



A DESCRIPTIVE STUDY TO ASSESS THE PROBLEMS FACED BY THE ADOLESCENTS OF ALCOHOL DEPENDENT FATHER AMONG ADOLESCENTS RESIDING IN SELECTED COMMUNITY AREAS

Medical Surgical Nursing

**Mr. Nishant
Sudhirkumar
Kawale**

M.Sc. Nursing, Department of Mental Health Nursing Pooja Nursing College, Bhandara

**Ms. Sushma
Manwatkar***

Professor, (Research Guide) Department of Mental Health Nursing Pooja Nursing College, Bhandara*Corresponding Author

ABSTRACT

Background: Adolescents living with alcohol-dependent fathers often face significant psychosocial challenges, including emotional and health problems. Understanding these challenges is crucial for developing targeted interventions to support these adolescents. **Objective:** The primary aim of this study was to assess the severity and types of problems faced by adolescents living with alcohol-dependent fathers in selected community areas and to examine the association of these problems with selected demographic variables. **Methods:** Using a non-probability convenience sampling method, 100 adolescents from selected community areas were surveyed. Data were collected through a structured questionnaire assessing problem severity across emotional, behavioral, social, academic, and health dimensions. Descriptive and inferential statistics, including chi-square tests, were employed for analysis. **Results:** The study found that 50% of adolescents experienced moderate to severe problems, with emotional and health problems showing statistically significant severity. Socioeconomic status was the only demographic variable significantly associated with problem severity. Other variables, including age, gender, educational level, family structure, residence, and father's alcohol dependence status, showed no significant association. **Conclusion:** The findings emphasize the need for focused interventions addressing emotional and health-related issues among adolescents of alcohol-dependent fathers, especially considering socioeconomic disparities. Structured support programs are essential to help adolescents cope with these challenges. **Implications:** Schools, healthcare providers, nursing professionals, and community organizations should collaborate to develop counseling, health support, and educational initiatives tailored for these adolescents. Future research should explore long-term outcomes and effective intervention strategies.

KEYWORDS

Problems, Alcohol Dependence, Adolescents, Psychosocial Challenges, Socioeconomic Status.

INTRODUCTION

“Adolescence represents an inner emotional upheaval, a struggle between the eternal human wish to cling to the past and the equally powerful wish to move toward the future.”

- Louise J. Kaplan

Adolescence, defined by the World Health Organization as the age group of 10–19 years, is a critical developmental period marked by rapid physical, emotional, and cognitive changes. During this phase, individuals develop identity, autonomy, and independence while remaining highly vulnerable to environmental influences. The family environment plays a fundamental role in shaping adolescents' emotional, social, and psychological well-being, and any disruption within the family can significantly affect their development.^[1]

Alcohol use disorder (AUD) is a major global public health concern, with consequences that extend beyond the individual to family members, particularly children. Parental alcohol dependence, especially paternal alcoholism, often creates an unstable and dysfunctional home environment, leading to emotional distress, behavioral problems, academic difficulties, and social challenges among adolescents. These individuals are also at increased risk of developing mental health issues such as anxiety, depression, and low self-esteem.^[2-4]

In the Indian context, alcohol consumption remains a growing concern, with considerable regional variation. Adolescents living in alcohol-affected families frequently experience emotional isolation, low self-esteem, and poor mental health outcomes. The problem is further intensified in regions like Maharashtra, where alcohol consumption among adult males is relatively high, increasing the likelihood of adolescents being exposed to adverse family environments. Additionally, paternal alcohol dependence contributes to household instability and financial strain, further aggravating stress and negatively influencing adolescents' coping abilities and overall well-being.^[5-8]

Despite increasing awareness, limited research has specifically examined the psychosocial impact of paternal alcohol dependence on adolescents, particularly in Maharashtra. Therefore, the present study aims to assess the impact of paternal alcohol dependence on the emotional, academic, and social well-being of adolescents and to

generate evidence for developing targeted interventions for this vulnerable population.

NEED OF THE STUDY:

Alcohol consumption remains a major public health concern in India. According to NFHS-5 (2019–2020), approximately 15% of men aged 15–49 years consume alcohol, with higher prevalence reported in Maharashtra (27.1%). Such widespread alcohol use increases the likelihood of adolescents being exposed to alcohol-dependent environments, particularly due to paternal alcohol use.^[9]

Adolescents living with alcohol-dependent fathers are at increased risk of emotional distress, academic difficulties, and maladaptive behaviors, including substance use. Additionally, studies indicate a 40–60% risk of intergenerational transmission of alcoholism, highlighting the long-term public health implications.^[10] Despite this burden, limited research has specifically examined the psychosocial impact of paternal alcohol dependence on adolescents, particularly in regions like Maharashtra. Therefore, the present study is essential to generate evidence that can guide targeted interventions, inform public health policies, and help break the cycle of addiction.

REVIEW OF LITERATURE:

Farnia V, et al.; (2024) conducted a descriptive cross-sectional study to assess the prevalence of alcohol consumption and associated factors among adolescents aged 11–16 years using Global School-based Student Health Survey data (2003–2018). A total of 288,385 adolescents were included. The findings revealed an overall alcohol consumption prevalence of 25.2% (28.3% in boys and 22.4% in girls). Multivariate analysis identified significant risk factors, including increasing age, truancy, loneliness, insomnia, bullying, cigarette use, marijuana use, and suicidal planning. The study concluded that alcohol use among adolescents is considerably high and influenced by multiple demographic, behavioral, and psychological factors, emphasizing the need for targeted preventive interventions.^[11]

Lakhute S.V., et al.; (2023) conducted a cross-sectional study to assess tobacco and alcohol use among adolescents (13–18 years) in Northern India. A total of 108 participants were assessed using a semi-structured questionnaire. The findings revealed that 26.85% of adolescents had consumed alcohol before 18 years, while a considerable proportion reported exposure through family and peer

use. The study concluded that early initiation of substance use is prevalent and highlights the need for preventive strategies, awareness programs, and early intervention among adolescents.^[12]

OBJECTIVE OF THE STUDY

PRIMARY OBJECTIVE

1. To assess the problems faced by the adolescents of alcohol dependent father among the adolescents residing in selected community areas.

OTHER OBJECTIVES

1. To assess the severity levels of problems faced by adolescents of alcohol dependent fathers residing in selected community areas.
2. To evaluate the types of problem severity scores by the adolescents of alcohol dependent father among the adolescents residing in selected community areas.
3. To find the association between problem severity scores by the adolescents of alcohol dependent father among the adolescents with their selected demographic variables.

METHODOLOGY

Research Approach

A quantitative research approach was adopted to assess the problems faced by the adolescents of alcohol dependent father among adolescents residing in selected community areas.

Research Design

A descriptive survey research design was used. This design was chosen to assess the problems faced by the adolescents of alcohol dependent father among adolescents residing in selected community areas.

Setting of the Study

The study was conducted in selected community areas.

POPULATION

Target Population

The target population comprised the Adolescents aged 12-18 years of alcohol dependent father in selected community areas and have fathers diagnosed with alcohol dependence.

Accessible Population

Adolescents of alcohol dependent father areas residing in the selected community areas who have fathers diagnosed with alcohol dependence and are available and willing to participate in the study.

Sample Size and Sampling Technique

A sample of 100 adolescents was selected from the chosen community areas using a non-probability convenience sampling technique, based on the inclusion criteria, during the period of data collection.

Inclusion Criteria

1. Adolescents aged 12-18 years.
2. Adolescents living with fathers diagnosed with alcohol dependence.
3. Adolescents residing in selected community areas.
4. Adolescents who are willing to participate in the study and provide informed consent
5. Adolescents who can comprehend the study objectives and respond to questions in the structured questionnaire.

Exclusion Criteria

1. Adolescents who do not reside in the selected community areas.
2. Adolescents whose fathers do not have a diagnosis of alcohol dependence.
3. Adolescents who refuse to participate or do not provide informed consent.
4. Adolescents who are unable to understand the study or provide reliable responses due to significant cognitive impairments or other serious conditions.

TOOL FOR DATA COLLECTION

The tool used for data collection in this study is a structured assessment scale, designed to assess the problems faced by the adolescents of alcohol dependent father among the adolescents residing in selected community areas. The questionnaire consists of two sections:

Section A: Demographic Variables: This section includes questions regarding the demographic characteristics of the participants: Age, Gender, Educational Level, Socioeconomic Status (SES), Family

Structure, Father Education Level, Mother Education Level, Father's Alcohol Dependence, Residence, Living Situation.

Section B: Problems Assessment: This section contains problem-based items related to the psychosocial issues faced by adolescents of alcohol-dependent fathers. The questions cover the following aspects: Emotional Problems, Behavioral Problems, Social Problems, Academic Problems, and health problems.

Each closed-ended question is designed to assess the severity or frequency of psychosocial issues, with responses rated on a Likert scale. (e.g., "Never," "Sometimes," "Always"), and open-ended questions that allow participants to share personal experiences in greater detail. The tool was reviewed and validated by experts. Reliability was assessed through a pilot study. Internal consistency will be measured using Cronbach's Alpha to determine the reliability of the tool and ensure that it consistently measures the intended psychosocial issues.

Reliability

Reliability was assessed using appropriate tests from pilot data, The reliability coefficient (r = 0.83) indicated good internal consistency.

Pilot Study

The investigator conducted the pilot study from 21/11/2024 to 27/11/2024. The investigator selected 10 subjects by a non-probability convenient sampling technique.

DATA COLLECTION PROCEDURE

The prior permission was obtained from the concerned authorities of the selected community areas. Data were collected from December 2024 to January 2025 using a structured self-report questionnaire. The investigator personally approached participants, explained the purpose of the study, and obtained informed consent. Data were collected through face-to-face interviews, ensuring clarity and participant comfort. Confidentiality and anonymity were strictly maintained throughout the study. The collected data were coded, tabulated, and analyzed using descriptive and inferential statistics. Frequency, percentage, mean, and standard deviation were used to describe variables, while appropriate statistical tests (e.g., chi-square test) were applied to assess associations. The level of significance was set at $p < 0.05$.

ORGANIZATION OF FINDINGS

The analysis and interpretation of the observations are given in the following section:

- **Section A:** Distribution of subjects in relation to their demographic variables.
- **Section B:** Assessment of the severity levels of problems faced by adolescents of alcohol-dependent fathers residing in selected community areas.
- **Section C:** Assessment of the dimensions of each structured assessment scale among the adolescents residing in selected community areas.
- **Section D:** Association between problem severity scores by the adolescents of alcohol dependent father among the adolescents with their selected demographic variables.

RESULT

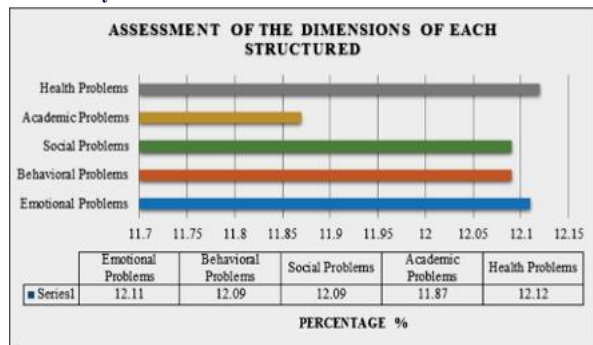
A total of 100 adolescents participated in the study. The majority were aged 15–17 years (39%), male (51%), and residing in urban areas (59%). A considerable proportion belonged to low socioeconomic status (38%) and extended families (35%). Regarding the level of problems faced, 50% of adolescents reported moderate to severe problems, while none reported mild problems. The mean problem score was 60.28 ± 4.47 , with scores ranging from 48 to 70. Inferential analysis revealed that demographic variables such as age, gender, educational status, family type, residence, and father's alcohol dependence showed no significant association with problem severity ($p > 0.05$). However, socioeconomic status demonstrated a statistically significant association with the level of problems faced by adolescents ($p < 0.05$).

Table 1: To assess the dimensions of each structured assessment scale among adolescents from selected community areas.(n=100)

Problems	Mean	SD	Minimum	Maximum	P Value	Significant Level
----------	------	----	---------	---------	---------	-------------------

Emotional Problems	12.11	2.265	8	17	0.0001	Significant
Behavioral Problems	12.09	1.990	8	17	0.458	Non-Significant
Social Problems	12.09	2.137	7	16	0.632	Non-Significant
Academic Problems	11.87	1.983	8	17	0.291	Non-Significant
Health Problems	12.12	2.026	8	17	0.002	Significant

Figure 1: Distribution of subjects in relation to their dimensions of each structured assessment scale among adolescents from selected community areas



DISCUSSION

The present study highlights socioeconomic status as a significant factor shaping the severity of problems experienced by adolescents of alcohol-dependent fathers. The lack of significant associations with other demographic variables indicates that these challenges are widely experienced across different ages, genders, and family backgrounds. As a result, the null hypothesis (H0), which stated there is no association between most demographic variables and problem severity scores, was accepted for all variables except socioeconomic status, where the alternative hypothesis (H1) was accepted.

The present study findings are consistent with Vahid Farnia et al. (2024), which reported a high prevalence of alcohol-related risk factors among adolescents and highlighted the influence of behavioral and psychosocial factors on alcohol exposure. Similarly, the current study identified significant psychosocial challenges among adolescents of alcohol-dependent fathers.

In line with Sadhana V. Lakhute et al. (2023), which found that early exposure to alcohol and substance use is common among adolescents, the present study also emphasizes the vulnerability of adolescents living in alcohol-affected environments and the need for early preventive interventions.

CONCLUSION

After detailed analysis, this study leads to the following conclusion:

The study concludes that adolescents living with alcohol-dependent fathers experience significant psychosocial challenges. Socioeconomic status was found to be a key factor influencing the severity of problems, while other demographic variables showed no significant association. The findings highlight the need for targeted interventions, including counseling and support programs, to improve coping abilities and overall well-being among affected adolescents. Further research is recommended to explore the role of family and community support systems in mitigating these challenges

REFERENCES:

1. World Health Organization. Adolescent health. Geneva: World Health Organization; 2020.
2. American Psychiatric Association. Diagnostic and statistical manual of mental disorders. 5th ed. Washington (DC): APA; 2013.
3. World Health Organization. Global status report on alcohol and health 2018. Geneva: WHO; 2018.
4. Kumpfer KL, Alvarado R. Family-strengthening approaches for prevention of youth problem behaviors. *Am Psychol*. 2003;58(6-7):457-65.
5. Chassin L, Pitts SC, DeLucia C. The relation of adolescent substance use to young adult outcomes. *Dev Psychopathol*. 1999;11(4):915-32.
6. Indian Council of Medical Research. Magnitude of substance use in India. New Delhi: ICMR; 2019.
7. Park K. Preventive and Social Medicine. 26th ed. Jabalpur: Banarsidas Bhanot; 2021.
8. Gururaj G, Girish N, Benegal V. Alcohol use and its consequences in India. Bengaluru: NIMHANS; 2011.

9. National Family Health Survey. National Family Health Survey (NFHS-5), 2019-21. Mumbai: IIPS; 2021.
10. Sher KJ. Children of alcoholics: A critical appraisal of theory and research. Chicago: University of Chicago Press; 1991.
11. Farnia V, et al. Prevalence of alcohol consumption and related factors in adolescents: Findings from the Global School-based Student Health Survey. *BMC Public Health*. 2024;24:Article 1234.
12. Lakhute SV, et al. Tobacco and alcohol use among adolescents in Northern India: A cross-sectional study. *J Family Med Prim Care*. 2023;12(5):1234-1238.