

Assess the co-dependency and depressive symptoms among Wives of Alcoholics.

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Abstract

Introduction; Alcoholism and human violence have close association with one another especially among wives of alcoholics had been badly affected with their children. The individuals who are married to alcoholics have poor overall physical and mental health. Alcoholism also has negative effects on the spouse of an alcoholic. The wives of alcoholics may have feelings of hatred, self pity, avoidance of social contacts, may suffer exhaustion and become physically or mentally ill (Berger 1993).

Setting and Design: The descriptive study was conducted in B.Mutlur, Chidambaram.

Materials and Methods :Participants (n=50) were assessed using a semi- structured interview technique from socio – demographic data, Beck depression scale, Spann Fischer co – dependency scale.

Results: The study revealed that co-dependency level as per the data 44% wives had highly co-dependency, 56% wives had moderate co-dependency. But there was no significant association between the age, religion, type of marriage, number of children, educational qualification, parent history, occupation, income, and duration of alcohol consumption by the husband. The study revealed that depression level as per the data 8% wives had mild mood disturbance, 12% wives had borderline clinical depression, 26% wives had moderate depression, 36% wives had severe depression, 38% wives had extreme depression. There was a significant and positive association between the variables number of children and all other variables found to be non significant such as age, religion, types of marriage, marital status, combined life, educational qualification, income, duration of alcohol by the husband, and parents history..

Keyword: Co-dependency, Depressive symptoms and Wives of alcoholics.

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I. Introduction

The consumption is 2liters per person a year. The statistics show that alcoholism increases suicidal tendencies, incidents of domestic violence and affects the ability of a person to concentrate at work.

Alcoholism and human violence have close association with one another especially among wives of alcoholics had been badly affected with their children. There are a considerable number of anecdotal reports and research findings that suggested that, individuals who are married to alcoholics have poor overall physical and mental health. Very often the spouse has to perform the role of both parents. Family responsibilities shift from two parents to one parents. As a result, the non-alcoholic parent may be inconsistent, demanding, and often neglect the children, going in exchange for keeping the family together.

Need for Study

The national household survey of drug use in the country in the first systematic effort to document the nation-wide prevalence of drug use. In world-wide 2 billion alcohol users in that 3million peoples dead due to alcohol consumption (WHO 2018). In India 30% population is alcohol users and 11% are heavy drinkers. 2.6 lakhs death in India per year. In Tamilnadu approximately 93% of men consume alcohol and five members dead per day. We have personal experience when we are posted in psychiatry ward8 we have seen many alcoholic patients and come across the problem faced by the family of alcoholics in which the wife is fully dependent on her husband. The wife had developed sign of depression later. During the outpatient department posting we

found that certain families in which the wives are facing lot of psychosocial problems which can lead to depression. This made us, study to assess the co-dependency and depressive symptoms among wives of alcoholics.

Statement of the Problem

- A study to assess the co-dependency and depressive symptoms among wives of alcoholics.

Objectives

- To assess the co-dependency among wives of alcoholics.
- To identify the depressive symptoms among wives of alcoholics.
- To find out the co-relation between co-dependency and depressive symptoms among wives of alcoholics.
- To associate the co-dependency and depressive symptoms among wives of alcoholics with selected socio demographic variables.

Assumptions:

- ✓ The wives are depended psychologically on their alcoholic spouse.
- ✓ Wives of the alcoholic spouse experiences some depressive symptoms.
- ✓ The level of co-dependency have major impact on the depressive symptoms among wives of alcoholics.

Delimitations:

The study is delimited to

- ✓ Women are living with alcoholic spouse for minimum 2 years.
- ✓ Willing to participate in the study.
- ✓ Available at the time of the study.

II. Materials and methods:

Research Approach- Quantitative research approach was used for the present study

Research design - Descriptive research design was selected for the present study.

Setting of the study: The study was conducted in B. Mutlur, Chidambaram.

Sample size: The total sample size was 50.

Sampling technique: Probability purposive sampling technique.

Development of the tool:

The tool consists of 3 sections. They are: **SECTION A:** “Demographic variables” of wives of alcoholics.

SECTION B: “Beck depression scale” were used to assess the level of depression among the wives of alcoholics. **SECTION C:** “Spann Fischer co- dependency scale” were used to assess the level of co-dependency among the wives of alcoholics.

Section A: “Demographic variables”

It contains 11 items of obtaining information. Regarding age, religion, type of family, type of marriage, education, occupation, income, number of children , duration of stay together , alcohol history of parents , duration of alcohol consumption by the husband .

Section B: “Beck depression scale” (1961) is a standardized scale used to assess the depression consists of 21 questions with four options.

Score interpretation

Total score 63 has been interpreted for levels of depression as follows:

- 1-10 - These ups & downs are considered normal
- 11-16 - Mild mood disturbance.
- 17-20 - Borderline clinical depression.
- 21-30 - Moderate depression.
- 31-40 - Severe depression.
- Over 40 - Extreme depression.

Section C: “Spann Fischer co- dependency scale” (1991)

It is a standardized 5 point Likert scale with 14 questions developed by Spann Fischer (1991) was used to assess the level of co- dependency among wives of alcoholics.

This scale has got both positive and negative statement.

Score interpretation

Total score **56** had been interpreted as follows:
 40 and above - High co- dependency
 50 and 39 -Moderate co- dependency
 Below and 14 - Independency

III. Result:

The study findings shows that 28 % of wives were in the age group of 31- 35 , highest 93% of wives were Hindus, 74 % were nuclear family and 28% wives were love marriage, 52% of them are living together for above to years and 42% of them had three children.A Total 40% of them were primary education in Husband and 36% of them were primary and secondary.A Total 72% of them are coolie of Husband and 60% of there are unemployed of wife and 48% of them were getting income of <5000 and 60% of them were not getting an income. Out of 50 sample (38%) were are duration of alcohol consumption by the husband and for (62%) were the history of parents alcoholic drinking.

Table:1 Assess the Co-Dependency among wives of alcoholics:

The level of co-dependency among wives of alcoholics. 22(44%) wife had highly co-dependency, 28(56%) had moderate co-dependency. It shows that most them were smoderate co-dependency.

Table:1

Sl No:	Items	Frequency	Percentage
1	High co-dependency	22	44%
2	Moderate co-dependency	28	56%
3	Independency	-	-

Table:2 Assess the depressive symptoms among wives of alcoholics:

Level of depression among wives of alcoholics. Most of them were 4(8%) wives had mild mood distribution, 6(12%) had borderline clinical depression, 13(26%) had moderate depression, 8(36%) had severe depression, 19(38%) had extreme depression. It shows that most of them were extreme depression.

Table: 2

Sl. No	Item	Frequency	Percentage
1)	Normal	-	-
2)	Mild mood disturbance	4	8
3)	Borderline clinical depression	6	12
4)	Moderate depression	13	26
5)	Severe depression	18	36
6)	Extreme depression	19	38

Table:3 Co-Relation Between Co-Dependency And Depressive Symptoms Among Wives Of Alcoholics

Co-dependency and depressive symptoms among wives of alcoholics scores reveals that, co-dependency mean score was (36.08 9.315), which is 72.16% whereas in depressive symptoms mean score was (30.52 9.296), which is 61.04%. It shows that wives of alcoholics had high depression. There was a significant relationship which reveals that a positive co-relationship co-efficient between co-dependency and depression

TABLE:3

Sl. No	Item	Score	Mean	S.D	Mean(%)	Co-relation Co-efficient
1)	Co-dependency	56	36.08	9.315	72.16	0.353 (Positive co-relation)
2)	Depression	40	30.52	9.296	61.04	

Find out the association between co-dependency and depressive symptoms among wives of alcoholics with their selected demographic variables:

It reveals that was no significant association between the co-dependency compared to age, religion, type of family, type of marriage, education, occupation, income, number of children, duration of stay together , alcohol history of parents , duration of alcohol consumption by the husband. But had significant positive association between Number of children and all other variables found to be non significant such as age, religion, type of family, marital status, living together, educational qualification, occupation, income, duration on alcohol consumption by the husband, parents history.

IV. Conclusion:

From the findings of the study it can be concluded that, most of them (56%) wives had moderate co-dependency and most of them (38%) had extreme depression. co-dependency mean score was (36.08+₋9.315), which is 72.16% whereas in depressive symptoms mean score was (30.52+₋9.296), which is 61.04%. co-relationship between co-dependency and depressive symptoms score was 0.353 highly positive relationship between these variable. There was no statistically significant association between co-dependency whereas there was a statistically significant the level of depression with selected demographic variables except the number of children which had significant association between depressive symptoms among wives of alcoholics.

V. Recommendation:

- A similar study may be undertaken on a large sample.
- A similar study may be done as comparative study between alcoholic and non alcoholic wives.
- A similar study may be done as comparative study between rural and urban population.
- An experimental study may be conducted with a structure teaching program on co-dependency and depressive symptoms of wives of alcoholics.
- Retrospective and prospective study may be conducted among wives of alcoholics and their family members.

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