



Effectiveness of Family-Focused Intervention on Family Coping with Alcoholics.

¹Rima Mandal, ²Prof. Dr. Sherin P.K

¹Research Scholar, Malwanchal University.

²Research Supervisor, Malwanchal University

Introduction

Dependence on alcohol is a complex behaviour that can have many negative effects on both the home life and the professional life of an individual, as well as on society as a whole. Epidemiological studies have shown that between 20% and 30% of the people in India drink too much alcohol.

Consuming large quantities of alcohol has a negative impact on relationships within the family. The extent of a family's dysfunctional influence on their children varies from one generation to the next and even within a single family. This has the potential to have a negative impact on both the emotional and physical well-being of a person. Treatments for alcoholism that involve the entire family are a relatively new development in the field of alcohol addiction. Because of his alcoholism, the alcoholic may already have a sense of alienation and dependence on others, but when family members express their disappointment with the alcoholic's behaviour, this only serves to reinforce those feelings.

Alcoholics who are pressured by their loved ones, friends, family members, neighbours, co-workers, and employers to seek professional assistance are more likely to do so. It's possible that he's anxious about getting divorced, losing his job, having an accident after falling, his fiance turning down his marriage proposal, or any number of other things that could jeopardise his health and happiness. According to findings from studies conducted on alcoholics, those who undergo treatment with both pharmaceutical and nonpharmacological methods enjoy superior recovery rates. Even so, the scope of these studies was almost entirely limited to certain types of psychotherapy. This meant that the huge potential of psychosocial treatment as a whole was not explored.

Alcoholism results in a significant decrease in the productivity of the workforce as well as a significant reduction in pay and earnings. Employees who work with alcoholics should be ready to deal with sickness, hangovers, being late, making more mistakes, not finishing assignments, financial losses, and coworkers who come in early in the morning. It's not uncommon for family members of alcoholics to find themselves in precarious financial situations, such as being unable to pay for necessities like food and clothing, putting off paying off debts, and incurring ever-increasing costs like additional medical bills and fines. It's possible that as a result of this, we'll have fewer places to live, higher levels of debt, and a lower general standard of living. Secondary alcohol abuse has the additional effect of lowering an individual's overall financial well-being and stability, as well as the financial well-being and stability of the individual's entire family, including any children who are living in the home. This is an additional negative consequence of secondary alcohol abuse.

Methods

The purpose of this research was to investigate the effects that family-focused intervention has on the coping mechanisms of the families of alcoholics. The De-Addiction Center in Lucknow was the location where the research was carried out. a quasi-experimental study design (with pre- and post-tests)The data collection process lasted a total of ten days. The purpose of the study served as the primary consideration in the selection of the sample. The total number of samples that were chosen during the course of the investigation was one hundred. In order to evaluate the efficacy of the coping strategies, the Lazarus Coping Scale was utilised. For the purpose of the study, a sizable group of people whose scores were lower than 70 were chosen as participants. After a ten-day trial run of a family-centered intervention, the subject's ability to cope was looked at.

RESULTS

These findings indicate that 46.1% of family members are between the ages of 25 and 35, while 30.28% are between the ages of 15 and 25, 14.01% are between the ages of 35 and 45, and 9.61% are above the age of 45. The findings of this study indicate that 60% of the respondents were male, while only 40% were female. All of the participants in this study had at least a high school diploma in their possession. Only 16.01 percent of the samples were housewives, while more than three-fifths of the samples had an income between Rs 5000 and Rs 10000 (63.17 percent), slightly more than a third of the samples had an income between Rs 3000 and Rs 5000 (36.31 percent), and just over a third of the samples had an income between Rs 3000 and Rs 5000 (36.31 percent). Fewer than 10% of those polled in this study were single at the time of their response, while more than 90% of them were married. The

respondents to this survey came from nuclear families 82.6% of the time, while blended families made up 17.4% of the respondents. According to the results of this study, 91.1% of respondents have children, while 8.9% do not have children. In this particular study, out of a total of 100 samples, 56% of respondents had experienced difficulty in the past 5–10 years, 30% in the past 10 years, and 14% in the past less than 5 years. The findings of studies that focused on family interventions and how problem-oriented coping affected the members of alcoholics' families are discussed. The results of the pre-test for the family members who used problem-oriented coping strategies before and after the experiment showed that their scores increased to 39.7 from 28.22, respectively. The standard deviation was 4.76 during the pre-test, but it dropped to 2.45 during the test itself. It was determined that there was an average difference of 5.02 between the two groups. This hints that the coping behaviours of family members of alcoholics have increased substantially over time. The findings that were uncovered in relation to the efficacy of family-focused intervention on coping mechanisms among family members of alcoholics include, but are not limited to, the findings of the affectively oriented method. The post-test mean score was 36.7, demonstrating that family members who coped with their emotions using an affective-oriented approach prior to taking the exam had an average score of 27.8 prior to taking the test, and that after the test their average score was 36.7. The standard deviation was 2.44 at the time of the pre-test, but it had decreased to 2.05 by the time of the post-test. It was discovered that there is a 2.56-point disparity between the mean and the average. This hints that the coping behaviours of family members of alcoholics have increased substantially over time. According to the findings of this research project, participants who had family members who struggled with alcoholism showed significant improvements in their post-test score after participating in a family-focused intervention in the development of coping patterns. The results show that the average score of the family members before the test was 66.18, and after the test, their scores increased to 74.19 on average. The standard deviation for the pre-test was found to be 4.88, and the standard deviation for the post-test was found to be 2.67. A difference of 7.36 points was found between the mean and the standard deviation of the data. When it came to helping family members of alcoholics cope better, intervention that focused on the family had an impressively high success rate.

DISCUSSION

The findings of studies that focused on family interventions and how problem-oriented coping affected the members of alcoholics' families are discussed. The results of the pre-test for the family members who used problem-oriented coping strategies before and after the experiment showed that their scores increased to 39.7 from 28.22, respectively. The standard deviation was 4.76 during the pre-test, but it dropped to 2.45 during the test itself. As was found to be the difference, 5.02 points separate these two averages. There was a significant improvement in the ability of family members of alcoholics to cope during this time period, which suggests that there was a major rise in their ability to cope. It was determined that there is a 6.08-point disparity between the two means. Sisson and Azrin (1986) found that family members of alcoholics had greater coping abilities, meaning that they were more likely to deal with their problems. At the one-year follow-up, our most important finding was that everyone had improved in their coping methods, hardships, and mental symptoms, regardless of whether they received any support at all. This was our most important finding. In addition, the use of interventions that lasted for longer periods of time was associated with a greater improvement in the patient's mental symptoms (coping skills training and group support). Several studies from the past, however, indicate that a short-term intervention has the potential to influence coping processes. The findings that were uncovered in relation to the efficacy of family-focused intervention on coping mechanisms among family members of alcoholics include, but are not limited to, the findings of the affectively oriented method. The post-test mean score was 36.7, demonstrating that family members who coped with their emotions using an affective-oriented approach prior to taking the exam had an average score of 27.8 prior to taking the test, and that after the test their average score was 36.7. The standard deviation was 2.44 at the time of the pre-test, but it had decreased to 2.05 by the time of the post-test. It was discovered that there is a 2.56-point disparity between the mean and the average. There was a significant improvement in the ability of family members of alcoholics to cope during this time period, which suggests that there was a major rise in their ability to cope. According to the findings of a study that was carried out by Miller and colleagues (1999), participants in three different intervention programmes for family members reported significant improvements in family cohesion and relationship happiness, as well as reductions in depressive symptoms, anger, and family conflict. According to the findings of this research project, participants who had family members who struggled with alcoholism showed significant improvements in their post-test score after participating in a family-focused intervention in the development of coping patterns. The results show that the average score of the family members before the test was 66.18, and after the test, their scores increased to 74.19 on average. The standard deviation for the pre-test was found to be 4.88, and the standard deviation for the post-test was found to be 2.67. A difference of 7.36 points was found between the mean and the standard deviation of the data. It would appear that family-focused interventions have had a significant impact on the coping abilities of family members of alcoholics who have received treatment. Additional research indicates that intervention in spouses can result in a shift in the problematic alcohol use of the relative, which can help enhance relationships within the family. Because of the intervention, the alcoholics had already cut back on their drinking prior to the relative's enrollment in the programme. In conclusion, the purpose of this study was to investigate the effect that family-oriented interventions have on the coping strategies employed by people who are related to alcoholics. It was determined that the rise from 62.17 to 71.13 in the mean value and percentage of the coping score was significant. As a consequence of this, the intervention had a favourable effect on the individual's capacity for coping.

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