



**ORIGINAL RESEARCH PAPER**

**Psychology**

**MARITAL ADJUSTMENT IN WIVES OF ALCOHOL DEPENDENCE SYNDROME PATIENTS.**

**KEY WORDS:** Alcoholic, Behaviour, Marital Satisfaction, dependence

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**ABSTRACT**

**Background and aim:** Alcohol Dependence Syndrome is a major public health concern around the world today. The harmful use of alcohol is one of the leading risk factors for population health worldwide. Spouses are particularly affected given the intimate nature of their relationship and the constant exposure to the behaviour of the alcoholic. To assess the degree of marital satisfaction among wives of patients of alcohol dependence syndrome.

**Method :** The study include 100 wives of alcoholic husband who fulfill the inclusive criteria were selected as sample, the data was collected by using Socio-Demographic Profile, SADD questionnaire & Marital adjustment test, after getting the informed consent from the study participants tool was administered.

**Results:** Majority of alcoholic husband 47% had alcohol dependence. majority of the wives of alcoholic husband 38% had high of marital dissatisfaction.

**Conclusions and discussion:** This study demonstrates that intervention is necessary to improve marital satisfaction among the wives of an alcoholic husband. This could help in enhancing the well-being of wives of an alcoholic husband.

**INTRODUCTION :**

Alcohol Dependence Syndrome is a major public health concern around the world today. The harmful use of alcohol is one of the leading risk factors for population health worldwide. The magnitude of the problem in our country is considerable given that India has the second largest population in the world, with 33% of its population consuming alcohol.

Spouses are particularly affected given the intimate nature of their relationship and the constant exposure to the behaviour of the alcoholic. The Negative social consequences of alcohol consumption may trigger psychological, biological, behavioural responses, which interact to diminish the individual's ability to adapt leading to emotional distress reactions and thereby increase likelihood of psychological problems. Spouses of alcoholics are known to be exposed to high rates of domestic violence, which could be physical, verbal or sexual.

With psychological well being compromised, spouses are likely to cope less efficiently, thereby adversely affecting their social & functional roles as mother, sister, homemaker etc, as well as impacting family harmony.

**AIM & Objectives:**

To assess the degree of marital satisfaction among wives of patients of alcohol dependence syndrome. To assess the association between marital satisfaction & severity of alcohol dependence with their socio-demographic profile.

**MATERIAL & METHODS:**

This study was done at Tertiary Health Care Centre, Indore for duration of 6 months (October 2020 to March 2021). Study population was 100 Alcohol dependence Syndrome patients and their wives. Initially we diagnosed patients with alcohol dependence syndrome according to ICD-10 criteria. After which we applied SADD scale to identify the severity of alcohol dependence. Then we applied Marital Adjustment Scale to the wives of Alcohol dependence syndrome patients to identify the link between severity of Alcohol Dependence Syndrome and duration of consumption of alcohol by their husbands with marital life or satisfaction of their wives.

**Inclusion Criteria**

The following criteria were included in the study:

1. Wives of alcoholics those who are between the age of 18 and 60 years
2. Who can speak and understand Hindi
3. Wives of alcoholic husband who were willing to participate and present during the period of data collection.
4. Whose husbands fulfil the criteria of Alcohol Dependence Syndrome according to ICD-10

**Exclusion Criteria**

The following criteria were excluded from the study:

1. Who are not willing to participate in the study
2. Wives of alcoholics who suffer from psychiatric illness

**Statistical Analysis** - The statistical package for the social sciences (SPSS) 22 versions were used for statistical analysis. Descriptive statistics such as frequency, percentage, mean and standard deviation (SD) were used for socio-demographic data, level of alcohol addiction, and level of marital satisfaction. Inferential statistics such as Chi-square was used to associate the level of marital satisfaction among wives of alcoholic husband and their demographic variables.

**RESULTS:-**

**Socio-demographic characteristics of the wives of alcoholic husband (n=100):**

S. no.	Demographic Variables	Frequency (%)
1	<b>Age in years (years)</b>	
a.	18-32	41
b.	33-46	45
c.	47-60	14
2	<b>Domiciliary area</b>	
a.	Rural	77
b.	Urban	23
3	<b>Education of respondent</b>	
a.	Illiterate	14
b.	Primary	34
c.	Middle	28
d.	Secondary	13
e.	Higher secondary	11
4	<b>Education of husband</b>	
a.	Illiterate	12

b.	Primary	48
c.	Secondary	31
d.	Graduate	9
5	<b>Family type</b>	
a.	Nuclear family	
b.	Joint family	41
c.	Extended family	
6	<b>Monthly income in (Rs.)</b>	
a.	< 5000	21
b.	5001-10000	
c.	10001-15000	
d.	> 15000	7
7	<b>Religion</b>	
a.	Muslim	10
b.	Hindu	75
c.	Christian	10
d.	Sikh	5
8	<b>Age of husband in years</b>	
a.	20-30	12
b.	31-40	49
c.	41-50	29
d.	51-60	10
9	<b>Duration of marriage years</b>	
a.	0-5	22
b.	6-10	21
c.	11-15	17
d.	16-20	27
e.	21-25	13

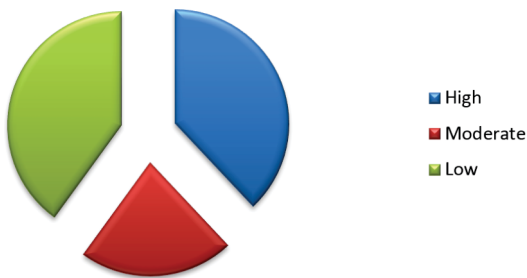
**SCORES ON SADD :**

Sr. No.	Level of dependence	Frequency (%)
1	Low	8
2	Moderate	45
3	Severe	47

The level of marital dissatisfaction among wives of an alcoholic husband. The results revealed that 38% had high acuity, 22% had moderate acuity, and 40% had low acuity.

Sr.no.	Level of marital dissatisfaction	Frequency(%)
1	High	38
2	Moderate	22
3	Low	40

**Level of Marital Dissatisfaction**



**DISCUSSION :-**

The present study showed low marital satisfaction among the majority of the wives. These findings are supported by earlier research reported by Nazish Fatima and Rishi Panday (2015) in which he documented that life satisfaction, as well as marital adjustment, was better in spouses of normal healthy control as compared to spouses of patients of alcohol dependence. Similarly, results were found in a study conducted by Epstein EE, McCrady BS, Hirsch LS (1997) which showed that psychological distress and psychiatric morbidity in spouses of alcohol-dependent men are high with marital satisfaction being low.

Furthermore, Nandha Kumara Pujam and Kalaivani (2017)

found that higher discordance and psychological distress are associated with lower marital dissatisfaction. In another study by Belanger et al. (2014) reported that women who use avoidance, distancing, confrontation or seek social support as ways of coping all express less marital adjustment. Marshal (2009) and Cox (2009) also confirmed that heavy and problematic alcohol use is usually associated with lower levels of marital satisfaction and higher levels of maladaptive marital interactions. Harmful alcohol use affects the marital institution in many ways. It increases the chances of separation and divorce and generally negatively affects the overall marital dissatisfaction (Neil 2013).

The quality of the wives of the alcoholic husband can be greatly improved, and quality of the marital adjustment can be healthy by the intelligent use of various ways to handle the core problems which lead to the marital maladjustment. Hence, it is very essential to understand the marital satisfaction of the wives. In the case of an alcoholic husband, the wife has a problem in the relationship resulting in poor coping, poor parental care, etc.

**CONCLUSION :-**

This study demonstrates that intervention is necessary to improve marital satisfaction among the wives of an alcoholic husband. This could help in enhancing the well-being of wives of an alcoholic husband.

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