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EFFECT OF SUPPORTIVE PSYCHOTHERAPY ON LEVEL OF WELLNESS AMONG THE ALCOHOLIC PATIENTS

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ABSTRACT

Alcoholism is a major health problem in the world today. The present study is an attempt to assess the effect of supportive psychotherapy on achieving the wellness among the alcoholic patients. The objective of the study were to assess the pre interventional level of wellness among alcoholic patients, to evaluate the effect of supportive psychotherapy on level of wellness and to associate pre interventional level of wellness score with selected socio-demographic variables. The Conceptual frame work for the present study was based on system theory modified by Ludwig von bertalanffy. The study was experimental in nature which was carried out in a group of 100 alcoholic patients admitted in Sree Balaji Medical College by simple random sampling and a structured observational checklist which was developed after extensive review of literature. Feasibility was established by administering the tool on six alcoholic patients. The tool was found reliable($r=0.90$) .data collected was analysed by using descriptive and inferential statistics. Results of the study revealed that level of wellness of alcoholic patients is poor before administration of supportive psychotherapy. The mean post test wellness score 13.00 was significantly higher than the mean pre test score 20.84. The t value to evaluate

the effectiveness of recreation therapy was found to be highly significant (6.91). There is no significant relationship of wellness score with selected demographic variable by chi-square. Therefore need for wellness among alcoholic patients is highly recognized. The present study concludes that supportive psychotherapy was found to be effective in improving the level of wellness among alcoholic patients.

Key words: Supportive psychotherapy, effect, wellness and alcoholic patients.

INTRODUCTION

In an alarming revelation, the Global Status report on alcohol and health 2015, released by the World Health Organization (WHO) states that the amount of alcohol consumption has raised in India between the periods of 2008 to 2015. Alcoholism, also known as alcohol use disorder (AUD), is a broad term for any drinking of alcohol that results in problems. alcohol is strongly desired, usage results in not fulfilling responsibilities, usage results in social problems, usage results in health problems, usage results in risky situations, withdrawal occurs when stopping, and alcohol tolerance has occurred with use. Alcohol use can affect all parts of the body but particularly affects the brain, heart, liver, pancreas, and immune system. This can result in mental illness, Wernicke-Korsakoff's syndrome, an irregular heart beat, liver failure, and an increase in the risk of cancer, among other diseases. Both environmental factors and genetics are associated with alcoholism with about half the risk attributed to each, it also include social, cultural, and behavioural influences. High stress levels, anxiety, as well as inexpensive easily accessible alcohol increases risk. Supportive psychotherapy is a psychotherapeutic approach that integrates psychodynamic, cognitive-behavioural, and interpersonal concepts and techniques. The objective is to reinforce the patient's healthy and adaptive patterns of thought behaviours in order to reduce the intrapsychic conflicts that produce symptoms of mental disorders., Supportive psychotherapy has been accepted as treatment for alcoholic patients for number of years because supportive psychotherapy encourage social interaction, provide outlet for feelings, promote socially accepted behaviour, develop skills, talent, abilities and increase physical confidence and feeling of self worth. This research study attempted to assess the effectiveness of supportive psychotherapy on five dimensions of wellness (physical, psychological, social, intellectual and spiritual wellness) in the alcoholic patients.

MATERIALS AND METHODS

This present experimental study was conducted on alcoholic patients of above 18 years who are admitted in Sree Balaji Medical College, Chennai. The sample size consists of 100 subjects, out of which 50 for control and 50 were for experiment. A structured wellness scoring observation checklist was developed and used to assess the effect of supportive psychotherapy on level of wellness among alcoholic patients. Data was collected after getting informed written consent from the subjects. The reliability co-efficient was calculated using Karl-Pearson's formula and the value of r was found to be 0.90. After pre test supportive psychotherapy was administered to subjects. A post test was conducted on 3rd week

RESULTS

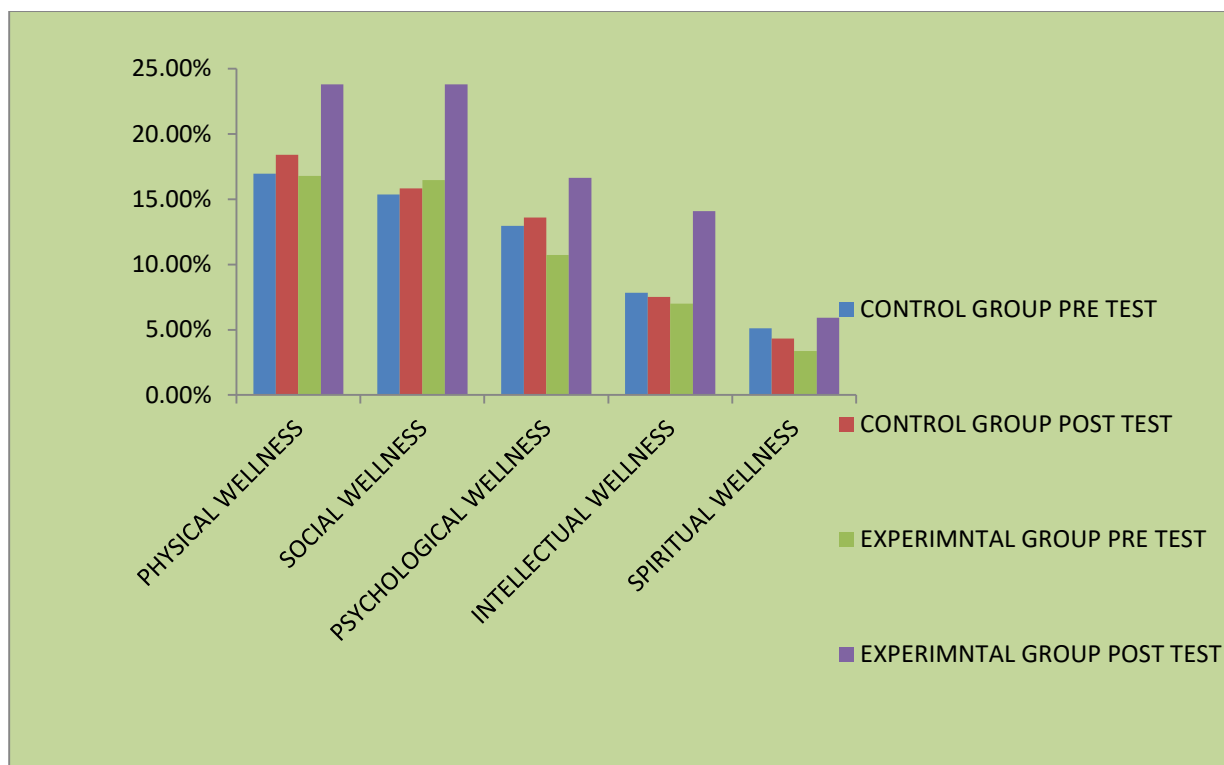
Results of the study revealed that level of wellness of alcoholic patients is poor before administration of supportive psychotherapy. Level of significance was set as $p > 0.05$. The t value to evaluate the effectiveness of supportive psychotherapy was found to be highly significant 6.91.

Table 1: Level of wellness in control group

DIMENSIONS	CONTROL GROUP	
	PRE TEST	POST TEST
PHYSICAL WELLNESS	16.96%	18.4%
SOCIAL WELLNESS	15.36%	15.84%
PSYCHOLOGICAL WELLNESS	12.96%	13.6%

Table 2 Level of wellness in experimental group

DIMENSIONS	EXPERIMENTAL GROUP	
	PRE TEST	POST TEST
PHYSICAL WELLNESS	16.8%	23.8%
SOCIAL WELLNESS	16.48%	23.8%
PSYCHOLOGICAL WELLNESS	10.72%	16.64%
INTELLECTUAL WELLNESS	7%	14.08%
SPIRITUAL WELLNESS	3.36%	5.92%

Figure 1 Comparison of Level of wellness in pre and post test of both control and experimental group

Discussion

The result of the study indicates that pre test wellness score of alcoholic patients was analysed by chi-square test. There is association between level of wellness and age of alcoholic patients were there is no association between their gender, education, marital status and occupation as their chi-square value are respectively at 5% level of significance, t test was computed to evaluate the effectiveness of supportive psychotherapy. The alcoholic patient who received supportive psychotherapy had higher mean wellness score (20.84) in post test as compared to pre test score (13.00). Hence it is quite evident that supportive psychotherapy is proved to be effective in improving the level of wellness among alcoholic patients. The inference t value post test (6.91) is highly significant which reveals the effectiveness of supportive psychotherapy.

In pretest physical wellness experimental group is 16.8% social wellness of experimental group is 10.72%, intellectual wellness of experimental group is 7%, spiritual wellness of experimental group is 3.36%, were in post test physical wellness of experimental group is 23.8%, social wellness of experimental group is 23.8%, psychological wellness of experimental group is 16.64%, intellectual wellness of control experimental group

is 14.08%, spiritual wellness of experimental group is 5.92%. This data reveals that most of alcoholic patients had good wellness score in all five dimensions after administration of supportive psychotherapy

Conclusion

The present study shows that alcoholic patients are marked by severely impaired thinking, emotions, and behaviours. Supportive psychotherapy has been used for patients suffering from severe cases of addiction. This can be useful to all those who have poor wellness score. Thus the post test scores support that there is improvement in the level of wellness after administration of supportive psychotherapy.

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