Original Research Paper

Nursing

A STUDY TO ASSESS THE KNOWLEDGE REGARDING ILL-EFFECTS OF ALCOHOLISM AMONG CLIENTS ATTENDING DE-ADDICTION CENTRE, NASIK.

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ABSTRACT

INTRODUCTION: Many people enjoy a glass of wine, a pint of beer or any favorite spirit, and it is part of the culture to relax or to celebrate with a drink. However heavy drinking is linked to a number of diseases, including cirrhosis of the liver, heart muscle damage and alcoholic dementia, and it also raises blood pressure, leading to an increased risk of stroke and coronary heart disease. Alcohol use and binge drinking among our nation's youth is a major public health problem. Alcohol is one of the commonly consumed intoxicating substances in India. It is estimated that about 140 million people throughout the world suffer from alcohol dependence (WHO). Annual consumption of alcoholic beverages in India was expected to reach approximately 5.38 billion liters in 2016 and 6.53 billion liters by 2020. The objective of the study was assessing the knowledge regarding ill effect of alcoholism among clients attending de-addiction centre Nasik.

Materials and Methods: Descriptive survey approach was used as the nature of the problem under study and to accomplish the objectives of the study, Non-experimental research design is found to be appropriate to evaluate the client's knowledge, on ill-effects of alcoholism. n=100 alcoholic client attending the de-addiction centre Nasik was selected by using purposive sampling technique. Structured questionnaires and scale was prepared to assess the knowledge, of clients regarding ill effects of alcoholism. Knowledge level was scored as, 1-6 Inadequate, 7-12 Moderate and 13-18 Adequate knowledge regarding ill-effect of alcoholism. The data was analyzed by using a descriptive statistics that is in frequency, percentage, mean and standard deviation and inferential statistics that is chi-square.

Results: The mean score 12.43±2.73 which is 59.76%.The SD of knowledge of clients regarding ill effects of alcoholism is 2.73. Which indicates the client having a adequate knowledge regarding ill effect of alcoholism.

Conclusion: The study concluded that there was an adequate knowledge among adult regarding ill-effect of alcoholism then also adult having more prevalence to alcohols.

KEYWORDS : Ill-effect, Alcoholism, De-addiction Centre.

INTRODUCTION:

Alcohol is one of the most widely used drug substances in the world. Alcohol use and binge drinking among our nation's youth is a major public health problem. Alcohol is one of the commonly consumed intoxicating substances in India.

It is estimated that about 140 million people throughout the world suffer from alcohol dependence (WHO). India is the second most populous and dominant producer of alcohol in south East Asia, and extend of alcoholism is estimated at 2 billion in the year 2000. Substantial portion of family income is spent on alcohol, more so in rural households which also tend to be poor and marginalized (32% urban and 24%). World Health Organization estimates that as of 2010 there were 208 million people with alcoholism worldwide. It is more common among males and young adults becoming less common in middle and old age. Alcoholism directly resulted in 139,000 deaths in 2013 up from 112,000 deaths in 1990. A total of 3.3 million deaths are believed to be due to alcoholism. It often reduces a person's life expectancy by around ten years.

Study conducted by (Selvaraj, 2007) alcoholism among college students in Salem, India study findings reveled that overall students had only moderate awareness on alcoholism (68%) & Students were moderately aware with problems related to alcoholism. A study was conducted A total of 545 Spanish university students from the University of Valladolid, were surveyed in about their alcohol use, knowledge of the effects of alcohol, and attitudes towards social drinking and towards alcoholism and alcoholics. The knowledge regarding alcohol (mean scores 7.7 +/- 0.1, ranging 1-15)

Was associated with academic aspects: it was higher among medicine and nursing students and increased according to the length of stay at university.

The present study was developed to assess the knowledge on ill-effect of alcohol among client attending de-addiction centre.

OBJECTIVE:
1. To assess the knowledge on ill-effects of alcoholism among the clients attending de-addiction centre.
2. To co-relate knowledge regarding ill-effects of alcoholism with demographic variables.

Materials and Method:

Descriptive survey approach was used as the nature of the problem under study and to accomplish the objectives of the study, Non-experimental research design is found to be appropriate to evaluate the client's knowledge, on ill-effects of alcoholism. n=100 alcoholic client attending the de-addiction centre Nasik was selected by using purposive sampling technique. Structured questionnaires and scale was prepared to assess the knowledge, of clients regarding ill effects of alcoholism. Knowledge level was scored as, 1-6 Inadequate, 7-12 Moderate and 13-18 adequate knowledge regarding ill-effect of alcoholism. Section-I includes demographic profile of the adult Section-II comprises knowledge related to ill effect of alcohol and unstructured scale to assess the level of knowledge. The data was analyzed by using a descriptive statistics that is in frequency, percentage, mean and standard deviation and inferential statistics that is chi-square.

Result: Profile of Adult majority i.e. 40% were from the 31-40years age group,32% belongs to20-30 years of age group,32% having a higher secondary education and 24% are graduate, residing community 42% residing in urban community and 8% from rural community, were as types of family 60% are having joint family 20% nuclear family and 14% single, Occupation 46% service,20%self-employed,12% farmer.

Table No.1 Distribution of knowledge score regarding ill-effect of alcohol among client attending de-addiction centre.

n=100

SR.NO	Knowledge Level	Frequency (ƒ)	Percentage (%)
1	Inadequate	2	2%
2	Moderate	48	48%
3	Adequate	50	50%
	Total	100	100

Table No.2 Mean Knowledge score regarding ill-effect of alcohol among client attending de-addiction centre.

SR. No	Knowledge	Mean	SD
1	Knowledge of clients regarding ill-effect of alcoholism	12.43	2.73

Table No.3 Association of knowledge score with their selected demographic variables.

SR.NO	Demographic Variables	X^2	Level of Significant
1	Age	20.96	Significant
2	Education	14.8	Significant
3	Residential area	54.81	Significant
4	Types of family	34.16	Significant
5	Occupation	45.2	Significant

Chi-square values were calculated to find the association between knowledge with selected demographic variables of clients. Findings revealed that there was a significant association of knowledge regarding ill effects of alcoholism of clients attending de-addiction centre with their selected demographic variables like age, education, residential area, types of family, occupation. They are significant at 0.001. ($p > 0.001$)

Conclusion:
The findings of the study concluded that there was an adequate knowledge among adult regarding ill-effect of alcoholism then also adult having more prevalence to alcohols addiction.

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