



EFFECTIVENESS OF GESTALT GROUP THERAPY ON PSYCHOLOGICAL WELL BEING AMONG ALCOHOL DEPENDENCE SYNDROME PATIENTS ADMITTED IN SELECTED DE-ADDICTION CENTERS

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ABSTRACT

“A study to assess the effectiveness of Gestalt group therapy on psychological well being among Alcohol Dependence Syndrome patients admitted in selected De-addiction centers, Dewas”. The objectives of the study were,: To assess the pre-test and post-test level of psychological well being among alcohol dependence syndrome patients in experimental group and control group. To find out the effectiveness of gestalt group therapy on psychological well being among alcohol dependence syndrome patients in experimental group. To compare the pretest and post-test level of psychological well being among alcohol dependence syndrome patients in experimental group and control group. To associate the post test level of psychological wellbeing among alcohol dependence syndrome patients in experimental group and control group with their selected demographic variables like age, education, religion, occupation, family monthly income, marital status, number of children, dietary pattern, area of living, duration of alcohol consumption and duration of stay. **Method:** Quantitative research approach was used. Quasi experimental pre-test and post-test control group design was adopted for this study. Non probability purposive sampling technique was used to select the samples. **Result:** In experimental group the pre-test mean value of psychological well being was 145.6 with the standard deviation of 28.19. In experimental group the post-test mean value of psychological well being was 182.2 with the standard deviation of 33.97. The calculated ‘t’ value was 4.63 In control group the pre-test mean value of psychological well being was 42.5 with standard deviation of 26.90. In control group the post-test mean value of psychological well being was 143.5 with standard deviation of 25.90. The calculated ‘t’ value was 3.12. There was a significant association between the post test level of psychological wellbeing among alcohol dependence syndrome patients in experimental group with the demographic variables like age, religion, family monthly income, marital status and dietary pattern at $p < 0.05$ level and there was a no significant association between the post test level of psychological wellbeing among alcohol dependence syndrome patients in experimental group with the selected demographic variables like education, occupation, number of children, area of living, duration of alcohol consumption and duration of stay at $p < 0.05$ level. **Conclusion:** From the result of the study it was concluded

that practicing gestalt group therapy to the alcohol dependence syndrome patient was very effective in improving the level of psychological well being. Therefore the investigator felt that more importance should be given for gestalt group therapy to improving the level of psychological well being.

Keywords: H: Hypothesis, df: Degree of freedom, M.P.: Madhyapradesh

INTRODUCTION

Alcohol is a depressant, which means it can disrupt the balance, affecting our thoughts, feelings and actions and sometimes our long-term mental health. The people know that alcohol has psychological symptoms of increased depression and anxiety. Alcoholism is a very complex disease. There is no single cause of alcoholism. There are number of risk factors that play a role in the development of an alcohol addiction. Both internal and external factors contribute to the development of alcoholism. Internal factors include genetics, psychological conditions, personality, personal choice and drinking history. External factors include family, environment, religion, social and cultural norms, age, education and job status.

NEED FOR THE STUDY

Alcoholism is an emerging social problem in our country. Most of the problems are aroused due to alcoholism. The complications also increasing because of prevalence of alcoholism. Alcohol dependence syndrome patient's psychological well being and a quality of life get affected because of alcoholism. There are limited techniques to improve psychological well being in our country setup. Gestalt group therapy was also a one of the technique to improve psychological well being of alcohol dependence syndrome patients. There are very minimal studies are done in this area. Based on the review of literature, prevalence and incidence of alcohol dependence syndrome. The researcher felt that gestalt group therapy may be beneficial to the alcohol dependence syndrome patients and it was motivated to do a study on gestalt group therapy. Hence the researcher wants to do the research on gestalt therapy to improve psychological wellbeing among alcohol dependence syndrome patients.

STATEMENT OF THE PROBLEM

A Study to assess the effectiveness of Gestalt group therapy on psychological wellbeing among Alcohol dependence syndrome patients admitted in selected De- addiction centers, Amaltas Hospital, Dewas.

OBJECTIVES

- To assess the pre-test and post-test level of psychological well being among alcohol dependence syndrome patients in experimental group and control group.
- To find out the effectiveness of gestalt group therapy on psychological well being among alcohol dependence syndrome patients in experimental group.
- To compare the pretest and post-test level of psychological well being among alcohol dependence syndrome patients in experimental group and control group.
- To associate the post test level of psychological well being among alcohol dependence syndrome patients in experimental group and control group with their selected demographic variables like age, education, religion, occupation, family monthly

income, marital status, number of children, dietary pattern, area of living, duration of alcohol consumption and duration of stay.

HYPOTHESES

- RH1 - The mean post-test level of psychological well being among alcohol dependence syndrome patients in experimental group will be significantly higher than the mean post-test level in control group.
- RH2 - The mean post-test level of psychological well being among alcohol dependence syndrome patients in experimental group will be significantly higher than their mean pre-test level.
- RH3 - The mean post-test level of psychological well being among alcohol dependence syndrome patients in control group will be lower than their mean pre-test level.
- RH4 - There will be a significant association between the post test level of psychological well being among alcohol dependence syndrome patients in experimental group and control group with their selected demographic variables like age, education, religion, occupation, family monthly income, marital status, number of children, dietary pattern, area of living, duration of alcohol consumption and duration of stay.

ASSUMPTIONS

- ✓ Alcohol dependence syndrome patients may have poor psychological wellbeing.
- ✓ Gestalt group therapy may help the alcohol dependence syndrome patients to improve their psychological well being.

RESEARCH METHODOLOGY

RESEARCH APPROACH

The research approach used for the study was quantitative research approach.

RESEARCH DESIGN

The research design adopted for the study was quasi experimental pre test and post test control group design.

VARIABLES

Independent variable

The independent variable of this study was Gestalt group therapy.

Dependent variable

The dependent variable of this study was psychological well being.

Demographic variables

The demographic variables of this study was age, education, religion, occupation, family monthly income, marital status, number of children, dietary pattern, area of living, duration of alcohol consumption and duration of stay.

SETTING OF THE STUDY

De- Addiction Centre, Amaltas Hospital, Dewas.

SAMPLE

The alcohol dependence syndrome patients in the age group of 20 to 60 years.

SAMPLE SIZE

The sample size consists of 60 alcohol dependence syndrome patients. Among them, 30 samples were allotted to experimental group and 30 samples were allotted to control group.

SAMPLING TECHNIQUE

Non- probability purposive sampling technique was used to select the samples.

CRITERIA FOR SAMPLE SELECTION**Inclusion criteria**

- Alcohol dependence syndrome patients who were willing to participate.
- Alcohol dependence syndrome patients who were between the age group of 20years to 60 years.
- Alcohol dependence syndrome patients who had mild level and moderate level of psychological wellbeing.
- Alcohol dependence syndrome patients who can able to read and write Hindi

Exclusive criteria

- Alcohol dependence syndrome patients with associated psychiatric problems.
- Alcohol dependence syndrome patients with any sensory impairment.
- Alcohol dependence syndrome patients with severe complications.
- Alcohol dependence syndrome patients with normal and severe level of psychological well being.

Result:

Frequency and percentage distribution of demographic variables among alcohol dependence syndrome in experimental group and control group.

(N=60)

S.No	Demographic variables	Experimental Group		Control group	
		f	%	f	%
1.	Age				
	20-30 years	5	16.7	7	23.3
	31-40 years	12	40	16	53.3
	41-50 years	10	33.3	2	6.7
	51-60 years	3	10	5	16.7
2.	Education				
	Only School education	12	53.3	14	46.7
	Degree education	11	26.7	13	43.3
	Professional education	7	20	3	10

3.	Religion				
	Hindu	19	63.3	20	66.7
	Christian	9	30	10	33.3
	Muslim	2	6.7	0	0
4.	Occupation				
	Un employed	3	10	3	10
	Government employee	7	23.3	2	6.7
	Coolie	14	46.7	13	43.3
	Self employed	6	20	12	40

5.	Family monthly income				
	Below Rs, 5,000	8	26.6	7	23.3
	Rs,5,001 – 10,000	14	46.7	16	53.4
	Rs, 10,001 – 20,000	2	6.7	3	10
	More than Rs, 20,001	6	20	4	13.3
6.	Marital status				
	Single	7	23.4	9	30
	Married	19	63.3	21	70
	Divorced	3	10	0	0
	Widower	1	3.3	0	0
7.	Number of children				
	No child	2	6.7	3	10
	1 child	11	36.7	14	46.7
	2 children	5	16.6	5	16.6
	More than 3 children	12	40	8	26.7
8.	Dietary pattern				
	Vegetarian	2	6.6	30	100
	Non- vegetarian	28	93.4	0	0
9.	Area of living				
	Rural	18	60	17	56.7
	Urban	12	40	13	43.3
10.	Duration of alcoholconsumption				
	Less than 1 year	3	10	3	10
	2- 5 years	17	56.8	10	33.3
	5-10 years	5	16.6	15	50
	More than 10 years	5	16.6	2	6.7
11.	Duration of stay				

Less than 2 months	9	30	28	93.3
2-6 months	16	53.3	2	6.7
7- 12 months	3	6.7	0	0
More than 1 year	2	10	0	0

Frequency and percentage distribution of the pre-test level of psychological well being among alcohol dependence syndrome patients in experimental group and control group.

(N=60)

S. no	Group	Pre test level of psychological wellbeing							
		Normal psychological well being		Mild level of psychological well being		Moderate level of psychological well being		Severe level of psychological well being	
		f	%	f	%	f	%	f	%
1.	Experimental group	0	0	19	63.33	11	36.7	0	0
2.	Control group	0	0	14	46.7	16	53.3	0	0

With regard to the pre-test of level of psychological wellbeing in experimental group, out of 30 samples, 19 (63.3%) of them were having mild level of psychological well being, 11 (36.7%) of them were having moderate level of psychological well being and none of them were having normal level of psychological well being and severe level of psychological well being. With regard to the pre-test of level of psychological well being in control group, out of 30 samples, 14 (46.7%) of them having mild level of psychological well being, 16 (53.3%) of them were having moderate level of psychological well being and none of them were having normal level of psychological well being and severe level of psychological well being.

Percentage distribution of the pre-test level of psychological well being among alcohol dependence syndrome patients in experimental group and control group.

Table 3: Frequency and percentage distribution of the post-test level of psychological well being among alcohol dependence syndrome patients in experimental group and control group.

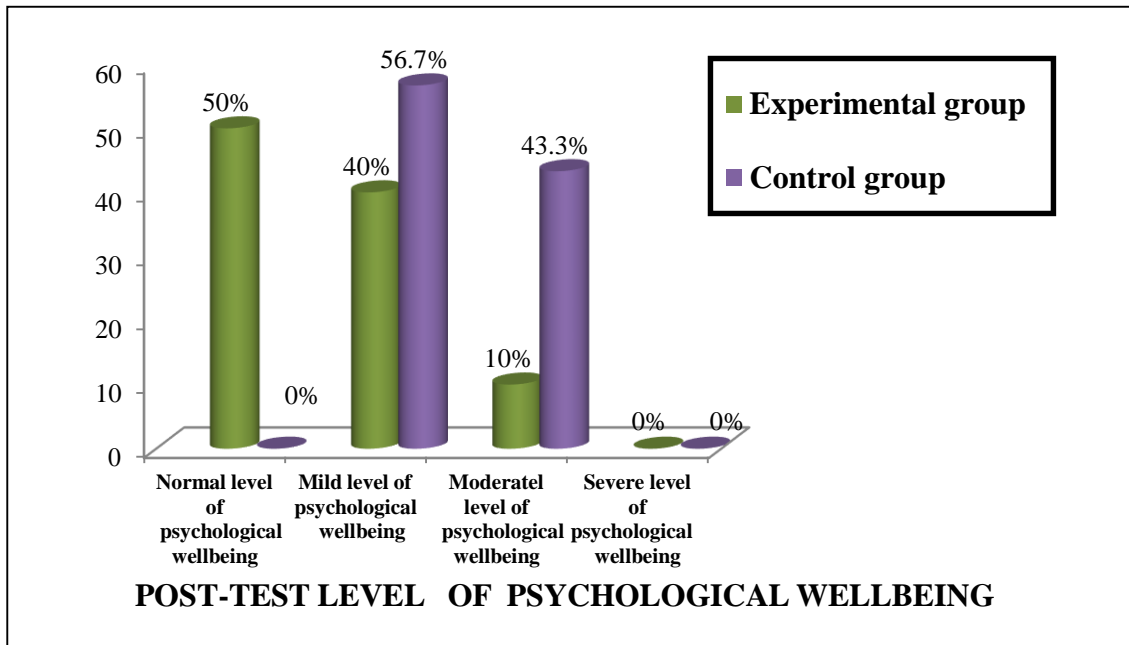
(N=60)

S. No	Group	Post test level of psychological wellbeing							
		Normal psychological well being		Mild level of psychological well being		Moderate level of psychological well being		Severe level of psychological well being	
		f	%	f	%	f	%	f	%
1.	Experimental group	15	50	12	40	3	10	0	0
2.	Control group	0	0	17	56.7	13	43.3	0	0

The table 3 reveals the frequency and percentage distribution of the post-test level of psychological well being among alcohol dependence syndrome patients in experimental group and control group.

With regard to the post-test level of psychological well being in experimental group, out of 30 samples, 15 (50%) of them were having normal level of psychological well being, 12 (40%) of them were having mild level of psychological well being and 3 (10%) of them were having moderate level of psychological well being and none of them were having severe level of psychological well being.

With regard to the post-test level of psychological well being in control group, out of 30 samples, 17 (56.7%) of them were having mild level of psychological well being, 13 (43.3%) of them were having moderate level of psychological well being and none of them were having normal level of psychological well being and severe level of psychological well being.



Percentage distribution of the post-test level of psychological well being among alcohol dependence syndrome patients in experimental group and control group.

SECTION C: COMPARISON OF THE EFFECTS OF GESTALT GROUP THERAPY ON LEVEL OF PSYCHOLOGICAL WELL BEING AMONG ALCOHOL DEPENDENCE SYNDROME PATIENTS IN EXPERIMENTAL GROUP AND CONTROL GROUP.

Mean and standard deviation of the pre test level of psychological well being among alcohol dependence syndrome patients in experimental group and control group.

(N =60)

S.No	Group	Pre-test		't' value
		Mean	Standard deviation	
1.	Experimental group	145.6	28.19	4.63 S*
2.	Control group	142.5	26.90	

S* – Significant

p<0.05

Mean and standard deviation of the post- test level of psychological well being among alcohol dependence syndrome patients in experimental group and control group.

(N =60)

S.No	Group	Post-test		't' value
		Mean	Standard deviation	
1.	Experimental group	182.2	33.97	4.63 S*
2.	Control group	143.5	25.90	

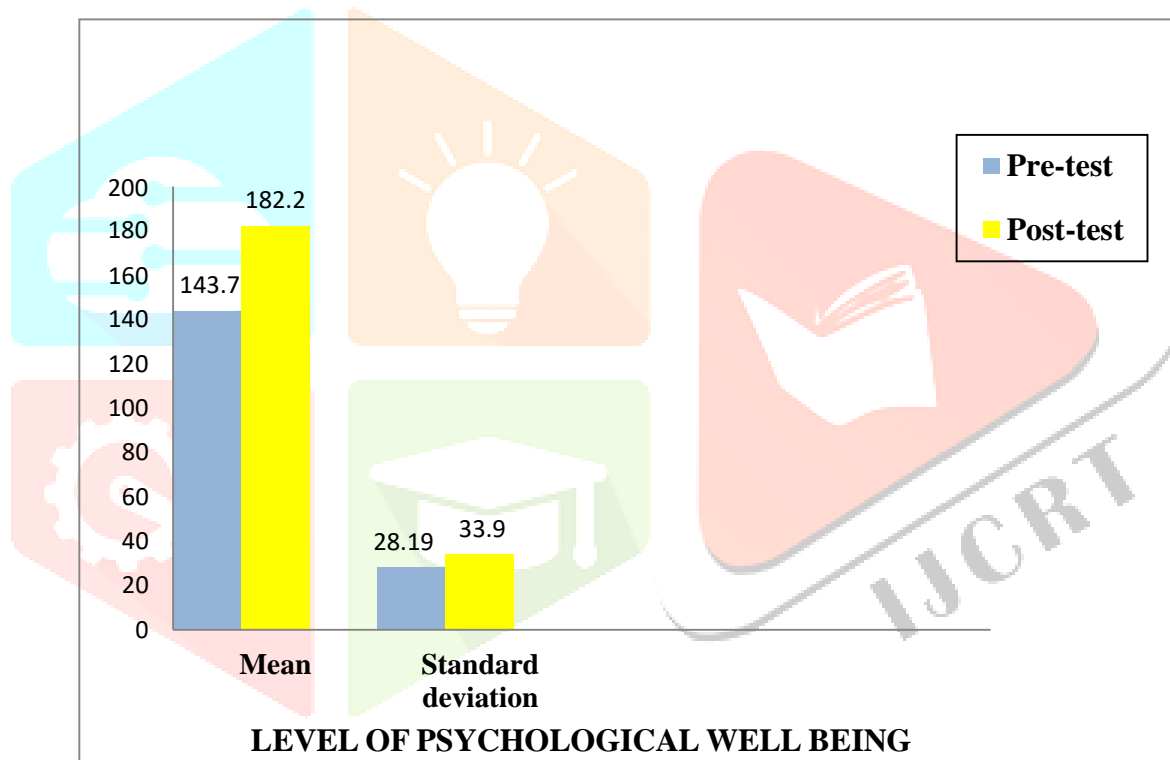
Mean and standard deviation of the pre-test and post-level of psychological well being among alcohol dependence syndrome patients in experimental group.

(n =30)

S.No	Group	Pre-test		Post-test		Mean difference	't' value
		Mean	SD	Mean	SD		
1.	Experimental group	143.7	28.19	182.2	33.9	38.5	4.63 S*

S*- Significant

p<0.05



Mean and standard deviation of the pre-test and post-test level of psychological well being among alcohol dependence syndrome patients in controlgroup.

(n=30)

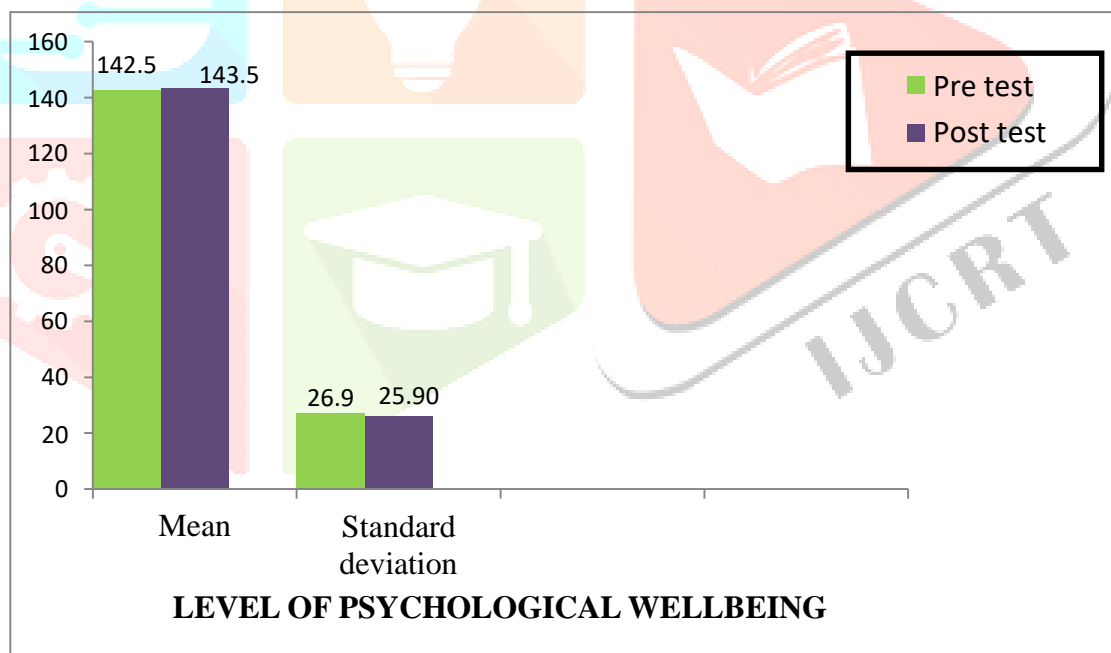
S.No	Group	Pre-test		Post-test		't' value
		Mean	SD	Mean	SD	
1.	Control group	142.5	26.9	143.5	25.90	3.12 NS#

NS# - Non Significant

p<0.05

Table 8 reveals the mean and standard deviation of the pre-test and post-level of psychological well being among alcohol dependence syndrome patients in control group.

In control group, it showed that the mean value of psychological well being was 142.5 with the standard deviation 26.9 in pre-test and the mean value of psychological well being 143.5 with the standard deviation 25.90 in post-test. The calculated 't' value was 3.12.



Mean and standard deviation of the Pretest and Post test level of psychological well being among alcohol dependence syndrome patients in controlgroup.

SECTION D: ASSOCIATION BETWEEN THE POST-TEST LEVEL OF PSYCHOLOGICAL WELL BEING AMONG

ALCOHOL DEPENDENCE SYNDROME PATIENTS IN EXPERIMENTAL GROUP AND CONTROL GROUP WITH

THEIR SELECTED DEMOGRAPHIC VARIABLES.

(n =30)

S. No	Demographic variables	Post-test level of psychological well being								Chi Square
		Normal psychological well being		Mild level psychological well being		Moderate level of psychological well being		Severe level of psychological well being		
		f	%	f	%	f	%	f	%	
1.	Age									χ^2
	20-30 years	4	13.33	0	0	1	3.33	0	0	18.33 df = 9 S*
	31-40 years	9	30	3	10	0	0	0	0	
	41- 50 years	1	3.33	9	30	2	6.66	0	0	
	51-60 years	1	3.33	0	0	0	0	0	0	
2.	Education									
	Only school education	5	16.66	4	13.33	3	10	0	0	8.56 df = 6 NS#
	Degree education	8	26.66	3	10	0	0	0	0	
	Professional education	2	6.66	5	16.66	0	0	0	0	
3.	Religion									
	Hindu	9	30	8	26.66	2	6.66	0	0	6.51 df = 6 S*
	Christian	5	16.66	4	13.33	0	0	0	0	
	Muslim	1	3.33	0	0	1	3.33	0	0	
4.	Occupation									
	Unemployed	2	6.66	1	3.33	0	0	0	0	11.06 df = 9 NS#
	Government employee	3	10	4	13.33	0	0	0	0	
	Coolie	7	23.33	7	23.33	0	0	0	0	
	Self employed	3	10	0	0	3	10	0	0	
5.	Family Monthly Income									
	Below Rs. 5,000	5	16.66	3	10	0	0	0	0	18.62 df = 9 S*
	Rs.5,001- Rs.10,000	7	23.33	4	13.33	3	10	0	0	
	Rs.10,001- Rs. 20,000	1	3.33	1	3.33	0	0	0	0	
	More than Rs.20,001	2	6.66	4	13.33	0	0	0	0	
6.	Marital status									
	Single	4	13.33	3	10	0	0	0	0	23.51 df = 9 S*
	Married	10	33.33	9	30	0	0	0	0	
	Divorced	1	3.33	0	0	2	6	0	0	
	Widower	0	0	0	0	1	3.33	0	0	
7.	Number of children									
	No children	1	3.33	1	3.33	3	10	0	0	11.91 df = 9
	1 child	8	26.66	3	10	0	0	0	0	

	2 children	4	13.33	1	3.33	0	0	00	NS#
	More than 3 children	2	6.66	7	27.33	0	0	00	
8.	Dietary pattern								
	Vegetarian	1	3.33	0	0	1	3.33	00	9.27 df = 3 S*
	Non vegetarian	14	46.66	16	40	2	6.66	00	
9.	Area of living								5.42
	Rural	9	30	7	23.33	2	6.66	00	df = 3
	Urban	6	20	5	16.66	1	3.33	00	NS#
10.	Duration of alcohol consumption								
	Less than 1 year	2	6.66	0	0	1	3.33	00	9.48 df = 9 NS#
	2-5 years	10	40	6	20	1	3.33	00	
	5-10 years	2	6.66	2	6.66	0	0	00	
	More than 10 years	1	3.33	4	13.33	1	3.33	00	
11.	Duration of stay								
	Less than 2 months	6	20	3	10	0	0	0	6.41 df = 9 NS#
	2-6 months	7	23.33	7	23.33	2	6.66	0	
	6-12 months	0	0	2	6.66	1	3.33	0	
	More than 1 year	2	6.66	0	0	0	0	0	

S*- significant

NS#- Non significant

p<0.05

Association between the post-test level of psychological well being among alcohol dependence syndrome patients in control group with their selected demographic variables. (n = 30)

S. No	Demographic variables	Post-test level of psychological well being								Chi Square χ^2
		Normal psychological well being		Mild level psychological well being		Moderate level of psychological well being		Severe level of psychological well being		
		f	%	f	%	f	%	f	%	
1.	Age									
	20-30 years	0	0	4	13.33	12	40	0	0	2.458 df = 9 NS#
	31-40 years	0	0	5	16.67	5	16.67	0	0	
	41- 50 years	0	0	1	3.33	2	6.67	0	0	
	51-60 years	0	0	0	0	1	3.33	0	0	
2.	Education									
	Only school education	0	0	6	20	8	26.7	0	0	2.003 df = 6 NS#
	Degree education	0	0	6	20	7	23.3	0	0	
	Professional education	0	0	3	10	0	0	0	0	
3.	Religion									
	Hindu	0	0	11	36.6	9	30	0	0	4.28

4.	Christian	0	0	4	13.3	6	20	0	0	df = 6 NS#
	Muslim	0	0	0	0	0	0	0	0	
Occupation										
5.	Unemployed	0	0	2	6.66	1	3.33	0	0	3.26 df = 9 NS#
	Government employee	0	0	2	6.66	0	0	0	0	
	Coolie	0	0	8		5	16.6	0	0	
	Self employed	0	0	7	23.3	5	16.6	0	0	
Family monthly income										
6.	Below Rs. 5,000	0	0	4	13.3	3	10	0	0	7.212 df = 9 NS#
	Rs. 5,001- Rs.10,000	0	0	9	30	7	23.3	0	0	
	Rs.10,001- Rs.20,000	0	0	1	3.33	2	6.66	0	0	
	More than Rs.20,001	0	0	3	10	1	3.33	0	0	

6.	Marital status									
7.	Single	0	0	6	20	3	10	0	0	4.65 df = 9 NS#
	Married	0	0	14	46.6	7	23.33	0	0	
	Divorced	0	0	0	0	0	0	0	0	
	Widower	0	0	0	0	0	0	0	0	
Number of children										
8.	No children	0	0	3	10	0	0	0	0	9.54 df = 9 NS#
	1 child	0	0	5	16.66	9	30	0	0	
	2 children	0	0	0	0	5	16.67	0	0	
	More than 3 children	0	0	3	10	5	16.67	0	0	
Dietary pattern										
9.	Vegetarian	0	0	17	56.6	13	0	0	0	7.41 df = 9 NS#
	Non vegetarian	0	0	0	0	0	0	0	0	
Area of living										
10.	Rural	0	0	12	40	5	16.67	0	0	4.61 df = 3 NS#
	Urban	0	0	7	23.33	6	20	0	0	
Duration of alcohol consumption										
11.	Less than 1 year	0	0	0	0	3	10	0	0	14.43 df = 9 NS#
	2-5 years	0	0	4	13.33	6	20	0	0	
	5-10 years	0	0	10	33.3	5	16.67	0	0	
	More than 10 years	0	0	2	6.66	0	0	0	0	
Duration of stay										
12.	Less than 2 months	0	0	11	36.6	17	56.6	0	0	11.43

2-6 months	0	0	2	6.67	0	0	0	0	df = 9
6-12 months	0	0	0	0	0	0	0	0	NS#
More than 1 year	0	0	0	0	0	0	0	0	

S*- significant

NS#- Non significant

p<0.05

CONCLUSION

From the result of the study, it was concluded that providing gestalt group therapy was very effective in improving the level of psychological well being among alcohol dependence syndrome patients and it brings self awareness Therefore the investigator felt that more importance should be given for gestalt group therapy to improve the psychological wellbeing among alcohol dependence syndrome patients.

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