



A Study to Determine the Quality of Marital Life And Level of Depression Among Spouses of Alcoholics Attending Selected De-Addiction Centres, Gujarat.

KEYWORDS

Determine, spouses of alcoholics, quality of marital life, level of depression, de-addiction centres Gujarat.

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ABSTRACT *Background:* There is an intimate link between marital life and level of depression among spouses of alcoholics. Due to consumption of alcohol, spouses suffer from different social and non-social problems. Alcoholic spouses reported poorer quality of marital life and high level of depression. Studied consistently find, alcoholics in their treatment group, 49% were divorced (Guze and Clayton 1972). A decrease in sexual desire was predicted by age, lack of a confiding relationship, insufficient support from spouse, alcoholism in spouses and major depression. In Indian scenario many alcoholic spouses do not talk about issues regarding quality of marital life and level of depression. Hence it is necessary to create awareness among alcoholic spouses related their quality of marital life and level of depression.

Aim: The aim of the study is to determine the quality of marital life and level of depression among spouses of alcoholics attending selected de-addiction centers, Gujarat.

Objectives:

- To determine quality of marital life among spouses of alcoholics.
- To determine the level of depression among the spouses of alcoholics.
- To find out the association of quality of marital life with selected demographic variables.
- To find out the correlation between quality of marital life and level of depression.

Material and Methods: The Non-Experimental Descriptive design was used for research study. The investigator used non probability purposive sampling for selecting 40 spouses of alcoholics attending selected de-addiction centres, Gujarat. The Demographic data, Zung self-rating depression scale and Modified Marital satisfaction questionnaire were used for data collection to assess the quality of marital life and level of depression among spouses of alcoholics. Content validity of the tool was ensured by verifying it with experts from the field of Psychiatry and Nursing.

"Alcohol is a perfect solvent: It dissolves marriages, families and careers." -John Green

Alcoholics have been showing a rising trend all over the world. The way in which of alcoholics define themselves is heavily influenced by alcohol induced changes in the marital relationship (Asher, 1992 Wiseman, 1991), set against the backdrop of cultural expectations about women's responsibility for relationships and socialized prescriptions about appropriate female behaviour. Alcoholism a complex behaviour with far reaching harmful effects on the family, work, society as well as the physical and mental harmful effects on the individual.²

Alcoholism also has negative effects on the spouse of an alcoholic. The spouses may feelings of hatred, self-pity,

avoidance of social contacts, may suffer exhaustion and become physically or mentally ill. Alcoholism also is one of the major reasons for divorce. The spouses of alcoholic, who enters in to marital life with a heart, full of expectation, become exhausted, when she faces through life situations, from the alcoholic husband, the problem may be arguments about drinking, role change, conflicts quarrels and physical violence.²

In other words, with alcoholic husband in marriage, compulsive care taking often grows alongside the deteriorating self-care of the from the wife side. An alcoholic may neglect or abuse his wife, deplete financial resources, and create legal problems for the family which may also be the cause of depression among spouses. Spouses of alcoholics are groomed by their own sex-role training to internal-

ize the alcoholic's projection of responsibility for drinking as well as other families problems (Wiseman,1991), which may lead to chronic depression(Burnett,1984). As women, they are taught to worth in term of success in relationships.³

Results: The result of the study, hypothesis 2 was rejected. Mean of marital life and level of depression among alcoholic spouses were 71.0250 and 42.7000. There was statistical significant association between quality of marital life with selected demographic variables and correlation between quality of marital life and level of depression.

Conclusion The following conclusion can be drawn from the study findings; spouses of alcoholics have less level of depression comparative to dissatisfaction of quality of marital life.

CONCEPTUAL FRAME WORK: Callista Roy Adaptation Mode



PROBLEM STATEMENT "A STUDY TO DETERMINE THE QUALITY OF MARITAL LIFE AND LEVEL OF DEPRESSION AMONG SPOUSES OF ALCOHOLICS ATTENDING SELECTED DE-ADDICTION CENTRES, GUJARAT."

OBJECTIVES OF THE STUDY

1. To determine quality of marital life among spouses of alcoholics.
2. To determine the level of depression among the spouses of alcoholics.
3. To find out the association of quality of marital life with selected demographic variables.
4. To find out the correlation between quality of marital life and level of depression

HYPOTHESIS

- H1: There will be significant association between the quality of marital life and level of depression
 H2: There will be significant co-relation between the quality of marital life and level of depression.

1. ASSUMPTION:

2. Majority of the spouses whose husbands are alcoholics may perceive poor quality of marital life. Ø
3. Perception of quality of marital life will be differing from wives to wives. Ø
4. Majority of the spouses whose husbands are alcoholics may prone to develop mild to moderate depression. Ø
5. There may be association between quality of marital life and selected demographic variable. Ø

There may be co-relation between quality of marital life and level of depression.

▪ VARIABLES:

Research variable: Quality of marital life and level of depression.

DELIMITATIONS

1. The study is delimited to attending selected de-addiction in Gujarat.
2. The study delimited to spouses of alcoholics.

MATERIALS AND METHODS

Research Approach: Quantitative research approach will be used for this study.

Research Design: Non experimental, survey research design

Setting of the Study: A study will be conducted at selected de-addiction centres, Gujarat

- Sample: The samples for this study are group of 40 spouses of alcoholics attending selected de addition centre, Gujarat.

Sampling technique: Non-Probability purposive Sampling technique will be used.

Development of tool for data collection:

Section 1:The demographic variables are gender, occupation, family income, duration.

Section 2 – Consisted of questions to assess level of depression among spouses of alcoholics. Total 20 items are there in Zung self-rating depression scale. Every correct answer was given a numbers 1 to 4. The total score of overall level of depression was categorized. ·

Section 3- Consisted of questions constructed and modified to assess quality of marital life among spouses of alcoholics. Total 25 items were included in the questionnaire. Every correct answer was given a numbers 1 to 6. The total score of overall quality of marital life was categorized. The questionnaires consist of total 6 sections this are:-

Validity of instrument: Standard and modified tool along with the objective of the study, criterion rating scale and the blue print were submitted to 3 experts for content validity. One experts were from the field of Medical Surgical Nursing, one from Community Health Nursing & one from principal of sumandeeep nursing college.

Reliability: The reliability of the tool was computed by using Split half technique employing Spearman Brown's Prophecy formula. The computed reliability coefficient of the knowledge tool was found to be (r11)= 0.9494 and further, the statistical validity coefficient was found to be 0.9754. It was statistically significant and thus, the tool was found reliable.

Data collection procedure: The data collection was carried out from 1.8.2015. To 18.8. 2015. The purpose of the study was explained to the sample and informed consent was taken before starting the study. A test was conducted by self-administered structured knowledge questionnaire to each sample.

Analysis of data: Both descriptive and inferential statistics analysed on the basis of objectives and hypothesis of the study analysed in terms of frequency, percentage, mean, and mean percentage and standard deviation. The chi square was employed to measure the association between quality of marital life and selected demographic variables. The outcome of the results interpreted using diagrams and

graphs.

RESULTS

Section - 1: Description of Sample Characteristics and frequency distribution.

SECTION-2: Analysis of quality of marital life score level among spouses of alcoholics.

SECTION-3: Analysis of level of depression among spouses of alcoholics.

SECTION -4: Association between quality of marital life and selected demographic variables among spouses of alcoholics.

SECTION -5: Co-relation between quality of marital life and level of depression.

Section - 1 Description of Sample Characteristics and frequency distribution.

N=40

SR. NO.	DEMOGRAPHICAL VARIABLE.	FREQUENCY N=40	PERCENTAGE (%)
1.	AGE IN YEAR:		
	21-30	12	30.0
	31-40	17	42.5
	41-50	10	25.0
	More than 50	1	2.5
2.	RELIGION:		
	Hindu	31	77.5
	Muslim	4	10.0
	Christian	5	12.5
3.	EDUCATION :		
	Primary	6	15.0
	Secondary	16	40.0
	Higher Secondary	14	35.0
	Under Graduate	4	10.0
4.	OCCUPATION STATUS:		
	Farmer		
	House wife	36	90.0
	Service	3	7.5
5.	INCOME:		
	Less than 5000	11	27.5
	5000-10000	23	57.5
	More than 10000	6	15.0
6.	DURATION OF MARITAL LIFE:		
	Upto 5 years	13	32.5
	6-10 years	15	37.5
	Above 10 years	12	30.0
7.	TYPES OF FAMILY:		
	Nuclear	27	67.5
	Joint	13	32.5
8.	DURATION OF ALCOHOL CONSUMPTION		
	3-10 years	17	42.5
	10-18 years	15	37.5
	19- 25 years	8	20.0
9.	DURATION OF SEEKING TREATMENT:		
	Less than 2 years	27	67.5
	2 to 5 years	12	30.0

	5 to 10 years	1	2.5
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Table 1: Show the distribution of spouses of alcoholics. From 40 spouses of alcoholics 42.5% were belongs 31-40 years age group, 77.5% were Hindu, 40% were having secondary education, 90% spouses were housewife, 57.5% family have 5000-10,000 rs income per month, 37.5% spouses got married 6-10 years ago, 67.5% spouses belongs from nuclear family, 42.5% alcoholics drink alcohol last 3-10 years, 67.5% alcoholics seek within 2years

SECTION-2: Analysis of quality of marital life score level among spouses of alcoholics.

N=40

MARITAL SATISFACTION	Frequency	Percent
Dissatisfied	2	5.0
Somewhat dissatisfied	26	65.0
Somewhat satisfied	10	25.0
Satisfied	2	5.0
Total	40	100.0

Table 2: marital satisfaction shows that out of 40 samples 5% spouses of alcoholics are dissatisfied with their marital life, 65% spouses are somewhat dissatisfied with their marital life, 25% are somewhat satisfied with their life, and 5% are satisfied with their marital life.

SECTION-3: Analysis of level of depression among spouses of alcoholics.

n=40

Level of depression	Frequency	Percent
Normal	36	90.0
Mild depression	4	10.0
Total	40	100.0

Table 3:- level of depression among spouses of alcoholics have mild and normal depression. 36 (90%) spouses have normal depression and 4 (10%) spouses have mild depression.

SECTION -4: Association between quality of marital life and selected demographic variables among spouses of alcoholics

Demographic variables	Dis-satisfied	Some-what dissatisfied	Some-what satisfied	Satis-fied	To-tal	Sig-nificance 0.05 level
Age	21-30	0	8	4	12	7.573 df=9 p=16.92 NS
	31-40	1	13	3	17	
	41-50	1	5	2	10	
	More than 50	0	0	1	1	
Religion	Hindu	2	20	8	31	5.920 df=6 p=12.59 NS
	Muslim	0	4	0	4	
	Christian	0	2	2	5	
Occupation	Farmer	0	0	1	1	9.111 df=6 p=12.59 NS
	House-wife	2	25	8	36	
	Service	0	1	1	3	

Education	Primary	1	5	0	0	6	11.436 df=9 p=16.92 NS
	Secondary	0	12	4	0	16	
	Higher secondary	1	8	4	1	14	
	Undergraduate	0	1	2	1	4	
Income	Less than 5000	1	8	2	0	11	5.793 df=6 p=12.59 NS
	5000-10000	1	16	5	1	23	
	More than 10000	0	2	3	1	6	

Duration of marital life	Up to 5 years	1	8	4	0	13	4.487 df=6 P=12.59 NS
	6-10 years	0	12	2	1	15	
	Above 10 years	0	6	4	1	12	
Types of family	Nuclear	1	17	8	1	27	1.324 df=3 p=7.82 NS
	Joint	1	9	2	1	13	
Number of children	Less than 2	1	10	5	1	17	3.065 df=6 p=12.59 NS
	2	0	10	4	1	15	
	More than 2	1	6	1	0	8	

SECTION -5: Co-relation between quality of marital life and level of depression.

	Mean	Std. Deviation	Correlation (r)
Marital Satisfaction	71.0250	14.68383	-.015
Level of depression	42.7000	4.58090	

TABLE 5 shows the correlation between quality of marital life and level of depression among spouses of alcoholics attending selected de-addiction canthers, Gujarat. There are mean of marital satisfaction (71.0250) and standard deviation (14.68383). The mean of level of depression (42.7000) and standard deviation (4.58090). Here correlation between quality of marital life and level of depression is negative.

Hence the hypothesis H2 was rejected

DISCUSSION

The present study was conducted to determine the quality of marital life and level of depression among spouses of alcoholics attending selected de-addiction canthers, Gujarat. The findings of this study is consistent with the findings of the study conducted on "to determine the quality of marital life and level of depression among spouses of alco-

holics attending selected de-addiction canthers, Gujarat.". In this study 40 spouses of alcoholics were assessed the quality of marital life and level of depression. In response to the educational intervention, significant improvements were seen in terms of spouse's ability to define the quality of marital life and level of depression

Results: The result of the study, hypothesis 2 was rejected. Mean of marital life and level of depression among alcoholic spouses were 71.0250 and 42.7000. There was statistical significant association between quality of marital life with selected demographic variables and correlation between quality of marital life and level of depression.

Conclusion The following conclusion can be drawn from the study findings; spouses of alcoholics have less level of depression comparative to dissatisfaction of quality of marital life

The following conclusion can be drawn from the study findings, which are supported by evidence from other literature;

We attended selected de addiction centres. we visited to assess the quality of marital life and level of depression among spouses of alcoholics. Here we found that spouses of alcoholics have less level of depression due to dissatisfaction of quality of marital life.

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RECOMMENDATIONS

On the basis of the findings of the study; it is recommended that;

- This study can be utilized to conduct further research study in the field of depression and marital life.
- A similar study can be done to prepare and find out the effect of teaching programs to improve the knowledge of various coping strategies to reduce depression.
- A similar study can be done with self-instruction modules.
- A similar study can be done with larger samples to generalize the results.
- A Study may be conducted to evaluate the effectiveness of structured teaching program versus other methods of teaching to improve knowledge of level of depression and quality of marital life.