



# Quality of life (QoL) Among Wives Of Alcoholics

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## Abstract

**Background:** Alcoholism is one of the major health and social problem. According to WHO (2022) it has been estimated that 3 million death every year results from harmful use of alcohol, in 2016 it was estimated that there are 380 million people with alcohol worldwide (5.1 % of the population over 15 year of age.).

**Objective:** This study conducted to assess the quality of life among wives of alcoholics attending selected de-addiction Centre at Meerut. After obtaining formal administrative permission data collection was done at Psychiatric OPD in SVBP Hospital at Meerut. **Methods:** Quantitative research approach was adopted to conducted descriptive research design. The sample was **50 wives of alcoholics** were collected who fulfilled the criteria and convenient sampling technique was used in this research. **Result:** Data was analyzed by using descriptive and inferential statistics. The **Mean** and **Standard Deviation** of Quality of life among participants was **75.12** and **SD** was  $\pm 2.09$ . Half of the participants (**50%**) have average **QOL**, less than half (**38%**) have good **QOL** and **12%** have poor **QOL**. **Conclusion:** The impact of alcohol dependence in husbands causing a crisis in wives. The present study reveals that alcoholism not only affects the individual who is a dependent, but also their immediate family members especially their wife and children. **Keywords:** wives of alcoholics, quality of life (QOL), alcoholics, de-addiction Centre.

## INTRODUCTION

Alcoholism is a primary, chronic disease with genetic, psychosocial, and environmental factors influencing its development and manifestations. The disease is often progressive and fatal. It is characterized by continuous or periodic: impaired control over drinking, preoccupation with the drug alcohol, use of alcohol despite adverse consequences, and distortions in thinking, most notably denial- National Council on Alcoholism and Drug Dependence (NCADD)

## *Review of Literature*

**Savita, Sulekha, Swati Dawal et. al.(2014)** conducted a descriptive study to assess the level of stress among spouses of alcoholics in community Ranipokhri at Dehradun, with the sample size of 50 wives of alcoholics, the result shows that 66% participants aged between 21 -40 years and less majority 4% were found in 51 – 60 years and maximum duration of marriage 48% was between 0 – 10 years and less is 2%, maximum 64% husband was found to be maximum education of husband was high school 34% and less is post graduate 2%.

**Prakash & S. Savita (2015)** a non-experimental approach and descriptive study was conducted in de-addiction centre at Puducherry, with sample size 40 wives of alcoholics. The study results shows that 62% wives having moderate quality whereas 20% with low quality of life and 18% with high quality of life.

**Dayananda AD & GD Narayana (2015)** conducted a descriptive study to assess the wives of alcoholic are facing socio economic problems and domestic violence due to their husbands are alcoholic in institute of higher education at Hassan district of Karnataka state with sample size of 50 alcoholic family. The study result shows that 90% of wives suffer from conflict, domestic violence, 70% of wives suffer from mental and physical illness, 80% of wives having low quality of life they have problem to get nutritional diet and living in hut.

### *Problem Statement*

A study to assess the quality of life among wives of alcoholics attending selected de-addiction centers at Meerut.

### *Objectives*

1. To assess the quality of life of wives of alcoholics attending selected de-addiction centers at Meerut,
2. To assess the socio-demographic characteristics of wives of alcoholics,
3. To find out of the relationship between the quality of life with selected socio-demographic characteristics.

## **METHODS**

### *Study type*

In this study the researcher adopted **descriptive research design**.

### *Study place*

This study conducted in **Psychiatric OPD in S.V.B.P Hospital** at Meerut.

### *Period of the study*

This study was conducted from **December 2022 to September 2023**.

### *Population*

The target population consisted of **wives of alcoholics**.

### **Sample**

In this study the samples are **wives of alcoholics** attending selected **de-addiction Centre** at Meerut.

### **Sample size**

The sample size consist of **50** wives of alcoholics.

**ETHICAL APPROVAL:** The study was approved by the Ethical Institutional Committee with reference number IEC/SC-1/2024/525

### **Data for statistical analysis:**

#### *Descriptive statistics*

Frequency and percentage distribution was used to analyze the demographic variables with wives of alcoholics.

Mean and standard deviation was used to assess the quality of life among wives of alcoholics.

### **Criteria for sample selection**

#### **Inclusion Criteria**

- The wives of alcoholics who are willing to participate in the study
- The wives of alcoholics who is attending De-addiction centre along with husband
- The wives of alcoholics who are able to understand Hindi or English Language.

#### **Exclusion Criteria**

- Who were not willing to participate in the study
- Who are having any obvious Psychiatric illness.

#### **Description of tools**

The tool consist of **2 sections**.

**Section A:** Demographic profile comprised of 10 variables such as age, place of living, type of family, religion, type of family, no. of children, educational status, occupation, monthly family income.

**Section B:** This section deals with standardized WHO-QOL BREF- Dec. 1996 to assess the quality of life.

## **RESULTS**

This chapter deals with the analysis and interpretation of data obtained from 50 wives of alcoholics.

### **Findings of study**

Frequency and percentage distribution of quality of life among wives of alcoholics.

Table: 1 Demographic variables of wives of alcoholics

N=50

Socio-demographic variables		Frequency	Percentage (%)
Age	18–22	1	2
	23–27	5	10
	28-32	12	24
	>32	32	64
Place of living	Rural	47	94
	Urban	3	6
Religion	Hindu	47	94
	Muslim	3	6
	Sikh	0	0
	Christian	0	0
Type of family	Nuclear	41	82
	Joint	9	18
No. of children	1	5	10
	2	9	18
	3	24	48
	>3	12	24
Educational Status of wife	Illiterate	17	34
	Primary	29	58
	Secondary	4	8
	Under Graduates	0	0
	Post graduates	0	0
Educational Status of husband	Illiterate	7	14
	Primary	33	66
	Secondary	6	12
	Under Graduates	4	8
	Post graduates	0	0
Occupation of women	Housewife	45	90
	Self-employee	4	8
	Pvt. Job	1	2
	Govt. employee	0	0
Occupation of husband	Farmer	8	16
	Self-employee	22	44

	Pvt. Job	20	40
	Govt. employ	0	0
Monthly family income (INR)	<5000Rs	8	16
	Rs5001-10000	31	62
	Rs. 10001-15000	10	20
	>15000Rs	1	2

**Table: 2 Mean and standard Deviation of Quality of life among participants**

**N=50**

Mean	SD
75.12	2.09

**Table: 3 Frequency and Percentage distribution of level of quality of life among participants**

**N=50**

Level QOL	Frequency (f)	Percentage (%)
Excellent	0	0
Good	19	38
Average	25	50
Poor	6	12

**Table:3** shows frequency and Percentage distribution of level of quality of life among participants. Half of the participants have average QOL, 38% have good quality of life and 12% poor quality of life. No one have excellent QOL.

**Table 4: Association between the quality of life and selected sociodemographic variables of participants**

N=50

Socio-demographic variables		Chi square	DF	P value
Age	18–22	5.58	6	0.4
	23–27			
	28-32			
	>32			
Place of living	Rural	0.57	2	0.7
	Urban			
Religion	Hindu	0.57	2	0.7
	Muslim			
	Sikh			
	Christian			
Type of family	Nuclear	0.19	2	0.9
	Joint			
No. of children	1	6.35	6	0.3
	2			
	3			
	>3			
Educational Status of wife	Illiterate	2.13	4	0.7
	Primary			
	Secondary			
	Under Graduates			
	Post graduates			
Educational Status of husband	Illiterate	15.14	6	0.01*
	Primary			
	Secondary			
	Under Graduates			
	Post graduates			
Occupation of wife	Housewife	5.20	4	0.2
	Self-employee			
	Pvt. Job			
	Govt. employ			
Occupation of	Farmer	2.90	4	0.5

husband	Self-employee	4.82	6	0.5
	Pvt. Job			
	Govt. employ			
Monthly family income (INR)	<5000Rs			
	Rs5001-10000			
	Rs. 10001-15000			
	>15000Rs			

\*statistically significant at  $p < 0.05$

## DISCUSSION

Our study reveals that the Mean and Standard Deviation of Quality of life among participants was 75.12 and SD was  $\pm 2.09$ . Half of the participants (50%) have average QOL, less than half (38%) have good QOL and 12% have poor QOL and previous study Prakash & S. Savita that out of 40 wives of alcoholics 62% wives having moderate quality whereas 20% with low quality of life and 18% with high quality of life.

## CONCLUSION

The impact of alcohol dependance in husbands causing a crisis in wives. The present study reveals that alcoholism not only affects the individual who is a dependent, but also their immediate family members especially their wife and children.

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