

## Alcohol Abusers and Emotional Stability

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### ABSTRACT

This study aimed to examine the level of emotional stability of alcohol abusing youth in Kashmir valley. For this purpose the sample of 400 youth abusing alcohol were selected through snow ball sampling technique. Emotional Stability Questionnaire developed and designed by Sanjay Vohra (Revised 2013) was used for data collection in the present study. The investigator applied frequency analysis, t-test and regression for the statistical treatment of the collected data. Findings of the study revealed that majority of the alcohol abusers had low level of emotional stability. Also there is significant difference between alcohol abusers belonging to 15-25 and 26-35 age groups and alcohol abusers belonging to nuclear and joint family with respect to their emotional stability. Further the findings demonstrated that age and family type had a significant influence on the emotional stability of alcohol abusers.

**Keywords:** *Emotional Stability, Alcohol Abusers, Age, and Family Type.*

**E**motions are what we feel. They are very ancient, and can be found in all mammals. The word emotion is derived from the Middle French word *émotion*, which means "a (social) moving, stirring, agitation." We feel many different emotions every day, like love, fear, joy and sadness. Emotion an affective state of consciousness in which sorrow, fear, joy, hate, or like is experienced, as distinguished from cognitive and volitional states of consciousness. Emotional stability typically refers to an individual's capability or ability to stay stable and balanced. It's the aptitude of someone to keep up his emotional balance beneath trying circumstances. Psychoneurosis and emotional instability involves the alternative facet of emotional stability. Emotionally stable people tolerate slight stresses and strains of everyday living while not, turning into showing emotion upset, tense, anxious, nervous or angry. They're able to maintain calmness beneath minor emotional stresses. They're fairly constant in their basic mood and that they revert quickly to it state following those occasions, after they have full-fledged considerable stress. Person's emotional stability permits or helps him to develop a balanced and an integrated approach of perceiving the issues of his life. The showing emotional unstable individual, on the opposite hand, is subject to fairly wide, frequent, and infrequently changeable mood shifts which will roll from pole to pole.

Alcohol is a drug. It is classed as a depressant, that it backs off essential capacities bringing about slurred discourse, shaky development, agitated recognitions and a powerlessness to

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respond expediently. Since it influences the mind, it is best comprehended as a medication that decreases a man's expertise to think reasonably and contorts his or her judgment.

*Alcohol abuse refers to the pattern of drinking that result in harm to one's health, interpersonal relationships, or ability to work. According to Diagnostic and statistical manual of mental disorders (2005), alcohol abuse is a previous psychiatric diagnosis in which there is recurring harmful use of ethanol despite its negative consequences. Alcohol abuse refers to the maladaptive pattern of alcohol use leading to clinically significant distress manifested within a period of 12 months. The consumption of alcohol is among the core risk behaviours among adolescents (Brenner et al., 2004). Alcohol consumption makes adolescents vulnerable to the occurrence of maladaptive behaviour, delinquency, violence, accidents, emotional instability, depression, social exclusion and suicide (Farkr et al., 2007). Use of alcohol is becoming a modern fashion of entertainment which results increasing crime rates day by day (Desalu et al., 2010). Alonso & Lepine (2007) found that alcohol and other substance use disorders tend to be more prevalent among people with lower education, and unemployment. Casswell et al., (2003) found that lower social status was not related to frequency of drinking but was instead associated with consuming higher quantities of alcohol per drinking session, and that quantity of drinking was most strongly influenced by educational achievement. Droomers et al., (1999) revealed that excessive alcohol consumption was more common among lower educational groups. Also material stressors, such as financial problems, deprivation, and income, were related to part of the educational gradient in excessive alcohol consumption. Hamalainen et al., (2001) revealed that alcohol consumption was an important risk factor for major depressive episode. John et al., (2007) reported that alcohol involvement was associated with low conscientiousness, low agreeableness, and high neuroticism. Keenan et al., (2013), Orford et al., (2010), Rodriguez et al., (2001), and Haugland (2005) who revealed that people who are seeking treatment for their own alcohol problems are often dealing with financial problems, separations and divorces, stress, and poor health which often have flow-on effects within their families. Peleg et al., (2009) found that after adjusting for gender, ethnicity/race, and grade, adolescents who initiated alcohol use before age 13 were more likely to report problems with school performance and display delinquent behaviors. Perez and Vallejo (2014) revealed that harmful alcohol consumption and dependence, damages to the academic performance, social relationships, psychological status and sexual condition. Rehm et al., (2003) found that in the last 25 years, alcohol-related harm has increased in many countries especially among younger age groups [15–29 years], who are more likely to consume excessive alcohol in one drinking session. Wani & Sankar (2016) revealed that age and gender have significant effect on mental health of drug addicts. Mir & Sankar (2017) revealed that there is a significant difference found between the mean scores of married and unmarried alcohol abusers. Also there is a significant difference found between the mean scores of high socio economic status and low socio economic alcohol abusers. Mir & Shankar (2017) revealed that there is significant difference between the mean scores of 15-25 and 25-35 years old, employed and unemployed alcohol abusers and alcohol abusers with alcohol intake duration 1-3 and above 3-5 years.*

### **Objectives**

1. To measure the level of emotional stability among alcohol abusers.
2. To assess if there is any significant difference in the emotional stability of alcohol abusers with respect to age.
3. To assess if there is any significant difference in the emotional stability of alcohol abusers with respect to family type.

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4. To assess if there is any significant influence of age and family type on the emotional stability of alcohol abusers.

### *Hypotheses*

1. The level of emotional stability among alcohol abusers would be high.
2. There would be no significant difference in the emotional stability of alcohol abusers with respect to age.
3. There would be no significant difference in the emotional stability of alcohol abusers with respect to family type.
4. There would be no significant influence of age and family type on the emotional stability of alcohol abusers.

### *Variables of the Study:*

The dependent variable in the study was emotional stability and independent variables were age and family type.

### *Sampling:*

The present study was conducted on 400 alcohol abusers, selected through snow ball sampling technique, from different places in Kashmir valley.

### *Psychological Measurements:*

Emotional Stability Questionnaire developed and designed by Sanjay Vohra (Revised 2013) was used for the collection of data in the present study. It contains 60 items each of the items in the questionnaire has three choices from which the subject may select one answer. Generally the last response (C) is an uncertain or somewhat undecided type of category. The instructions specifically urge the subject not to use this category very frequently and not to keep it as a last resort, when both A and B are not suitable. All the items were carefully screened and several criteria were considered in the final selection of items.

### *Statistical Techniques Used*

For statistical analysis frequency analysis, t-test and regression were applied.

### *Procedure:*

The investigator attempted to study the level of emotional stability experienced by the alcohol abusers. The present study was conducted on 400 alcohol abusers, which were selected through snow ball sampling technique. First of all the investigator gets the authorization from the respondents to meet them individually and discuss the purpose of their work. They were informed that their personal information like name, contact number etc is not required and other the obtained information will be kept confidential. After the acceptance from the subject, demographic sheet which includes the personal details like age, gender, marital status, family type, family income, education, occupation, and duration of alcohol intake, were given to the patient and were asked to choose the options according by their choice. After that the scales were given to the respondents and they were asked to give their responses according to their choice. Subjects noted down their responses and hand over the scale to the researcher and they were thanked for their support and cooperation. Thus, the required data was collect in proper way.

**ANALYSIS AND INTERPRETATION OF DATA**

**Table 1: Classification of alcohol abusers on the basis of their level of Emotional Stability**

S. No	Score range	N	Percentage	Level
1.	Below 61	244	61	Low
2.	62-98	156	39	Moderate
3.	99-120	0	-	High

Table 1 indicates that majority i.e. 244 (61%) of the alcohol abusers had low level of emotional stability, 156 (39%) had moderate level of emotional stability and no one had high level of emotional stability.

**Table 2: Classification of alcohol abusers on the basis of their age and level of Emotional Stability**

Age	N	Level of Emotional Stability		
		Low	Moderate	High
15-25	227	219 (96.5%)	8 (3.5%)	-
26-35	173	25 (14.5%)	148 (85.5%)	-

Table-2 indicates that out of 227 alcohol abusers belonging to age group 15-25 years, 219 (96.5%) had low level of emotional stability, 8 (3.5%) had moderate level of emotional stability and no one had high level of emotional stability. Among 173 alcohol abusers belonging to age group 26-35 years, 25 (14.5%) had low level of emotional stability, 148 (85.5%) had moderate level of emotional stability and no one had high level of emotional stability.

**Table 3: Classification of alcohol abusers on the basis of their family type and level of Mental Health**

Family Status	N	Level of Mental Health		
		Low	Moderate	High
Nuclear family	187	173 (92.5%)	14 (7.5%)	-
Joint family	213	71 (33.3%)	142 (66.7%)	-

Table-3 indicates that out of 187 alcohol abusers belonging to nuclear family, 173 (92.5%) had low level of emotional stability, 14 (7.5%) had moderate level of emotional stability and no one had high level of emotional stability. Among 213 alcohol abusers belonging to joint family, 71 (33.3%) had low level of emotional stability, 142 (66.7%) had moderate level of emotional stability and no one had high level of emotional stability.

**Table 4: Mean, S.D, and ‘t’ value for mental health scores of alcohol abusers belonging to 16-25 and 26-35 age groups**

Variable	Age group	N	Mean	S.D	Df	t-value	p-value
Emotional stability	16-25	227	48.17	7.29	398	26.14**	0.000
	26-35	173	72.67	11.38			

\*\*significant at 0.01 level

From Table 4 it is clear that p value is less than 0.01. Therefore, the null hypothesis, “there is no significant difference between alcohol abusers belonging to 16-25 and 26-35 age groups with respect to their emotional stability” is rejected at 1% level of significance and hence it is concluded that there is significant difference between alcohol abusers belonging to 16-25 and 26-35 age groups with respect to their emotional stability. On the basis of mean values given in table 4, it can be concluded that the alcohol abusers belonging to the 26-35 age group have more emotional stability (Mean=72.67) than alcohol abusers belonging to the 16-25 age group (Mean=48.17). These findings are supported by Peleg *et al.*, (2009) who revealed that

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adolescents who initiated alcohol use before the age of 13 years were more likely to report problems with school performance and display delinquent behaviours.

**Table 5: Mean, S.D, and 't' value for emotional stability scores of alcohol abusers belonging to nuclear and joint family**

Variable	Family type	N	Mean	S.D	df	t-value	p-value
Emotional stability	Nuclear family	187	48.00	6.98	398	17.56**	0.000
	Joint family	213	68.25	14.31			

\*\*Significant At 0.01 Level

From Table 5 it is clear that p value is less than 0.01. Therefore, the null hypothesis, “there is no significant difference between alcohol abusers belonging to nuclear and joint family with respect to their emotional stability” is rejected at 1% level of significance and hence it is concluded that there is significant difference between alcohol abusers belonging to nuclear and joint family with respect to their emotional stability. On the basis of mean values given in table 5, it can be concluded that the alcohol abusers belonging to the joint family have more emotional stability (Mean=68.25) than alcohol abusers belonging to the nuclear family (Mean=48.00). These findings are supported by Perez and Vallejo (2014) who revealed that harmful alcohol consumption and dependence, damages to the academic performance, social relationships, psychological status and sexual condition. Also these findings are supported by Keenan *et al.*, (2013), Orford *et al.*, (2010), Rodriguez *et al.*, (2001), and Haugland (2005) who revealed that people who are seeking treatment for their own alcohol problems are often dealing with financial problems, separations and divorces, stress, and poor health which often have flow-on effects within their families.

**Table 6: Regression showing the predictors of Emotional Stability**

I.V	D.V	R	R <sup>2</sup>	A.R <sup>2</sup>	SEB	B	Std. error	Beta	t-value	p-value
Age	Emotional Stability	.79	.63	.63	9.29	18.59	1.11	.60	16.79	.000
Family type		.84	.69	.69	8.44	5.51	1.12	.18	4.91	.000

**Predictors:** (Constant) Age and Family Type

**Dependent Variable:** Emotional Stability

The results from the above table demonstrated that age and family type are the influential predictors in emotional stability. It is found that age contributes 63% (R<sup>2</sup> =.63) and family type 69% (R<sup>2</sup> =.69) on the emotional stability of alcohol abusers.

### FINDINGS OF THE STUDY

1. Majority i.e. 244 (61%) of the alcohol abusers had low level of emotional stability, 156 (39%) had moderate level of emotional stability and no one had high level of emotional stability.
2. There is a significant difference between alcohol abusers belonging to 16-25 and 26-35 age groups with respect to their emotional stability.
3. There is significant difference between alcohol abusers belonging to nuclear and joint family with respect to their emotional stability
4. Age and family type significantly influence the emotional stability of alcohol abusers.

### CONCLUSION

The investigator attempted to study the emotional stability experienced by the alcohol abusers and the influence of age and family type on their level of emotional stability. On the basis of the obtained findings of the present study, it is concluded that age and family type are influential factors in emotional stability.

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### ***Conflict of Interest***

There is no conflict of interest.

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