

## ASSOCIATION OF SOCIO-DEMOGRAPHIC DATA WITH PRE TEST AND POST TEST LEVEL OF STRESS AMONG ALCOHOLIC PATIENTS INSELECTED DE ADDICTION CENTRE IN KERALA

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### ABSTRACT

*Alcohol's Effects on Stress, the body's HPA frameworks strive to keep a sensitive physiological equilibrium, however when alcohol is added to the blend it puts the body at much more serious gamble for hurt. Alcohol makes higher measures of cortisol be delivered adjusting the cerebrum's science and resetting what the body considers "ordinary." Alcohol moves the hormonal equilibrium and alters the manner in which the body sees stress and changes how it answers stress. Studies have discovered that cortisol associates with the mind's prize or delight frameworks, which can add to alcohol's supporting impacts constraining consumers to drink more noteworthy sums to accomplish a similar impact.*

**Aim:** To evaluate the effectiveness of group therapy on stress among the alcoholics

### Settings and Design:

*A Quantitative approach was used for analyzing the effectiveness of group therapy. The study was conducted in Wisdom Hospital and Deaddiction Centre, Trivandrum on 100 chronic alcoholic patients who were admitted in deaddiction centre and having Stress. A non-probability convenience sampling technique was used in this study. The beck stress inventory was used to assess the stress. Descriptive and inferential statistics was used under SPSS to do analysis.*

**Results:** No significant Association found between level of Stress in experimental group of pre - test. Significant Association found in age between level of Stress in experimental group of posttest and Selected Demographic data.

**Keywords:** physiological equilibrium ,cortisol, cerebrum, alcohol.

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**INTRODUCTION**

Stress is a condition of revolution even to everyday exercises or showing side effects like fretfulness, upset rest, outrageous culpability, challenges with fixation or direction. An expected 20% of the worlds youths have an emotional well-being

or then again social issue. The World Health Organization(WHO) expressed that stress is the fourth driving reason for overall disease in causing more handicap than either coronary vascular disease or Cerebra vascular disease. Continuously 2020, stress is projected to arrive at runner up positioning of Disability-Adjusted Life Year (DALY) determined for all ages and sex. Stress is a guileful disease and hard to perceive in kids as they have higher paces of assimilation and side effects are concealed by burdensome counterparts like hyperactivity forcefulness and crabbiness (4).

The relationship of alcohol and stress has forever been a subject of clinical and scientific interest. However many studies have been completed to explain the method of this relationship it actually stays in its intricacy a region for additional exploration. The two essential thoughts of a potential association are on one hand suggestive alcoholism with a previous stress and then again alcoholism prompting an indicative stress(7) .

Exercises in group therapy can advance correspondence, trust, and self-improvement. They might be exchange driven, like perusing and sharing stories. Or on the other hand, they might be actually captivating, group centered works out. Whenever utilized, conversation starters can assist with grouping individuals get to know one another in a casual manner. Potential group individuals reserve the option to be aware of the group's guidelines, objectives, and strategies when they initially meet with the specialist. Rules about secrecy ought to be examined toward the start.

Alcohol's Effects on Stress, the body's HPA frameworks strive to keep a sensitive physiological equilibrium, however when alcohol is added to the blend it puts the body at much more serious gamble for hurt. Alcohol makes higher measures of cortisol be delivered adjusting the cerebrum's science and resetting what the body considers "ordinary. "Alcohol moves the hormonal equilibrium and alters the manner in which the body sees stress and changes how it answers stress. Studies have discovered that cortisol associates with the mind's prize or delight frameworks, which can add to alcohol's supporting impacts constraining consumers to drink more noteworthy sums to accomplish a similar impact. Cortisol likewise can advance propensity based getting the hang of, expanding the gamble of turning into a routine consumer and expanding the gamble of backslide. Furthermore, specialists have connected cortisol to the improvement of metabolic disorders and to the advancement of mental disorders such as stress . Alcohol keeps the body from getting back to its underlying hormonal equilibrium point, driving it to set another mark of physiological working. This is called allostasis. The foundation of another equilibrium point puts mileage on the body and builds the gamble of serious disease, including alcoholism. People who report elevated degrees of stress drink more Stressed men are 1.5 times bound to hit the booze hard than ladies Men are 2.5 times bound to have alcohol use disorders .

**NEED OF THE STUDY**

Hoffman T et.al led a study on Bibliotherapy to treat gentle to moderate stress , as a sole or strengthening therapy. The patient deals with an organized book, freely from the specialist. The job of the specialist is to help and propel the patient as they go on through the book and to assist with explaining any various forms of feedback the patient might have. Pertinent books can be bought or frequently acquired from a library, with restricted cost and great openness according to a patient viewpoint. Patients need to have a perusing age over 12 years and have an uplifting perspective toward self-improvement. Bibliotherapy has got proof of adequacy and no serious unfavorable impacts have been accounted for. (Hoffman T, Pirotta M. A study on Bibliotherapy to treat gentle to direct stress or sub edge burdensome side effects, as a sole or beneficial Therapy. Clinical Psychology and Psychotherapy. Nov 2010). Yang Wang directed a study on viability of Bibliotherapy to the survival strategy and social help of Chinese patients with stress in recovery. A sum of 362 patients with stress were randomly doled out to study group with Bibliotherapy [n=184] and control group without Bibliotherapy [n=178] for quite some time. The subjects were randomized into groups with 9 to 12 people in each group. Individuals from each group went through Bibliotherapy consistently. The timeframe perusing every day was 2 [or 1] hours and comprised of a free- perusing period for 40 minutes and a correspondence period [one group is one unit] for 20 minutes. The study results uncovered that the distinctions of diminished scores were huge in the two groups on retarder's variables, irredeemable factors and all out score of Hamilton stress rating scale. (Yang Wang. Bibliotherapy for Chinese Patients with Stress in Rehabilitation, Department of Psychiatry. Institute of Medicine Shandong University. Walk 2012.) Hence the stress is normal among grown-ups; it causes thought mutilation among them and additionally the past examination study shows that Bibliotherapy will be the compelling one to make the old to change the twisted idea. This made the examiner to evaluate the adequacy of Bibliotherapy on stress among grown-ups

**STATEMENT OF THE PROBLEM**

Association of Socio-Demographic data with pre test and post test level of stress among alcoholic patients

**OBJECTIVES OF THE STUDY**

To find the association of Socio-Demographic data with pre test and post test level of stress among alcoholic patients

**REVIEW OF LITERATURE**

Degree of Brain harm and related close to home changes in drug expansion was the area of study for Sahni and Bhargava (2020). They detailed that psychoactive substances influence an individual's state of mind, feeling, thinking and conduct and may deliver changed conditions of cognizance. In the midst of unrest and stress, drugs are often utilized for the purpose of lightening. uneasiness and for adapting to issues. Many ongoing drug habits today result from use and abuse of various medications that can communicate to deliver different exceptional outcomes including cerebrum harm and passing. Discoveries of the study demonstrated that huge distinction exist between drug fiends and new junkies on Bender Visual Motor gestalt test scores. The creators endeavored to make sense of the character difference seen among alcoholics concerning mind brokenness.

Stewart (2016), in a basic review of literature on alcoholism and openness to injury, has noticed areas of strength for a that exist between openness to horrendous mishaps and alcohol issues. The relationship is accounted for to be more concrete between determination of post horrendous stress disorder (PTSD) and alcoholism. Brislin et al. (2015) proposed a model of stress and alcohol utilize that incorporates adapting inclination as a significant moderator of ladies' drinking. The aftereffect of the study was predictable with the thought that stress could impact alcohol utilization.

Kline (2020) made an endeavor to consider the connection between the convictions about the social impacts of alcohol and example of alcohol use. Convictions that alcohol upgrades sexuality, lessens stress, further develops amiability and lifts state of mind were viewed as the best predictors of numerous negative drinking related outcomes. Historically spouses of alcoholics have been depicted as having upsetting. Neurotic characters that are instrumental in causing and keeping up with - their husband's drinking.

A new examination embraced by Kalarani et al. (2017) endeavored to distinguish the commitment of the husband's alcoholism on the mate's stress inclination. Wives of ongoing alcoholics, infrequent consumers and new consumers were analyzed and results showed that mate's stress inclination is straightforwardly related to the seriousness of husband's drinking.

Restricted research has inspected the connection between monetary strain and alcohol use. Peirce et al. (2016) analyzed whether explicit realities of social help directs the connection among stress and alcohol inclusion. Results upheld the buffering impact of unmistakable help on stress- alcohol association relationship.

Ilhan, I.O (2007): In a study directed by Ilhan, I.O(2007) explored the psychosocial connects of alcohol utilize related issues in an example of 581 working adolescents (N = 4405), selected from five professional schools in Ankara in June 2004 with the CAGE survey, The Beck Stress Inventory, the Beck Hopelessness Scale, the Spielberg State Anxiety Scale, and the Coppersmith Self-Esteem Inventory. Utilizing a multivariate examination, the nervousness and sadness scores, and the length of stay in Ankara were viewed as related to alcohol-use issues of the functioning youth.

**RESEARCH METHODOLOGY**

A Quantitative approach was used for analyzing the effectiveness of group therapy. The study was conducted in Wisdom Hospital and Deaddiction Centre, Trivandrum on 100 chronic alcoholic patients who were admitted in deaddiction centre and having Stress. A non-probability convenience sampling technique was used in this study. The beck stress inventory was used to assess the stress. Descriptive and inferential statistics was used under SPSS to do analysis.

## RESULTS

## Association of Socio-Demographic data with pre test and post test level of stress among alcoholic patients

Demographic variables	Minimal		Mild		Moderate		$\chi^2(df)$	p- value (N/NS)
	f	%	f	%	f	%		
<b>1.Age (in years):</b>							0	
20-30 years	-	-	-	-	15	16.7		
31-40 years	-	-	-	-	30	33.3		1
41-50 years	-	-	-	-	37	30		NS
51-55 years	-	-	-	-	18	20		
<b>2.Religion:</b>							0	
Hindu	-	-	-	-	66	86.7		1
Christian	-	-	-	-	33	10		NS
Muslim	-	-	-	-	1	3.3		
<b>3. Marital status:</b>							0	
Single	-	-	-	-	26	26.7		
Married	-	-	-	-	74	73.3		1
Separated	-	-	-	-	0	0		NS
Widowed	-	-	-	-	0	0		
<b>4.level of education :</b>							0	
No formal education	-	-	-	-	23	23.3		
Primary education	-	-	-	-	20	20		
High school education	-	-	-	-	34	33.3		1
Graduate	-	-	-	-	13	13.3		NS
post graduate	-	-	-	-	10	10		
<b>5.type of family:</b>							0	
Nuclear family	-	-	-	-	50	50		
Joint family	-	-	-	-	46	46.7		1
Extended family	-	-	-	-	4	3.3		NS
Broken family	-	-	-	-	0	0		
<b>6.Monthly family income :</b>							0	
<3000	-	-	-	-	0	0		
3001-5000	-	-	-	-	10	10		1
5001-10000	-	-	-	-	44	43.3		NS
>10000	-	-	-	-	46	46.7		
<b>7.Residence area :</b>							0	
Urban	-	-	-	-	4	3.3		1
Rural	-	-	-	-	44	43.3		
Sub urban	-	-	-	-	52	53.3		NS
<b>8.Occupation :</b>							0	
Coolly	-	-	-	-	30	30		
Private employee	-	-	-	-	36	36.7		1
Government employee	-	-	-	-	17	16.7		NS
Business	-	-	-	-	4	3.3		
Unemployed	-	-	-	-	14	13.3		

<b>9.Hobbies :</b>								
Reading	-	-	-	-	20	20		
Watching TV	-	-	-	-	60	60		1
Listening Music	-	-	-	-	4	3.3	0	NS
Sports	-	-	-	-	16	16.7		
Gardening	-	-	-	-	0	0		
<b>10. Amount of Alcohol :</b>								
Below 100	-	-	-	-	19	63.3		
100-200ml	-	-	-	-	9	30		1
200-300ml	-	-	-	-	1	3.3	0	NS
300ml above	-	-	-	-	1	3.3		
<b>11. How many years drinking alcohol:</b>								
Less than 5 years	-	-	-	-	10	33.3		
6-10 years	-	-	-	-	9	30		1
11-16 years	-	-	-	-	8	26.7	0	NS
More than 16 years	-	-	-	-	3	10		
<b>12. Drinking alcohol:</b>								
Every day	-	-	-	-	8	26.7		
Weekly twice	-	-	-	-	14	46.7	0	1
Money available	-	-	-	-	6	20		NS
Monthly twice	-	-	-	-	2	6.7		

NS-Not significant, S-significant.

**Table No 2: Association between level of Stress in experimental group of post test and Selected Demographic data.**

Demographic variables	Minimal		Mild		Moderate		$\chi^2$ (df)	p-value (N/NS)
	F	%	f	%	f	%		
<b>1.Age (in years):</b>								
20-30 years	52	16.7	0	0	-	-	11.72	0.008**
31-40 years	22	6.7	8	26.7	-	-	(df=3)	S
41-50 years	24	6.7	7	23.3	-	-		
51-55 years	41	13.3	2	6.7	-	-		
<b>2.Religion:</b>								
Hindu	40	40	14	46.7	-	-	0.97	0.615
Christian	4	3.3	2	6.7	-	-	(df=2)	NS
Muslim	0	0	1	3.3	-	-		
<b>3. Marital status:</b>								
Single	5	16.7	3	10	-	-	1.63	0.201
Married	8	26.7	14	46.7	-	-	(df=1)	NS
Separated	0	0	0	0	-	-		
Widowed	0	0	0	0	-	-		
<b>4.level of education :</b>								
No formal education	1	3.3	5	16.7	-	-	3.45	0.484
Primary education	0	0	8	26.7	-	-	(df=4)	NS
High school education	2	6.7	7	23.3	-	-		
Graduate	0	0	1	3.3	-	-		
post graduate	0	0	6	20	-	-		

<b>5.type of family:</b>								
Nuclear family	6	20	9	30	-	-	1.09	0.581
Joint family	7	23	7	23.3	-	-	(df=2)	NS
Extended family	0	0	1	3.3	-	-		
Broken family	0	0	0	0	-	-		
<b>6.Monthly family income :</b>								
<3000	0	0	0	0	-	-		
3001-5000	1	3.3	2	6.7	-	-	2.12	0.346
5001-10000	5	16.7	8	26.7	-	-	(df=2)	NS
>10000	7	23.3	7	23.3	-	-		
<b>7.Residence area :</b>								
Urban	1	3.3	0	0	-	-	1.43	0.488
Rural	5	16.7	8	26.7	-	-	(df=2)	NS
Sub urban	7	23.3	9	30	-	-		
<b>8.Occupation :</b>								
Coolly	5	16.7	4	13.3	-	-	1.90	0.754
Private employee	5	16.7	6	20	-	-	(df=4)	NS
Government employee	2	6.7	3	10	-	-		
Business	0	0	1	3.3	-	-		
Unemployed	1	3.3	3	10	-	-		
<b>9.Hobbies :</b>								
Reading	2	6.7	4	13.3	-	-	3.89	0.273
Watching TV	7	23.3	11	36.7	-	-	(df=3)	NS
Listening Music	0	0	1	3.3	-	-		
Sports	4	13.3	1	3.3	-	-		
Gardening	0	0	0	0	-	-		
<b>10. Amount of Alcohol :</b>								
Below 100	10	33.3	9	30	-	-	2.56	0.454
100-200ml	3	10	6	20	-	-	(df=3)	NS
200-300ml	0	0	1	3.3	-	-		
300ml above	0	0	1	3.3	-	-		
<b>11. How many years drinking alcohol:</b>								
Less than 5 years	6	20	4	13.3	-	-		
6-10 years	1	3.3	8	26.7	-	-	6.26	0.10
11-16 years	5	16.7	3	10	-	-	(df=3)	NS
More than 16 years	1	3.3	2	6.7	-	-		
<b>12. Drinking alcohol:</b>								
Every day	2	6.7	6	20	-	-	1.49	0.684
Weekly twice	7	23.3	7	23.3	-	-	(df=3)	NS
Money available	3	10	3	10	-	-		
Monthly twice	1	3.3	1	3.3	-	-		

NS-Not significant, S-significant.

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