

A Descriptive Study to Assess the Quality of Marital Life among the Wives of Alcoholic Dependents at Selected Deaddiction Center, Puducherry

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Abstract: The study was conducted to assess quality of marital life among the wives of alcoholic dependents at selected de addiction center, Puducherry. A non experimental descriptive design was carried out and wives whose husbands meet with diagnostic criteria of alcoholic dependent syndrome as per ICD-10 were selected by using purposive sampling technique. In this study, the level of quality of marital life was assessed by using marital quality scale developed by Shah (1995).The results revealed that the percentage distribution level of quality of marital life among the wives of alcoholic dependents were with moderate quality of about 62%.

Keywords: Quality of marital life, marital quality scale, Descriptive design, wives of alcoholics.

I. INTRODUCTION

Alcoholism is a significant problem in India. There is a vast body of literature in India and in the west devoted to understanding the marital dynamics involved in alcoholism and ascertaining the deleterious impact that alcoholism could have on the personality and function of spouse.

Alcoholism is chronic progressive and often fatal disease. It is a primary disorder and not a symptom of other disease or emotional problems.

Chronic alcoholism causes severe health problem like liver disorder, gastrointestinal problem, diabetes, skin, muscle, bone disorder and reproductive problem. Prolonged heavy use of alcohol can lead to addiction.

Trait such as neuroticism higher anxiety levels, depression, low self esteem and communication apprehension have been reported in wives of alcoholics and attributed to the intense. Higher levels of marital conflict and aggressions are documented in couples with an alcoholic spouse. As a result the member may develop dysfunctional coping behavior. Marital conflict and lack of coping mechanisms are more frequent in these families

Need for the study:

Alcoholism puts strains on marriage. Long-term alcohol abuse can have dangerous physical and emotional effects. Alcoholism can also put financial strains on marriage. The money being spent on alcohol may cause problems and the strains among alcoholic's wives.

These are the obvious marital problems alcoholism causes, but there are many other issues that are faced and must be dealt with, by the women who are the wives of alcoholics.

A study was reported on 'stress reaction tradition' among wives of alcoholics. Sample was 85 wives were asked 25 questions concerning their method of coping during 4 stages of their husband's drinking stages were social stage, excessive drinking stage, alcoholism drinking stage and abstinence stage. The wives reported a progressive increase in all types of coping from first to third of this stages, he also noted that wives who reported that their husband's had become violent and aggressive were those who were most likely to report that they themselves had reacted with quarreling, avoidance, anger and helplessness, pretending to be drunk themselves. Walking the husband out of the house and seeking a separation. The study concluded clearly the wives cope in response to the intensity or frequency of the alcoholic episode.

Investigator had the personal experience how frightening this situation can be living with an alcoholic. However investigator is aware of the stigma surrounding alcoholism. For that reason investigator is interested to work with a lot of spouses on a one to one basis for stress relief and self-confidence building.

Hence, there is need to assess the quality of marital life among the wives of alcoholic dependents at selected deaddiction center, Puducherry.

II. OBJECTIVES

1. To assess the equality of marital life of the wives of alcoholic dependents.
2. To assess the socio demographic characteristics of the wives of alcoholic dependents.
3. To find out the relationship between the quality of marital life and the selected socio demographic characteristics.

Research Design:

The non experimental descriptive research design was used.

Population of the Study:

The population of the study was all the wives of alcohol dependents in selected de addiction center at Puducherry.

Sample:

In the present study, the samples include wives of alcohol dependents who came for the counseling session in selected de addiction center at Puducherry for the specified period of time.

Sample Size:

The sample size for the present study consists of 40wives of alcoholic dependents.

Sampling Technique:

The samples were selected through the method of purposive sampling technique.

III. CRITERIA FOR SELECTION OF SAMPLE

a) Inclusion criteria:

- ✓ Subjects whose husbands meet with diagnostic criteria of alcoholic dependent syndrome as per ICD-10.
- ✓ Subjects who are willing to participate for study.
- ✓ Subjects age between 25 to 60yrs.
- ✓ Subjects living with their husband for a minimum period of two years.

b) Exclusion criteria:

- Subjects who are suffering from chronic physical and psychiatric problems
- Subjects who are having the habit of consuming alcohol.

Tool Used:

Part-1: Section A: It consists of demographic variables which include age, education, occupation, income, type of family, no. of children and amount spent on alcohol.

Part-2: Section B: The standardized scale for Indian population called marital quality scale developed by Shah (1995).

Setting Of The Study:

The study was conducted in selected deaddiction center at Puducherry.

Ethical Consideration:

Formal written permission was obtained from the managing director of the center. The nature and purpose of the study was explained to the study subjects to get the co-operation. Informed consent was obtained from the study participants.

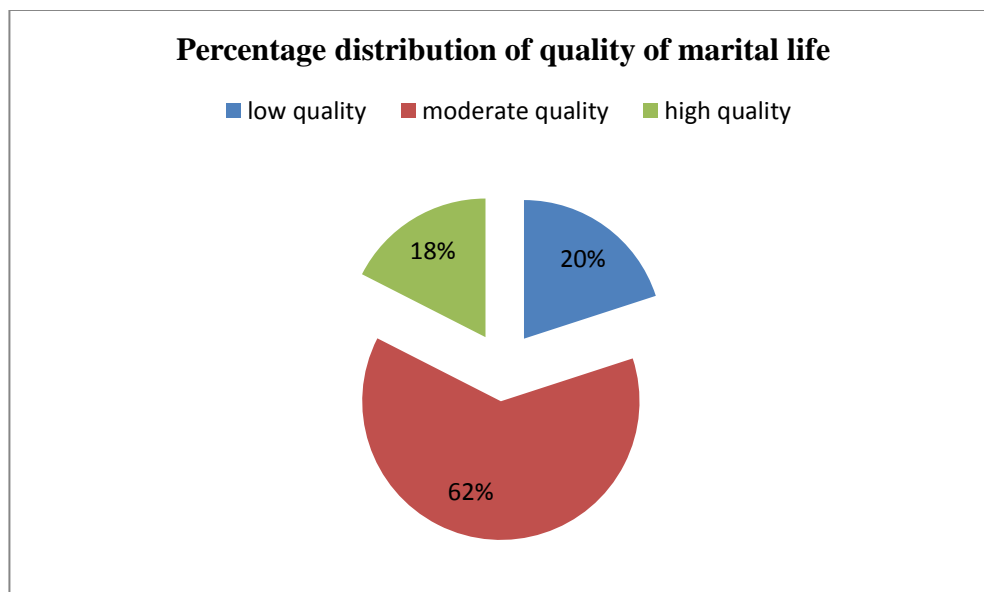
IV. RESULT

SECTION A: Frequency and percentage wise Distribution of quality of marital life.

SECTIONB: Frequency and percentage wise Distribution of socio demographic characteristics.

SECTIONC: Comparison of mean scores of quality of marital life with the selected demographic variables.

Table-1: Percentage Wise Distribution Of Quality Of Marital Life. N:40



The above pie chart diagram shows that, the marital life of wives of alcoholic dependents were about 62% with moderate quality, 20% with low quality and 18% with high quality.

SECTIONB: Frequency and percentage wise Distribution of socio demographic characteristics.

Demographic variables	Subdivisions	Percentage
Age	15-25	20
	26-35	30
	36-45	30
	Above 46	26
Type of family	Nuclear	60
	Joint	40
Type of marriage	Love	35
	Arranged	65
No. of Children	Less than or equal to 2	60
	More than 2	40

Religious practices	Highly having interest	30
	Less interest	40
	No interest	30
Family history of alcohol dependence	Yes	40
	No	60
Family support	Partially available	10
	Completely available	10
	Not at all	80

Table-2: comparison of mean scores of quality of marital life with demographic variables

Demographic variables	P - value	Level of significance
Age	0.234	Non-Significant
Type of family	0.436	Non-Significant
Type of marriage	0.598	Non-Significant
No. of Children	1.266	Non-Significant
Religious practices	6.023**	Significant
Family history of alcohol dependence	0.596	Non-Significant
Family support	0.342	Non-Significant

(P=0.005 level)

The above table shows that there is a statistically significant association between quality of marital life and religious practices.

V. DISCUSSION

The first objective was to assess the quality of marital life of the wives of alcoholic dependents.

According to the marital quality scale (shah 1995) the marital life was classified into three categories: subjects who scored between 50 to 100 as low, 101 to 150 as moderate and 151 to 200 as high. Majority of the samples 62% had moderate quality of marital life, whereas 20% subjects had low quality of marital life, while 18% had high quality of marital life.

The Second objective was to find out the relationship between the quality of marital life and the selected socio demographic characteristics.

The findings in Table: 2 show a statistically significant association between the quality of marital life and religious practices. It can be said that the subjects who have the tendency to practice religious practices like doing poojas to god, and practicing other related practices enable them to understand the spouse problem related to alcohol dependence and helps in improving the quality of marital life.

VI. CONCLUSION

Based on the findings of the study it was concluded that the wives of alcoholic dependents experience problems related to quality of marital life which leads them to adopt various coping strategies, whether it is positive or negative o their husbands. A psychiatric nurse can plan and implement effective teaching and intervention program in collaboration with the members of healthcare team.

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