

Coping Among Family Members of Alcohol Dependent Patients: Effectiveness of Selected Intervention

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Abstract: This paper presents an overview on coping among family members of alcohol dependent patients.

Keywords: alcohol dependent patients

1. Introduction

Alcohol dependence is a complex behaviour with far-reaching harmful effects on the family, work, society, as well as on the physical and mental health of the individual. Epidemiological studies conducted in India showed that 20-30% of our population is using alcohol at a harmful level. Heavy alcohol consumption exerts a deleterious effect on the family. The extent of the negative impact varies among family members and from family to family. It often results in serious emotional and medical problems. Family intervention treatment in the field of alcoholism is a relatively new phenomenon. Family members' negative responses to the alcoholic's behavior usually reinforce the individual's alienation and dependency resulting from alcoholism.

An alcohol-dependent person seeks professional help mostly persuaded by his wife, family members, neighbor's, co-workers, employer, etc. Need for immediate care may be due to a threat of divorce, dismissal from job, serious injury due to fall, aborted marriage proposal to his ward, health hazards, etc. Many studies conducted in the field of alcoholism have concluded that better outcome is possible when alcohol-dependent persons receive non-pharmacological therapy along with pharmacological treatment. However, most of these studies were confined to selective psychotherapy techniques, leaving the comprehensive psychosocial treatment to be an unexplored area.

Alcoholism causes reduced labour productivity and substantial reduction in the wages and earning. Problems like sickness, hang over, late arrivals and extended lunch break, making more mistakes, leaving assignments incomplete, problems with losses and co-workers and early departure are some of the work problems exhibited by the alcoholics in their work place.

The problems faced by family members of alcoholics like having less money for necessary expenses like food and clothing, neglecting to pay bills, creating additional expenses

such as extra medical cost and fines. This can lead to further complications such as loss of housing, increased debt and a drop in the individual's standard of living. Continued alcohol abuse can also decrease the financial stability and well-being of the individual's entire family, including any child in the home.

2. Materials and methods

This study was to identify the effect of family focused intervention on coping among the family members of alcoholics. The study was conducted at Assissi addiction center, Erumely Kottayam. The study design was quasi experimental (pre-test and posttest design). The data was collected for a period of ten days. Purposive sampling method was used to select the sample for the study. Total number of samples selected during the study period was 100. Modified Lazarus Coping Scale was administered to assess the level of coping. Those who scored below 70 were selected as sample for the study. Family focused intervention was administered for a period of ten days and the level of coping was reassessed.

3. Results

In these studies, 46.1 % family members belongs to the age group of 25-35 years, 30.28 % of family members belongs to the age group of 15-25 years, 14.01% of family members belongs to the age group of 35-45 years and 9.61 % of family members belongs to the age group of above 45 years. In this study out of 100 samples, 60 % respondents were Male and 40 % respondents were Female. In this study all the 100 respondents were educated. In this study majority of samples (31.17 %) had income of Rs. 5000-10000, 36.31 % had income of 3000-5000, 16.01 % were housewife and 16.51 % had income of 1000-3000. In this study out of 100 samples, 71 % respondents were married and 29 % respondents were unmarried. In this study out of 100 samples, 82.6 % respondents were from nuclear family and 17.4 % respondents were from joint family. In this study out of 100 samples, 91.1 % respondents have children and 8.9 % respondents have no children. In this study out of 100 samples, 56 % respondents had problem for 5-10 years, 30 % respondents had problem for 10 years and 14 % respondents had problem below 5 years

respectively.

Findings Related to the Effectiveness of Family Focused Intervention on Coping among Family Members of Alcoholics Related to Problem Oriented Coping. The result reveals that the pre-test score obtained among family members in problem-oriented coping was 28.22 and for post-test it was 39.7 The standard deviation for pre-test was 4.76 and in post-test standard deviation was 2.45. The mean difference was found to be 5.02. This reveals that there was a significant increase in coping among family members of alcoholics.

Findings related to the effectiveness of family focused intervention on coping among family members of alcoholics related to affective oriented method. The result reveals that the pre-test mean score obtained among family members in affective oriented coping was 27.8 and for post-test it was 36.7. The standard deviation for pre-test was 2.44 and in post-test standard deviation was 2.05. The mean difference was found to be 2.56. This reveals that there was a significant increase in coping among family members of alcoholics.

Findings related to pretest and post test score obtained among family members of alcoholics during family focused intervention on coping pattern. The result reveals that the pre-test mean scores obtained in family members was 66.18 and the post test score was 74.19. The standard deviation for pre-test was found to be 4.88 and for post-test it was 2.67. The mean difference obtained was 7.36. This reveals that family focused intervention was very effective to increase in coping among family members of alcoholics.

4. Discussion

Findings Related to the Effectiveness of Family Focused Intervention on Coping among Family Members of Alcoholics Related to Problem Oriented Coping. The result reveals that the pre-test score obtained among family members in problem-oriented coping was 28.22 and for post-test it was 39.7 The standard deviation for pre-test was 4.76 and in post-test standard deviation was 2.45. The mean difference was found to be 5.02. This reveals that there was a significant increase in coping among family members of alcoholics. The mean difference was found to be 6.08. Sisson & Azrin, (1986) stated that there was a significant increase in coping among family members of alcoholics. The main finding in our first study was that all participants showed improvement on coping strategies, hardship and mental symptoms at the 12-month follow-up, regardless of what kind of support they received. Furthermore, the reduction in mental symptoms was greater in the longer programs (coping skills training and group support) than in the group with only one intervention session. However, there are previous studies suggesting that brief intervention can influence coping mechanisms.

Findings Related to the Effectiveness of Family Focused Intervention on Coping among Family Members of Alcoholics Related to Affective Oriented Method. The result reveals that the pre-test mean score obtained among family members in

affective oriented coping was 27.8 and for post-test it was 36.7. The standard deviation for pre-test was 2.44 and in post-test standard deviation was 2.05. The mean difference was found to be 2.56. This reveals that there was a significant increase in coping among family members of alcoholics. Miller and colleagues (1999), stated that all participants in three different intervention programs for family members reported reductions in depression, anger, family conflict as well as improvements in family cohesion and relationship happiness.

Findings related to pretest and post test score obtained among family members of alcoholics during family focused intervention on coping pattern. The result reveals that the pre-test mean scores obtained in family members was 66.18 and the post test score was 74.19. The standard deviation for pre-test was found to be 4.88 and for post-test it was 2.67. The mean difference obtained was 7.36. This reveals that family focused intervention was very effective to increase in coping among family members of alcoholics. The UK Alcohol, Drug and Family Research Group (Velleman & Templeton, 2003) program also states that evidence that intervention in spouses can lead to a change in the problem alcohol consumption of the relative, which might lead to improved family relationships. In their study on unilateral family therapy, Sisson and Azrin (1986) found that even before the relative entered the program, the drinkers had already reduced their drinking.

5. Conclusion

The study was conducted to find the effect of family focused intervention on coping among the family members of alcoholics. Mean value and percentage of the coping score has increased from 62.17 % to 71.13 % and found to be significant. Hence, the intervention was effective in increasing the level of coping.

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