



## Psychological Problems Among Persons Consuming Alcohol In Tirupattur Taluk Of Vellore District In Tamil Nadu

### KEYWORDS

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### ABSTRACT

India is the one of the biggest country in the world. It is the second place in the size of the population and also half of the populations are youngsters. It is painful to see that many people are eager to consume alcohol. It has become the social problems of the country. The recent report shows that in 1950 to 1960 the average age of consuming alcohol begins from 23 to 36. In 1980 to 1990 report states that the average of taking alcohol is 19 to 45. But it is below 19 at present. Therefore in the age of 16 and 17 years itself, people are after alcohol. If this continuous for another 20 to 40 years, surely most of the people are going to be addicted to alcohol. This fact has to be given much impotence to discuss in a higher level, so that some kind of measure has to be taken to control the rate of consuming alcohol. Where are we going? Seeing the existing fact what is my contribution to change the life of these people. This question knocked the heart of the researcher to study deeply about the life of the alcoholics in society. By going through these statistics in-formations deepened the knowledge of the researcher to do his research in psychological problems of persons addicted to alcohol in the study area.

### BACKGROUND

Any kind of sickness can be cured but it is very difficult to cure an alcoholic completely. When the alcohol mixes in the blood, there is high possibility of embracing mortality. Human being is not an Island. He is a social being. When something happens to someone, it affects the whole environment. Basically he becomes economically weak. When it strikes his emotion, he tries to commit suicide.

### Objectives of the Study

1. To know about the conditions of the alcoholics.
2. To study the psychological problems of alcoholics in the study area.

### Significance of the Study

By knowing the impacts of alcohol, the sufferings and psychological and sociological problems of the people, the researcher wants to make a descriptive study and help the people to come out these problems. The researcher strongly believes that the vision oriented programs surely help the people to realize about their lives. If their values system sounds well in their day to day lives, definitely it will bring lots of changes in their lives.

### Methodology

The researcher chose Tirupattur taluk for his study. It is situated 85 kilometers from Vellore. For the present study descriptive research design used and 100 respondents were selected at by using random technique. The type of data collection was in interview schedule form. It had the open-end and closed-end questions because the respondents were not educated. According to their understanding, the question was prepared in both language Tamil and in English. Based on the objectives the questions were formed. The variables were measured in 4 points scale. The researcher used SPSS package to analyze the data. The findings were projected in

the forms of single frequency tables.

### Review of Literature

#### Psychological Explanations

Alcoholism is a disease. It has three stages. Every alcoholic undergo all these stages in their lives.

1. **The prodromal stage:** It is characterized by the onset of blackouts hue person worries about in any sued setting in the availability of alcohol.
2. **The Crucial stage:** It is indicted loss of control. In this stage alcoholics begin to lose friends and jobs. Their enteric behavior stars around alcohol.
3. **The chronic:**Phase in marked by the onset of prolonged intoxications and loss of alcohol tolerance. (Keith,1990,p.47)

### RESULT AND DISCUSSIONS

#### Psychological Problems of Alcoholics

#### Guilt Feeling

Table 1: Alcohol and Guilty Feelings

Opinion	Frequency	Percent
Disagree	14	14.0
Agree	69	69.0
Strongly Agree	17	17.0
Total	100	100.0

Source: Field Survey

The above table 1 shows that two third of the respondents (69.0%) had guilt feeling towards alcohol. And less than one tenth of the respondent strongly agreed to it. 14% respondents disagreed to it. The study tells to the readers that the majority 69.0% the respondent have guilt feelings while they consume alcohol. The guilt feelings have to be removed from the addicts.

## Suspicious on Wife

**Table 2: Alcohol and Suspicious on Wife**

Opinion	Frequency	Percent
Strongly Disagree	17	17.0
Disagree	20	20.0
Agree	34	34.0
Strongly Agree	29	29.0
Total	100	100.0

**Source: Field Survey**

The above table 2 shows that 34% of the respondents accepted that they have these problems. But 20.0% of the respondent disagreed to it (40.0%). And nearly one fourth of the respondents strongly disagreed to it (17.0%). We can notice the peculiar things are happened here. Usually alcoholics have the suspicious characters whereas here 37.0% of the respondent did not have such character. They really love their wives and children but before alcohol they are powerless people.

## Emotion

**Table 3: Alcohol and Imbalance of Emotion**

Opinion	Frequency	Percent
Disagree	12	12.0
Agree	76	76.0
Strongly Agree	12	12.0
Total	100	100.0

**Source: Field Survey**

The above table 3 shows that majority 76.0% of the respondents agreed that they have disturbed emotions. And very less (12.0%) of the respondents strongly agreed to the same. 88.0% of the addicts have disturbed emotion which is not a healthy sign. Because it affects the whole family life, these people always do the things according to their moods. They will be controlled by their emotions. They will be helped by the Psychiatrists and the councilors.

## Forgetting Incidence

**Table 4: Alcohol and Forgetting Incidence**

Opinion	Frequency	Percent
Strongly Disagree	5	5.0
Disagree	11	11.0
Agree	65	65.0
Strongly Agree	19	19.0
Total	100	100.0

**Source: Field Survey**

The above table 4 shows that 65.0% of the respondents agreed to this questioned that due to excessive drinking they were not able to remember the previous things in their lives. And the 19.0% of the respondents strongly agreed to it and very few (16.0%) of the respondents disagreed and strongly disagreed to it. 84.0% of the respondents found difficult to remember the previous things. This shows that they were fully unconscious while they take alcohol

## Emotional Trigger Out

**Table 5: Alcohol and Emotional Trigger Out**

Opinion	Frequency	Percent
Strongly Disagree	2	2.0
Disagree	19	19.0
Agree	65	65.0
Strongly Agree	14	14.0
Total	100	100.0

**Source: Field Survey**

The above table 5 shows that two third of the respondents agreed that after taking alcohol their emotions are triggered out (65.0%). 14.0% of the respondents strongly agreed to it. 19.0% of the respondents (24.4%) disagreed to it and only two percent of the respondents strongly disagreed to it. 74.0% of the respondents agreed that after taking alcohol their emotional level goes high either positively or negatively.

## Low Self-Esteem

**Table 6: Alcohol and Low Self-Esteem**

Opinion	Frequency	Percent
Strongly Disagree	3	3.0
Disagree	16	16.0
Agree	60	60.0
Strongly Agree	21	21.0
Total	100	100.0

**Source: Field Survey**

The above table 6 clearly shows that nearly three fourth of the respondents (60.0%) have low self-esteem in their lives. More than one fifteenth of the respondents (21.0%) strongly agreed to it. 16.0% of the respondents disagreed and 21.0% strongly disagreed to it. Nearly vast majority of the respondents have low-self-esteem in their lives.

## Contradiction

**Table 7: Alcohol and Contradiction**

Opinion	Frequency	Percent
Strongly Disagree	2	2.0
Disagree	4	4.0
Agree	25	25.0
Strongly Agree	69	69.0
Total	100	100.0

**Source: Field Survey**

The above table 7 shows that 69.0% of the respondents strongly agreed that they often contradicted with their family members after taking alcohol and 25.0% of the respondents agreed to it. And less than one tenth of the respondent (2.0%) strongly disagreed to it. The vast majority of the alcoholics agreed to this statement. It is seen everywhere in the society. All alcoholics' family always there were lots fittings and shouting for even a small issues.

## Level of Confidence

**Table 8: Alcohol and Level of Confidence**

Opinion	Frequency	Percent
Strongly Disagree	3	3.0
Disagree	21	21.0
Agree	67	67.0
Strongly Agree	9	9.0
Total	100	100.0

The above table 8 speaks that two third of the respondents (60.0%) agreed that after taking alcohol they were more confident to do any work. 9.0% of the respondents strongly agreed to it and 21.0% of the respondent disagreed to it. Nearly vast majority of the respondents (76.7%) felt that after taking alcohol they were very confident enough to do any types of work.

**Sleeping Pattern****Table 9: Alcohol and Sleeping Pattern**

Opinion	Frequency	Percent
Strongly Disagree	8	8.0
Disagree	24	24.0
Agree	51	51.0
Strongly Agree	17	17.0
Total	100	100.0

Source: Field Survey

The above table 9 expresses that half of the respondents (51.0%) agreed that their sleeping systems are changed due to consuming alcohol. 17.0% of the respondents strongly agreed to it and 24.0% of the respondents disagreed to it. The vast majority of the people agreed that either they sleep longer time or they get up in the middle of the night. They did not have sound sleep. When they do not sleep properly, definitely they may have mental disorders.

**Good Name****Table 10: Alcohol and Good Name or Reputation**

Opinion	Frequency	Percent
Strongly Disagree	1	1.0
Disagree	9	9.0
Agree	55	55.0
Strongly Agree	35	35.0
Total	100	100.0

Source: Field Survey

The above table mentions that more than one half (55.0%) of the respondents agreed that they names got spoiled due to taking alcohol. Another more than one fourth of the respondents strongly agreed to it (28.9%). More than one fourth (35.0%) of the respondents strongly disagreed to it and less than one tenth of the respondents (9.0%) strongly disagreed to it. Usually in our culture people will not respect the alcoholics.

**Findings of the Study****Conditions of the Alcoholics**

The statistical study revealed that the alcoholics did not have sound educational back ground. 50.0% of the respondent underwent secondary education only, 10.0% primary education, 18.0% underwent up to high school and 19.0% of the respondents studied up to higher secondary education. Even though they knew the impact of alcohol, 77.0% of the people are addicted (urge to drink) to alcohol. It showed that they found extreme difficult to come out of their addiction. 86.0% of the respondents monthly income was around Rs 1000 to 15,000 thousand. They used to give a little money to run the family and the rest of the money is being spent in TASMAL. 36.0% of the respondents were coolie workers and 27.0% of the respondents were agricultural and landless agricultural labourers. The majority (75.0%) of the respondents were not married. 12.0% of them have not children at all. 75.0% of the respondents taking alcohol once in a day. 48.0% respondents spending around Rs. 300 every day to have alcohol. 41.0% of the respondents having alcohol for body pain.

**Psychological Problems of Alcoholics**

Two third of the respondents (69.0%) had guilt feeling towards alcohol. And less than one tenth of the respondent strongly agreed to it. 14% respondents disagreed to it. The study tells to the readers that the majority 69.0% the respondent have guilt feelings while they consume alcohol. Majority 76.0% of the respondents agreed that they have disturbed emotions.

And very less (12.0%) of the respondents strongly agreed to the same. 88.0% of the addicts have disturbed emotion which is not a healthy sign. 65.0% of the respondents agreed to this questioned that due to excessive drinking they were not able to remember the previous things in their lives. And the 19.0% of the respondents strongly agreed to it and very few (16.0%) of the respondents disagreed and strongly disagreed to it. two third of the respondents agreed that after taking alcohol their emotions are triggered out (65.0%). Nearly three fourth of the respondents (60.0%) have low self-esteem in their lives. More than one fifteenth of the respondents (21.0%) strongly agreed to it. 16.0% of the respondents disagreed and 21.0% strongly disagreed to it. Nearly vast majority of the respondents (76.7%) felt that after taking alcohol they were very confident enough to do any types of work. The vast majority of the people agreed that either they sleep longer time or they get up in the middle of the night. They did not have sound sleep. More than one half (55.0%) of the respondents agreed that they names got spoiled due to taking alcohol.

**SUGGESTIONS**

By educating the community about the impact of alcohol, the regular house visits, constantly giving counseling to alcoholics, by teaching alcoholics' wives and children to understand about their husbands' and parents' situation, by conducting awareness programme in the society, surely the researcher can bring not only the changes in the society but also the alcoholics can boldly say "No" to alcohol.

This research will help in Medical settings to treat alcoholics as sick patients. How a blood pressure or sugar is treated in the medical field, in the same way an alcoholic is also treated. This sickness will be there till their death in alcoholics' body. Through medical care and giving counseling, this sickness will be controlled in the society.

This research will be great useful for all health workers to help alcoholics during their home visit. As they go and collect the data of malaria, T.B and vial fever, they can also get the details of alcoholics. This will be revealed to the government. As the result definitely the government will rethink their police of selling alcohol.

This research will influence the Social Workers to dedicate their lives to take up this ministry in their lives. Even though it is a difficult field yet it gives real job satisfaction.

This research will be useful in Correctional settings to understand the criminals' background, because most of the crime is done due to consuming alcohol. When they are in unconscious state they commit crime. Hence the real intension of the crime is not seen in the cause of the alcoholics.

**CONCLUSION**

After analyzing the data and the Psychological problems of the alcoholics in Tamil Nadu, particularly in the study area, the researcher strongly suggested the following measures could be adapted to prevent alcoholics from the dangers. The vision oriented programs surely help the people to realize about their lives. If their values system sounds well in their day to day lives, definitely it will bring lots of changes in their lives.

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