Research Paper

A Correlational Study between Spiritual Attitude, Severity of Alcohol Consumption and Self Acceptance among Alcohol Consumers

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ABSTRACT

Background: In philosophical way, we hypothesized that spiritual belief alter amount or severity of alcohol consumption. Hence the aim of the present study was to assess the relationship of dimension of spiritual attitude with (i) severity of alcohol consumption and (ii) the level of self acceptance among the alcohol consumers. **Methodology:** A total of 150 alcohol consumers with ages 18 to 46 years were assess for spiritual attitude, severity of alcohol consumption and the level of self acceptance using Audit, Personal meaning profile questionnaire (PMP) and Spiritual attitude and involvement list (SAIL-SF) respectively. Pearson correlation was performed to assess the relationship of spiritual attitude with severity of alcohol consumption and self-acceptance. **Results:** The severity of alcohol consumption showed negative correlation with trust the level of 0.05 respectively. The self-acceptances showed positive correlation with meaningfulness, trust, acceptance, caring for others, connectedness with nature, transcendent experience, spiritual activities at the level of 0.05 respectively. There is no significant difference between spiritual and being single or in a relationship. There is significant difference between spiritual and trust, transcendent experience. **Conclusion:** High severity of alcohol consumption decreased trust and the self-acceptance decreases, these factors (meaningfulness, trust, acceptance, caring for others, connectedness with nature, transcendent experience, spiritual activities) tend to decrease as well. Spirituality and marital status, whether single or married, are not directly related. They are separate aspects of life that should be approached and discussed independently. Also, there is a Also connection between trust and transcendence in individuals who identify as spiritual. People with a spiritual inclination tend to have higher levels of trust in others and often have more profound and transcendent experiences.

Keywords: *Alcohol consumption, Self-acceptance, Well- being, Mental health, Spiritual*

Alcohol consumption rates throughout countries and cultures is a major global public health concern. With the changing patterns of consumption brought about by urbanization, economic growth, and cultural values, it is more important than ever to comprehend the complex effects that alcohol has on people's lives. Minhas (2023) estimated

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alcohol use from almost five billion litres in 2020 to 6.21 billion litres in 2024 in Indian population. Meanwhile United States rate highest alcohol consumption in the world, averaging 9.97 litres of pure alcohol annually per capita (W.H.O., 2022) due to complexity of alcohol use with interaction of societal norms, legal restrictions, and personal behaviours. The effects of alcohol intake extend beyond the realm of statistics and affect many facets of human life. Alcohol affects many facets of relationships, spirituality, and well-being in many cultures, from complex spiritual beliefs to negative health results.

The World Health Organization (W.H.O.) highlights the global burden of alcohol consumption, estimating that alcohol-related causes account for nearly 3.3 million fatalities globally, including more than 200 illnesses, injuries, and health consequences (W.H.O., 2022). These depressing figures highlight the critical need for further investigation to clarify the complex link between alcohol use and personal well-being.

Alcohol consumption patterns are further complicated by the spiritual value of alcohol in diverse cultural and religious context. Alcohol transcends mere hedonism to represent spiritual symbolism and cultural traditions, from the sacramental use of wine in Christian rituals to the symbolic toasts in Jewish celebrations and the ceremonial behaviours in Buddhism and Hinduism (Reilly, 2017). It becomes clear as we make our way through this complex terrain that drinking alcohol affects many aspects of human life, including social interactions, spirituality, and physical health.

Additionally, both psychological distress and relationship status lead to alcohol consumption. Alper and his colleagues (NIH,2023) reported higher amount of alcohol consumption during COVID -19. Interestingly, another study reported that person who were single in their relationship consume higher amount of alcohol in comparison to married people (Reczek et al., 2024).

Based on current evidences, there are still a lot of unanswered questions, which calls for careful research into its effects on relationships, spirituality, well-being, and self-acceptance. Taking these factors into account, our study aimed to assess the relationship of severity of alcohol consumption on (i) well-being, (ii) meaning in life and (iii) self rated physical and mental health of the alcohol consumers.

MATERIALS AND METHODS
Participants
In this study, 150 participants with ages between 18 to 46 years were recruited using purposive and snowball sampling methods. Participants who were consuming alcohol for minimum 3 months were included in the study. Those participants rated their mental health less than 3 out of 10 were excluded from the study. Socio-demographic details of the participants is mentioned in Table 1.

Table 1. Social Demographic Characteristics of Participants

Variables	Numbers	Percent
Gender		
Male	105	70%
Female	45	30%
Age		

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<18	01	0.67%
18-30	144	96%
31-46	05	3.33%
Education Level		
12th	01	0.67%
Diploma	02	1.33%
Bacholers	94	62.67%
Masters	53	35.33%
Income		
0	100	66.67%
0-10K	10	6.67%
11K-20K	03	2%
21K-30K	07	4.67%
31K-40K	09	6%
41K-2L	21	14%
Occupation		
Students	51	34%
Company	35	23.33%
Hospital	02	1.33%
Business	06	4%
Marital		
Single	82	54.67%
Relationship/ Married	68	45.33%

Research Design
In this study, a single-group cross-sectional research approach was employed. Information was gathered from original sources.

Psychological Assessments
All the variables were assessed using following psychological tools i.e., (i) AUDIT, (ii) Well-being Manifestations Measure Questionnaire, (iii) Personal Meaning Profile Questionnaire, and (iv) Spiritual Attitude and Involvement List.

Alcohol Use Disorders Identification Test (AUDIT)
The World Health Organisation (WHO) created the AUDIT (Alcohol Use Disorders Identification Test), which consists of ten items that evaluate alcohol consumption patterns, alcohol-related issues, and indicators of dependency. It has proven to be valid and reliable in identifying people who suffer from alcohol consumption problems.

Well-being Manifestations Measure Questionnaire
Well-being manifestations measure questionnaire was designed by Masse (1998). This assessment tool has 25 items that gauge many facets of well-being, such as social, emotional, and psychological (control of self and events, happiness, social involvement, self-esteem, mental balance and sociability). It has demonstrated strong validity (intrinsic validity = 0.964) and reliability (overall coefficient = 0.93).

Personal Meaning Profile Questionnaire (PMPQ)
Personal Meaning Profile Questionnaire was developed by Wong in 1998

which has six items pertaining to self-acceptance and nine items pertaining to relationships. It gauges a person's feeling of purpose and meaning in life (self-acceptances and relationship). This questionnaire's validity and reliability have been confirmed.

Spiritual Attitude and Involvement List (SAIL-SF)
Spiritual Attitude and Involvement List, The SAIL-SF is a 7-item Likert scale questionnaire designed by Leon Frielingsdorf (2021) to measure spiritual well-being. Acceptable coefficients (α =.792 and α =.745) were found for two databases using Cronbach Alpha analysis.

Data Analyses
The Statistical Package for Social Sciences (SPSS) was used to perform statistical analysis. For every variable, descriptive statistics were computed, including the mean and standard deviation.

Correlation
Pearson correlation were performed to assess the relationship of the duration of alcohol consumption (in months) and AUDIT scores with (i) dimension of well-being (control of self and events, happiness, social involvement, self-esteem, mental balance and sociability), (ii) dimension of meaning in life (self-acceptances and relationship), and (iii) spiritual well-being independently.

Comparison
The values of (i) dimension of well-being (control of self and events, happiness, social involvement, self-esteem, mental balance and sociability), (ii) dimension of meaning in life (self-acceptances and relationship), and (iii) spiritual well-being were compared on the basis of (a) relationship status of the participants i.e., single and relationship, and (b) purpose of alcohol consumption i.e. enjoyment and stress. An independent t-test was performed to compare in both comparisons.

RESULTS

The purpose of the study was to investigate how much alcohol is used by Indians and how this affects different aspects of their lives.

Correlation
The AUDIT scores showed a negative correlation with sociability as a dimension of well-being (r = 0.226, p< 0.01), in contrast a positive correlation with time duration of consuming alcohol (r = 0.22, p<0.01). Meanwhile duration of alcohol consumption did not show any significant relation (p>0.05). The details of mean, SD, r value and p value are mentioned in Table 2.

Table 2. Correlation coefficient values of dimensions with Duration of alcohol consumption and Audit with Mean and SD (Standard Deviation) values of variables

Variables	mean± SD	Duration of alcohol consumption (in months) r- value	Audit r- value
1. Well-being			
Control of self and events	14.37±3.57	0.033	-0.029
Happiness	18.74±4.38	0.038	-0.056
Social involvement	15.31±3.36	0.083	-0.160
Self-esteem	14.68±3.48	0.046	0.036
Mental balance	14.37±3.58	0.031	0.015
Sociability	15.35±3.45	-0.022,	**-0.162***
2. Personal meaning			
Self-acceptances	30.93±6.92	-0.004	0.055
Relationship	49.39±9.23	-0.066	0.011
3 Spiritual	29.59±6.64	-0.036	-0.029

r= Correlation coefficient; Pearson correlation; p= level of significant; *p<0.05

Comparison

Participants who reported their relationship as single showed higher satisfaction with life (p<0.05) higher score of self rated physical health (p<0.05) and mental health (p<0.01) and also higher amount of alcohol consumption (p<0.01) in comparison to participants who were engaged in relationship. In contrast, participants who consume alcohol for stress purposes they scored higher in mental balance (p<0.05) in comparison to participants who were engaged in alcohol due to enjoyment purposes. The details of mean, SD, t value and p value of all comparisons are mentioned in Table 3.

Table 3. Comparison in the levels of variables and dimension of Audit, Well- Being Manifestation Measure Scale (WBMMS), Personal Meaning Profile (PMP), SAIL-SF between Enjoyment and Stress & between Single and relationship status of the participants

Stress mean± SD	Enjoyment mean± SD	Variables	Single mean± SD	Married mean± SD
		1. Well-being		
14.47±3.83 .467	14.18±3.02	Control of self and events t-value	13.82±3.62 -1.725	14.83±3.49
18.98±4.58 .949	18.26±3.94	Happiness t-value	18.31±3.98 -1.099	19.10±4.67
15.39±3.41 .428	15.14±3.27	Social involvement t-value	14.78±3.20 -1.762	15.74±3.44
14.81±3.55 .627	14.43±3.34	Self-esteem t-value	14.87±3.32 0.573	14.54±3.61
14.88±3.57 3.402[†]	13.34±3.40	Mental balance t-value	14.06±3.54 -.958	14.62±3.60
15.50±3.66 .767	15.04±3.01	Sociability t-value	14.50±3.23 -.279	16.05±3.49
		2. Personal meaning		
49.94±9.92 1.025	48.30±7.66	Relationship t-value	48.78±8.18 -.740	49.90±10.05

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Stress mean± SD	Enjoyment mean± SD	Variables	Single mean± SD	Married mean± SD
31.65±6.87 1.807	29.50±6.85	Self-acceptances t-value	31.47±5.52 .865	30.49±7.90
30.17±7.21 1.529	28.42±5.19	Spiritual t-value	29.24±6.13 -.589	29.88±7.05
3.93±1.15 .963	3.74±1.10	Life satisfaction t-value	4.12±.90 2.500*	3.66±1.26
3.96±1.04 -.118	3.98±.82	Self-rated physical health t-value	4.21±.764 2.807*	3.77±1.08
3.89±1.17 .644	3.76±1.15	self-rated mental health t-value	4.21±.90 3.579**	3.55±1.26
24.97±9.00 -1.389	27.45±12.64	Duration of alcohol consumption t-value	31.66±8.53 7.325**	20.94±9.23

t- value = Comparison between Stress and enjoyment†; p= level of significance; †p<0.05;
t-value = Comparison between single and relationship; p= level of significance; *p<0.05, **p<0.01*

DISCUSSION

The purpose of this research is to evaluate the effects of alcohol use on a range of factors related to married life, spirituality, self-acceptance, sociability, mental and physical health, self-control, happiness, and social involvement.

Higher scores on AUDIT showed relation with lower scores of sociability, as well as showed a positive correlation with duration of alcohol consumption. These results are in similar with previous studies which established a negative relation with use of alcohol and social engagement and well-being (Lechner et al., 2019) also a reduced participation in social activities (Kuntsche et al., 2005). Because alcohol consumption patterns may influence social outcomes of the consumers (Demers et al., 2002).

Conversely, the positive correlation between AUDIT scores and the duration of alcohol use is consistent with data demonstrating that those who consume more alcohol spend more time engaging in drinking activities. Del Boca and Darkes (2003) discovered that people with alcohol use related disorders consume alcohol more frequently and for longer periods of time than those without such illnesses. This positive correlation between AUDIT scores and drinking duration underscores the tendency of heavy drinkers to consume alcohol over extended periods of time.

Participants who were single their relationship reported considerably greater levels of life satisfaction, self-rated physical health, and mental health than those in relationships. This finding is consistent with previous studies indicating that single people may have more autonomy and fewer interpersonal pressures, which contributes to their general well-being (Dyrdal and Roysamb, 2013; Luhmann et al., 2012). Furthermore, single participants consumed more alcohol, which is consistent with previous research showing that relationship status is inversely related to alcohol intake, possibly due to factors such as social support and accountability in relationships (Homish & Leonard, 2007). Interestingly, those who reported drinking alcohol for stress relief had higher mental balance, indicating a perceived coping mechanism to relieve stress in the short term (Keyes et al. 2010). These

findings highlight the intricate interaction of relationship dynamics, coping techniques, and well-being outcomes in the setting of alcohol consumption.

The limitation of this study was less number of sample size as well as all the participants were not addicted to alcohol. At last those participants who consume alcohol become socially less active and gradually increase amount of alcohol. Also, relationship status and purpose of alcohol consumption differentiate in alcohol consumption pattern and health status. Simultaneously spiritual belief does not influence alcohol consumption behavior.

CONCLUSIONS

Participants who consume higher amount of alcohol become less social in their life. Also, as duration of alcohol consumption increases, the amount of alcohol consumption increase. Single persons consume more amount of alcohol simultaneously in stress people consume alcohol for mental health purposes.

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Conflict of Interest
The author(s) declared no conflict of interest.

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