

Physical and emotional distress level among alcohol addicts under the rehabilitation - a facility based cross-sectional study in and around Belagavi

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ABSTRACT

Stress is a normal part of life. Exposure to stress often leads to psychological and physical distress. Alcoholism is a current major concern in developing and underdeveloped countries. Alcohol has been hypothesized to serve as a coping mechanism against stress. The main aim of this study is to examine the levels of physical and emotional distress among the alcohol addicts under the rehabilitation. The results of the study showed that level of physical distress is high than the emotional distress among the alcohol addicts under the rehabilitation center ($p < 0.001$).

Keywords: *Alcohol Addicts, Physical Distress and Emotional Distress*

In the modern world, life is loaded with problems, irritation, deadlines, and demands. For some stress is so frequent that it has become a way of life. It affects many people each and every day. Emotional distress results from the inner response to outward stressors. It is a common term used to define distressing emotions that impact day to day activities. Psychological distress may result in adverse views of the self, others and the environment. Sadness, anxiety, substance abuse and symptoms of mental illness result to psychological distress which are usually used correspondent in the literature to refer to unfavorable emotional states. Physical distress is through an acute injury, has occurred as a result of a specific event. Injury, intense physical labor, environmental pollution, illness, tiredness, poor oxygen supply, low diabetes, hormonal imbalances, substance abuse, etc are some of examples which may lead to physical distress. Alcohol has been hypothesized to buffer and to serve as a coping mechanism against stress. Stressful life events and chronic stressors have been correlated with alcoholism, alcohol abuse, heavy drinking and alcohol dependence and problems in different populations. Thus, one way that people may choose to cope with stress is by turning to alcohol.

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MATERIALS & METHODS

A facility based cross sectional study was conducted among 200 male aged ≥ 17 years alcohol addicts under the rehabilitation centers in and around Belagavi city, through Purposive sampling. Males under withdrawal symptoms were excluded.

Tools

The questionnaire administered was ‘Cornell Medical Index Health Questionnaire (CMIHQ)’ to examine the physical and emotional distress levels.

RESULTS AND DISCUSSION

The result of the study is presented below.

Table No 1: showing Mean scores, Standard deviations and ‘t’ value of physical and emotional distress level of alcohol addicts under the rehabilitation.

Variable	Mean	SD	Mean Diff.	SED	t value	P value
Physical distress	29.16	20.20	12.01499	1.025	11.6974	0.0001***
Emotional distress	17.17	10.31				

*** $p < 0.001$

As shown in the Table No 1, the mean scores of physical and emotional distress were 29.16 and 17.17; SDs were 20.20 and 10.31 respectively. The ‘t’ value was 11.6974 which is considered to be highly significant ($p < 0.001$). By analyzing the mean score of variables, it is observed that physical distress was found to higher than the emotional distress, which indicates that there is a significant difference between physical and emotional distress among alcohol addicts under rehabilitation. (Shown in Graph No 1)

CONCLUSION

In this study, it was observed that the physical distress is higher than the emotional distress and there is significant difference between the level of physical and emotional distress among the alcohol addicts under rehabilitation.

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Conflict of Interest

The author declared no conflict of interest.

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