

Level of depression among Wives of alcoholics and Wives of Non-alcoholics

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ABSTRACT

The level of depression among the wives of alcoholics and non-alcoholics affects their daily routine and they are affected both physically and psychologically. The main objective of the study is to assess the level of depression and compare the level of depression among wives of alcoholics and wives of non-alcoholics. A community-based comparative study was conducted among 25 wives of alcoholics and 25 wives of non-alcoholics at a selected village in Tamil Nadu. Samples were selected by the non-probability purposive sampling technique. Data were collected to assess the level of depression by Beck depression inventory. Collected data were analyzed by using descriptive and inferential statistics. The study shows that among wives of alcoholics, the majority 9 (36%) had moderate levels of depression and the majority of wives of non-alcoholics 15 (60%) were normal. The study concluded that the level of depression among wives of alcoholics was higher compared to wives of non-alcoholics.

BACKGROUND:

Alcoholism is considered a major health as well as social problem. It generally refers to an uncontrolled consumption of alcoholic beverages to such an extent that it turns out detrimental to the drinker's health and personal relationship.[9] Alcoholism-related family disruption is a significant, intricate, and widespread social issue. Alcoholism has an effect on the drinker as well as his family, particularly his wife. [8] Alcohol may have varying effects on each family member. The family's emotional and physical health may worsen as a result of adjusting to the husband's alcoholism, and the dynamics of the family may change. The spouse and children of an alcoholic are the family members most adversely affected. Because of their husbands' drinking, women are expected to take care of the homeostatic balance in the household in addition to controlling their husbands' drinking. [7] Wives of alcoholic husbands may experience verbal or physical violence, which can lead to low self-esteem and a bad self-image. Wives may so encounter social disengagement and depression. The physical, social, and psychological problems that spouses of alcoholics are more likely to experience include separation, hostility, criticism, domestic violence, and somatization. These issues can lead to depression, adjustment disorder, anxiety, and a compromised psychological state, making it difficult for the spouses to maintain their social and functional roles as mothers, sisters, homemakers, and other roles. [3] Every member of the family is impacted by alcohol consumption, including the alcoholic's spouse and unborn child. Another researcher employed a non-experimental descriptive research approach to evaluate the degree of anxiety and depression experienced by spouses of alcoholic husbands. The thirty wives of alcoholics were the study's target population. The degree of anxiety and depression was measured using a standardized hospital anxiety depression scale. Of the thirty wives with depression, eleven (36.66%) had an abnormal case, nine (30%)

had a borderline abnormal case, and ten (33.33%) had a normal condition. [4]

METHODOLOGY:

A community-based comparative study was conducted among 50 wives of alcoholics and wives of non-alcoholics at a selected village in Tamil Nadu. Non-probability purposive sampling technique was used to choose samples from those who met the study's inclusion requirements. 25 wives of alcoholics and 25 wives of non-alcoholics who were residing in Ammapalayam village in Tamil Nadu.

The instrument used in the study had three parts:

SEC-A: It consists of **Socio-demographic variables** of wives such as age, educational status, occupation, religion, type of family, duration of married life, and duration of alcohol consumption by the husband.

SEC-B: **Beck depression inventory** will be used to assess the level of depression among wives of alcoholics and wives of non-alcoholics. The BDI contains 21 items on a 4-point scale from 0 (symptom absent) to 3 (severe symptoms). The sum of the scores for the 21 items is used to determine the final score. A score of 31-40 indicates severe depression. Both descriptive and inferential statistics were used in the data analysis.

RESULTS:

Table 1: Frequency percentage distribution of demographic variables among wives of alcoholics and wives of non-alcoholics

N=50

Sl. No	DEMOGRAPHIC VARIABLES	WIVES OF ALCOHOLICS		WIVES OF NON-ALCOHOLICS		
		(N)	(%)	(N)	(%)	
1	Age in year	a) 20 – 30 years	4	16	8	32
		b) 31 – 40 years	5	20	11	44
		c) 41 – 50 years	10	40	5	20
		d) > 50 years	6	24	1	4
2	Educational status	a) Illiterate	9	36	6	24
		b) Primary Education	7	28	7	28
		c) Higher Education	5	20	4	16
		d) Graduate	4	16	7	28
3	Occupation	a) Government Job	0	0	1	4
		b) Private Job	4	16	1	4
		c) House Wife	17	68	19	76
		d) Self Employee	4	16	4	16
4	Religion	a) Hindu	24	96	24	96
		b) Christian	0	0	1	4
		c) Muslim	1	4	0	0
		d) Others	0	0	0	0
5	Type of Family	a) Nuclear Family	21	84	16	64
		b) Joint Family	3	12	7	28
		c) Extended Family	1	4	1	4
		d) Others	0	0	0	0
6	Duration of marriage life	a) < 1 years	0	0	0	0
		b) 1-5 years	11	44	8	32
		c) 6-10 years	1	4	8	32
		d) > 10 years	3	12	6	24
7	Duration of alcohol Consumption by husband	a) < 1 years	8	32	0	0
		b) 1-5 years	14	56	0	0
		c) 6-10 years	2	8	0	0
		d) > 10 years	1	4	0	0

Table 1: indicates that based on age, 10 (40%) of the spouses of alcoholics were between the ages of 41 and 50, 11 (44%) of the spouses of non-alcoholics were between the ages of 31 and 40, and 9 (36%) of the spouses of alcoholics were illiterate. On the other hand, seven (28%) wives of non-alcoholics completed their primary schooling. Regarding Occupation 17 (68%) of wives of alcoholics were housewives, Whereas for wives of non-alcoholics 19 (76%) were housewives, 24 (96%) of wives of alcoholics were Hindu, 24 (96%) of wives of non-alcoholics were Hindu, 21 (84%) of wives of alcoholics were in a nuclear family, Whereas 16 (64%) wives of non-alcoholics belong to a nuclear family, 11 (44%) of in wives of alcoholics were married for 1 - 5 years, whereas 8(32%) of wives of non-alcoholics were married for 1-5 years, regarding the duration of alcohol consumption by the husband in wives of alcoholics 14 (56%) of their spouses were consuming alcohol for 1 - 5 years.

Table 2: Frequency and percentage distribution of the level of depression among wivesof alcoholics.

n₁=25

S.No	LEVEL OF DEPRESSION	WIVES OF ALCOHOLICS	NON-ALCOHOLICS
1	Considered Normal (1-10)	3	12%
2	Mild mood Disturbance (11-16)	5	20%
3	Borderline Clinical depression (17-20)	4	16%
4	Moderate depression (21-30)	9	36%
5	Severe depression (31-40)	4	16%

Table 2: shows that in the majority of wives of alcoholics, 9 (36%) of them had Moderate level of depression, 5(20%) of them had Mild mood disturbance, 4(16%) of them had borderline clinical depression, and 4(16%) of them had a severe depression, and 3 (12%) of them were considered normal.

Table 3: Frequency and percentage distribution of the level of depression among wivesof non-alcoholics.

n₂=25

S.No	LEVEL OF DEPRESSION	WIVES OF ALCOHOLICS	NON-ALCOHOLICS
1	Considered Normal (1-10)	15	60%
2	Mild mood Disturbance (11-16)	8	32%
3	Borderline Clinical depression (17-20)	2	8%
4	Moderate depression (21-30)	0	0%
5	Severe depression (31-40)	0	0%

Table 3: shows that, the majority of wives of non-alcoholics, 15(60%) of them were considered normal, 8(32%) of them had mild mood disturbance, 2(8%) of them had borderline clinical depression, none of them had Moderate and Severe depression.

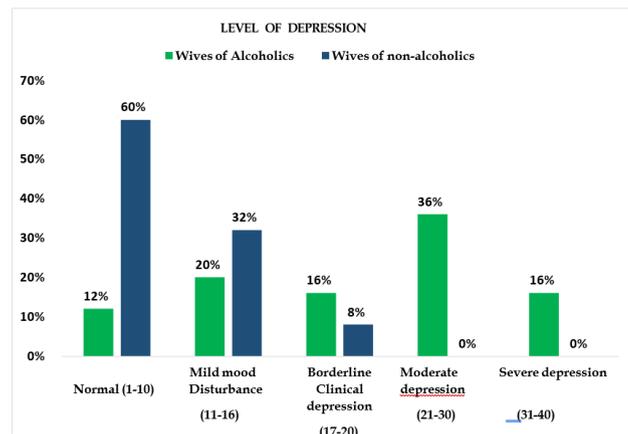


Figure 1: shows the level of depression among wives of alcoholics, the majority of 9 (36%) of them had a Moderate level of depression, 5(20%) of them had a Mild mood disturbance, 4(16%) had borderline clinical depression and 4(16%) of them had a severe depression 3 (12%) of them were considered normal.

Regarding the level of depression among wives of non-alcoholics, the majority of 5(60%) of them were considered normal, 8(32%) of them had mild levels of depression, 2(8%) of them had borderline clinical depression, none of them had Moderate and Severe depression.

Discussion:

Another study in Tamil Nadu compared the depression levels of wives of alcoholics and non-alcoholics. The study concluded that while 33.7% and 63.7% of the wives of non-alcoholics had mild and minimum levels of depression, respectively, exactly 50% of the wives of alcoholics had severe

levels of depression and 35% had moderate levels. [6] According to an exploratory study conducted in a few communities in Mangalore, the majority of wives of alcoholics (53%) had moderate psychosocial problems, compared to just 37% who had mild psychosocial problems and 10% who had severe psychosocial problems. [2] A study compared the level of stress among the wives of alcoholics and non-alcoholics. In terms of stress levels, the majority of alcoholic spouses (96.7%) had moderate levels, which were followed by mild levels (3.3%) while the majority of non-alcoholic wives (76.7%) had moderate levels, which were followed by mild levels (23.3%). Based on these results, it appeared that both non-alcoholic and alcoholic wives experience a moderate level of stress; however, alcoholic wives' levels of stress were higher than those of non-alcoholic wives. [1]

CONCLUSION:

This study concluded that, when comparing the wives of alcoholics with wives of non-alcoholics, the wives of alcoholics showed a higher degree of depression. It lowers the standard of living and puts a burden on family finances. The financial hardships, role-shifting, and violence that spouses of alcoholics endure demonstrate that these women are incapable of managing their husbands' drinking and are overburdened by it.

CONFLICT OF INTEREST:

No conflict of interest was disclosed.

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