

Alcoholism among Husbands and Its Psychological Impact on wives in Malappuram District

Dr. Abdul Wahab Pathath^{1*}, Dr. Nurjahan Begum², Dr. Sayed Ibrahim Ali³

ABSTRACT

Alcohol is important risk factors of ill-health and disability. The WHO estimates that one-fourth to one-third of the male population in South East Asian countries drink alcohol. In India, the estimated number of alcohol users in 2005 was 62.5 million and 17.4% (10.6 million) were dependent on alcohol. Of the hospital admissions, 20-30% were due to alcohol-related problems. Continuous alcohol abuse not only affects the individual but also family members, especially the spouse who faces many emotional problems and stressful life events. Many studies and anecdotal reports suggest that individuals who are married to persons dependent on alcohol have poor overall physical and mental health. One study found that substance use disorders among husbands is strongly associated with psychiatric illness such as depressive disorders and anxiety disorders among their wives. The purpose of the current study.

Keywords: *Depressive symptoms, Wives of alcoholics*

India is one of the largest producers of alcohol in the world and there has been a steady increase in its production over the last 15 years, according to new statistics. The problem of excessive alcohol consumption is a major cause of public health concern in most countries of the world today. Heavy consumption, which involves for more than dependence, can cause undoubted misery to individual, who is usually affected by other physical, psychological, and social disabilities as well. Kerala is India's tippler country. It has the highest per capita consumption - over eight litres (1.76 gallons) per person a year - in the nation, overtaking traditionally hard-drinking states like Punjab and Haryana.

According to the ICD-10 Classification of Diseases, alcohol-related problems (ARPs) include harmful use and alcohol dependence syndrome. ARPs could affect the wellbeing of one's

¹ (Assistant Professor, Department of Clinical Neurosciences, College of Medicine, King Faisal University, Al Ahsa, Saudi Arabia)

² (Assistant Professor, Department of Clinical Neurosciences, College of Medicine, King Faisal University, Al Ahsa, Saudi Arabia)

³ (Assistant Professor of Biostatistics, Family & Community Medicine department, College of Medicine, King Faisal University, Al Ahsa, Saudi Arabia)

[*Responding Author](#)

Received: October 23, 2018; Revision Received: October 27, 2018; Accepted: November 20, 2018

Alcoholism among Husbands and Its Psychological Impact on wives in Malappuram District

spouse and the family. According to Halford *et al.* (1999), women in that situation may face domestic violence and threats of violence, emotional and sexual abuse, lack of confiding relationships, social isolation due to humiliation, financial hardships, chronic psychiatric or physical problems of the drinking husband directly related to alcohol abuse or secondary to alcohol abuse (e.g. depression), and marital disharmony which in turn could lead to perpetual psychological distress, and a risk of developing depression which in unhappily married women is ~25 times than that in happily married women (Weissman, 1987). A prolonged increase in marital arguments is the most frequent life-event reported as preceding the onset of depression in married women (Halford *et al.*, 1999). According to a recent study conducted in India 43% of spouses of men with ARPs had major depressive disorder (MDD) and the depression had significant correlation with the severity of the ARPs measured by alcohol dependence data and an inventory of consequences (Kishor *et al.*, 2013). Campbell (2002) identifies depression and post-traumatic stress disorder as the major psychiatric morbidities in the victimized women, the risk of depression being even higher than among the victims of childhood sexual abuse (Campbell, 2002).

Despite the likely high prevalence of ARPs among men in Kerala, there is no research to date on depressive symptoms among their spouses. Our aim was to estimate the prevalence of depressive symptoms among spouses of men who use alcohol in Malappuram district situated in Kerala and to examine the association of the severity of alcohol-related problems (ARPs) in men and presence of alcohol-related depressive symptoms among these women.

LITERATURE REVIEW

A study was conducted in USA on The impact of husband physical aggression and alcohol use on marital functioning. Data was collected from 387 newlywed couples. The study results showed that husband's physical aggression had a significant negative effect on marital satisfaction and a significant positive effect on divorce ideation regardless of the measure of husband alcohol use employed. The study concluded that alcohol dependence had a negative effect on marital satisfaction.

A study was conducted at NIMHANS, Bangalore, to examine the personality dimensions of alcohol dependent individuals and their spouses. Data was collected from 40 alcohol dependent individuals and their spouses and 10 normal couples by using Eyesenk personality questionnaire. The study result revealed spouses of alcohol dependent individuals were significantly less extrovert than normal wives. The study concluded that spouses of alcohol dependent individuals were more inhibited, more withdrawn and less assertive in the interpersonal relationship.

METHOD

Sample:

The wives of alcoholics attending the outpatient department of KIMS-Al Shifa Hospital, Perinthalmanna. Purposive sampling technique was used to draw the sample.

The total sample size was **40** wives of alcoholics in the age group 20-45years

Data Collection:

Total 40 subjects recruited in this cross-sectional study were the wives of alcohol dependent men admitted to the de-addiction ward of a hospital in Kerala, India. These wives had been living with their husbands since marriage. Wives with a history of substance abuse or dependence, lifetime history or family history of any psychiatric or medical disorder and

Alcoholism among Husbands and Its Psychological Impact on wives in Malappuram District

those who were unable to read or understand the questionnaires were excluded. After taking informed consent, their socio-demographic profile was recorded and they were assessed using the Center for Epidemiologic Studies Depression Scale (CES-D) for depressive symptoms. It included only the female spouse in our study due to the male-predominant drinking pattern in our country. Statistical analysis was done using SPSS 17.

Tool

Center for Epidemiologic Studies Depression Scale (CES-D). This is a standardized tool and it is selected after referring many reviews. It consisted 20 questions. The tool is a rating scale with responses rarely or none of the time, some or little of the time, occasionally or moderate amount of time and most or all of the time. Question number 4,8,12 and 16 are negative statements and rated as 3,2,1,0. The question number 1,2,3,5,6,7,9,10,11,13,14,15,17,18,19 and 20 are positive statements and rated as 0,1,2,3. It has good validity and reliability

Analysis

Karl pearsons correlation coefficient, Mean, Medium, mode will be used to correlate the alcoholism of husband and depressive symptoms among wives.

RESULTS AND DISCUSSION

Classification on level of depressive Symptoms among Wives of Alcoholics

Depression Level	Category	Wives of alcoholics	
		Frequency (f)	Percentage (%)
No depression	0-14 Score	2	5.0
Mild to moderate	15-21 Score	21	52.5
Major depression	22-60 Score	17	42.5
Total		40	100.0

Table shows that 17% of the samples had major depressive symptoms and 21% had mild to moderate depressive symptoms and 2% with no depressive symptoms.

Current study found that depressive symptomatology in the wife was significantly and positively correlated with the severity of alcohol use in the husband. There is evidence that women are more susceptible to depression when their husbands are alcoholic. Among community samples too there is evidence that alcohol use disorders are associated with depression in the partner. Although, some believe this to be a spurious relationship related to assortative mating, others propose that common life experiences and shared stress in couples may influence drinking in one partner and a negative psychological effect on the other. The result of our study found that heavy drinking is associated with depression in the partner. It may be speculated that husbands' alcohol use creates a context in which the depressive symptoms emerge in the wives and that women experience emotional distress due to living in an environment with problems caused by alcohol consumption by the husband.

Alcoholism has negative effects on the spouse of an alcoholic. The spouse may have feelings of hatred, self- pity, and avoidance of social contacts, may suffer exhaustion and become physically or mentally ill .Very often the spouse has to perform the roles of both parents. Family responsibilities shift from two parents to one parent. As a result, the non - alcoholic parent may be inconsistent, demanding, and often neglect the children, going in exchange for keeping the family together.

REFERENCES

- Advances in psychiatric epidemiology: rates and risks for major depression. *Weissman MM Am J Public Health*. 1987 Apr; 77(4):445-51.
- Benegal V, Gururaj G, Murthy, P. Project report on a WHO multicentre collaborative project on establishing and monitoring alcohol's involvement in casualties. 2000-01, Bangalore: NIMHANS.
- Clark DB, Cornelius JR, Wood D S, Vanyukov M. Psychopathology risk transmission in children of parents with substance use disorders. *Am J Psychiatry* 2004; 161: 685–691.
- Gururaj G, Girish N, Benegal V, Chandra V, & Pandav R. Public health problems caused by harmful use of alcohol – Gaining less or losing more? Alcohol Control series 2, World
- Health consequences of intimate partner violence. *Campbell JCLancet*. 2002 Apr 13; 359(9314):1331-6.
- Health Organisation 2006, New Delhi: Regional Office for South East Asia.
- Individual psychopathology and marital distress. Analyzing the association and implications for therapy. *Halford WK, Bouma R, Kelly A, McD Young R BehavModif*. 1999 Feb; 23(2):179-216.
- Kokin M, Walker I. Women Married to Alcoholics: Help and Hope for Nonalcoholic Partners 1989, Morrow: New York.
- Ministry of Social Justice and Empowerment, New Delhi: Government of India and United Nations Office on Drugs and Crime.
- Orford J. Alcohol and the family—an international review of the literature with implications for research and practice, *Res Adv Alcohol Drug* 1990; 10: 81–155.
- Psychiatric morbidity and marital satisfaction among spouses of men with alcohol dependence. *Kishor M, Pandit LV, Raguram R Indian J Psychiatry*. 2013 Oct; 55(4):360-5.
- Ray R. National survey on extent, pattern and trends of drug abuse in India, 2004.
- Testa M, Leonard K E. The impact of husband physical aggression and alcohol use on marital functioning :does alcohol excuse the violence. *Violence vict*. 2001 oct;16(5):507-16.
- Wiseman JP. The Other Half: Wives of Alcoholics and their Social Psychological Situation, 1991. Aldine de Gruyter: New York.

Acknowledgments

The authors profoundly appreciate all the people who have successfully contributed to ensuring this paper is in place. Their contributions are acknowledged however their names cannot be able to be mentioned.

Conflict of Interest

There is no conflict of interest.

How to cite this article: Pathath. A. W, Begum. N, & Ali. S. I (2018). Alcoholism among Husbands and Its Psychological Impact on wives in Malappuram District. *International Journal of Indian Psychology*, 6(4), 62-65. DIP:18.01.048/20180604, DOI:10.25215/0604.048