse				
	n	mean	S.D.	df	f
Nuclear	35	41.4	13.047	2	
Joint	23	46.74	14.095	57	2.060NS
Extended	2	56	14.142		

Maximum=92
Minimum=0

NS=Non significant at p=0.05 level

TABLE=11

MEAN SCORE OF PSYCHOSOCIAL PROBLEM OF WOMEN WITH DURATION OF ADDICTION.

N=60

Duration of addiction	mean score of women with psychosocial problems				
	n	mean	S.D.	df	f
Less than 1 year	4	38	12.57	4	
1-2 year	8	39.75	16.75		.807NS
2-3 year	5	41	5.38	55	
3-4 year	7	40.43	16.34		
More than 4 year	36	46.33	13.45		

Maximum=92
Minimum=0

NS=Non significant at p=0.05 level

TABLE=12

MEAN SCORE OF PSYCHOSOCIAL PROBLEM OF WOMEN ACCORDING TO RELIGION.

Religion	Mean score of psychosocial problem of women				f
	n	mean	S.D.	df	
Sikhism	48	43.08	14.311	1	0.591NS
Hinduism	12	46.50	11.156	58	

Maximum=92
Minimum=0

NS=Non significant at p=0.05 level

TABLE 13

MEAN SCORE OF PSYCHOSOCIAL PROBLEM OF WOMEN ACCORDING TO DURATION OF MARRIAGE.

Duration of Marriage	mean score of psychosocial problem of women with alcoholic spouse				f
	n	mean	S.D.	df	
≤ 1 year	2	34	16.971	3	0.199 NS
1 + to 2 year	3	41	5.196	3	
2+ to 3 year	10	36.70	15.840	56	
3+ to 4 year	6	51.33	9.750		
≥ 4 year	39	45.13	13.477		

Maximum=92
Minimum=0

NS=Non significant at p=0.05 level

TABLE 14

Mean Score Of Psychosocial Problem Of Women According To Number Of Children

N=60

Number of children	mean score of psychosocial problem of women According to number of children				
	n	mean	S.D.	df	f
none	3	35.67	12.66		
1	16	38.63	12.61	3	2.129NS
2	30	45.90	14.30	56	
3 and above	11	50.36	11.52		

Maximum =92
Minimum=0

NS=Non significant at p =0.05 level

TABLE- 15

MEAN SCORE OF COPING OF WOMEN ACCORDING TO FAMILY INCOME PER MONTH.

N=60

Family Income	Mean score coping of women with alcoholic spouse				
	n	mean	S.D.	df	f
≤5000	8	36.37	3.536	3	
5001-10000	13	38.77	3.700	56	.296NS
10001-15000	15	37.87	4.969		
More than 15000	24	38.17	5.631		

Maximum = 68
Minimum=0

NS=Non significant at p =0.05 level

TABLE 16

MEAN SCORE OF COPING OF WOMEN ACCORDING TO DURATION OF ADDICTION.

Duration Of Addiction	mean score of coping of women with alcoholic spouse				
	n	mean	S.D.	df	f
Less than 1 yr	4	42.00	4.899	4	
1 to 2 yr.	8	40.88	4.643		
2 to 3 yr	5	42.00	4.301		3.698 ^s
3 to 4 yr.	7	36.57	3.409		
More than 4 yr.	36	36.69	4.458	55	

N=60

Maximum=68
Minimum=0

NS=Non Significant at p=0.05 level

It is concluded that duration of addiction of spouse has impact on the coping used by their women.

TABLE 17

MEAN SCORE OF COPING OF WOMEN ACCORDING TO RELIGION

RELIGION	Mean score of coping of women with alcoholic spouse				
	N	mean	S.d	df	f
Sikhism	48	38.44	4.762	1	
Hinduism	12	36.42	4.699	58	1.737 ^{NS}

N=60

Maximum=68
Minimum=0

NS=Non Significant at p= 0.05 level

Table 18

MEAN SCORE OF WOMEN ACCORDING TO DURATION OF MARRIAGE

Duration of marriage	Mean score of coping of women with alcoholic spouse				f
	n	mean	S.D.	df	
≤ 1 year	2	43.50	6.364		
1-2 year	3	41.67	4.726	4	
2-3 year	10	39.40	4.300		1.853NS
3-4 year	6	38.67	5.354	55	
More than 4 year	39	37.03	4.568		

Maximum=68
Minimum=0

NS= Non significant at p =0.05 level

TABLE 19

MEAN SCORE OF COPING OF WOMEN ACCORDING TO NUMBER OF CHILDREN.

Number Of children	mean score of coping				f
	n	mean	S.D.	df	
None	3	44.33	5.508	3	
One	16	38.69	4.270		2.296NS
Two	30	37.40	4.896	56	
3 and above	11	37.09	4.184		

Maximum=68
Minimum=0

NS=Non significant at p=0.05 level

It is concluded that age of women and duration of addiction of husbands have impacted their coping strategy. However, educational status, family income, occupation, family type, religion, duration of marriage and number of children have NO impact of coping strategy.

CONCLUSION

Observation and analysis of data obtained from 60 women with alcoholic spouses from rural community of Malwa area, dist. Ludhiana of Punjab exhibits that :

- 35% of women belong to 29-39 yrs age group
- 40% are educated upto Matric
- 40% have family income more than 15000/- per month
- 66.8% are housewives
- 58.3% have nuclear family
- 60% have a duration of addiction of spouse of more than 4 years
- 80% belong to Sikh religion
- 65.4% women have a duration of marriage more than 4 years
- 50% have 2 children
- 13.13% of Women have physiological problem due to their alcoholic spouse
- 12.79% of women have moderate level of psychological problem
- 71.1% of women used adoptive coping
- There is negative correlation between psychological problem and coping of women with alcoholic spouse.
- Age, Education, Vocation, Economic status, Family type, religion, Duration of Marriage, Duration of Addiction and number of Children had No Impact on Psycho-Social problems. Among these variables, only age and duration of addiction had impacted coping strategy of women.

RECOMMENDATION

The study should be replicated to larger sample to validate and generalize its finding. A comparative study can be conducted to assess the psychosocial problems and coping strategies of women with alcoholic spouse in rural area and urban area. A non experimental study can also be conducted to compare the psychosocial problems and coping strategies of women with alcoholic spouse with non alcoholic spouse.