

A Study on Mental Health of Alcoholics in Sivagangai District, Tamil Nadu

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ABSTRACT

Introduction: In India, there were 62.5 million alcohol users, with a per capita consumption of 4 litres per adult. For every six men, one-woman drinks alcohol in India and India is the third-largest market for alcohol in the world. Tamil Nadu ranks first among the states in India in alcohol consumption. **Objectives:** (i) to find out the socio-economic background of the alcoholics, (ii) to assess self-esteem, hopelessness, depression, anxiety and stress, (DAS) and its correlates with background characteristics of the respondents. **Materials and Method:** Descriptive research design using cross-sectional face to face interview method was used for data collection. A total 74 out of 248 regular drinkers were selected using simple random sampling technique from Usilangulam, Kalayarkoil Block in Sivagangai district, Tamil Nadu, India. Socio-economic characteristics, self-esteem, hopelessness, depression, anxiety and stress were assessed using appropriate tools. **Result:** The results show that the average age of the alcoholics in the study area is 47.2 years, the average age at first drink was 20.7 years. Their average year of schooling was 8.7 years. Their average annual family income was Rs. 3,83,077. It is also noticed that a sum of Rs. 194 was used for the purchase of alcohol per day. Majority of them scored high on hopelessness (57%), low on self-esteem (58%) and DASS (60%). The one-way ANOVA result shows that there is a statistically significant difference between current age, education, and family income in the mean score of depression, anxiety and stress (DAS) of the alcoholics. Further, the one-way MANOVA results indicate that there are statistically significant differences among the age group, education, occupation, family income, time of drinking and years of drinking habit on a linear combination of self-esteem, hopelessness and DAS scores of the alcoholics. **Conclusion:** Findings reveal that there is a need for formulating appropriate intervention strategies to increase the self-esteem by reducing the hopelessness and depression anxiety and stress scores of the alcoholics.

Keywords: Self-esteem, hopelessness, depression, anxiety, stress, alcoholics

INTRODUCTION

Worldwide the per capita alcohol consumption in 2010 among male and female drinkers was on average 21.2 litres for males and 8.9 litres of pure alcohol for females (WHO, 2016). In India, 2005 data shows that per capita consumption of pure alcohol for people aged 15 and above was 22.3 litres per annum (WHO, 2011). It was also reported that more than 11 per cent of Indians were binge drinkers, against the global average of 16 percent (The Hindu - Tamil, 2015). In Tamil Nadu, it is estimated that the volume of consumption is almost double than the national average per week. The Hindu (2009) reported that 'the alcohol consumption rate has been growing at 8 per cent every year and the age of first exposure to alcohol has dropped to just 15 or 16 besides the rising number of women becoming addicted' in Tamil Nadu. It is reported that 3.3 million people lose their lives due to the excessive/harmful use of alcohol consumption or in other words, 5.9 per cent of the total deaths around the world are caused due to the excessive use of alcohol (WHO, 2016). Globally there were 6,000 deaths every day due to alcohol consumption. In India, there were 722 alcohol-related deaths every day (WHO, 2018). Alcoholism is the greatest social problem in human life. People who are addicted to these habits entangled with health hazards. Alcoholic person's families are always disintegrated and distorted of peaceful co-existence of the family environment. This addiction

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causes a rift between kith and kin. Due to their alcoholic behaviour, they break /block the better opportunities of their family members. They are not well accepted by society. The society brands them as persons incapable of functioning as non-alcoholic. As the head of the families, they have the sole responsibility to give ample opportunities to grow well. In most of the cases, the alcoholic persons become more fragile and face disrespect. With this background, the researcher framed certain questions in mind to assess alcoholic persons. Those questions are: what is the socio-economic background of the alcoholic in Sivagangai district like? Are they suffering from depression, anxiety and stress? Do they feel hopeless? How is their self-esteem?

Various studies have been carried out on mental health of alcoholics. Menaker (1967) found that alcoholics become more anxious than non-alcoholics when anticipating taking a drink. A study carried out by Benishek et al. (1992) reported that there were significant differences in the levels of depression, anxiety and global psychopathology for men and women at both intake and follow up. Schuckit and Sweeney (1987) indicated that there were no significant differences across the groups on the proportion of non-alcoholic relatives demonstrating drug abuse or depressive disorder. Miller et al. (1974) examined the relationship between social stress and alcohol consumption of 10 alcoholics and 10 social drinkers matched on age and education. The study revealed that alcoholics significantly increased their operant responding to obtain alcohol following stress conditions while social drinkers did not. A study by Noone et al. (1999) reported that individuals attending detoxification unit had a high level of stress in the month before following up were related to self-reported poor drinking outcomes, while ongoing social support since treatment was associated with favourable drinking outcomes. A study by Suominen et al. (1997) indicated that suicide attempts may differ between subjects with major depression, alcoholism or both disorders in terms of impulsiveness and suicide intent. A study by Charalampous et al. (1976) reported that alcoholics scored lower on a test of self-esteem than non-alcoholics. Beckman (1978) revealed that among the men and women alcoholics, the self-esteem of women alcoholics was lower than that of men alcoholics and normal women non-alcoholics but was similar to that of women in treatment for psychiatric disorders not related to the misuse of alcohol or drugs. Dackis et al. (1986) found that much severe depression in actively drinking or recently sober alcoholics may represent alcohol-induced organic affective syndrome which unlike major depressive illness remit spontaneously with sobriety. Hewitt et al. (1988) reported that depression, hopelessness; socially prescribed perfectionism and other-oriented perfectionism were unique discrimination of the suicide groups. Beck et al (1984) reported that the alcoholic woman believed that they might be happier in the future and accomplish more than the heroin-addicted women. Vennila and Sethuramalingam (2017) found that the fathers of children drink every day and the majority of the fathers taking alcohol in the morning itself. The average amount of expenditure incurred on alcohol per day is Rs.237. From the review of earlier studies, there are no comprehensive studies by including self-esteem, hopelessness, depression anxiety and stress among alcoholics. In view of this Research Gap, the researcher has proposed to conduct an in-depth study to examine the self-esteem, hopelessness, depression, anxiety, stress of alcoholics.

Objectives: The objectives of the present research are (i) To find out the socio-economic characteristics of the alcoholics, (ii) To assess the level of self-esteem, hopelessness, depression, anxiety, stress and its correlate with socio-economic characteristics of the alcoholics. (iii) To determine whether there are any differences between the socio-economic characteristics on self-esteem, hopelessness, and depression anxiety and stress scores of the alcoholics.

MATERIALS AND METHODS

Research design: Descriptive research design was adopted for the study. A cross-sectional face to face interview method was used to collect the data.

Inclusion and Exclusion Criteria: The study was conducted only among the male members who are alcoholics in rural areas of Sivagangai district in Tamil Nadu. All the adult members aged 18 and above only were included in the study. Those who were consuming alcohol for at least a minimum of 5 days in a week were included in the study.

Method of selecting respondents: The researcher purposively selected Kalayarkoil Block in Sivagangai district, Tamil Nadu for the present research. As per the government records, there are 43 revenue villages in Kalayarkoil block. Of these, the researcher selected only one village namely Usilangulam revenue village by using lottery method. To identify the alcoholics, the researcher conducted a baseline survey. There were 305 persons who consume alcohol in the selected village. Of these 248 male members were regular drinkers (not less than 5 days a week) and remaining 57 were social/occasional drinkers. Thirty percent (n = 74) of the regular drinkers were selected through simple random sampling using lottery method for the study.

Ethical considerations: The researcher obtained verbal consent from the respondents. The respondents were given the opportunity to withdraw from the interview at any time without assigning any reason.

Method of Data collection: The respondents were interviewed during their leisure time at their home as well as in their field. On an average of three respondents were interviewed per day. The average time taken to interview each respondent was about an hour. The total number of days taken for collection of data was 30 days in the month of September 2019.

Tools of Data Collection: A semi-structured interview schedule was prepared to collect the socio-economic characteristics of the respondents. To measure self-esteem, the researcher adopted the Self-esteem Scale developed by Rosenberg (1965). The Hopelessness scale developed by Beck et al. (1974) was used. Depression, Anxiety and Stress of the alcoholic was measured with the help of DASS-21, developed by Lovibond and Lovibond (1995). The reliability (alpha) value of the self-esteem, hopelessness and DASS-21 scales was found to be 0.955, 0.831, and 0.965 respectively.

Analysis of Data: After the completion of the data collection, all the interview schedules were checked for completeness of respondents and edited carefully. To analyze the data, the researcher used SPSS software version-24 (IBM, 2017). The analysis was carried out with the help of frequency distributions, t-test /ANOVA, MANOVA and Correlation analysis.

RESULT AND DISCUSSION

Background characteristic of the respondent: The results show that the average current age of the alcoholics in the study area is 47.2 years, with a minimum of 20 and maximum of 72 years. A vast majority (91%) of the respondents were married. Most of them belong to Christianity (53%) followed by Hinduism (47%). Majority of the respondent belongs to backward caste (60%) followed by most backward caste and schedule caste (20% each). The average year of schooling was 8.7 ranging from 1st standard to a maximum of postgraduate. Farmers and skilled labourers constitute 30% each and remaining were agricultural labourers (18%), business (12%) and government service (11%). Their average annual family income was Rs. 3,83,077.06 with a minimum of Rs. 93,500 and a maximum of Rs. 17,40,000. Their average size of the family was 4.01 ranging from 2 to 7 members. Most (60.8%) of them were living in a joint family. All the respondents were living either in a concrete house

(72%) or tiled house with attached toilet (95%). All the houses were electrified and access to the protected drinking water supply. Almost all (97%) of the respondents were using a mobile phone and the average number of mobiles used by a family is 2.4 with a minimum of 1 and maximum of 2.

Alcohol-Related Aspects: The average age at first drink was 20.7 years ranging from 13 to 48 years. About half (53%) of the respondents informed that they were motivated by their friends to consume alcohol and remaining were influenced by their fathers (28%), grandfathers (11%) and their relatives (8%). About one third (34%) informed that they are consuming alcohol due to their heavy manual work (physical pain) followed by enjoyments (24%), mental stress (20%) and family problems (22%). A little higher than half of the respondents informed that they were consumed alcohol during the evening time only. About one third (37%) of them consuming at night and the remaining 5% of the respondent consuming alcohol twice a day, that is, both morning and evening. It is also noticed that a sum of Rs. 194 was used for the purchase of alcohol per day.

Level of Self-esteem, Hopelessness and DASS: The mental health of the alcoholics were classified into a low and high category based on the means score of self-esteem (19.01; min.10, max. 35), Hopelessness (12.28; min. 6, max. 16) and DASS (41.16; min. 10, max. 94). It was also reported that a majority of the alcoholic persons scored high on hopelessness (57%), low on self-esteem (58%) and DASS (60%).

One-way analysis of variance (ANOVA) between socio-economic characteristics, self-esteem, hopelessness and DASS scores

The one-way ANOVA/Independent sample t-test between the background characteristics, self-esteem and hopelessness scores of the respondent (Table-1) shows that there is a statistically significant difference in the mean scores of self-esteem and hopelessness across the current age, education, occupation, family income (in the case of self-esteem score only), time of drink, and years of drink ($p < 0.01$). However, there is no statistically significant difference in the case of marital status, social class, family income (in the case of hopelessness score only), size and type of the family ($p > 0.05$).

Further, the one-way ANOVA or independent sample t-test between the socio-economic characteristics and DAS score of the respondent (Table-3) also shows that there is a statistically significant difference in the mean scores of DAS across the current age, education, occupation and family income ($p < 0.01$) and, there is no statistically significant difference in the case of marital status, social class, size and type of family, time of drink and years of drinking habits of the sample alcoholics.

One-way Multivariate Analysis of Variance (MANOVA)

One-way multivariate analysis (MANOVA) is used to determine whether there are any differences between the independent variable (IV) on more than one continuous/multiple dependent variables (DVs) (Lund Research Ltd. 2018). The MANOVA only tells us whether there is a significant effect of the independent variable somewhere among the dependent variables, but not specifically which of the dependent variables was affected (Carey, 1998; Choo, 2014). In this analysis, the independent variables, age group, marital status, level of education, occupation, family income, size and type of family, time and years of drinking and the dependent variables: self-esteem, hopelessness, depression anxiety and stress scores of the alcoholic persons were included.

Table -1: One-way ANOVA between self-esteem score and the background characteristics

Variables		N	Mean		
			SE	HP	DASS
Current age	Young	13	27.23	9.31	29.23
	Middle	50	18.26	12.52	41.10
	Old	11	12.73	14.73	55.55
	Total	74	19.01	12.28	41.16
	F/t value p-value		15.474 .000	17.089 .000	9.793 .000
Marital status	Married	67	18.49	12.45	42.19
	Unmarried	7	24.00	10.71	31.29
	Total	74	19.01	12.28	41.16
	F/t value p-value		-1.810 .074	1.585 .117	-1.721 .090
Social Class	SC	15	20.93	11.73	45.07
	MBC	15	20.33	11.47	37.00
	BC	44	17.91	12.75	41.25
	Total	74	19.01	12.28	41.16
	F/t value p-value		1.120 .332	1.583 .212	.933 .398
Education	Illiterates	5	10.20	15.80	61.60
	Primary School	19	14.58	13.63	45.26
	Middle School	6	15.67	13.17	54.83
	SSLC/HSS	33	20.64	11.79	38.27
	Collegiate	11	27.64	9.36	26.00
	Total	74	19.01	12.28	41.16
	F/t value p-value		11.149 .000	9.667 .000	8.568 .000
Occupation	Farmer	22	15.64	13.73	45.09
	Skilled Labour	22	20.09	11.82	40.32
	Agri. Coolie	13	17.31	12.46	47.62
	Business	9	20.89	11.67	37.44
	Govt. Service	8	26.00	10.00	26.38
	Total	74	19.01	12.28	41.16
	F/t value p-value		3.451 .012	3.538 .011	2.929 .027
Monthly income	15000 or <	19	15.89	13.21	50.74
	15001 - 30000	31	18.74	12.52	40.84
	30001+	24	21.83	11.25	34.00
	Total	74	19.01	12.28	41.16
	F/t value p-value		3.322 .042	2.971 .058	6.558 .002
Size of family	Small (1-3)	26	20.35	11.85	43.08
	Medium (4-5)	45	18.62	12.42	40.24
	Large (6 +)	3	13.33	14.00	38.33
	Total	74	19.01	12.28	41.16
	F/t value p-value		1.247 .294	.947 .393	.295 .746
Type of family	Nuclear family	29	20.00	11.97	39.00
	Joint family	45	18.38	12.49	42.56
	Total	74	19.01	12.28	41.16
	F/t value p-value		.874 .385	-.788 .433	-.922 .359
Time of drink	Morning & Evening	4	4	15.00	48.00
	Evening	43	43	12.74	43.91
	Night	27	27	11.15	35.78
	Total	74	74	12.28	41.16
	F/t value p-value		4.631 .013	5.304 .007	2.581 .083
Years of drink	10 or <	12	25.42	10.00	31.50
	11-20	13	21.54	11.15	37.77
	21-30	20	16.90	13.00	44.70
	31 +	29	16.69	13.24	44.24
	Total	74	19.01	12.28	41.16
	F/t value p-value		5.326 .002	6.030 .001	2.423 .073

Note: SE - Self-Esteem. HP - Hopelessness. DASS - Depression Anxiety and Stress Score

Table - 2: One-way MANOVA between Self-Esteem, Hopelessness, DAS and Socio-economic Characteristics

Dependent Variables	Independent Variables	Effect	Value	F	df	p	Partial η^2
Self-Esteem Hopelessness DASS	Age group	Wilks' Lambda	.644	5.655	6, 138	.000	.197
	Marital status	Hotelling's Trace	.061	1.426	3, 70	.243	.058
	Education	Wilks' Lambda	.501	4.418	12, 177	.000	.206
	Occupation	Wilks' Lambda	.695	2.178	12, 177	.015	.114
	Monthly fncome	Pillai's Trace	0.198	2.567	6, 140	.022	.099
	Size of family	Wilks' Lambda	.902	1.22	6, 138	.300	.050
	Type of family	Hotelling's Trace	.015	0.351	3, 70	.788	.015
	Time of drink	Wilks' Lambda	.857	1.845	6, 138	.095	.074
Years of drink	Wilks' Lambda	.776	2.02	9, 165	.040	.081	

One-way MANOVA results (Table 2) indicate that there are statistically significant differences among the age group ($p < 0.001$), education ($p < 0.001$), occupation ($p < 0.05$), family income ($p < 0.05$), time of drinking ($p < 0.01$) and years of drinking ($p < 0.05$) on a linear combination of self-esteem, hopelessness and DAS scores of the alcoholics. There are no statistically significant differences across the marital status ($p > 0.05$), size of family ($p > 0.05$) and type of family ($p > 0.05$).

Correlation between socio-economic characteristics, self-esteem, hopelessness and DAS

Table - 3: Zero-order correlation between the background characteristics, self-esteem, hopelessness and DAS score

Variables	CA	ED	FI	YD	SE	HP	DASS
Current age	1						
Education	**-.315	1					
Family income	.196	***.479	1				
Years of drink	***.896	***-.429	.023	1			
Self-esteem	***-.411	***.645	***.365	***-.463	1		
Hopelessness	***.426	***-.630	***-.366	***.492	***-.960	1	
DASS	** .340	***-.532	***-.402	***.388	***-.619	***.638	1

The correlation test was carried between the background characteristics (age, education, income, years of drink, the amount spent on alcohol and self-esteem and hopelessness) of the respondents and the DASS score to find out the relationship between these variables. Table 3 reveals that, age ($r = 0.340$, $p < 0.01$), years of drinking habit ($r = 0.388$, $p < 0.001$) and hopelessness score ($r = 0.638$, $p < 0.001$) are positively correlated with DAS score. Whereas, it is negatively correlated with respondent's education (years in school) ($r = -0.532$, $p < 0.001$), income ($r = -0.402$, $p < 0.001$) amount spent on purchase of alcohol ($r = -0.277$, $p < 0.5$) and self-esteem ($r = -0.619$, $p < 0.001$). That is the current age, years of drinking and hopelessness score increases the DASS score is also increases, whereas the level of education, family income and self-esteem score increase the DASS score of sample decreases.

Limitations: As the study was conducted in only one village in Kalayarkoil block, the findings of this study may be generalized to the alcoholics who have similar characteristic features.

CONCLUSION

The finding reveals that hopelessness and DASS scores found high and self-esteem score found low among the alcoholics. The one-way ANOVA shows that there is a significant difference between the age group, level of education, occupation and family income of the respondents in the mean scores of self-esteem, hopelessness and DASS. The MANOVA results also indicate that the age group, education, occupation, family income, time of drinking, and years of drinking were significant influences the self-esteem, hopelessness and DASS scores of the alcoholics. However, no significant interaction effect in marital status, size and type of family could be found in our sample. The correlation analysis also confirms that there is a negative relationship between DASS score and hopelessness. Hence, there is a need for evolving appropriate intervention strategies for the rehabilitation of alcoholics by providing counselling and guidance.

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Ethical Clearance: Taken

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