

Comparative Study

A Comparative Study of Marital Adjustment and Quality of Life among Spouses of an Individual with Alcohol Dependence Syndrome

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ABSTRACT

Background: Alcohol is a well-known psychoactive substance which used all over the world. It is also one of the commonest substances easily available in the various state of India. **Aim:** The present study aims to assess the marital adjustment, quality of life and expressed emotion among person with alcohol dependence. **Methodology:** Study was hospital based cross sectional descriptive research design. The sample consisted for the present study of 200 participants (100 ADS Group & Normal 100 Group). Tools were used in study to assess socio-demographic details self-prepared checklist allied, Marital adjustment Questionnaire, Quality of Life Scale (BREF), and Attitude questionnaire. **Results:** study found that significant level of findings comparing with normal control group. **Conclusion:** After comparing individuals with alcohol dependence syndrome spouses with normal spouses, study revealed poor marital satisfaction and quality of life.

Keywords: Marital Adjustment, Quality of Life, Alcohol Dependence Syndrome

Alcohol is a well-known psychoactive substance which used in all over the world. It is also one of the commonest substances easily available in various states of India. Alcohol dependence is a complex behavior which has harmful effects on the work, family and community. Most of the negatively affected is the spouse of individuals and getting less attention has been focused on them so far. There are considerable studies suggested that spouses who are married to individuals with alcohol dependence have poor physical and mental health. (Becl et al., 1974). Alcohol consumption is a male predominance in India (9.1% v/s 0.5%) with 86.3% treatment gap for alcohol use disorder (Gururaj et al., 2016). Alcohol intake is the third leading psychiatric disorder in all over the world (Sharma, 2009).

Various International and National studies found that alcoholism has adversely affected marital adjustment of the individuals who have dependency. Individual with the problems of alcohol intake have been experiencing marital dissatisfaction due to inappropriate expression

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Received: June 09, 2022; Revision Received: November 28, 2022; Accepted: December 06, 2022

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of anger, lack of warmth, absence of cohesive feelings between the couple, difficulties in fulfilling individual's role & responsibilities in married life, lack of emotional intimacy and so on. Due to lack of understanding, unexpected behavior of the individuals and their irresponsibility in family matters can often lead to separation or divorce between married couples.

Harmful drinkers have lower quality of life and social engagement. It had been evident that physical activities in individuals' lifestyle have a positive influence in enhancing physical health and mental health. In addition, physical activity lifestyle improves mood, increases self-efficacy and reduce the risk of depression. Individuals with alcohol dependence might be experiencing a better quality of life when provided treatment with physical exercise. Quality of life has been recognized as an important component in assessing the progress of treatment for any disease. Comorbid psychiatric diagnoses accompanying alcohol addiction, especially severe cases of anxiety or depression, may have a negative impact on quality of life.

Aim & Objective:

The aim of the present study is to assess the marital adjustment, quality of life and expressed emotion among person with alcohol dependence.

METHODOLOGY

Study was hospital-based cross-sectional descriptive research design. The sample consisted for the present study of 200 participants (100 ADS Group & Normal 100 Group). The selection of sample based on using purposive sampling technique. The study was conducted at outpatient and inpatients department of Institute of mental health and hospital Agra. After obtaining Ethical permission of the Institute participants was included in study: diagnosed with ICD-10, Age range between 21-55 years, married and living with spouse at least for last one year and duration of illness more than two years. Participants having any other psychiatric illness, comorbidity of other severe physical illness were excluded from the study. Tools were used in study to assess socio-demographic details self-prepared checklist allied, Marital adjustment Questionnaire (Kumar & Rastogi, 1976), Quality of Life Scale (BREF) (Saxena et al., 1998). Statistical analysis will be carried out by Statistical Package for the Social Sciences (SPSS), 16th Version.

RESULTS

Table: 1 Comparison of age and duration of stay between both the group (N-200).

Variables	ADS Group	Normal Group	χ^2	P Value
Age	33.73±6.39	36.41±5.43	31.88	.966
Duration of Stay	7.41±2.98	6.91±2.52	27.98	.761

Table 1 shows that mean age of the participants and duration of marriage.

Table 2: Sociodemographic details of the ADS and Normal group (N-200)

Variable	ADS Group	Normal Group	χ^2	P Value
Primary	32	23	13.550	0.65
Secondary	19	18		
H. Secondary	40	35		
Graduation	5	22		
Pg and Above	4	2		

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Occupation				
Business	16	15	5.608	.097
Professional/ Govt.	22	23		
Unemployed	39	43		
Student	13	12		
Other	10	7		
Family Type				
Nuclear	27	15	4.340	.038
Joint	73	85		
Domicile				
Rural	45	55	1.132	.614
Semi-Urban	32	29		
Urban	23	16		

Table 3: Difference between Quality of Life scale, Marital Adjustment scale on ADS and Normal Group.

Variables	ADS (n-100) Mean±SD	Normal(n-100) Mean±SD	t(df-98)	P
Quality of Life				
Physical Health	19.90±5.14	28.03±3.41	7.208	.000
Psychological Health	16.70±4.41	26.4±4.46	8.383	.000
Social Relationship	8.26±3.68	11.16±2.49	3.881	.000
Environment	19.66±5.57	29.90±4.48	7.883	.000
Marital Adjustment				
Sexual Adjustment	3.33±1.44	5.67±1.76	7.623	.000
Social Adjustment	4.36±1.93	8.78±2.53	5.990	.000
Emotional Adjustment	7.01±3.18	10.67±3.05	6.042	.000

Table 3 shows score finding quality of life scale between normal and control group is highly significant ($p \leq 0.01$) in all the domains.

DISCUSSION

Alcohol dependence is widely accepted as cause of various personal and social issues. Dawson et al., (2007) found in their study that alcohol dependence in long term marital relationship initiated disruptions in marital satisfaction, adjustment, reduced emotional connection, and increase in the probability of being maltreated.

There is significant difference in respect to marital adjustment (domain wise - sexual, social and emotional) between the spouses of individual with and without alcohol dependence syndrome. It is correlated with previous studies. Researcher compared the marital dynamics between wives of alcoholics and those of non-alcoholics, who were matched on key socio-demographic variables. The reason for poor marital adjustment among Spouses of Individual with ADS could be disagreement among couples regarding alcohol dependency, frequent and intense arguments, poor communication and generally negative partner interaction. The result on sexual adjustment domain shows significance deference ($p \leq 0.01$) similar findings

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suggested spouses of Individual with ADS in previous studies (Stanley, 2001; Stanley, 2006).

Research studies showed heavy daily drinking and QOL deficiency. Those with alcohol misuse and addiction appear to have greater QOL deficiencies in role functioning and mental health has in physical health similarly current study found between the group QOL show significantly ($p \leq 0.01$) deference. Marshal (2003) found statistically negative association in marital satisfaction and alcohol dependence.

Literature suggested that alcohol abuse and dependence severely affect patients and their families, comprehensive measures should be used to quantify improvement in QOL. More generally, for a person who misuses alcohol, an impaired QOL is a prime motivator to seek help. QOL is significantly impaired in alcohol abuse and dependence, and improves with treatment and successful abstinence similar study found that (Spanier, 1976).

Individuals diagnosed with drug abuse reported lower marital satisfaction and marital adjustment disstisfactory (Patrick et al., 2007; Leonard & Eiden 2007). The occurrence of drug use in the 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).

CONCLUSION

Marital adjustment and quality of life are state to reflect individuals functioning in various perspective. After comparing individuals with alcohol dependence syndrome spouses with normal spouses, study revealed poor marital satisfaction and quality of life. Also, study suggested that for preventing relapse and ensuring the stability of marital relationship need for couple-based intervention by involvement of both partners.

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Acknowledgement

The author appreciates all those who participated in the study and helped to facilitate the research process.

Conflict of Interest

The author declared no conflict of interest.

How to cite this article: Sandhya, K. & Sweta (2022). A Comparative Study of Marital Adjustment and Quality of Life among Spouses of an Individual with Alcohol Dependence Syndrome. *International Journal of Indian Psychology*, 10(4), 975-979. DIP:18.01.094.2022 1004, DOI:10.25215/1004.094