

A study of psychological well-being among alcohol addict and non-alcohol addict person

Mr. Suresh Solanki^{1*}

ABSTRACT

Aim: the current study was to find out the relationship of Psychological wellbeing among Alcohol addict and Non-Alcohol addict Person. The total **sample** consisted of 200 people, equally distributed on types of person (Alcohol addicted and Non-alcohol addicted person) and Age (20 to 35 years old person and 36 to 50 years old person) selected randomly from various areas of Gujarat state. The study **tool** was Psychological Well-being Inventory developed by Dr. Sudha Bhogle was used for the data collection. Data was analyzed through Mean, S.D., 't' – test. **Result:** reveals that Psychological Wellbeing similar and no significant difference between Alcohol Addicted and Non-Alcohol addicted Person. Psychological wellbeing similar and no significant difference between 20 to 35 years old and 36 to 50 years old.

Keywords: Alcohol Addicted, Non-Alcohol Addicted, Psychological wellbeing.

Alcohol addiction, also known as alcoholism, is a disease that affects people of all walks of life. Alcohol use disorders are common lethal conditions that often masquerade as other psychiatry symptoms. Experts have tried to pinpoint factors like genetics, sex, race, psychological or socioeconomics that may predispose someone to alcohol addiction. But it has no single cause. Psychological, genetic, and behavioral factors can all contribute to having the disease. It's important to note that alcoholism is a real disease. It can cause changes to the brain and neurochemistry, so a person with an alcohol addiction may not be able to control their actions. The essential feature of a substance use disorder is a cluster of cognitive, behavior and physiological symptoms indicating that individual continues using the substance despite significant substance related problems.

Alcohol addiction can be difficult to recognize. Unlike cocaine or heroin, alcohol is widely available and accepted in many cultures. It's often at the center of social situations and closely linked to celebrations and enjoyment.

Drinking is a part of life for many people. When is it common in society, it can be hard to tell the difference between someone who likes to have a few drinks now and then and someone with a real problem.

¹Consultant Psychologist, Ph.D. Scholar, Gujarat University, Ahmedabad, India

*Responding Author

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At the most basic level, psychological wellbeing (PWB) is quite similar to other terms that refer to positive mental states, such as happiness or satisfaction, and in many ways, it is not necessary, or helpful to worry about fine distinctions between such terms. If I say that I'm happy, or very satisfied with my life you can be pretty sure that my psychological wellbeing is quite high. Happiness is not the only indicator of psychological wellbeing. There are some others such as life satisfaction. Emotional and Mental health, or subjective wellbeing (Kozma, Stones, & McNeil, 1991). These concepts have been used synonymously with psychological wellbeing, however, even though they are related with psychological wellbeing, they are not identical and should not define psychological wellbeing (Stull, 1987). Psychological Wellbeing is the combination of both healthy mental functioning and a well-lived life, i.e., prudential happiness (Ryff & Singer, 1998).

Objective

1. To study the Psychological wellbeing in Alcohol addict and Non-alcohol addict person.
2. To study the Psychological wellbeing in 20 to 35 old age year and 36 to 50 old age year.

Hypothesis

1. There will be no significant difference among Alcohol addict and Non-alcohol addict person with regards to their Psychological Well-being.
2. There will be no significant difference among 20 to 35 old age year and 36 to 50 old age year with regards to their Psychological Well-being.

METHODOLOGY

Variable

No.	Variables	Types of Variables	Level of Variables	Name of Variables
1.	Type of Person	Independent Variable	2	1. Alcohol addict person 2. Non-Alcohol addict person
2.	Age	Independent Variable	2	1. 20 to 35 year old age 2. 36 to 50 year old age
3.	Psychological Well-being	Dependent Variable	1	As per Manual

Sample

According to the purpose of the study, total 200 samples were selected. There were 100 Alcohol addict person and 100 Non-alcohol addict persons. 50 were 20 to 35-year-old age person and 50 were 36 to 50-year-old age person selected randomly from various areas of Gujarat.

Instruments

Psychological Well-being Inventory: Dr. Sudha Bhogle made Psychological Well-being Inventory. 28 items included in psychological Well-being inventory. In this inventory, positive and negative both type of items is included. In positive sentences '1' score awarded for every 'yes' response and '0' score awarded for every 'no' response. In negative sentence '0' score awarded for every 'yes' response and '1' score award for every 'no' response. Reliability of this inventory is 0.85. Which is very high, Validity of this inventory seems high.

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Research Design

The aim of present research was to a study Psychological wellbeing among alcohol addict and non-alcohol addict person. Total 200 samples were selected. There were 100 Alcohol addict person and 100 Non-alcohol addict people. 50 were 20 to 35-year-old age person and 50 were 36 to 50 year old age person selected randomly from various areas of Gujarat. To check the difference between groups ‘t’-test was used.

Types of Person			
Age	Alcohol Addict Person	Non-Alcohol Addict Person	
20 to 35 Year	50	50	100
36 to 50 Year	50	50	100
	100	100	200

RESULT AND DISCUSSION

The Present Study was to Psychological Well-being among alcohol addict and non-alcohol addict person. In this Table: - 1. 200 Alcohol addict person and Non-alcohol addict person as sample. In it, statistical ‘t’ method was measured. Results discussion of the present study is a under.

Table: 1. Presenting ‘t’ table of Psychological well-being of Alcohol addict person and Non-Alcohol addict person.

Mean, Standard Deviation and ‘t’ score of Psychological well-being Alcohol addict and Non-alcohol addict person.

Details	N	Mean	SD	‘t’ Value	Level of Significance
Alcohol Addict Person	100	20.15	2.93	1.42	NS
Non-alcohol Addict Person	100	20.76	3.14		

[N=200]

Above table : 1 indicate that the value of Mean and SD of Psychological Well-being of Alcohol addict person are 20.15 and 2.93 respectively and Non-alcohol addict person Mean and SD are 20.76 and 3.14 respectively. The ‘t’ value is 1.42, which is no significant at 0.01 level. This means Ho is accepted, It means Psychological Well-being similar and no significant difference between Alcohol Addict and Non-Alcohol addict Person.

Figure :- 1 Bar graph of Psychological well-being of Alcohol addict person and Non-Alcohol addict person as per Mean score.

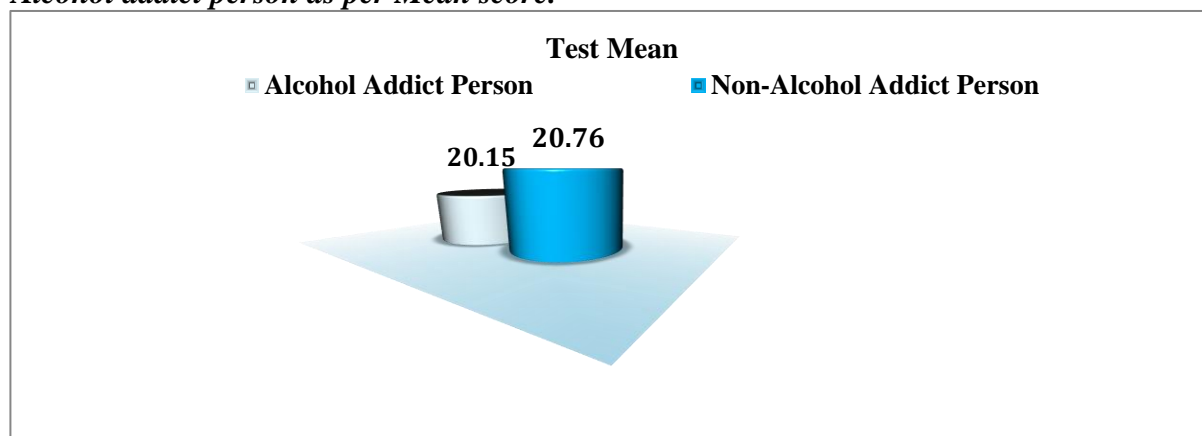


Table: 2. Presenting ‘t’ table of Psychological Well-being of 20 to 35 years old person and 36 to 50 years old person.

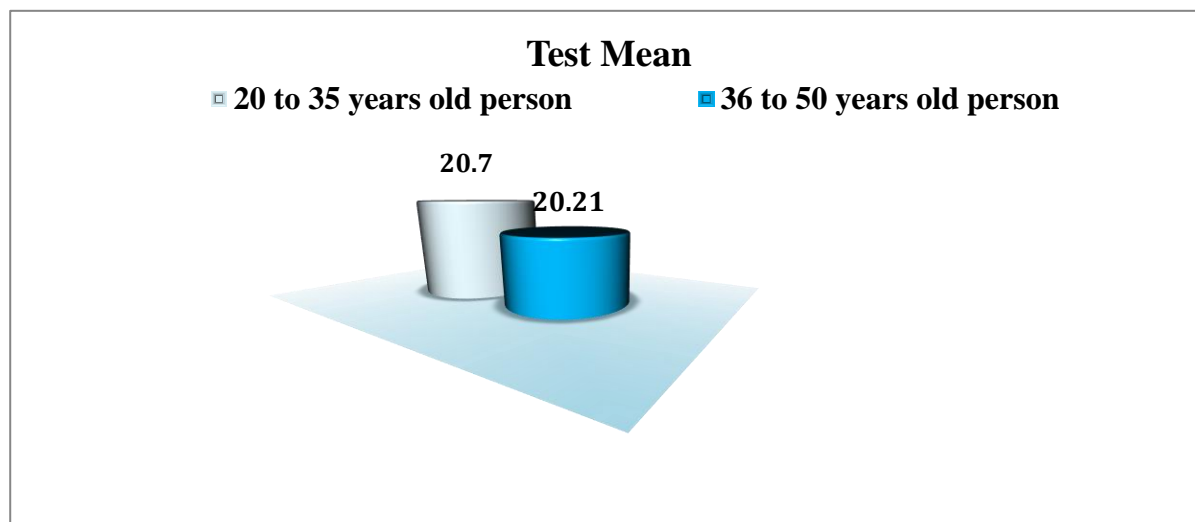
Mean, Standard Deviation and ‘t’ score of Psychological well-being of 20 to 35 years old person and 36 to 50 years old person.

Details	N	Mean	SD	‘t’ Value	Level of Significance
20 to 35 years old Person	100	20.7	3.20	1.14	NS
36 to 50 years old Person	100	20.21	2.87		

[N=200]

Above table: 2 indicate that the value of Mean and SD of Psychological Well-being of 20 to 35 years old person are 20.7 and 3.20 respectively and 36 to 50 years old person Mean and SD are 20.21 and 2.87 respectively. The ‘t’ value is 1.14, which is no significant at 0.01 level. This means H_0 is accepted, It means Psychological Well-being similar and no significant difference between 20 to 35 years old person and 36 to 50 years old person.

Figure:- 2 Bar graph of Psychological Well-being of 20 to 35 years old person and 36 to 50 years old person as per Mean score.



SUMMARY OF THE FINDING

1. The result show there is no significant difference in the Psychological Well-being of Alcohol addict person and Non-alcohol addict person. Which is the no significant 0.01 level. So H_0 is accepted, it means Psychological Well-being similar and no significant difference between Alcohol Addict and Non-Alcohol addict Person.
2. The result show there is no significant difference in the Psychological Well-being of 20 to 35 years old person and 36 to 50 years old person. Which is the no significant 0.01 level. So H_0 is accepted, It means Psychological Well-being similar and no significant difference between 20 to 35 years old person and 36 to 50 years old person.

Limitation

The study was conducted in Gujarat one of the most limitation of this study is small sample size of 200 alcohol addict person and non-alcohol addict person. Who 20 to 35 years old

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person and 36 to 50 years old person. The finding made in study may be biased participants in sample selection for this research random method was used. The present research is only a part of the study, thus generalization should no be consummated and the scientific is not approached in the selection of sample. The conclusion of present research is partially significant.

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Conflict of Interest

The author declared no conflict of interest.

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