

PREVALENCE OF STRESS, ANXIETY AND DEPRESSION AMONG WIVES OF INDIVIDUALS DIAGNOSED WITH ALCOHOL DEPENDENCE SYNDROME IN GOA

Dr. Bharati Chavan

Associate Professor in Psychiatric Social Work, Institute of Psychiatry and Human
Behaviour, Bambolim, Goa, India

Mr. Pravin Chavan

Psychiatric Social Worker, Institute of Psychiatry and Human Behaviour, Bambolim, Goa

Abstract

Goa is one of the most popular destination for tourists. Both national and international tourists visit Goa. There were total 0.93 million people who visited Goa in 2018 and 2019 respectively (Statista, 2022). The percentage of alcohol has increased slowly and steadily. The Alcohol use has become a major problem currently in Goa. It has become a concern for individual, their family members and society at large. This paper aims to analyze how people diagnosed with alcohol lead to stress, anxiety and depression not only for self but also for their families. The impact of alcoholism in a marriage is profound. Alcohol dependence affects physical and mental health, and can cause problems with family, friends, and work. It is not only affecting the patient but also the family member, particularly maximum impact is felt on spouses. This leads to psychological impact such as depression, anxiety, suicidal ideation, stress or emotional instability. Psychiatric problem in the spouses are often given insufficient attention to the fact that the distress among the spouses is considerable. The psychological distress and morbidity among women, whose partners have alcohol problems, need to be addressed. The present study has been conducted in the state of Goa with the aim of assessing the prevalence of psychological distress in women such as stress, anxiety and depression.

Keywords: *Stress, Anxiety, Depression, Alcohol Dependence Syndrome*

1. Introduction

The World Health Organization (WHO) referred “Alcoholism” as “family disease” from time to time. It shows its impact on individuals, families and society by and large. It indicates that alcoholism is a major health problem not only in India but also in the world. The excessive use of alcohol spoils the health, socio-economic condition, well-being altogether. 30% of Indians consume alcohol, out of which 13% are daily consumers and up to 50% of them, fall under the category of hazardous drinking (WHO). The data also proves that 50% of the psychiatric illnesses are caused due to drinking alcohol (Balan, 1989).

2. Background of Study

Alcohol has always been integral part of Goan lifestyle. Goa is at variance with the rest of the country as far as alcohol consumption with the notable factor like the 450 years rule of the Portuguese have caused the Goans to develop a different perspective towards alcohol consumption. According to the NFHS 2015-16, consumption of alcohol has gone up among men and women in Goa. According to the Economic Survey Report 2015-16, in Goa, 44.7 per cent men consume alcohol, which has increased from 40 per cent recorded during 2005-06 NFHS.

3. Scope and Significance of Study

Alcohol Dependence is defined as a cluster of physiological, behavioural, and cognitive phenomena in which the use of a substance or class of substances takes on a much higher priority for a given individual than other behaviours that once had greater value (ICD 10). Various etiological factors which are associated along with alcohol dependence such as Biological Factors (genetic vulnerability, co-morbid psychiatric disorder or personality disorder, co-morbid medical disorder, reinforcing effects of drugs, withdrawal effects and craving, biochemical factors-role of dopamine and nor epinephrine) psychological factors (curiosity, need for novelty seeking, general rebelliousness and social non-conformity, early initiation of alcohol, poor impulse control, sensation seeking, low self-esteem, concern regarding personal autonomy, poor stress management skill, childhood trauma or loss, relief from fatigue and boredom, escape from reality lack of interest in conventional goals, psychological distress) and social factors (peer pressure, modelling, ease of availability of

alcohol and drugs, intra family conflict, religious reason, poor social/ family support 'perceived distance' within the family, permissive social attitudes & rapid urbanization).

Alcohol dependence affects physical and mental health, and can cause problems with family, friends, and work. The malady has been affecting not only the patient but also the family member, particularly maximum impact is felt on spouses, given the intimate nature of their relationship. Family members of alcohol-related disorders very often become co-dependent; co-dependency is an unconscious addiction to another person's abnormal behaviour. This leads to psychological impact such as severe depression, anxiety, suicidal ideation or attempt, stress, emotional instability, low concentration, sleeps disturbances, aggression and loneliness, physical effects such as loss of appetite, weight loss, wounds due to physical violence, self-harm, physical abuse and social effects such as problems related to socialization, stigma, job disturbances, social isolation & strained relationship with surrounding people (Temirpulatovich, 2023).

Alcohol use has resulted number of problems currently in Goa and has become a cause of concern. Alcoholism threatens the stability of marriages and breaks down the foundation of families. The impact of alcoholism on female spouses, their marital family functioning and the influence of marital family relationship on the development and maintenance of alcoholism are the challenging problems. However, alcoholism in the marriage, many non-alcoholic partners attempt to be loving, compassionate, understanding, etc., with their alcoholic partner initially, but then over time their patience is pushed to the limit as the alcoholic continues to do even more hurtful and damaging things to the marriage.

4. Objectives of Study

- To examine the socio-economic status of wives of alcohol dependence syndrome (ADS) in Goa
- To state the association between depression and socio-economic status among wives of individual diagnosed with ADS in Goa
- To ascertain the association between anxiety and socio-economic status among wives of individual diagnosed with ADS in Goa

- To demonstrate the association between stress and socio-economic status among wives of individual diagnosed with ADS in Goa

5. Methods and Materials

The study was conducted with the objectives of assessing the socio-demographic profile of the wives of alcohol dependence syndrome (ADS) and to evaluate the magnitude of stress, anxiety and depression among the spouses of individual with alcohol use disorder. The study was tested using hypotheses of correlating the association between stress, anxiety and depression with socio-economic status of wives of individual diagnosed with ADS.

Descriptive research design was used in this study. Universe of the study included all the wives of individual diagnosed with alcohol dependent syndrome that come along with patient to Institute of Psychiatry and Human Behaviour, Bambolim, Goa, Tertiary care Psychiatric hospital owned by Government of Goa. Purposive Sampling method was used in this study. As per the hospital records yearly 402 ADS patients are being diagnosed in IPHB. 20% of the total population was selected as sample out of total population which comprises to 80 respondents.

• Study Tools

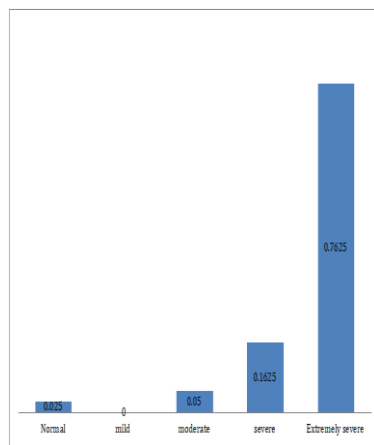
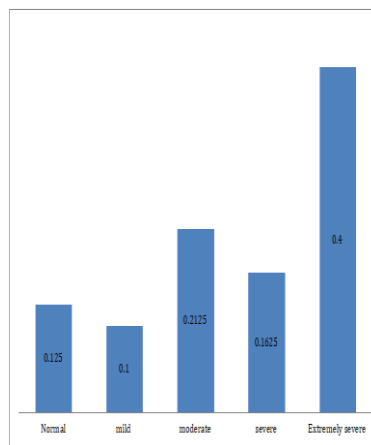
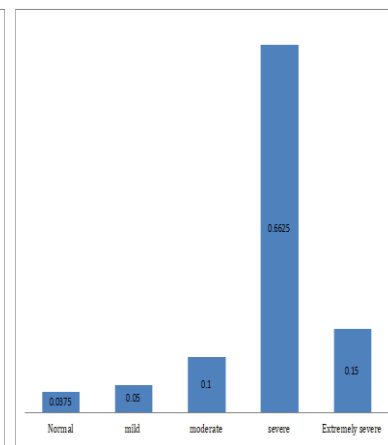
Primary data was collected from the wives of patients diagnosed with ADS according to the ICD-10 classification of mental and behavioural disorders. Wives of individual in 18-58 years of age and willing to participate in the study and living with patients consistently from last two years were included in the study. Various tools such as Kuppuswamy scale for assessing socio economic profile, interview schedule for assessing knowledge, awareness and problems faced by the wives, whereas Depression, anxiety and stress scale (DASS-21) for assessing the prevalence of stress, anxiety and depression and Coping Questionnaire for assessing reaction pattern of the female spouses towards their alcoholic partners were used to collect the data. In addition, the Focus group discussion (FGD) was held with selected respondents. Key points on psychological distress due to alcoholism were discussed during FGD.

6. Data Analysis and Interpretation

The study was aimed to assess the socio-demographic profile and prevalence of stress, anxiety & depression amongst the wives of individual diagnosed with ADS.

In order to collect the data, wives of ADS patient ageing between 18-58 years were selected. This study indicated that majority of the wives [78.80%] were ageing between 30- 40years, studied up to secondary level, had arranged marriage and were home makers in nuclear families residing in rural parts of Goa. The majority of the wives stated that (75%) their partners were consuming alcohol before the marriage and the wives were not aware about it. Respondents also stated that their husbands had never taken treatment for alcoholism before this out of which 64% stated that they had not taken treatment previously.

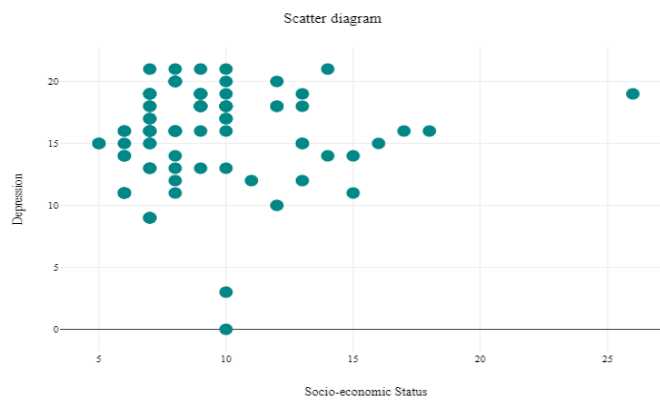
Analysis of DAS scale has given significant results with regards to Depression, Anxiety and Stress. Majority (76.25%) of the wives in Depression scale showed extremely severe depression. The anxiety scale indicates that 61 % of respondents suffered from extremely severe to moderate condition form of anxiety. While on stress scale it was found to be 66.25% in severe condition The descriptive analysis showed the statistics of the depression. Anxiety and stress scores were calculated as Depression (M=15.68, SD = 3.87), Anxiety (M = 9.36, SD = 5.07) and stress (M=14.09, SD = 3.11).

DASS scores of Depression**DASS scores of Anxiety****DASS scores of Stress**

Hypothesis 1-An association between Depression and socio-economic status among wives of individual diagnosed with ADS is disproved in this study.

	r	p (2-tailed)
Socio-economic Status and Depression	0.09	.441

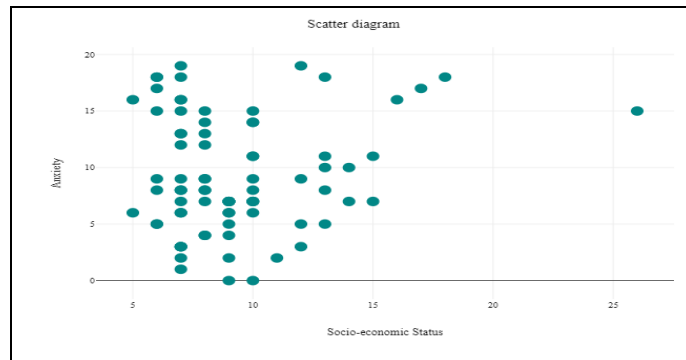
Scatter plot of the correlation analysis



A Pearson correlation was performed to test whether there was association between Socio-economic Status and Depression. The result of the Pearson correlation showed that there was no significant association between Socio-economic Status und Depression, $r(78) = 0.09$, $p = .441$.

Hypothesis 2- An association between anxiety and socio-economic status among wives of individual diagnosed with ADS.

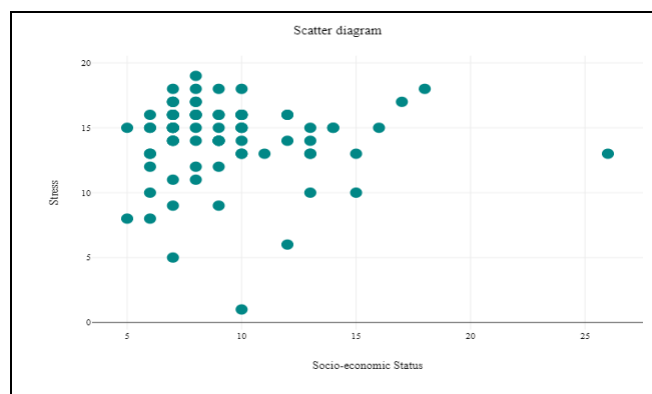
	r	p (2-tailed)
Socio-economic Status und Anxiety	0.14	.212



A Pearson correlation was performed to test whether there was association between Socio-economic Status and Anxiety. The result of the Pearson correlation showed that there was no significant association between Socio-economic Status und Anxiety, $r(78) = 0.14, p = .212$.

Hypothesis 3-An association between stress and socio-economic status among wives of individual diagnosed with ADS.

	r	p (2-tailed)
Socio-economic Status und Stress	0.01	.928



7. Results and Discussions

A Pearson correlation was performed to test whether there was association between Socio-economic Status and Stress. The result of the Pearson correlation showed that there was no significant association between Socio-economic Status und Stress, $r(78) = 0.01, p = .928$.

In the above scatter plot graphs illustrates the correlation between Socio economic status and Depression, Anxiety, Stress. It depicts no significant direction of between the variables. Since the points in the graphs do not form a line.

Focused group discussion was conducted with nine spouses of ADS patients. FGD gave qualitative data on the variables such as Reactions of alcoholism on the spouse. Alcoholism had adverse effect on the emotions of spouse such as sadness, anger, fear, hopelessness, tense etc. Discussion also revealed that alcoholism had negative impact on day-to-day activities of wives such as abusive behaviour, sexual dissatisfaction, financial stress and rearing and caring of children. Women participating in FGD revealed that none of them approached police or NGO to complain the domestic violence against their husband reason being fear, helplessness and unaware about the services.

8. Findings of Study

The findings of the study draws attention to the fact that the psychological distress among the spouses is considerable and warrant attention. Thus the high rates of psychological distress and morbidity among women whose partners have alcohol problems, needs to be focused either as part of alcohol treatment programs or independently. This issues needs to be addressed not only to improve outcomes for the dependent individuals but also as potentially reversible risk factors that could significantly impact women's own health outcomes. Hence, it is important that treatment programs for patients with alcohol dependence should also include formal assessment of mood and anxiety disorders among their spouses.

9. Conclusion

This study was conducted in the state of Goa and sheds light on the psychological effects such as stress, anxiety and depression amongst the wives of individual diagnosed with Alcohol dependence syndrome. The descriptive analysis showed the statistics of the depression Anxiety and stress scores were calculated such as Depression (M=15.68, SD = 3.87), Anxiety (M = 9.36, SD = 5.07) and stress (M=14.09, SD = 3.11). Interpretation of DASS scores of depression, stress and anxiety showed most (76.25%) of the participants in depression scale were experiencing extremely severe depression, anxiety of most (61%) participants were on extremely severe to moderate form and on stress scores were found to be severe (66.25%).

Alcohol dependence is collaterally connected to the family members of individual involved in the dependence. Especially, in Indian households, wives being the primary caregiver of the individual are subjected to unimaginable stress and trauma due to alcohol dependence of the family member. The daily events in the life of the wives of an alcoholic person is highly unstable and incidental. Stress and anxiety are the product of constant worry and agitation of the wives. Instability and a challenging daily routine make the caregiver constantly worrying about worst case scenarios. Studies have evidently quoted the same analogy between depression and anxiety of wives of alcoholic individuals as well. Depression in this case more common, since the alcoholic condition brings a long-term impact on the lives of the caregivers. Higher depression levels or vulnerability to depression was found in family members of an alcoholic dependent. Studies have aligned the structural model of depression and its causal factors to be related to alcoholic patients and subsequently to caregivers of those patients as well which in this case is the wives.

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