

## A Comparison study of Marital Adjustment in Spouses of Persons with and without Alcohol Dependence

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### ABSTRACT

**Background:** Alcohol Dependence in some form has been a universal phenomenon. It is not only damages health of the addicted persons but also causes comprehensive damage to the family and marital life of concerned people. Marital violence, decreased marital relationship and interpersonal conflict are consequences seen in persons with alcohol dependence. Spouses of alcohol dependence individuals are likely to face problems in adjustment of marital life, family functioning and psychological health. **Aim:** Present study assesses and compares the marital adjustment in spouses of persons with and without alcohol dependence. **Methods:** The sample consisted of 100 spouses of persons with and without alcohol dependence (50 ADS and 50 without ADS) selected from OPD of Central India Institute of Mental Health and Neuro Sciences (CIIMHANS) by using purposive sampling method. Socio-demographic and clinical details of all the spouses of persons with and without Alcohol dependence assessed by using the Marital Adjustment Questionnaire (Kumar & Rohatgi, 1999). **Result:** The present Study has found significant difference in all domains (sexual, social and emotional) and overall marital adjustment in spouses of persons with and without alcohol dependence.

**Keywords:** Alcohol dependence syndrome, marital adjustment

Alcohol dependence is group of physiological, behavioural, cognitive, family and social or environmental factors. Alcohol use disorders is a male predominance (9.1% v/s 0.5%) in India and 86.3% treatment gap for alcohol use disorder (Gururaj, G et al., 2016) Alcohol use and the problems associated with it are at the increase in India which has the second largest population in the world with 33% of the population consuming alcohol (WHO, 2007). It is the third leading psychiatric problems in the world today (Sharma S.S., 2009).

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## **A Comparison study of Marital Adjustment in Spouses of Persons with and without Alcohol Dependence**

Marital adjustment is the subjective evaluation of a married couple's relationship. These include dyadic cohesion, satisfaction, consensus, interpersonal tensions, and troublesome dyadic differences (Spanier, 1976). The effects of alcoholism in husbands may lead to disturbances in marital life. Lack of understanding, unpredictable behaviour of the husbands, and their irresponsibility in family matters can often lead to poor quality of a couple's relationship (Block, 1965; Sabhaney, 1974). Person with alcohol dependence suffer from crime and accident, marital disharmony, interpersonal disturbances and maladjustment at home and work place (Agrawal et al., 2008). Alcohol abuse of the husband include long absences from home, destruction of household, lack of communication, domestic violence and hostility with wife (Stuart & Laraia, 2005). Spouses of alcohol dependent are affected on many different levels. They are facing often presents significant rates of mental and physical problems, communication problem, low social activity and poor marital satisfaction (Moos et al, 1990). The spouses of ADS has reported marital discord and faulty interaction as a result alcohol dependency in their husbands whereas married males likely to favor that drinking has not caused impairment in their marriages (Rychtarik *et al.*,1989). The families with patients of drug abuse are prone to have problems in family cycle and married couples which further seems to be difficult to escape and get rid of (Fals et al., 2005). Couples afflicted with drug abuse report lower marital satisfaction and their coupling adjustment gets damaged ((Patrick et al., 2007; Leonard & Eiden 2007). Alcohol can have maladaptive consequences for the marriage and family life of person with alcohol abuse. Alcohol use has also been linked to aggressive behaviours and intimate partner violence (Hopkins and White, 1978). Wives of persons with alcohol dependent are more common chances to have many psychiatric conditions like anxiety, depression, mania, paranoia, psychosis, and neurosis. (Svenson et al., 1995)

### **METHOD AND MATERIAL:**

This research study was a hospital based cross sectional comparative study in the spouses of persons with and without alcohol dependence. The samples were selected through purposively sampling method drawn from the outpatient department (OPD) of the Central India Institute of Mental Health and Neuro Sciences (CIIMHANS), Dewada, Rajnangoa, Chhattisgarh. Total 100 respondents were selected for this study which was further divided into 50 female spouses of persons with and without alcohol dependence.

#### ***Objectives Of The Study***

1. To assess and compare the socio-demographic profile in spouses of persons with and without alcohol dependence.
2. To assess and compare the marital adjustment in spouses of persons with and without alcohol dependence.

#### ***Hypotheses Of The Study***

1. There will be no significant difference in socio-demographic profile in spouses of persons with and without alcohol.
2. There will be no significant difference in marital adjustment in spouses of persons with and without alcohol.

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### *Inclusion and Exclusion Criterion*

#### **Inclusion criteria (Patients):**

Married male patients who have the final diagnosis of alcohol dependence according to ICD-10. DCR (1992) and age between 25 to 45 years.

#### **Exclusion criteria (Patients):**

Patient with neurological problem, head injury, mental retardation or other physical illness and age less than 25 and more than 45 years.

#### **Inclusion criteria (Spouses):**

The female spouses of individuals currently living with their husbands for a minimum 3 years or more than 3 years, age between 25 to 45 years, able to understand Hindi or English and those who gave informed consent form.

#### **Exclusion criteria (spouses):**

Spouses having major psychiatric illness and neurological illness, individuals with major physical illness, age less than 25 and more than 45 years, lived with patient less than 3 years and those who did not give informed consent form.

### *Description of the Tools:*

#### **1. Socio Demographic Data sheet:**

Semi-structured socio-demographic data sheet was used to obtain background information of the subjects on different dimensions like age, length of stay, education level, occupation, family types, monthly income etc.

#### **2. Marital adjustment Questionnaire:**

(Pramod Kumar and Kanchana Rohtagi's 1999): The Marital Adjustment scale is a simple measure of marital adjustment. The scale involves 25 questions with dichotomous options (Yes / No). A 'yes' response is assigned a score 1 except for items 4, 10 and 19 in which case reverse is applicable. The sum of these values gives the marital adjustment score for the husband or the wife. Since the responses contributing towards marital adjustment are given a score, the higher total score indicate the higher marital adjustment of the husband or wife.

### *Statistics*

The statistical analyses were done with the help of the Statistical Package for Social Sciences-16 (SPSS 16 Version). For socio demographic variables and clinical variables descriptive statistics were used such as frequency, percentage, Mean and standard deviation. For testing the variance, chi square test and student "t" test were used.

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**RESULTS**

*Table-1: Comparison of age and length of stay in spouses of persons with and without alcohol dependence.*

Variables	Group(Mean±SD) (N=100)		t	df	p
	ADS	Normal Control			
Age of spouse	34.98 ± 6.37	35.70±7.82	0.504	98	0.615NS
Length of stay	12.12 ± 5.26	11.22 ± 5.25	0.856	98	0.394NS

ADS= Alcohol dependence syndrome, NS=Not significant

In the one table, socio demographic variables age and length of stay was presented in the both groups. Independent 't' test was used and there was no significant difference in age ( $t=0.615$ ,  $p > 0.05$ ) and length of stay ( $t=0.394$ ,  $p > 0.05$ ) in spouses of persons with and without alcohol dependence.

*Table-2: Comparison of socio-demographic variables in spouses of persons with and without alcohol dependence.*

Variables		(N=100)		df	$\chi^2$	p
		ADS	Normal controls			
Education	Illiterate	17(34.0%)	23(46.0%)	1	1.500	0.221NS
	Literate	33(66.0%)	27(54.0%)			
Occupation	Employed	28 (56.0%)	15(30.0%)	1	6.895	0.009**
	Housewife	22(44.0%)	35(70.0%)			
Family types	Joint	7(14.0%)	4(8.0%)	2	0.979	0.613NS
	Nuclear	39(78.0%)	41(82.0%)			
	Extended	4(8.0%)	5(10.0%)			
Family income	Less than 10000	21(42.0%)	23(46.0%)	2	0.805	0.669NS
	10000 to 20000	16(32.0%)	12(24.0%)			
	Above 20000	13(26.0%)	15(30.0%)			
Domicile	Rural	17(34.0%)	18(36.0%)	2	0.208	0.901NS
	Semi-urban	19(38.0%)	20(40.0%)			
	Urban	14(28.0%)	12(24.0%)			

N=Number, df=Degree of freedom, SD=Standard deviation, NS=Not significant,

\*\*=Significant at 0.01 level ADS= Alcohol dependence syndrome

Table 2 shows that socio demographic variables in the both group. In this table was used Chi Square Test and found that there was no significant difference in education ( $\chi^2=1.500$ ,  $p > 0.05$ ), family type ( $\chi^2=0.979$ ,  $p > 0.05$ ), family income ( $\chi^2=0.805$ ,  $p > 0.05$ ), and domicile ( $\chi^2=0.901$ ,  $p > 0.05$ ) in spouses of persons with and without alcohol dependence. The table also shows that there was most significant difference in occupation between both groups ( $\chi^2=6.895$ ,  $p \leq 0.01$ ).

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**Table-3: Comparison of marital adjustment in spouses of persons with and without alcohol dependence:**

Variables	Group (Mean±SD) (N=100)		t	Df	P
	ADS	Normal Control			
<b>Sexual Adjustment</b>	1.94 ± 0.61	4.46±1.97	8.623	98	0.00
<b>Social Adjustment</b>	4.24 ± 1.11	9.12 ± 3.54	9.288	98	0.00
<b>Emotional Adjustment</b>	6.24 ± 1.69	10.30 ± 3.93	6.693	98	0.00
<b>Overall Marital Adjustment</b>	12.42 ± 1.95	23.88 ± 6.38	12.128	98	0.00

N=Number, df=Degree of freedom, SD=Standard deviation, ADS= Alcohol dependence syndrome

Table 3 shows mean score and standard deviation of marital adjustment of both groups respectively were as 12.42 ± 1.95, 23.88 ± 6.38. Marital adjustment (domain wise) was made in the spouses of persons with and without alcohol dependence. Significant group differences were found in terms of Sexual Adjustment (t=8.623, p≤0.01), Social Adjustment (t=9.288, p≤0.01) and Emotional Adjustment (t=6.693, p≤0.01) of Marital Adjustment among both the groups. The mean score and SD in marital adjustment of both groups respectively were as 1.94 ± 0.61, 4.46±1.97 in sexual adjustments 4.24 ± 1.11, 9.12 ± 3.54 in social adjustments and 6.24 ± 1.69, 10.30 ± 3.93in emotional adjustment.

## **DISCUSSION**

The present study has found no significant difference in areas of (socio-demography) age, length of stay, education, family type, monthly income and domicile except occupation. The spouses of alcohol dependence were larger to hold employment than normal controls.

Study has found significant difference in all domains (sexual, social and emotional) and overall marital adjustment in spouses of persons with and without alcohol dependence. Some earlier studies also support this. The study shows significant difference in marital adjustment in women with addictive spouses than normal controls (Dawson et al., 2016). Spouses of individual with ADS have poor marital adjustment, poor communication and negative partner interaction and had significantly poor sexual adjustment than spouses of individual without ADS (Stanley 2001). Couples with an alcoholic husband were having lower marital satisfaction and a lower level of self-esteem than the couples with healthy non-alcoholic husbands (Basavanthappa B.T., 2007). Couples suffering with drug abuse report lower marital satisfaction and coupling adjustment get impaired (Patrick et al., 2007; Leonard & Eiden 2007). The occurrence of drug use in family initiates irreversible damage to family structure and affliction of family members to it (Kelley & Fals, 2002). The couples suffers when there is drug abuse present in life which leads to divorce and separation more than those couples without drug abuse. Also, life quality marital satisfaction of couples diminished with drug abuse faces several negative changes (Marshal, 2003). The spouses of ADS has problem in marital adjustment as they feel stress, rejection and freedom of expression which leads to family dysfunction (Suman & Naglakshmi, 1996). Spouses of ADS faces problem in

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marital adjustment in area of sexual adjustment. Study has proved that greater substance use tends to decreased libido and to increase some types of sexual dysfunction, such as anorgasmia and vaginismus (Plant, 1997). Sexual dissatisfaction, Insulting communication styles of spouses of alcoholic husband and marital-conflict between couples was observed highly (Desai, 1986),

### **LIMITATIONS**

The study has some limitations:

1. The sample size is small and the cross-sectional design used.
2. The purposive sampling is used in the present study.
3. Spouses Assessment of other areas like family function, burden and environment could not be done.
4. Both the sex (male and female) should have been included for better understanding.

### **CONCLUSION**

Present study of findings demonstrates that spouses of persons with alcohol dependence had significant difference in marital adjustment comparisons to the spouses of persons without alcohol dependence. Wives of alcohol husbands had poor marital adjustment, poor economic condition, and higher care burden. In the spouses of alcohol abusers face lot of emotional, social and sexual adjustment with their husband.

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### *Conflict of Interest*

There is no conflict of interest.

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