

A Study On Impact of Active Life Style Factors Towards Early Recovery of Alcoholism



Management

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ABSTRACT

The main objective of this study is to find out the impact of Active Life Style factors towards early recovery of alcoholism. Alcoholism affects the person physically, mentally and spiritually. It is a progressive disease that affects the members of the family and disease them too. This study emphasis the need of early identification of addiction and ways to overcome it. Around 127 members were taken for this study from Alcohol Awareness Camp organized in Bangalore. Various Active Life Style factors were discussed to have an early recovery. It was found that craving for alcohol was controlled after following the active life style factors.

Introduction

Alcoholism was medically considered as a disease. Alcoholism is a broad term for problems with alcohol, and is generally used to mean compulsive and uncontrolled consumption of alcoholic beverages, usually to the detriment of the drinker's health, personal relationships, and social standing.

(Jürgen Rehm-2010)(Kehle et al., 2011, McDevitt-Murphy et al., 2010).

Alcoholism affects the person physically, mentally and spiritually. It's a progressive disease that affects the members of the family and disease them too. People does not know about the consequences when they consume it first time, Significant alcohol intake produces changes in the brain's structure. These changes result in alcohol withdrawal syndrome.

So it is very important to know about the disease and the factors to prevent at early stage. It is very imperative to know the about the term craving. Craving is a biological result of addiction and is the origin of compulsive behavior/use. Craving in addiction is extremely intense, and though people struggling with alcoholism or addiction may be able to control their behavior, if cravings get intense/ painful enough it may lead to compulsive use With regards to early recovery, people struggling with alcoholism during initial detoxification Show increases in brain chemistry associated with physiological craving. (Beattie and Longabaugh, 1999),

Early recovery is not only considered as a prevention mechanism but also it's a gate way to the peaceful life. Because if it's not recovered at early stage, disease will not only engulf an addict, the entire family is going to sink because of one alcoholic person in a family.

(Barbara Broers, Francisco Giner-2000). Inpatient treatment is one method of recovery. But it is consider as a expensive mode of recovery (Kathryn E. McCollister-2009).

Recovery (Constance Weisner, G 2003) has previously been understood as the cessation of use of an addictive substance or behavior but now addresses healthy life practices that enrich the Healthy of life of a person with an addiction.

For example, in their longitudinal research, Laudet and White (2008) found 12- Step involvement during early recovery to significantly predict sustained recovery one year later. They reasoned that 12-Step involvement helps those struggling with addiction deal with the early stressors of recovery. However, other internal and external factors related to recovery from alcoholism and addiction should also be considered as potential mediators and moderators of early recovery. Some of these factors include readiness to change, honesty, learn to relax, family functioning, and motivation.

However, this holistic view of recovery infers that recovery is a process that unfolds throughout a lifetime before (Prochaska, DiClemente, & Norcross, 1992) and after the cessation of use (Laudet & White, 2008). Don't recover from an addiction by stopping using. Recover by creating a new life which is "Active life style". If not create a new life, then all the factors that brought to addiction will eventually catch up with you again.

Some common Active life style factors are discussed below. Those who needs a recovery should follow these factors.

Here are the few most common things that people need to change in order to achieve Active life style for recovery.

Be Honest

An addiction requires lying. People have to lie about getting your drug, using it, hiding its consequences, and planning for next relapse. An addiction is full of lying. By the time people have developed an addiction, lying comes easily to them. After a while human get so good at lying that end up lying to themselves. So, be honest is the first factor to have a control over alcoholism.

"No one can begin to feel better about oneself until brutal self-honesty prevails" (Dona Thompson)

Avoid High-Risk Situations

Some common high-risk situations are described by the acronym, HALT:

- Hungry
- Angry
- Lonely
- Tired

A person not having any addictive behavior also feels difficult during these HALT period. Person having problem of alcoholism may face severe psychological imbalance during these period. This may result in depression. Always there is direct relationship between alcoholism and depression. (Joseph M Boden and David M. Fergusson-2011).

Hence balancing this high risk situation will take you one step from alcohol. Take better care of one personal. Join a 12 step group, so an isolated feeling will not come. Recovery isn't about one big change. It's about lots of little changes. Avoiding those high-risk situations helps you create a new life where it's easier to not use.

Learn to Relax

There are only a few reasons why people use drugs and alcohol. They use to escape, relax, and reward themselves. In other words, people use drugs and alcohol to relieve tension. The first rule of recovery is that change in lifestyle. Everyone needs to escape, relax, and reward themselves. Those are essential coping

skills for a happy life. But addicts don't know how to do those things without using.

So, take interval to relax yourself will give energy for your next job, it will also cut and throw the stress and single job monotonous.

Family Functioning

Researchers have addressed for some time the importance of family dynamics in relationship to alcoholism/addiction. Lewis and Brown (1999) came up with what they termed "the alcoholic family". (Evie Tsouna-Hadjis, *Kostas N*, First-stroke recovery process: The role of family social support) The family system around a person struggling with alcoholism or addiction historically has not received much attention from a research perspective and virtually no attention when it came to recovery. Recovery involves more than alcoholic person struggling with a dependence on alcohol seeking abstinence; it involves family interactions that "will hold and shape healthy couple and family relationships

(Patrick Miller, 1997) Empirical research supports the importance of families and significant others being involved in alcoholism treatment and recovery (Lewis & Brown, 1999). A meta-analysis on randomized clinical trials of Behavioral Couple Therapy (BCT; O'Farrell & Fals-Stewart, 2008) found BCT more strongly associated with decreased frequency and consequences of use and increased

relationship satisfaction when compared to individual treatment modalities. (Jane Knight) (Powers,Vedel, & Emmelkamp, 2008).

12 step Program

(Marlon P. Mundt, Sujaya-2012) 12 step program is a set of guiding principles (accepted by members as 'spiritual principles,' based on the approved literature) (Big Book, by Bill W (1939) outlining a course of action for recovery from addiction, compulsion, or other behavioral problems. (Jane.A. The *Intensive Journal Method and Twelve-Step Programs*). Originally proposed by Alcoholics Anonymous (AA) as a method of recovery from alcoholism, the Twelve Steps were first published in the book Alcoholics Anonymous: The Story of How More Than One Hundred Men Have Recovered from Alcoholism in 1939.

Research Methodology

Primary data was collected from Alcohol Awareness Camp conducted at Bangalore. Out of 200 questionnaires distributed, 127 completed samples were collected by convenience sampling method. Correlation and Paired "T" Test were used for this study

Analysis and Interpretation.

It was found that 3% of respondent are female addicts. 41.7% of persons belong to 15 to 30 age group. 18.9% of respondent belong to student category. About 52.8% of the respondents are married. About 53.5 percent of the respondents are in the duration of below 2 years in consuming alcohol. About 20.5 and 14.2 percent of the respondents are in the group of 2 - 4 years and 4 - 6 years in alcohol consumption. About 8.7 and 3.2 percent of the respondents are in the group of 6 - 8 years and above 8

years in alcohol consumption.

Table - 1 : Paired "T" test for difference of Two Means

Variable	Mean	S. D	t value	p value
Craving before	4.08	.877	10.028	.000
Craving after	3.22	.840		

Significant at the 0.01 level (2-tailed).

Null Hypothesis (H_0) : There is no significant difference in means, ie, $H_0 : d = 0$, where $d = \mu_1 - \mu_2$
 Alternative Hypothesis (H_a) : There is a significant difference in means, ie, $H_a : d \neq 0$.

Table - 1 shows the comparison of means between craving to consume alcohol before and after the awareness camp. Since $p < 0.01$, H_0 is rejected at 1% level of significance. Based on the mean score, there is a control in craving to consume alcohol after following the Active Life Style factors.

Table - 2 : Pearson Correlation

		Active life style	Sobriety
Active life style	Pearson Correlation	1	.724(**)
	Sig. (2-tailed)	-----	.000
	N	127	127
Sobriety	Pearson Correlation	.724(**)	1
	Sig. (2-tailed)	.000	-----
	N	127	127

**** Correlation is significant at the 0.01 level (2-tailed).**

N = 127

Null Hypothesis (H_0) : There is no relationship between Active Life Style and Sobriety, ie, $H_0 = 0$.
 Alternative Hypothesis (H_a) : There is a relationship between Active Life Style and Sobriety, ie, $H_a \neq 0$.

Table - 2 shows the correlation analysis between Active life style and Sobriety. The result shows that the correlation between these two variables is $r = 0.724$. It means there exists a positive correlation between Active life style and Sobriety. Since $p < 0.01$, we reject H_0 at 1% level of significance.

Findings

It is found that the craving to consume alcohol reduces after following the Active Life Style factors. Also found that the Active Life Style factors discussed in the awareness camp helped to increase the sobriety period which is a good sign for early recovery.

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