

Research Paper

Perceived Stress, Coping, Psychological Well-Being, and Alcohol-Dependent Usage among Young Adults

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ABSTRACT

The present study aims to investigate the relationship between perceived stress, coping, psychological well-being, and alcohol-dependent usage among young adults. The sample consists of 100 students (50 males, 50 females) aged from 20 to 30 years. Resources of this study used were the perceived stress scale given by Cohen (1983), the coping scale given by Sherry Hamby, John H Grych, and Victoria Banyard (2013), A short version of Ryff's Psychological Well-being scale given by Carol D. Ryff (1989) and alcohol-dependent scale given by Edward et.al (1986). Data were analyzed by using T-test, Correlation and Regression. The finding of the study shows that the data was analysed based on gender, it was found that there was no such significant difference between males and females in terms of perceived stress. The results show the level of perceived stress in young male adults ($M = 19.48$, $SD=4.22$) and in young female adults ($M=18.16$, $SD= 4.77$). The data was analysed based on gender, it was found that there was no such significant difference between males and females in terms of coping. The results show the level of coping in young male adults ($M = 37.42$, $SD=7.25$) and young female adults ($M=37.04$, $SD=5.84$). When the data was analysed based on gender, it was found that there was a significant difference between males and females in terms of psychological well-being. The results show the level of psychological well-being in young female adults ($M = 90.06$, $SD=13.17$) and in young male adults ($M=82.70$, $SD= 11.08$). The data was analysed based on gender, it was found that there was no such significant difference between males and females in terms of alcohol dependent. The results show the level of alcohol usage in young male adults ($M = 9.26$, $SD=8.12$) and in young females ($M=6.64$, $SD= 9.51$). There is a negative correlation, between perceived stress and coping among young adults, as indicated by the correlation of -0.175 is statistically significant at $p<.001$. There is a negative correlation, between perceived stress and psychological well-being among young adults, as indicated by the correlation of -0.325 is statistically significant at $p<.001$. There is a negative correlation, between perceived stress and alcohol-dependent usage among young adults, as indicated by the correlation of -0.370 is statistically significant at $p<.001$.

Keywords: *Perceived Stress, Coping, Psychological Well-Being, Alcohol dependent and young adults*

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Our perception of stress has to do with how we accept and perceive our lives. It is how we analyze and respond to the events around us. We all face stress, but we deal with it very differently. Some may find stressful postures difficult, while others may find them overwhelming. Our perceptions are shaped by past events, culture, and personality. However, in some circumstances, this distress can be an indicator of underlying mental health disorders, such as anxiety disorder or any other major depressive disorder. The implication of cognitive and behavioural techniques manages the needs of the condition where these are perceived as a strain or overburden of one's resources, or as a reduction in negative emotions and conflicts caused by stress. Coping strategies: there is a series of actions used in a meeting, unpleasant situations changing responses in such situations. Coping techniques are generally concerned with the direct and conscious approach to problems. The term well-being originated in the Oxford English Dictionary in the 16th century of calque of the Italian concept *Benessere*. Well-being stands to the state of being happy, healthy, or comfortable. Each stage of well-being, health and well-being also has different facets that can be taken personally. But happiness as an idea is much broader and has been understood since the 3rd century BC. Discussed. The scholar Aristotle developed the concept of *eudemonia*, the contented state of being healthy, happy, and prosperous. Happiness is an integral part of your well-being, but it also includes other things, such as achieving long-term goals, a sense of hope, and the direction you feel you are headed in life. Diagnosed with extreme alcohol use of varying duration. In DSM-5, the term specifically included both alcohol abuse and alcohol dependence, replacing the specific diagnoses of alcohol abuse and alcohol dependence in DSM-IV-TR. The disorder is characterized by dependent behaviour, drinking, inability to control the amount of drinking, repetitive drinking that disrupts daily life, drinking despite potential risks.

Jasmine Gustafsson, et.al (2023) conducted a study on the profile of mental health among adolescents during the wave of the pandemic. The study examined the connection between health problems, alcohol use and mental well-being positively and negatively. The total sample was 2725 of the age group 15-69 years (AUDIT) test was used the result shows binge drinking and hazardous drinking were associated it shows poor mental well-being when the increase of alcohol.

Grigsby TJ, et.al (2023) conducted a study Concerns about COVID-19, Perceived Stress, and the rising alcohol usage of adult women in the United States. This study examines perceived stress and increased alcohol use among adult women, total sample was taken from 1089, US women, and a secondary analysis cross-sectional data was collected, the result shows, it was significantly related to increased alcohol due to perceived stress.

Gavurova, B., et.al (2022) conducted a study of perceived associations with Stress, sadness, and alcohol use disorders were prevalent among university students during the COVID-19 epidemic. Aspects of social and economic life. This study shows the relationship between perceived stress, alcohol use disorder and depression in university students the data collection was done by electronic questionnaire, correlation, regression, and descriptive calculation were used to diagnose (PHQ9), (PSS) and (AUDIT) was used PSS shows the increased level of stress (PHQ9) shows significantly positive to (AUDIT).

Burns L, et.al (2022) Anxiety, sadness, and substance use problems are all linked to alcoholism. The results of the Australian National Survey on Mental Health and Well-Being. The research looks at the comorbidity of alcohol users with anxiety, substance use disorder,

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and depression. The National Mental Health Services Survey was a cross-sectional survey of 10,641 Australian individuals. According to the findings, one-third of those with an alcohol use problem (dependence or abuse) satisfied DSM-IV criteria.

Rationale of the Study

The study on the topic of perceived stress, coping, and psychological well-being among alcohol-dependent adults is important in several aspects. Firstly, alcohol dependence is a serious problem that affects millions of people worldwide, and comprehending the psychological factors associated with this state could help healthcare professionals create more effective treatment possibilities for those struggling with alcohol addiction. Secondly, studying perceived stress, coping, and psychological well-being can advise interventions to enhance mental health results in general. By comprehending the relationship between these factors, we can design better strategies to help people cope with stress and enhance their overall psychological well-being. Lastly, studying these factors can also contribute to our understanding of the complexity of addiction. Addiction is a multifaceted situation that involves both biological and psychological factors, and comprehending how these factors interact can help us develop more effective treatments and prevention techniques.

Objective

1. To study the gender difference in the level of perceived stress, coping, and psychological well-being among alcohol-dependent adults.
2. To study the relationship between perceived stress and coping strategies among alcohol- dependent adults.
3. To study the relationship between perceived stress and psychological well-being among alcohol-dependent adults.
4. To study the relationship between perceived stress and psychological well-being among alcohol-dependent adults.
5. To study the relationship between perceived stress and alcohol users among alcohol-dependent adults.
6. Perceived stress will predict coping strategies among alcohol-dependent adults.
7. Perceived stress will predict psychological well-being among alcohol-dependent adults.

Hypothesis:

- H1: There will be a gender-significant difference in the level of perceived stress, coping, and psychological well-being among alcohol-dependent adults.
- H2: There will be a significant relationship between perceived stress and coping strategies among alcohol-dependent adults.
- H3: There will be a significant relationship between perceived stress and psychological well- being among alcohol-dependent adults.
- H4: There will be a significant relationship between perceived stress and alcohol usage among alcohol-dependent adults.
- H5: Perceived stress will predict coping strategies among alcohol-dependent adults.
- H6: Perceived stress will predict psychological well-being among alcohol-dependent adults. H7: Perceived stress will predict alcohol user among alcohol-dependent adults.

METHODOLOGY

Sample

The study was conducted in an urban setup of Delhi-NCR. The study contains a sample size of (N=100) with both males (N= 50) and females (N=50).

For the Sampling frame: included Young Adults between the ages of 18 and 30 were selected for the study. In this study, a random sampling method has been used to collect the data.

Tools of the Study

- a. **Perceived Stress Scale:** The Stress Perception Scale (PSS). This is a 10-item questionnaire, developed by Sheldon Cohen in 1988, on a 5-point Likert-his scale where his 6 items are rated negative and his other 4 are rated positive. The Cronbach alpha coefficient, which was judged to be satisfactory at 0.80, was used to measure internal consistency and dependability.
- b. **Coping Scale:** The coping scales. It is a thirteen-item questionnaire devised in 2013 by Hamby, Grych, and Banyard, with thirteen items rated positively on a four point-Likert scale. Cronbach's alpha coefficient was used to measure internal consistency and dependability, and it was found to be satisfactory at 0.81 and 0.91.
- c. **Ryff's Psychological Well-Being Scale:** The Ryff psychological well-being scale. Carol D. Ryff created this 18-item questionnaire in 2007. On his 7-point Likert scale, ten items were evaluated negatively, while the remaining eight items were scored favourably. Cronbach's alpha values ranging from 0.93 to 0.86 were used to calculate internal consistency confidence.
- d. **Alcohol-Dependent Scale:** The Alcohol Dependence Scale (ADS) is a twenty-five-item questionnaire devised in 1984 by Edwards, H.A. Skinner & Horn, with twenty-five items rated positively on a dichotomous scale. Cronbach's alpha coefficient was used to measure internal consistency and dependability, which were found to be acceptable at 0.86 and 0.81, respectively.

Analysis

It is a quantitative research and analysis was done. The data were collected, tabulated, classified, and processed using SPSS stands for Statistical Package for the Social Sciences. The acquired data is analysed using descriptive and inferential statistics.

Representing the Gender differences between Perceived stress and gender differences.

Group Statistics					
Perceived stress	Gender	N	Mean	Std. deviation	Sig. (2-tailed)
	Male	50	19.48	4.22	.147
	Female	50	18.16	4.77	
Coping	Male	50	37.42	7.25	.774
	Female	50	37.04	5.89	
Psychological Well-Being	Male	50	82.70	11.08	.774
	Female	50	90.06	13.77	
Alcohol-Dependent	Male	50	9.26	8.12	.142
	Female	50	6.64	9.51	

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In the above tables, the relationship between perceived stress and gender differences among the male and female participants has been investigated. It has been determined that the significance value (0.001) is less than 0.05, therefore the perceived stress does show an insignificant difference within the variables.

The result shows the level of perceived stress in young adult males (M= 19.48, SD=4.22) and in young adult females (M= 18.16, SD= 7.77).

The relationship between coping and gender differences among the male and female participants has been investigated. It has been determined that the significance value (0.001) is less than 0.05, therefore the perceived stress does show an insignificant difference within the variable.

The result shows the level of coping in young adult males (M= 37.42, SD=7.25) and in young adult females (M=37.04, SD=589).

The relationship between and psychological well-being gender differences among the male and female participants has been investigated. It has been determined that the significance value (0.001) is less than 0.05, therefore the perceived stress does show a significant difference within the variable.

The result shows the level of psychological well-being in young adult males (M= 82.78, SD=11.08) and in young adult females (M=90.06, SD= 13.77).

The relationship between coping and gender differences among the male and female participants has been investigated. It has been determined that the significance value (0.001) is less than 0.05, therefore the perceived stress does show an insignificant difference within the variables.

The result shows the level of alcohol usage in young adult males (M=9.26, SD=8.12) and in young adult females (M=6.64, SD=9.51).

Relationship between the variables

Correlations		
Pearson Correlation	Perceived stress	Coping
Perceived stress	1	-.175
Coping	-.175	1

The table shows that perceived stress and coping do not significant linear relationship ($r = -.175, p < .001$).

Furthermore, a negative relationship at a low level has been determined between perceived stress and coping.

Correlations		
Pearson Correlation	Perceived stress	Psychological well-being
Perceived stress	1	-.325**
Psychological well-being	-.325**	1

** *Correlation is significant at the 0.01 level (2-tailed)*

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The table shows a significant linear relationship between perceived stress and psychological well-being ($r = -.325, p < .001$).

Furthermore, a negative relationship at a low level has been determined between perceived stress and psychological well-being.

Correlations		
Pearson Correlation	Perceived stress	Alcohol-Dependent
Perceived stress	1	-.370**
Alcohol Dependent	-.370**	1

** Correlation is significant at the 0.01 level (2-tailed)

The table shows that perceived stress and psychological well-being significant linear relationship ($r = -.370, p < .001$).

Furthermore, a negative relationship at a low level has been determined between perceived stress and psychological well-being.

Regression

Model Summary					
Model	R	R Square	Adjusted R Square	F	Sig.
1	.419 ^a	.175	.149	6.79	.000 ^b
a. Predictors: (Constant), coping, psychological well-being, Alcohol-dependent usage					
b. Dependent Variable: perceived stress					

This table shows how much of the variance in perceived stress is explained by the independent variables (coping, psychological well-being).

The R square was .175, Significant at 0.00 level. This means that perceived stress and coping and alcohol-dependent usage impact explain 17.5% of the variance in perceived stress.

DISCUSSION

The study was conducted in an urban setting, among both males and females belonging to the age group 18 years to 30 years, wherein ($n=100$). The questionnaire included in the study is the perceived stress questionnaire for assessing the degree of situations in one's life and reviewing how stressful it is. The coping scale for assessing cognitive, emotional, and behavioural methods of dealing with the problem. Ryff's psychological well-being scale for assessing the measures of the six dimensions of happiness and well-being: Autonomy, environmental mastery, personal growth, positive relationships with others, life purpose, and self-acceptance. And alcohol-dependent scale for assessing the severity of alcohol dependence. Package for Social Sciences (SPSS). Pearson correlation was used to assess the relationship between perceived stress and coping in alcohol-dependent in young adults and perceived stress, coping and psychological well-being and alcohol-dependent in young adults, and perceived stress and alcohol usage in young adults. also, the relationship between perceived stress, coping and psychological well-being and perceived stress and alcohol-dependent usage in young adults. The impact of perceived stress, coping and psychological well-being and alcohol-dependent usage in young adults was found using Multiple Regression. when the data was analysed based on gender, it was found that there was no

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such significant difference between males and females in terms of perceived stress. The results show the level of perceived stress in young male adults ($M = 19.48$, $SD=4.22$) and in young female adults ($M=18.16$, $SD= 4.77$).

When the data was analysed based on gender, it was found that there was no such significant difference between males and females in terms of coping. The results show the level of coping in young male adults ($M = 37.42$, $SD=7.25$) and young female adults ($M=37.04$, $SD=5.84$).

When the data was analysed based on gender, it was found that there was a significant difference between males and females in terms of psychological well-being. The results show the level of psychological well-being in young female adults ($M = 90.06$, $SD=13.17$) and in young male adults ($M=82.70$, $SD= 11.08$). Zhan Weihai et.al (2012) studied the gender difference between alcohol use and psychological well-being, and the result shows there is a significant interaction between alcohol use and gender (male and female) on psychological well-being.

When the data was analysed based on gender, it was found that there was no such significant difference between males and females in terms of alcohol dependent. The results show the level of alcohol usage in young male adults ($M = 9.26$, $SD=8.12$) and in young females ($M=6.64$, $SD= 9.51$).

There is a negative correlation, between perceived stress and coping among young adults, as indicated by the Pearson correlation of $-.175$ is statistically significant at $p<.001$. Nagesh et.al (2015) studied coping among the alcoholic's wives, the result showed that by using descriptive and inferential statistics. The findings revealed that there is a significant relationship between perceived stress and coping with alcohol users.

There is a negative correlation, between perceived stress and psychological well-being among young adults, as indicated by the Pearson correlation of $-.325$ is statistically significant at $p<.001$. chain (2015) studied the relationship between perceived stress and perceived psychological well-being. Multiple regression method was used, and it indicate that perceived stress is negatively correlated with psychological well-being.

There is a negative correlation, between perceived stress and alcohol-dependent usage among young adults, as indicated by the Pearson correlation of $-.370$ is statistically significant at $p<.001$. Gralowski. C (2013) Stress and Alcohol Use Among College Students. The studied the relationship between stress and alcohol use among college students in Botswana. Multiple regression was used to analyse data revealing that there was no relationship between high-stress levels and harmful alcohol use.

There is a significant relationship between perceived stress, coping, psychological well-being and alcohol-dependent use among young adults, the multiple regression results R Square $.175$ approximately 17.5% of the variance in perceived stress can be explained by the coping and psychological well-being F-Test statics of 6.79 and P-value of $.002$ indicates that the overall model is significant. Grigsby TJ, et.al (2023) conducted a study on COVID-19 Concerns, Perceived Stress, and Increased Alcohol Use Among Adult Women in the United States. A secondary analysis of cross-sectional data was collected, and the result shows, it was significantly related to increased alcohol due to perceived stress.

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Limitation

This study has several limitations, some of which are related to the methods of data collection and the analysis chosen by the researcher. The collection of data was done online as well as offline. As a result, this does have restricted the responses to populations belonging to a specific area of Delhi-NCR. Also, there was time constant and only a small share of the population was taken for the research.

This study used adults as the sample, but they represent only one specific part of the population. As a result, the findings are restricted to a particular group of the population, which does not give an extensive picture of how perceived stress, coping and psychological well-being influence alcohol-dependent adults.

Another limitation that can impact all research is that researchers may bring their own judgments, biases, interpretations, and experiences into the data collection and analysis process. As a result, the research team reviews all data independently and compares them to create a more reliable and unbiased study, thus minimizing this kind of bias. This method was not possible in the present study. It should be noted that there is no way to do neutral science, especially in the social field, making it difficult to make completely neutral judgments about the data collected and the analytical process.

CONCLUSION

The major goal of this study was to look into perceived stress, coping, and psychological well-being in alcohol-addicted adults. It also looked at the association between perceived stress and coping, as well as perceived stress and psychological well-being in alcohol-addicted people. The study also looked into gender differences in stress, coping, and psychological well-being. There were four measures used in the perceived stress questionnaire to rate the severity of problems in one's life and how stressful they are. The coping scale is used to examine cognitive, emotional, and behavioural approaches to problem-solving. Ryff's psychological well-being scale is used to examine six dimensions of happiness and well-being: autonomy, environmental mastery, personal growth, positive relationships with others, life purpose, and self-acceptance. In addition, there is an alcohol-dependent scale. determining the severity of alcoholism. The study included 100 participants, and the data obtained were analysed using descriptive statistics.

Results revealed that there were no gender disparities between men and women in terms of perceived stress, coping and alcohol dependent. However, there was a gender disparity between males and females in terms of psychological well-being. however, men are higher as compared to women. Secondly, perceived stress and coping proved to have a negative correlation between them. Whereas perceived stress and psychological well-being prove to have a negative significant correlation between them. Lastly, it was found that perceived stress can predict coping and psychological well-being among alcohol-dependent adults to a certain degree.

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Conflict of Interest

The author(s) declared no conflict of interest.

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