



“A descriptive study to assess level of anxiety and depression among wives of alcoholic dependent husband in selected area of Dapoli.”

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Abstract:

The aim of the present study was to assess level of anxiety and depression among wives of alcoholic dependent husband in selected area of Dapoli. A non – experimental descriptive study research design was adopted to assess the level of anxiety and depression among wives of alcoholic dependent husbands. The target population of study was 30 wives of alcoholics. The sample collection was done by purposive sampling technique. A standardized hospital anxiety depression scale was used to assess level of anxiety and depression. The result showed that Out of 30 wives 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 wives, 11(36.66%) respondent had abnormal case, 9 (30%) respondent had borderline abnormal and 10 (33.33%) respondent had normal.

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 effect nearly every type of cell in the body, including those in Central Nervous System.

Alcohol dependence is a complex behavior with far reaching harmful effect on family, work, and society as well as physical and mental health of the individual. Prolonged heavy use of alcohol can leads to addiction. Trait such of neuroticism higher anxiety level, depression, low self-esteem and communication apprehension have been reported in wives of alcoholic and attributed to the intense, stress and traumas experience.

Alcoholism is harmful not only for the individual but also for his family and society at large. Particularly wives of alcoholics are hurt and confused always. She is victim of addiction who do not use or drink alcohol, but is nevertheless victimized by the problem. She is the victim struggling desperately to solve her problem. So this study is an attempt to identify the level of anxiety faced by the wives of alcohol dependent.

NEED FOR STUDY

Family has more or less durable association of husband and wife with or without children. Alcohol abuse is one of the major factors contributing to instability and lack of mutual trust. Alcoholism puts strains on marriage; long term alcohol abuse can have dangerous physical and emotional effect. There are many other issues that are faced by women who are the wives of the alcoholics. Addiction to alcohol has become a problem for the individual family and community. The family is a key factor in the social dimension. One among the family member is the wife where she is often accessible to alcoholic husband. The impact of the alcohol dependence on marital functioning and the psychosocial development of family members as a challenging problem to research

PROBLEM STATEMENT

“A descriptive study to assess level of anxiety and depression among wives of alcoholic dependent husband in selected area of Dapoli.”

OBJECTIVES:

1. To assess level of anxiety among wives of alcoholic dependent.
2. To assess level of depression among the wives of alcoholic dependent.
3. To find out the association of level of anxiety with selected demographic variables.
4. To find out the association of level of depression with selected demographic variables.

ASSUMPTIONS:

- The wives of alcohol dependent may have anxiety.
- The wives of alcoholic dependent may have depression.

METHODOLOGY:

- **Study approach:** The approach of the study is a descriptive evaluative approach.
- **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.
- **Setting of the study:** The study was conducted at selected area of Dapoli.
- **Target population:** The target population for this study was wives of alcoholic dependent husband in areas of Dapoli.
- **Sample size:** The sample size was 30 wives of alcoholic dependent husband.
- **Sample technique:** Purposive sampling technique is used in this study.
- **Selection criteria:**
 - a) **Inclusion criteria**
 - Wives of alcohol dependent who are willing to participate in the study. .
 - Wives of alcoholic dependent that can read and understand Marathi.

b) Exclusion criteria:

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

Variables:

- **Study variables –**
Level of anxiety and depression among wives of alcoholic dependent husband.
- **Sociodemographic variables-**
Sociodemographic variables such as age, education, occupation, duration of marriage and duration of alcoholic drinking of spouses.

Method of data collection:

The permission for data collection was obtained from the gram panchayat of Dapoli. The data was collected by using standardized hospital anxiety depression scale from the wives of alcoholic dependent husbands.

Results

A sample of 30 wives the data collected were organized, tabulated, analyzed and interpreted by using the descriptive and inferential statist.

Table No.1: Frequency and percentage of distribution sample according to demographic variables.

Sr no.	Demographic variable	Frequency	Percentage
1	Age (in year)		
	a. 18 – 28 year	5	16.66 %
	b. 29-39year	14	46.66 %
	c. 40-51year	11	36.66 %
	D .above 51	0	0 %
2	Educational qualification.		
	a. Illiterate	1	3.33 %
	b. 1-10 th	8	26.66 %
	c. 11-12 th	13	43.33 %
	d. Graduate	8	26.66 %
3	Occupation :		
	a. Housewife	24	80%

	b. Self-employment	4	13.33%
	c. Private	2	6.66%
	d. Government	0	0%
4	Duration of marriage		
	a. 1-5 year	4	13.33%
	b. 5-10 year	8	26.66 %
	c. 10- 15 year	4	13.33%
	d. Above 15 year	14	46.66%
5	Duration of alcohol drinking		
	a. More than 1 year	0	0%
	b. 1-2year	1	3.33%
	c. 2-3year	4	13.33%
	d. 3-4year	2	6.66%
	e. More than 4 year	23	76.66 %

Figure no. 1: percentage distribution according to level of anxiety:

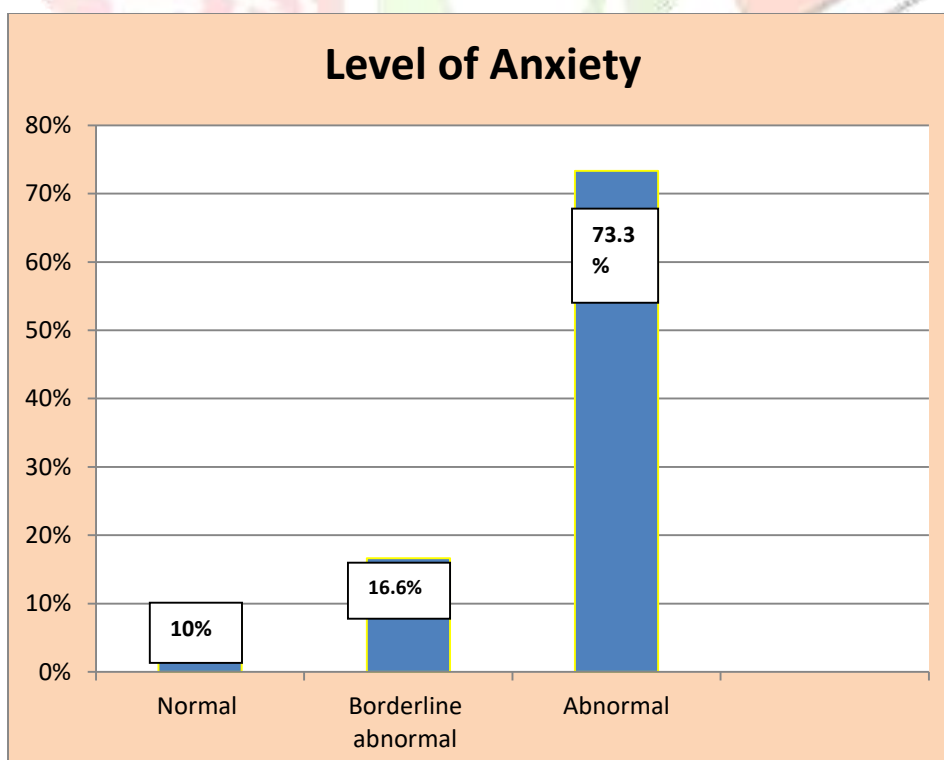


Figure no. 1: percentage distribution according to level of anxiety: Shows that out of 30 wives of alcoholic dependent, 73.33% had abnormal (case), 16.66% had borderline abnormal anxiety and 10% had normal case.

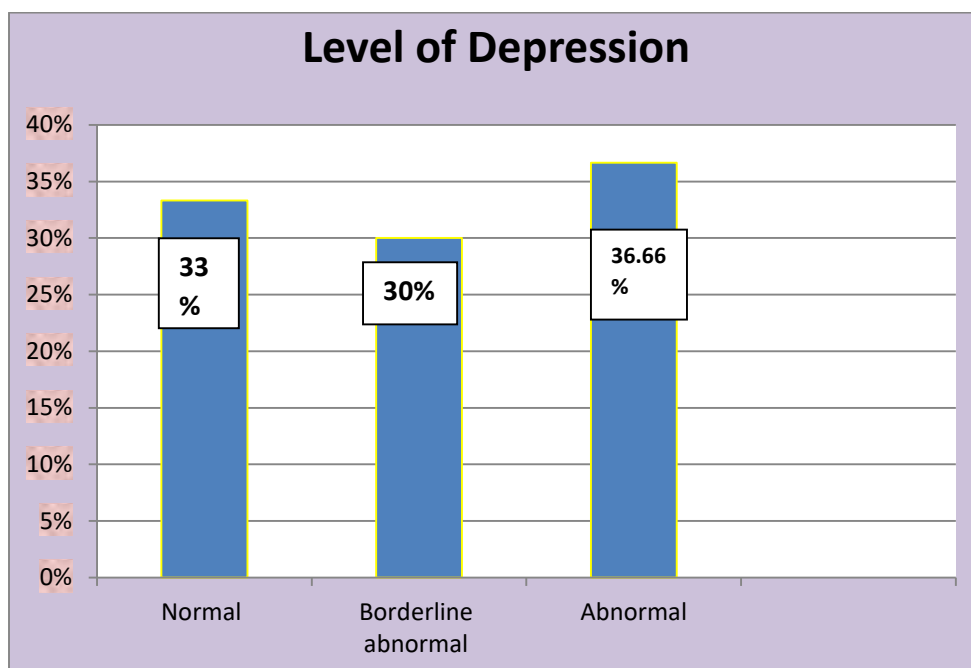
Figure no. 2: percentage distribution according to level of depression

Figure no. 2: percentage distribution according to level of depression: Shows that out of 30 wives of alcoholic dependent 36.66% had abnormal case, 33.33% had normal and 30 % had borderline abnormal.

DISCUSSION:

1) The first objectives were to assess the level of anxiety among wives of alcoholic dependent husband:

Out of 30 samples 22(73.33%) respondent had abnormal case, 5(16.66%) respondent had borderline abnormal and 3 (10%) respondent had normal.

2) The second objective was to assess the level of depression among wives of alcoholic dependent husband.

Out of 30 sample 11 (36.66%) respondent had abnormal case, 9 (30%) had borderline abnormal and 10 (33.33%) had normal.

3) The third objective was to find out association between level of anxiety and selected demographic variables.

Overall association between level of anxiety and demographic variable such as duration of marriage were found significant association. And age, education, occupation and duration of alcohol drinking of husband were found to be non-significant association with level of anxiety.

4) The fourth objective was to find out association between level of depression and selected demographic variables.

Overall there is no significant association between level of depression and selected demographic variable such as age, education, occupation, duration of marriage and duration of alcohol drinking.

CONCLUSION

We came to conclusion, that overall level of anxiety and depression categorized as abnormal case (11-21score), borderline abnormal (8-10 score) and Normal (0-7 score). Out of 30 wives 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 wives, 11(36.66%) respondent had abnormal case, 9 (30%) respondent had borderline abnormal and 10 (33.33%) respondent had normal.

NURSING IMPLICATION

Nursing service

Awareness programme can be made as a routine in nursing service as an alternative therapy.

Nursing education:

Awareness programme on prevention of alcoholism can be brought in detail in nursing curriculum from undergraduate level.

Nursing administration:

In-service education can be arranged to the staff nurses. Awareness programme on prevention of alcoholism can be started there by to educate the public who is coming to contact nursing personnel in the both clinical and community setting.

Nursing research:

These research findings can be utilized for the development of research based protocol and policies in health care setting.

RECOMMENDATION:

- Same study can be conducted with large samples.
- Same study can be conducted among level of anxiety and depression among children of alcoholics.
- Same study can be conducted to assess effectiveness of structured teaching programme on awareness programme on prevention of alcoholism.
- Comparative study can be done to assess the effectiveness of structured teaching programme and video teaching programme on awareness programme of prevention of alcoholism.

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