



Effectiveness of multi-component intervention program on self esteem among adolescents of parents with alcoholism

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ABSTRACT

Introduction: Parental alcoholism has severe effects on children of alcoholics. Many of these children have common symptoms such as low self-esteem, loneliness, guilt, feelings of helplessness, fears of abandonment, and chronic depression. Thus, assessment of self-esteem level among adolescents of parents with alcoholism and effect of multi-component intervention programme in enhancing their self-esteem were of prime importance.

Methods: A pre-test post-test control group Replace it with 'design with quantitative approach was used for the study. With simple random sampling data were collected from 60 adolescents whose parents were alcoholics' socio-personal data sheet and self-esteem inventory were the tools for collecting data.

Results: Findings of the study showed that 33.33% of the adolescents had low self-esteem and 66.67% of them were having moderate self-esteem in the control group. In the experimental group, 23.33% of the adolescents of parents with alcoholism had low self-esteem and 76.67% of them were having moderate self-esteem. In the control group, the mean pre-test self-esteem score was 78.23 and the mean post-test self-esteem scores were obtained as 76.46 in post-test 1 and 77.16 in post-test 2. In the experimental group, the mean pre-test self-esteem score was 78.23. The mean self-esteem scores of experimental group was improved to 91.60 in post-test 1 and 98.46 in post-test 2, after the implementation of multi-component intervention programme.

Conclusion: Multi-component intervention programme was found effective in enhancing self esteem among adolescents of parents with alcoholism.

KEYWORDS : Self-esteem, Multi-component intervention programme, Adolescents, Parents with alcoholism.

Introduction

Alcoholism in family systems refers to the conditions in families that enable alcoholism, and the effects of alcoholic behaviour by one or more family members on the rest of the family. Mental health professionals are increasingly considering alcoholism and addiction as diseases that flourish in and are enabled by family systems (Berger G, 2003).

Parental alcoholism has severe effects on children of alcoholics. Many of these children have common symptoms such as low self-esteem, loneliness, guilt, feelings of helplessness, fears of abandonment, and chronic depression. Adult children of alcoholics (ACOA) often don't relate their problems to having grown up in a family with an alcoholic parent. Many of them have problems of depression, aggression, or impulsive behaviour. Some studies have shown that ACOAs have problems with abuse of different psychoactive substances, and difficulty in establishing healthy relationships with others. They are frequently failures as parents themselves, often make poor career choices, and almost all ACOAs have a negative self-image. Adult children of alcoholics often have feelings of worthlessness and failure. They also may have problems with family responsibility because their alcoholic parent was irresponsible and didn't provide them with basic children's needs (Crnkovic A., et al., 1998).

In the present study the investigator used multi-component intervention programme to enhance self-esteem among the adolescents of parents with alcoholism.

Methodology

A quantitative approach with pre-test post-test control group design was adopted to assess the effectiveness of multi-component intervention programme on self-esteem among adolescents of parents with alcoholism. The present study was conducted in two schools of Thiruvananthapuram District- Sivagiri Higher Secondary School, Sreenivasapuram, Varkala and M R Mohammed Kunju

Memorial Higher Secondary School, which were selected randomly. An informed consent was obtained from parents of adolescents studying in the 9th standard of selected schools. 160 students were screened using socio-personal data sheet and self-esteem inventory. Out of 160 adolescents screened, 108 adolescents were having low and moderate self-esteem. Among those 108 adolescents, 86 adolescents reported alcohol abuse in their parents. A total of 60 adolescents of parents with alcoholism and having low and moderate self-esteem were randomly selected for the study from the group. Out of 60 adolescents of parents with alcoholism, 30 were categorised into the control group and 30 others in the experimental group. Those adolescents in the experimental group were given with three sessions of multi-component intervention programme which includes a structured teaching programme on 'tips to enhance self esteem', a role play demonstrating success in the life of an adolescent whose father is a chronic alcoholic and group activities namely advertising, challenging game and preparation of a brochure about self. Intervention was not given for those in the control group. Adolescents from experimental and control group were then evaluated for difference in their self-esteem level using self-esteem inventory immediately after third session of intervention in the experimental group. Then second post test was done three weeks after the first post-test.

Results

Socio personal data of adolescents of parents with alcoholism

- Among the study participants, 63.3% were males and 36.7% were females in both experimental and control group.
- Majority (66.7%) in control group and experimental group (63.4%) belonged to low socio-economic status with a family income less than 5000/month.
- Both in control group and experimental group, 6.7% had the habit of cigarette smoking and 6.7% in control group and 3.3% in experimental group reported alcoholism.
- Regarding the education of father, 70% were having high school education in both control and experimental group.

- Majority (70%) of fathers were manual labourers in control and experimental group.
- Study revealed 46.7% of mothers in control group and 56.7% in experimental group were having high school education.
- Majority of mothers in control group (43.3%) and experimental group (40%) were manual labourers.
- Thirty percent of fathers in control group and in experimental group were consuming alcohol for a period of 16-20 years and 26.7% were consuming alcohol for 11-15 years.
- Majority (50%) of parents in the control group and in experimental group (40%) were having physical illness due to alcoholism and 30% in both groups reported presence of mental illness.
- Among the samples, 20% of adolescents in control group and 13.3% in experimental group reported physical harm due to parental alcoholism.
- In both control group and experimental group, 26.7% of adolescents reported mental distress because of parental alcoholism.
- Among the samples, 50% in control group and 53.3% in experimental group reported financial problems, 23.3% in the control group and 30% in the experimental group said to have academic problems due to parental alcoholism.

Self-esteem level among adolescents of parents with alcoholism in the control and experimental group

Table 1: Frequency distribution and percentage of self-esteem level among adolescents of parents with alcoholism in control and experimental group

(n=60)

Self-esteem level	Control		Experimental	
	f	%	f	%
Low self-esteem (25-75)	10	33.33	07	23.33
Moderate self-esteem (76-95)	20	66.67	23	76.67

The data presented in table 1 show that, in the control group 33.33% of the adolescents of parents with alcoholism had low self-esteem and 66.67% of them were having moderate self-esteem. In the experimental group, 23.33% of the adolescents of parents with alcoholism had low self-esteem and 76.67% of them were having moderate self-esteem.

Effect of multi-component intervention programme on self-esteem among adolescents of parents with alcoholism

Table 2: Mean and standard deviation of self-esteem scores among adolescents of parents with alcoholism in the control and experimental group

(n=60)

Group	Self-esteem scores			
	Control		Experimental	
	Mean	SD	Mean	SD
Pre-test	78.23	8.58	78.70	7.93
Post-test 1	76.46	6.90	91.60	6.85
Post-test 2	77.16	8.00	98.46	6.25

The data in table 2 shows that, in the control group, the mean pre-test self-esteem score was 78.23 and the mean post-test self-esteem scores were obtained as 76.46 in post-test 1 and 77.16 in post-test 2. In the experimental group, the mean pre-test self-esteem score was 78.70. The mean self-esteem scores of experimental group was improved to 91.60 in post-test 1 and 98.46 in post-test 2, after the implementation of multi-component intervention programme.

Table 3: Summary of ANCOVA of self-esteem among adolescents of parents with alcoholism between the control and experimental

group

(n=60)

Group	Self-esteem			F
	Sum of squares	df	Mean square	
Post-test 1	1837.16	1	1837.16	115.39***
Post-test 2	1620.40	1	1620.40	67.36***

***Significant at .001 level

- Table 3 depicts the values obtained by ANCOVA, done to find out the effect of multi-component intervention programme on self-esteem among adolescents of parents with alcoholism in control and experimental group. It was revealed the obtained F value was significant at .001 level in post-test 1 and also, significant at .001 level in post-test 2. Hence it was inferred that there was a significant difference in pre-test and post-test self-esteem level among adolescents of parents with alcoholism between the control and experimental group in post-test 1 and 2.

Table 4: Summary of repeated measures of ANOVA of self-esteem in experimental group

(n=30)

Groups	Self-esteem			
	Sum of squares	df	Mean square	F
Within groups	6042.82	2	3021.41	160.11***
Between groups	722355.21	1	722355.21	6500.73***
Total	728398.03		725376.62	

***Significant at .001 level

- Table 4 reveals the data obtained from repeated measures of ANOVA was done to find out the difference between the pre-test and post-test self-esteem scores among adolescents of parents with alcoholism in the experimental group. It was found that the obtained F value was significant at 0.001 level. Hence it can be concluded that the multi-component intervention programme was effective in enhancing the self-esteem among adolescents.
- The least significant difference test for pair wise comparison of self-esteem among adolescents revealed that there was a significant improvement in self-esteem among adolescents of parents with alcoholism after the multi-component intervention programme compared to the self-esteem before, and the effect was sustained for three weeks, which was evaluated in the post-test 2.

The association between self-esteem among adolescents of parents with alcoholism and selected variables

- There was a statistically significant association between alcoholism/substance use among adolescents of parents with alcoholism and self-esteem. F ratio scores of self-esteem among adolescents of parents with alcoholism with respect to alcoholism/substance use was statistically significant (F 2, 57 = 3.07, < 0.05). Hence null hypothesis (H₀₂) with regard to alcoholism/substance use was rejected.
- Post hoc comparison using test of least significant difference was found significant at 0.01 levels between the mean self-esteem score among adolescents of parents with alcoholism with respect to alcoholism/substance abuse. Hence it could be inferred that self-esteem among adolescents of parents with alcoholism was highly influenced by their alcoholism/substance abuse.
- There was no significant association between self-esteem among adolescents of parents with alcoholism and other selected socio-demographic variables like gender, monthly income, father's education and occupation, mother's education and occupation, duration of alcoholism in father, problems in parental life due to alcoholism, physical harm, mental distress,

financial problems, academic problems and social isolation experienced by adolescents due to parental alcoholism.

Discussion

One of the main findings is that 33.33% of the adolescents of parents with alcoholism in the control group had low self-esteem and 66.67% of them were having moderate self-esteem. In the experimental group, 23.33% of the adolescents of parents with alcoholism had low self-esteem and 76.67% of them were having moderate self-esteem. Result of a descriptive study in USA indicates that childhood exposure to familial alcoholism were associated with psychological functioning of offspring during adolescence in terms of low self-esteem and conduct disorder behaviors.

It was determined that self-esteem among adolescents of parents with alcoholism had improved after multi-component intervention programme in the experimental group since there was a significant difference in mean self-esteem scores among adolescents of parents with alcoholism after multi-component intervention programme at repeated intervals. It was consistent with the findings from a study done in a school setting at Kottayam where group psychotherapy for a group of children of alcoholics was found to be effective.

A statistically significant association was found between alcoholism/substance use among adolescents of parents with alcoholism and self-esteem. Alcoholism/substance use is one of the prime factors which influence one's self-esteem. It was consistent with the findings of a comparative study conducted in India investigated the manifestation of self-esteem and adjustment in a group of fifty adolescent children of alcoholics (COAs) and a matched reference group of adolescent children of non-alcoholics (nCOAs). The data revealed lower self-esteem and poor adjustment in all domains studied, in the adolescent COAs than the controls.

Nurses should incorporate multi-component intervention programme in their practice to exercise self reliance in promoting self esteem and overall wellbeing of adolescents. As an extended role, psychiatric nurse should work as a de-addiction nurse dealing with the psychosocial problems of families of alcoholics and other substance abusers. Considering the present study as basis, research studies should be done on adolescents of parents with alcoholism and their problems separately, like behavioural problems in social, academic, emotional, physical and developmental domains.

Conclusion

Adolescents of parents with alcoholism are subjected to various physical, psychological and social problems. Lack of self-esteem among them has to be given great concern. Planned interventions were found to be much effective in enhancing the self esteem among adolescents of parents with alcoholism.

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