



## A STUDY OF SOCIAL, BEHAVIOURAL AND ILLNESS OF ALCOHOL DEPENDENT AND ITS IMPACT ON QUALITY OF MARITAL LIFE

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### ABSTRACT

*“Resilient people have the capacity to be bent without breaking and the capacity, once bent, to spring back” (Vaillant, 1993)*

The history of alcohol is parallel to that of mankind. Alcohol has health and social consequences both for the individual and for the society at large. Quality of life of alcohol dependent patients is an area that has received relatively less attention compared to other alcohol related problems.

### KEYWORDS :

#### INTRODUCTION

Drinking alcohol is as old as civilization and a universal problem. Ghosh (1999) had clearly stated that there is hardly any country; community or age in which drinking alcohol did not prevail it clearly indicates the universal nature of alcohol consumption. Further it indicated that there are many cultures where the drinking of alcohol beverage is regarded as a sign of respectability and modernism too. India has been considered as a very diverse country with all this diversity is also reflected in the types of alcoholic beverages consumed and the cultural meaning associated with alcohol use (Prabhu et al, 2010). WHO (1974) categorically mentioned that in recent years excessive alcohol use and alcohol related mortality have risen sharply in many countries around the globe. It further emphasizes that the relaxation of alcohol control measures and increased affluence have made it easier to people around the globe to obtain alcohol beverages very easily. It also clearly indicated that the production and distribution of alcoholic beverages involved the livelihood of millions of people and it also provides very substantial revenues to Government. It also revealed that while dealing with the solutions to alcohol related problems Government will have to face these dilemmas. According to World Health Organization alcoholism is the third major killer disease of mankind after Heart Attack and Cancer. It also indicates that it was not considered a cause of concern as it affects social and public health of our country. (Encyclopedia of Social Welfare in India, 1968). Especially after prohibition was removed in all states in India except in Gujarat state, it has been documented that there was a marked increase in consumption of alcohol in India. WHO (1979) has already ranked alcohol among the world's major public health problems, further it stated that during the same period when actually consumption of alcohol has increased at the same time quality of alcohol deteriorated due to adulteration and the health problems created, by it multiplied in the third world. The objectives of this study are to know the pattern of social, behavioral and illness aspect of the quality of life of alcohol dependent patients and their caregivers and to make suitable recommendations.

#### OBJECTIVE

- To Measure Social, behavioral and illness of alcohol dependent
- Alcohol Addiction and its impact on Quality of Marital life

#### METHODS

<b>Study Design-</b>	Descriptive study.
<b>Sampling Methods-</b>	Purposive sampling.
<b>Study Area-</b>	Urban Area of GZB
<b>Study Population-</b>	Alcohol dependent
<b>Study Tool-</b>	Semi Structured interview Schedule.
<b>Sample Size-</b>	$Z^2PQ/e^2=3.84 \times 90 \times 10/5 \times 5=138.24 \text{---} 140$

Data is collected from Urban areas of GZB by purpose sampling and Simple Random Sample techniques. This data provide the information relating to behavioral, illness and Social Values.

#### RESULTS

**Table-1 Acceptance Status of illness % age level out of 140**

illness	Self		Relatives		TOTAL (N=140)	
	No.	%	No.	%	No.	%
	Yes	14	(20)	39	(55.7)	53
No	40	(57.1)	27	(38.5)	67	(47.9)
Don't Know	16	(22.9)	4	(5.08)	20	(14.3)
<b>TOTAL</b>	70	(100)	70	(100)	140	(100)
<b>Chi-square test</b>	p < 0.05; df = 1					

**Table-2 Effect of Dependency and Predictor Variables**

Predictor variables	No dependency (%)	Dependency (%)	Univariate analysis	
	No. (% of n)	No. (% of n)	OR (95% CI)	p-value
20-30	(20.2)	(79.8)	1 (Reference)	-
30-40	(13.7)	(86.3)	3.710 (1.412- 8.615)	0.167
40-50	(10.6)	(89.4)	4.692 (2.994-19.607)	0.0001
Mental	(5.0)	(95.0)	1 (Reference)	-
Social	(58)	(42)	1.950 (0.517-1.704)	0.865
Behavioral	(8.8)	(91.2)	1 (Reference)	-
Adjustment	(18.7)	(81.3)	2.251 (0.983-5.154)	0.26

#### Alcohol Addiction and its impact on Quality of Marital life

Wives of persons with alcohol dependence often find themselves trapped in their marriage. Looking at the experience of women under three codes, it can be understood that women face difficulties from several angles. Often they get caught up in trying to understand the dual nature of their husbands and therefore live in a constant state of confusion. (Nayaret. a l, 2012 yardamu (1988) has noted that the secondary role of the women especially in an Indian society. Less is written or acted upon on the “forgotten victim s” both spouses and children of the problem drinker's family who often hide the alcohol problem as a shameful secret and participate in the dysfunctional behavior. Social deprivation, poverty and stress compound the trauma and childhood in such a family is distressing hidden to those outside the family and at time neglected by mental health professionals working in the field of addiction (Sankaranet.al, 2008). Fox (1968) have pointed out that the wives as equally sick as their husbands. Breakdown in marital communication conflict and violence are very much prominent in the alcoholic's families. (Steinglass, 1975). Conner et.al (1998) have mentioned that extensive marital and family problems are usually closely associated with family adjustment. Further it recommends that the onset of recovery from alcohol dependence; marital and family conflicts often precipitate and lead to relapses in abstinent alcoholics. Excessive drinking leads to psychological problems and psychosomatic disorders in the spouses (Haritha, 1990) RVijayan (2010) specifically pointed out that frequent

quarrels break out between the alcohol-dependent husband and his spouse are very obvious. Further it revealed that this resulting marital disharmony and so contributes an additional threat to marital and family stability. Further it emphasizes that this result in unhealthy marital relationships and poor quality of marital life. The study further suggests social support is vital in such circumstances. Alcohol embitters domestic relationship. Liquor has been a traditional enemy of love and marriage, because it often leads to promiscuity and breach of moral standards of the spouses. Domestic unhappiness, moral degradation, divorce and family disorganization and juvenile delinquency are the resultant consequences (Mamoria, 1981)\*. Men, who are drunkards or drug addicts come home intoxicated and beat their wives and kids recklessly. The husband values neither his life nor his wife's, this result in her quitting home or the husband's throwing her out (Shivurkar, 1991). (Devasahayam et.al, 1991). had conducted a research study entitled violence against women: an opinion survey among village women indicates 18.3% respondents revealed that alcoholism was the major violence women face in their family. Ghadially (1988) stated that genetic female role has been differently presented by the media in the society. (Gayal, 1999) stated that more and more Indian women are being falling victims to alcoholism. A strong correlation between alcohol use and physical violence in marital relationship is observed both in Indian and Western studies (Vranda, 2002). Abused women often see drinking as the cause of their husband's violent behavior. Further it emphasizes that there is a significant overlap between the problematic use of alcohol and domestic violence (Staus and Gelles, 1990). Men who drink and involve in partner violence hold strong beliefs in the rightness of male dominance and that abusing the wife is socially acceptable (Johnson, 2000). A cross-sectional study conducted reveals that problematic alcohol use is one of the factors associated with sexual violence against intimate female partners. (Abrahams et.al, 2004). The women related many physical and mental health problems caused by their husbands' drinking Depression, insomnia, anxiety and headaches were frequently reported by all women (Nayar et. al, 2012)". Women with alcohol dependent husbands had experienced significantly higher psychological distress than women whose husbands were not dependent on alcohol. The distress among these women was highly pronounced in the form of depression and somatic symptoms (Vranda and Rao, 2007) (Collins, et. al, 2007) stated that during marriage, frequent use of alcohol to the point intoxication was associated with divorce. The problem of drink and family disorganization is closely allied to that of personal disorganization. Drinking leads to serious interpersonal discord with the family especially the wife. It is generally said that liquor has been a traditional enemy of love and marriage. Many habitual drinkers continue their habit just to enjoy themselves and to withdraw from the reality of life. A strong prejudice against drink on the part of a husband is a constant cause of friction in the family that leads to divorce or Individuals frequently pointed to alcohol use as being a prominent reason for the dissolution of their marriage and the use of alcohol ranked third just below infidelity and incompatibility as a reason for divorce (Amato and Previti, 2003). It was reported that a larger proportion of rural women than urban women reported drinking weekly or more often as well as drinking five or more drinks per occasion. The researchers also found that poor women in rural and urban communities mainly consumed Arrack (country liquor) (Senegal, et. al, 2005). The study is evident that the wives of the alcoholic's experience reduced marital satisfaction and is more prone to divorce. Here, marital discord is perceived as a support deficit as well as a chronic stress (Vijayan, 2010). Oxford (1976) has mentioned that chronic consumption of alcohol can cause untold misery, it includes the disruption of the family, children, wife and the community. Further it clarifies that excessive drinking is liable to cause profound social dysfunction and it increases tension in marital and family life. Kessler, et al (1985) have mentioned that women are emotionally more open than men and that's why they experience more distress that occur to that person and are therefore more vulnerable.

This has been considered to be part of the chronic stress associated with the traditional role functioning of women. However apart from being providers of support (Belle, 1982) The wives of heavy drinkers are likely to become anxious depressed. According to Patterson and Kaufman (1982) alcoholism is an economic drain on family resources. (Oxford, et.al, 1977) reported that reduction in drinking was associated with an increase in husband to wife affection. Desai (1991) has stated that the manifestation of marital problem may be in the form of (1) maladjustment (2) psychiatric illness (3) marital violence (4)

temporary breakdown in terms of separation or dissolution or (5) the final dissolution of the marriage in the form of divorce. Each of these manifestations may have some different combinations of casual factors and other correlates which need to be studied in a comparative manner. (Geideret.al, 1996). Alcohol abuse is the major cause of impotence and other disturbances in sexual dysfunction (Mendelson & Mello, 1979). The spectrum of sexual dysfunction encompasses (D SM-IV, 2000) Decreased sexual desire and finding difficulties in sexual activity Sexual aversion disorder it includes persistent or recurrent aversion and avoidance of all genital sexual contact Difficulty in erection it includes recurrent or persistent, partial or complete failure to attain or maintain an erection until the completion of the sex act. Difficulty in achieving orgasm Premature ejaculation.

### Summary

The overall quality of life of the alcohol dependent subjects and their care givers was poor. Peer pressure was cited as the most common reason for starting alcohol consumption. Quality of life was found to be influenced by age, socio economic status and duration of alcohol consumption. Perceived health was influenced by age, socio economic status, literacy, occupation and duration of alcohol consumption. Physical and social domains were associated with age, socio economic status and duration of alcohol consumption. Psychological domain was associated with duration of marriage. This study highlights the need to create awareness among the public regarding the harmful effects of alcohol and to include de addiction services in Primary Health care.

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