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A study to assess the level of stress, domestic violence and coping strategies among spouse of patients with alcohol dependence admitted at DIMHANS, Dharwad

Manjunath Jabin *

Lecturer, Department of Mental Health Nursing, SDM Universities, SDM Institute of Nursing Sciences, Sattur Dharwad, Karnataka, India.

Abstract

Background of the study: Alcoholism is one of the major health and social problems all over the world. Alcoholism is a significant problem in India. There is a vast body of literature in India and in the West devoted to understanding the marital dynamics involved in alcoholism and ascertaining the deleterious impact that alcoholism could have on the personality and function of spouse.

Aim : Assess the levels of Stress, Domestic violence and coping strategies among the wives of patients with alcoholic dependence..

Methodology: A descriptive survey design is used to assess level of stress, domestic violence and coping strategies among wives of patients with alcohol dependence admitted at DIMHANS, DHARWAD. Non-probability purposive sampling technique was adopted for data collection from 100 wives of alcoholics admitted in wards of the DIMHANS.

Results : Data was analyzed by using descriptive and inferential statistics, majority of the participants had moderate level of stress(61%).Assessment of the overall level of domestic violence revealed that 54% wives of alcoholics had average domestic violence. Assessment of the overall level of coping strategies revealed that 63% wives of alcoholics had average coping. There was a partial association between the level of stress, domestic violence and coping strategies of the wives of patients with alcohol dependence with demographic variable only religion (χ^2=6.9170, p=02), had significant relationship with level of stress. The result found non-significant negative correlation(r= -0.1810 p= 0.0720) was observed between stress and domestic violence scores and non significant positive correlation(r=0.0793 p=0.4330) was observed

between stress and coping strategies scores. But significant and negative correlation (r= -0.2407 p=0.0160*) (*p<0.05) was observed between domestic violence and coping strategies scores. It means that domestic violence and coping strategies scores are dependent on each other.

Conclusion: Research needs to focus on the impact of   stress, domestic violence and coping on health, a nurse plays a pivotal role both in hospital and community setting in improving the health of the Individual. Innovative approaches in this field have to be initiated in nursing.

Keywords: Wives of alcoholics stress; Domestic violence; Coping; DIMHANS

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* Corresponding author: Manjunath Jabin

1. Introduction

Alcoholism is a significant issue in India, with extensive literature on marital dynamics and its impact on spouses.[1] It is a chronic, progressive disease that affects almost every cell in the body, including the central nervous system. Factors such as size, weight, age, sex, and consumption of food and alcohol influence its effects.[2] Low to moderate doses can impair judgment and coordination, and increase the incidence of aggressive acts like domestic violence and child abuse.[3] The World Health Organization estimates that 2 million people worldwide consume alcoholic beverages, with 76.3% having diagnosable alcohol use disorder.[4] Alcohol consumption has significant health and social consequences, including intoxication, alcohol dependence, and chronic diseases. It also contributes to traumatic outcomes, such as death or disability at a young age. In India, alcoholism prevalence is 5%-20%, while in the US, 2-15 million experience absolute alcohol use.[5] A study on spouses and family members of people with alcohol dependence found that 73% experienced anxiety, fear, depression, aggression, and family disintegration.[6] Alcohol addiction affects both individuals and their co-habituating family members, leading to physical and psychological disorders.[7] It is the world's third largest risk factor for disease burden. The relationship between an alcohol abuser and family is complex, with members experiencing guilt, shame, anger, fear, grief, and isolation.[8] Chronic alcohol abuse often results in separations and long absences, destruction of household objects, lack of communication, and domestic violence.[9]

Objectives

- To assess the level of stress among the wives of patients with alcohol dependence.
- To assess the level of domestic violence among the wives of patients with alcohol dependence
- To assess the level of coping strategies among the Wives of patients with alcohol dependence.
- To find out the correlation between the level of stress, domestic violence and coping strategies of the wives of patients with alcohol dependence.
- To find the association between the level of stress, domestic violence and coping strategies a m o n g the wives of patients with alcohol dependence with their selected demographic variables.

Hypothesis

Following hypothesis will be tested at 0.05 level of significance.

- **H1**: There is a significant relationship between the level of stress, domestic violence and coping strategies among wives of patients with alcohol dependence.
- **H2**: There is a significant association with the level of stress, domestic violence and coping strategies among wives of Patients with alcohol dependence with their selected demographic variables.

2. Research methodology

2.1. Research approach

The research approach used for this study was quantitative approach. This study is used to assess the level of stress, domestic violence and coping strategies, among spouse of patients with alcohol dependence admitted at Dimhans, Dharwad.

2.2. Research design

This descriptive study evaluates stress, domestic violence, and coping strategies among spouses of alcohol dependence patients admitted to DIMHANS, Dharwad.

- Setting of the study: The study was conducted at DIMHANS Dharwad, a 250-300 bed state government mental hospital in north Karnataka, India, focusing on the availability of adequate samples for both outpatient and inpatient departments, catering to 400-450 daily patients.
- Population and Accessible population: The study aimed to generalize the findings to wives of alcoholic patients in DIMHANS, Dharwad. The target population was the wives of patients with alcohol dependence, and the accessible population was the portion of the target population that met designated criteria.
- Sample and sample size: The study's sample size is determined by the type of study, available samples, sampling technique, population nature, and statistical test. The sample consisted of 100 wives of alcohol dependence patients aged 20-60 years.
- Sampling technique: The study utilized purposive sampling, a non-probability method, to select wives of

alcoholic dependents based on inclusion criteria.
- Data collection technique and instrument: Data collection is the systematic gathering of information relevant to a research purpose, influenced by the study design, and is a challenging step in the research process.

3. Description of tools

Socio demographic data sheet. (Annexure-1) The socio demographic data sheet was designed by the investigator in order to collect the background information of the patients. It consists of questions related,

- Baseline characteristics of Wives of alcoholics.
- Baseline characteristics of Alcoholic dependence.
- Physical and mental health characteristics.

The socio demographic data sheet was designed to gather background information on wives of alcoholics, their baseline characteristics of alcoholic dependence, and their physical and mental health. The Perceived Stress Scale (PSS) was developed by Sheldon Cohen in 1983 and is a widely used psychological instrument for measuring stress perception. The scale is designed to measure the degree to which situations in one's life are perceived as stressful. It is a 10-item five-point scale with scores ranging from 0 to 40. A 17-item structured questionnaire was prepared by Nitasha Sharma, et al., to assess the problems faced by wives of alcoholics. The problems faced were categorized into five major domains: emotional, financial, social, physical, and health-related problems. The questionnaire yielded scores in terms of problems in five domains, representing the level of domestic violence faced by wives of alcoholics. A standardized tool was developed by Orford et al. to assess the level of coping strategies among wives of alcoholics. These tools help understand the experiences and challenges faced by wives of alcoholics.

4. Results

The findings of the study are organized in terms of the objectives tested. The data is presented under the following headings.

- **Section I**: Describes socio-demographical characteristics of wives of alcoholdependence.
- **Section II:** Describes socio-demographical characteristics of alcohol dependents.
- **Section III:** Description of level of stress domestic violence, coping strategiesamong wives of alcoholics.
- **Section IV**: Description on association between level of stress, domestic violence and coping strategies of the wives of patients with alcoholdependence with demographic variable.
- **Section V**: Description on association between level of stress, domestic violence and coping strategies of the wives of patients with alcoholdependence.
- **Section VI:** Description of correlation between the level of stress, domestic violenceand coping strategies of the wives of patients with alcohol dependence.

4.1. SECTION I: Description socio-demographical characteristics of wives of alcoholdependence

Table 1 Frequency distribution and percentage on demographic variables among wivesof alcoholic dependents N=100

Characteristics	Categories	Frequency	Percentage
Age groups	<=30yrs	52	52.00
	31-35yrs	36	36.00
	>=36yrs	12	12.00
Religion	Hindu	65	65.00
	Muslim	31	31.00
	Christian	4	4.00
Educational Status	No formal education	49	49.00
	Primary (1-7th std)	48	48.00
	Secondary (8-10th std)	3	3.00

Occupation	Coolie	24	24.00
	House wife	72	72.00
	Farmer	4	4.00
Annual Income	Less than 50,000	93	93.00
	50000-1 Lakh	7	7.00
Place of Residence	Urban	43	43.00
	Rural	57	57.00
Type of family	Nuclear	80	80.00
	Joint	20	20.00
Duration of marital life	1-5yrs	70	70.00
	>=6yrs	30	30.00
No of children	One	44	44.00
	Two	33	33.00
	Three	23	23.00
Total		100	100.00

The data from Table 1 shows that the majority of wives of Alcoholic dependents are below 30 years old, with 65% belonging to Hindu religion. Most have no formal education, with 49% having no education at all. The majority are house wives, with 93% earning below Rs. 50,000. Most reside in rural areas, with 80% belonging to nuclear families and 20% to joint families. The majority have a 1-5 year marital life, with 44% having one child and 33% having two or three.

4.2. SECTION II: Describes socio-demographical characteristics of alcoholdependents

Table 2 Frequency distribution and percentage on demographic variables amongAlcoholic dependence. N=100

Characteristics	Categories	Frequency	Percentage
Age groups	30-35yrs	33	33.00
	36-40yrs	50	50.00
	>=41yrs	17	17.00
Educational status	No formal education	4	4.00
	Primary (1-7th std)	24	24.00
	Secondary (8-10th std)	49	49.00
	PUC and Above	23	23.00
Occupation	Unemployed	1	1.00
	Coolie	41	41.00
	Farmer	33	33.00
	Business	18	18.00
	Private employee	7	7.00
Annual Income	Less than 50,000	93	93.00
	50000-1 Lakh	7	7.00
Average amount ofalcohol in quters.	1	3	3.00
	2	21	21.00

	3	52	52.00
	4	22	22.00
	5	2	2.00
Frequency of alcoholconsumed	Continuous	92	92.00
	Episodic	6	6.00
	Occasional	2	2.00
Type of alcoholconsumption	Wine	16	16.00
	Rum/Wisky/Vodka/Brandy	84	84.00
Frequency of job changes	Never	24	24.00
	Rarely	53	53.00
	Often	21	21.00
	Very often	2	2.00
How often absent for hisjob	Never	26	26.00
	Rarely	56	56.00
	Often	17	17.00
	Very often	1	1.00
Overall physical health	Healthy	76	76.00
	Unhealthy	24	24.00
Total		100	100.00

Table 2 reveals demographic data on alcohol dependents, including age, education, occupation, annual income, and alcohol consumption. The majority (50%) are aged 36-40, with 33 aged 30-35, and 17 above 41. Education levels range from secondary school to primary education. Occupations include coolies, former employees, unemployed, business, and private employees. Most earn below Rs. 50,000, with 52% drinking 3 quiters per day. The majority (92%) drink Rum, Whisky, Vodka, or Brandy. Job changes are rare, and absenteeism is frequent. Overall, 76% of alcohol dependents are healthy.

4.3. SECTION III: Description of level of stress, domestic violence, coping strategiesamong wives of alcoholics

Table 3 Distribution of wives of alcoholic dependents by levels of stress, Levelsof domestic violence and Levels of coping strategy N=100

Levels	Frequency	Percentage
1.Levels of stress		
Mild stress	0	0.00
Moderate stress	61	61.00
Severe stress	39	39.00
2.Levels of domestic violence		
Low domestic violence level	28	28.00
Average domestic violence level	54	54.00
High domestic violence level	18	18.00
3.Levels of coping strategy		

Low coping strategy level	16	16.00
Average coping strategy level	63	63.00
High coping strategy level	21	21.00
Total	100	100.00

Table 3 shows that 61% of wives of alcoholics experience moderate stress, 39% severe stress, and 0% mild stress. 54% experience average domestic violence, 28% low, and 18% high. 63% use average coping strategies, 16% low, and 21% high.

4.4. SECTION IV: Description of association between the level of stress, domestic violence and coping strategies of the wives of patients withalcohol dependence with demographic variable

Table 4 A) Association between levels of stress with demographic variables among wives of alcoholic dependents N=100

Characteristics	Moderate stress	%	Severe stress	%	Total	Chi- square	Df	Sig.
Age groups								
<=30yrs	35	67.31	17	32.69	52	2.8630	2	NS
31-35yrs	21	58.33	15	41.67	36			
>=36yrs	5	41.67	7	58.33	12			
Religion								
Hindu	45	69.23	20	30.77	65	6.9170	2	S
Muslim	13	41.94	18	58.06	31			
Christian	3	75.00	1	25.00	4			
EducationalStatus								
No formaleducation	27	55.10	22	44.90	49	2.8940	2	NS
Primary (1-7thstd)	31	64.58	17	35.42	48			
Secondary (8-10th std)	3	100.00	0	0.00	3			
Occupation								
Coolie	13	54.17	11	45.83	24	0.8690	2	NS
House wife	45	62.50	27	37.50	72			
Farmer	3	75.00	1	25.00	4			
Annual Income								
Less than 50,000	57	61.29	36	38.71	93	0.0470	1	NS
50000-1 Lakh	4	57.14	3	42.86	7			
Place of Residence								
Urban	24	55.81	19	44.19	43	0.8530	1	NS
Rural	37	64.91	20	35.09	57			
Type of family								
Nuclear	48	60.00	32	40.00	80	0.1680	1	NS
Joint	13	65.00	7	35.00	20			

Duration ofmarital life								
1-5yrs	46	65.71	24	34.29	70	2.1800	1	NS
>=6yrs	15	50.00	15	50.00	30			
No of children								
One	28	63.64	16	36.36	44	0.9780	2	NS
Two	21	63.64	12	36.36	33			
Three	12	52.17	11	47.83	23			
Total	61	61.00	39	39.00	100			

Data presented Table 4 Results shows that there is significant association found in demographic variable in religion ($\chi2=6.9170$, df=20) at the level of 0.05. Remaining all the demographic variables shows non-significant association.

Table 5 B) Association between levels of domestic violence with demographic variables among wives of alcoholic dependents N=100

Characteristics	Low	%	Average	%	High	%	Chi- square	Df	Signi.
Age groups									
<=30yrs	16	30.77	26	50.00	10	19.23	1.7230	4	NS
31-35yrs	10	27.78	21	58.33	5	13.89			
>=36yrs	2	16.67	7	58.33	3	25.00			
Religion									
Hindu	17	26.15	34	52.31	14	21.54	2.2770	4	NS
Muslim	10	32.26	17	54.84	4	12.90			
Christian	1	25.00	3	75.00	0	0.00			
EducationalStatus									
No formaleducation	14	28.57	26	53.06	9	18.37	0.7070	4	NS
Primary (1-7thstd)	13	27.08	26	54.17	9	18.75			
Secondary (8-10th std)	1	33.33	2	66.67	0	0.00			
Occupation									
Coolie	8	33.33	15	62.50	1	4.17	5.7150	4	NS
House wife	19	26.39	36	50.00	17	23.61			
Farmer	1	25.00	3	75.00	0	0.00			
AnnualIncome									
Less than50,000	26	27.96	49	52.69	18	19.35	1.7790	2	NS
50000-1 Lakh	2	28.57	5	71.43	0	0.00			
Place of Residence									
Urban	12	27.91	26	60.47	5	11.63	2.2860	2	NS
Rural	16	28.07	28	49.12	13	22.81			
Type of family									
Nuclear	22	27.50	42	52.50	16	20.00	1.0910	2	NS
Joint	6	30.00	12	60.00	2	10.00			

Duration ofmarital life									
1-5yrs	21	30.00	34	48.57	15	21.43	3.1310	2	NS
>=6yrs	7	23.33	20	66.67	3	10.00			
No of children									
One	14	31.82	23	52.27	7	15.91	1.2380	4	NS
Two	7	21.21	19	57.58	7	21.21			
Three	7	30.43	12	52.17	4	17.39			
Total	28	28.00	54	54.00	18	18.00			

Data presented table 5 results shows all the demographic variables shows non- significant association with domestic violence.

Table 6 C) Association between levels of coping strategy with demographic variables among wives of alcoholic dependents. N=100

Characteristics	Low	%	Aver age	%	High	%	Chi- square	df	Signi.
Age groups									
<=30yrs	7	13.46	33	63.46	12	23.08	1.7480	4	NS
31-35yrs	6	16.67	24	66.67	6	16.67			
>=36yrs	3	25.00	6	50.00	3	25.00			
Religion									
Hindu	12	18.46	39	60.00	14	21.54	6.3010	4	NS
Muslim	2	6.45	22	70.97	7	22.58			
Christian	2	50.00	2	50.00	0	0.00			
EducationalStatus									
No formaleducation	6	12.24	30	61.22	13	26.53	3.5350	4	NS
Primary (1-7th std)	10	20.83	31	64.58	7	14.58			
Secondary (8-10th std)	0	0.00	2	66.67	1	33.33			
Occupation									
Coolie	4	16.67	13	54.17	7	29.17	2.2050	4	NS
House wife	12	16.67	47	65.28	13	18.06			
Farmer	0	0.00	3	75.00	1	25.00			
AnnualIncome									
Less than50,000	14	15.05	58	62.37	21	22.58	2.4090	2	NS
50000-1 Lakh	2	28.57	5	71.43	0	0.00			
Place ofResidence									
Urban	7	16.28	25	58.14	11	25.58	1.0410	2	NS
Rural	9	15.79	38	66.67	10	17.54			
Type offamily									
Nuclear	13	16.25	48	60.00	19	23.75	2.0280	2	NS
Joint	3	15.00	15	75.00	2	10.00			
Duration ofmarital life									

1-5yrs	11	15.71	47	67.14	12	17.14	2.3010	2	NS
>=6yrs	5	16.67	16	53.33	9	30.00			
No of children									
One	4	9.09	32	72.73	8	18.18	4.6420	4	NS
Two	7	21.21	17	51.52	9	27.27			
Three	5	21.74	14	60.87	4	17.39			
Total	16	16.00	63	63.00	21	21.00			

Data presented table 6 results depicts all the demographic variables shows non-significant association with coping strategies.

4.5. SECTION V: Description of association between the level of stress, domestic violence and coping strategies of the wives of patientswith alcohol dependence

Table 7 Association between levels of stress and levels of domestic violence

Variables	Levels of stress		
	Moderatestress	Severe stress	Total
Levels of domestic violence			
Low	14	14	28
Average	34	20	54
High	13	5	18
Total	61	39	100
	Chi-square=2.4642 p=0.29165		

The results presents in the table 7 shows, that Chi-square=2.4642 , P=0.29165, values indicates that, there is a non-significant relationship found between stress level with domestic violence's of wives of alcoholic dependents.

Table 8 Association between levels of stress and levels of coping strategy

Variables	Levels of stress		
	Moderatestress	Severe stress	Total
Levels of coping strategy			
Low	12	4	16
Average	37	26	63
High	12	9	21
Total	61	39	100
	Chi-square= 1.5862 p=0.4525		

The results presents in the table 8 shows, that Chi-square=1.5862 , p=0.4525, values indicates that, there is a non-significant relationship found between stress level with coping strategies among wives of alcoholic dependents

Table 9 Association between levels of domestic violence and levels of copingstratergy

Variables	Levels of domestic violence			
	Low	Average	High	Total
Levels of coping strategy				
Low	3	11	2	16
Average	18	30	15	63
High	7	13	1	21
Total	28	54	18	100
	Chi-square= 5.5674 p=0.2339			

The results presents in the table 9 shows, that Chi-square=5.5674, p=0.2339, values indicates that, there is a non-significant relationship found between domestic violence with coping strategies among wives of alcoholic dependents.

4.6. SECTION VI: Description of correlation between the level of stress, domestic violence and coping strategies of the wives of patients with alcohol dependence

Table 10 Correlation between stress, domestic violence and coping strategy scores by Karl Pearson's correlation method

Variables		Stress	Domestic violence	Coping strategy
Stress	r-value	-		
	p-value	-		
Domestic violence	r-value	-0.1810	-	
	p-value	0.0720	-	
Coping strategy	r-value	0.0793	-0.2407	-
	p-value	0.4330	0.0160*	-

*$p<0.05$

From the results of the above table 10 clearly shows that, non-significant negative correlation was observed between stress and domestic violence scores and non-significant positive correlation was observed between stress and coping strategies scores. But significant and negative correlation was observed between domestic violence and coping strategies scores. It means that domestic violence and coping strategies scores are dependent on each other

5. Discussion

5.1. Findings related to demographic variables of wives of alcoholics.

The majority of wives of Alcoholic dependents are below 30 years old, with 65% belonging to Hindu religion. Most have no formal education, with 49% having no education at all. The majority are house wives, with 93% earning below Rs. 50,000. Most reside in rural areas, with 80% belonging to nuclear families and 20% to joint families. The majority have a 1-5 year marital life, with 44% having one child and 33% having two or three.

5.2. Findings related to perceived stress scores of wives of alcoholic dependents

The study found that wives of alcoholic dependents experience a range of stress levels, with 61% being moderately stressed, 39% being severally stressed, and 0% being mildly stressed. This finding supports previous research assessing stress levels among 586 married couples.

5.3. Findings related to domestic violence scores of wives of alcoholic dependents

A community study found that 54% of wives of alcoholic dependents experienced moderate levels of physical, emotional, intellectual, and economic violence, with 88%, 92%, 86%, and 74% experiencing high levels of violence. The study supports previous research on violence among wives of alcoholics.

5.4. Findings related to level of coping scores of wives of alcoholics.

A study assessing coping strategies among wives of alcoholics during de-addiction treatment found that most use positive reappraisal (83.5%), planful problem-solving (82.5%), escaping avoidance (74.5%), accepting responsibility (72%), confrontive coping (68.5%), self-control (64%), and seeking social support coping moderately (58.5%). Distancing coping was used moderately and minimally by 45% and 53.5%, respectively. The majority of wives of alcoholics use all coping strategies during stressful situations.

5.5. Findings related correlation between level of stress, level of domestic violence, and coping strategies of wives of alcoholic dependents.

The study used Karl Pearson's correlation coefficient method to examine stress, domestic violence, and coping strategies among wives of alcoholic dependents. Results showed a negative correlation (r= -0.2407) between domestic violence and coping strategies, partially accepting the hypothesis H1.

5.6. Findings related to Association between level stresses, level of domestic violence, coping strategies with related personal variable of wives of alcoholic dependents.

Religion significantly associated with stress in wives of alcoholic dependents, while other variables showed no significant relationship. This partially supports the hypothesis that stress, domestic violence, and coping strategies are related.

6. Conclusion

Research on stress, domestic violence, and coping impacts health is crucial, with nurses playing a pivotal role in improving individual health in both hospitals and communities.

Compliance with ethical standards

Disclosure of conflict of interest

No conflict of interest to be disclosed.

Statement of informed consent

Informed consent was obtained from all individual participants included in the study.- yes

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