

## The coping strategies in wives of Alcoholics at Budhwarpetta, Kurnool.



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### ABSTRACT:

**Introduction:** The problem of excessive alcohol consumption is a major cause of public health concern both in the urban and rural areas. Addiction to alcohol has become a problem for the individual family and the community. The wives of alcoholics use various adaptive and maladaptive coping behavior to restore the equilibrium and to relieve stress; this can lead to

increased stress perception and crisis.

**Aim:** This study aimed to assess the coping strategies in wives of alcoholics at Budhwarpetta, Kurnool

**Methodology:** A cross - sectional descriptive design study was conducted at Budhwarpetta, in Kurnool District. Sample sizes of 25 alcoholic wives were selected by simple random sampling technique. study uses structured questionnaire and coping check list was prepared for the wives of alcoholics.

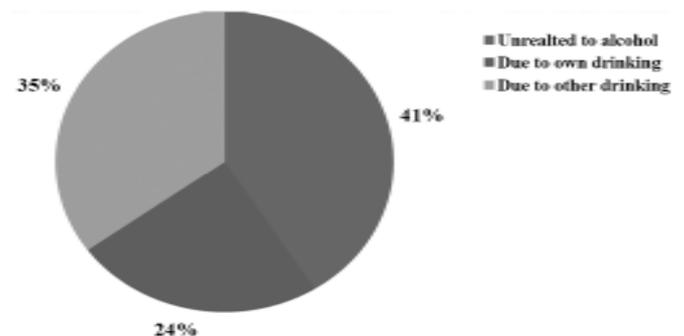
**Results and Conclusion:** The results reveal that with regard to out of 25 subjects, 32%(8) had below average knowledge, 36%(9) had average knowledge level and 32%(8) had above average knowledge level regarding coping strategies of alcoholism. This study concluded that still there is a need to adopt with the coping behavior to adjust with alcoholic husband

**Key words:** Coping strategies, alcoholic wives, knowledge.

**Introduction:** The problem of drink and family disorganization is closely allied to that of personal disorganization. Drinking leads to serious interpersonal discard with family, especially wife. The disturbances include interpersonal and intra – personal relationships. The problem of excessive alcohol consumption is a major cause of public health concern both in the urban and rural areas. Addiction to alcohol has become a problem for the individual family and the community. The family is a key factor in the social dimension. The wives of alcoholics use various adaptive and maladaptive coping behavior to restore the equilibrium and to relieve stress; this can lead to increased stress perception and crisis.

**Need for study:** According to WHO (2002) an estimated 2.3 million people die due to alcohol related causes, which accounted for 3.7% of global mortality in all age groups and 4.4% of disability adjusted life years (DALYS). World Bank report states that in India alcoholism and drug dependents account for 25.7% of DALYS in men and 6.5% in women. Now alcoholism affects about 18 million people throughout the United States alone. The impact of this has a price tag of nearly 100 million per years due to factors such

as loss in production, health and medical care, motor vehicle accidents, violent crime and social service programs. Nearly 1,00,000 American people lose their lives to alcohol related causes each year.



**Fig:1 Deaths due to alcohol.**

**Statement of the problem:** “A study to assess the coping strategies in wives of alcoholics at Budhwarpetta, Kurnool”.

### Objectives of the study:

1. To assess the coping strategies of wives of alcoholics.
2. Estimate the coping strategies utilized by wives of alcoholics.

**Operational Definitions:**

**Assess:** ability to understand identify the level of knowledge of wives of alcoholics regarding coping strategies.

**Coping strategies:** The adopted methods of coping used by wives of alcoholics measured by structured Questionnaire prepared by the investigator.

**Wives of alcoholics:** The women whose husbands have been addicted to alcoholism.

**METHODOLOGY:**

**Research approach:** The research approach adopted for this study is descriptive.

**Research design:** Research design was cross – sectional descriptive design.

**Setting of study:** The study was conducted in urban slum area in Kurnool at Budhawarapeta.

**Population:**The population for the present study comprises of wives of alcoholics who are residing in Budhawarapeta, Kurnool.

**Sampling Technique:** Simple random technique (lottery method) was used to select the study samples, 25 houses were randomly selected.

**Results:**

**Table - 1:** Frequency and percentage distribution of alcoholic wives with regard to coping strategies in subjects.

**Description of tool:-** The questionnaire used in the study consists of two parts.

**Section – I:** Consists of the information on demographic data of the samples which includes items on age, religion, education, occupation, type of family, number of children, family monthly income and number of dependents.

**Section – II:**

**Part - A:** Consists of questions related to coping strategies check list with yes or No. seven items of coping strategies were assessed those include positive appraisal, self controlling, social seeking support, painful problem solving, distance coping, confrontive coping and escape avoidance.

**Part - B:** Questionnaire related to knowledge regarding coping strategies for alcoholism

**Score interpretation:** The tool comprised of 30 questions. The tool score was 30 marks. For the checklist one mark was given for one correct response, “0” marks allotted for wrong response.

0 - 10 – Below average

11 - 20 – Average

21- 30 – Above average.

S.No	Coping strategy	YES		NO	
		f	%	f	%
1.	You will not argue on any issue when your husband is in alcoholic state	14	56	11	44
2.	You try to adopt the best possible efforts with in your limits like praying / meditation	10	40	15	60
3.	You seek advice about your husband's alcoholism from people who close to you	11	44	14	56
4.	You are trying to find out de-addiction centers for your husband.	4	16	21	84
5.	You have left the things to God and waiting for a change in husband.	13	52	12	48
6.	You try to create a fear in your husband by saying that you will leave him life he consumes alcohol.	15	60	10	40
7.	You become involved in other things like work, hobbies or visiting friends to distract your self from the pain of alcoholic behaviour of your husband	10	40	15	60

The above table shows the analysis of coping strategies of alcoholic wives. It describes that 56% (14) subjects answered that they don't argue on any issue when her husband is in alcoholic state, 44% (11) subjects argue with their husbands, when he is in alcoholic state.

- ❖ Out of 25 subjects, 40% (10) subjects controlled themselves by praying / meditation and only 60% (15) subjects were not able to follow this coping strategy.
- ❖ Out of 25 subjects, 44% (11) subjects were seeking advice from close people about their husbands alcoholism and 56% (14) subjects were not utilizing this type of coping method.
- ❖ 16% (4) subjects were trying to find out de-addiction centers for their husbands, and maximum number of subjects i.e., 84% (21) did not try to find out de-addiction center.
- ❖ Most of the subjects 52% (13) left the things to God and waited for a change in their husbands and only 48% (12) were not having hope on the God.
- ❖ 60% (15) subjects expressed their view that they create a fear in their husbands by saying that they leave him if he consumes alcohol and 40% (10) did not follow this type of coping method.
- ❖ 40% (10) subjects were involved in other activities to distract their pain due to alcoholic behavior of their husband and 60% (15) did not follow this method of coping.

**Table - 2: Frequency and percentage distribution of level of knowledge regarding coping strategies of alcoholism.**

Level of knowledge	Score	Fre (f)	Per (%)
Below average	0 - 10	8	32
Average	11 - 20	9	36
Above average	21 - 30	8	32

**Table - 3:** The results reveal that out of 25 subjects, 32%(8) had below average knowledge level, 36%(9) had average knowledge level and 32%(8) had above average knowledge level regarding coping strategies of alcoholism.

**Recommendations:**

- ❖ The study can be replicated to larger sample. These findings can be generalized to a large population.
- ❖ Experimental study can be conducted with structured teaching programme on adaptation of

coping strategies on wives of alcoholics.

- ❖ An experimental study can be conducted to find out the effectiveness of a counseling programme on coping strategies.
- ❖ A cross sectional study can be conducted to assess the impact of culture in coping behavior of wives of alcoholics.
- ❖ A comparative study can be conducted on association between the social coping strategies and demographic variables.

**CONCLUSION:**

The present study to "Assess the coping strategies in wives of alcoholics at Budhawadarpeta in Kurnool" showed that there is a need to adopt to the coping behavior, to adjust with alcoholic husband and to live in a happy and healthy environment.

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