

Severity of Alcohol Dependence among Inmates of Deaddiction Center in Tiruchirappalli

Nancy .A¹, Dr. Sam Deva Asir R.M.²

¹Ph.D scholar, P.G. and Research Department of Social work, Bishop Heber College, Tiruchirappalli.

²Assistant Professor, P.G. and Research Department of Social work, Bishop Heber College, Tiruchirappalli.

Abstract: Alcohol dependence is also called alcoholism. It is a condition in which a person is physically or mentally addicted to alcohol. They have a strong need, or craving, to drink. They feel like they must drink. Alcoholism is a long-term (chronic) disease. It's not a weakness or a lack of willpower. Like many other diseases, it has a course that can be predicted, has known symptoms, and is influenced by genes and life situation. Alcohol is part of many people's lives and may have a place in cultural and family traditions. Alcoholism is one of the major leading preventable causes of death around all over the world. This study describes the major prognostic factors of alcohol dependence like family history, age at first use and duration of alcohol intake. The researcher adopted 50 samples from a Deaddiction center in Tiruchirappalli District and used simple random sampling in this descriptive study. The findings show that there is a significant relationship between duration of alcohol dependence and SAD, there is no significant relationship between age at first use of alcohol and SAD, and there is a significant association between family history and Severity of alcohol dependence.

Keywords: Alcohol Dependence, Severity of Alcohol dependence (SAD), Deaddiction center, Alcoholism

I. Introduction

Alcoholism comprises one of the major causes of morbidity and mortality worldwide. Globally, the impact of alcoholism is great in regions with high percapita consumption, such as Latin America, and seems to be low in regions, such as the Middle East (World Health Organization, 2014). Chronic, recurrent, and excessive alcohol consumption is a well-documented cause of substantial social and health-related burden on society. Chronic alcohol consumption can result in both tolerance to alcohol and dependence on it. In this respect alcohol is similar to many other psychoactive drugs. Dependence has interrelated physical and psychological components and implies an alteration in drinking behaviour that develops partly as a learnt response to certain cues, such as a particular drinking environment, and also to alleviate withdrawal symptoms. the physiological and prognostic importance of dependence was emphasised in the 2014 report of the World Health Organisation Scientific Group on Alcohol-Related Disabilities.

The drinking behaviour of dependent subjects differs from that of non-dependent subjects in several ways. Dependent subjects consume larger quantities of alcoholic drinks within a given time and, when drinks of disguised alcohol content are used, of non-alcoholic drinks too. Severely dependent alcoholics drink faster and report a stronger desire to drink after a priming dose of alcohol than those with a lesser degree of dependence. When fully developed alcohol dependence tend to be self perpetuation and its severity has important implications for treatment and prognosis. It is not necessary for people to drink alcohol every day in order for them to develop problems. In fact the most dangerous pattern of drinking is binge drinking where the individual consumes an excessive amount in a short period of time. The individual might only drink once or twice a week but they can still suffer from negative consequences such as: If the person's blood alcohol concentration rises too fast it can lead to alcohol poisoning. This state of inebriation can be potentially fatal. Binge drinkers can cause damage to almost every organ in their body – it can also lead to fatty liver which is the first stage in alcoholic liver disease. This pattern of drinking puts the individual at risk of developing alcoholism. Once the individual reaches this stage it can mean that alcohol completely takes over their life. It can lead to blackouts – this is where people have no memory of their actions for a period of time. Some people react badly to intoxication. They can become aggressive and do things they later regret. Hangovers can mean that the individual is unable to fulfill their responsibilities the next day after binge drinking. It can trigger symptoms of depression.

Alcohol Abuse in India

India once had a reputation as having a culture that promoted abstinence towards drugs like alcohol. Things have changed and there is now serious problems arising due to alcohol abuse – some would say that there were always problems associated with alcohol use in India but in the past it was less reported. The implications for this rise in alcohol related problems include:

An increasing number of people are becoming dependent on alcohol. This makes it difficult for them to function normally within society. Domestic and sexual abuse is often associated with alcohol abuse. This type of behavior can be damaging to communities. Those individuals who engage in this type of behavior can begin to fail in their ability to meet family, social, and work commitments. Families can suffer financially as a result of this type of substance abuse. Business and the economy suffer because of lost productivity with people coming to work still suffering from the effects of alcohol. Drink driving is responsible for many road deaths.

Average Indian male consumes 33 litres of alcohol /year: WHO

An average Indian male drinker over 15-years-old consumes 33 litres of alcohol a year, according to a study by the World Health Organization. The study found that alcohol consumption can not only lead to dependence but also increases people's risk of developing more than 200 diseases including liver cirrhosis and some cancers. It also found that 93% Indians drink hard liquor - whisky or vodka - while only 7% drink beer. India's wine drinking population is very low with only 1% drinking it. Though 60% of Indian men and 90% females abstain from alcohol all their lives, drinking habits in India have increased over the last few years. WHO found that 32% of men and fewer than 11% of women in India over the age of 15 drink alcohol. On average every person in the world aged 15 years or older drinks 6.2 litres of pure alcohol per year. But as less than half the population (38.3%) actually drinks alcohol which means that those who do drink consume on average 17 litres of pure alcohol annually. The report also points to the fact that a higher percentage of deaths among men than among women are from alcohol-related causes - 7.6% of men's deaths and 4% of women's deaths - though there is evidence that women may be more vulnerable to some alcohol-related health conditions compared to men.

"WHO found that worldwide about 16% of drinkers engage in heavy episodic drinking - often referred to as 'binge-drinking' - which is the most harmful to health," said Dr Shekhar Saxena, director for mental health and substance abuse at WHO. "Lower-income groups are more affected by the social and health consequences of alcohol. They often lack quality health care and are less protected by functional family or community networks," he added. Globally Europe has the highest consumption of alcohol per capita with some of its countries having particularly high consumption rates. Worldwide, 3.3 million people die every year due to harmful use of alcohol, representing 5.9 % of all deaths. Alcohol consumption causes death and disability relatively early in life. In the age group 20 - 39 years approximately 25 % of the total deaths are alcohol-attributable. "More needs to be done to protect populations from the negative health consequences of alcohol consumption," says Dr Oleg Chestnov, WHO assistant director-general for non-communicable Diseases and Mental Health. "The report clearly shows that there is no room for complacency when it comes to reducing the harmful use of alcohol." Some countries are already strengthening measures to protect people. These include increasing taxes on alcohol, limiting the availability of alcohol by raising the age limit and regulating the marketing of alcoholic beverages.

II. Review Of Literature

1. Pradeep R. Johnson et al(2010)

In their study on Severity of alcoholism in Indian males: Correlation with age of onset and family history of alcoholism. They find out Family history density and severity of alcoholism were positively correlated. Age of onset of initiation had a significant negative correlation with severity. The effect of family history on the rapidity of development of Problem-drinking did not reach statistical significance among those with early age of onset.

2. Ranjana Tiwari et al (2012).

In their study on associates of severity of alcohol dependence they find out Both family history and age of drinking onset are significantly associated with severity of alcohol dependence, whereas duration of alcohol intake as well as other interactions were not significantly associated with severity of alcohol dependence. Their study gives a clear picture about the age of drinking onset and positive family history, since both are the major precipitating factors of alcohol dependence.

3. E Gruber et al (1996)

In their study on early drinking onset and its association with alcohol use and problem behavior in late adolescence. In this study the findings suggest that early onset of alcohol use (by age 12) is associated with subsequent abuse of alcohol and related problem behaviors in later adolescence, including alcohol-related violence, injuries, drinking and driving, and absenteeism from school or work, as well as increased risks for using other drugs.

Research Methodology

Significance Of This Study

Through various review of literature the researcher identified severe alcohol dependency produces a variety of closely interrelated multiple problems, which includes violence and crime, workplace problems, economic problems and family problems etc. Thus severity of alcohol dependence needs more attention and concentration so that the social evils can be avoided.

Title Of The Study

Severity of Alcohol Dependence among Inmates of Deaddiction Center in Tiruchirappalli

Aim Of The Study

To study the severity level of alcohol dependence among inmate of Deaddiction center in Tiruchirappalli.

Objectives

- To find out the socio-demographic characteristics of the respondent's.
- To find out the relationship and association between the dependent and independent variables.

Hypotheses

- There is a significant relationship between duration of alcohol dependence and Severity of Alcohol dependence.
- There is a significant relationship between age at first use of alcohol and Severity of Alcohol dependence.
- There is a significant association between family history and Severity of alcohol dependence

Research Design

Descriptive research design: In this study the effort of the investigation is to provide a descriptive profile of the respondents. The design helped the researcher to portray the severity level of Alcohol Dependence among alcohol dependents for that purpose a descriptive cross sectional research design was used. The study also seeks to find out the relationship and association between certain variables associated with the Severity level of Alcohol Dependence. Hence, it was felt apt to apply that design for the study.

Universe

The universe of the study belongs to Alcohol Dependence patients between the age group of 26 to 62 admitted at Sigaram Deaddiction Centre, Tiruchirappalli.

Sampling

This researcher adopted 50 respondents as samples from the universe. Sampling technique adopted by the researcher is Lottery method.

Tools For Data Collection

The researcher used SADQ (Severity of Alcohol Dependence) along with socio demography details of the patient. In which a client has used alcohol over the past one year were the samples of this study.

Statistical Test

Correlation and Chi-Square used for interpreting the data.

Analysis And Interpretation

Socio demographic profile

Sl No	Variables	No., of respondents	Percentage
1	Age of the respondent	25	50
	20 to 35		
	36 to 50	21	42
	51 and above	4	8
2	Duration of alcohol use	43	84
	1 to 6		
	7 to 12	5	10
	13 to 20	3	6
2	Age at first use of alcohol	23	46
	13 to 21		
	22 to 29	17	34
	30 to 37	10	20
3	Family history of Alcohol Dependence		
	Yes	29	58
	No	21	42

Pearson coefficient of correlation

Sl.no	Severity of Alcohol Dependence	Correlation value	Statistical inference
1	Duration of alcohol dependence	-.124	P < 0.05 Significant
2	Age at first use	-.067	P > 0.05 Not significant

The table shows that if Duration of alcohol dependence is high, it increases the severity of alcohol dependence. Which shows that the craving for alcohol makes the respondent more dependent towards the alcohol. And age at first use of alcohol is not correlated with overall depression.

Association between Family History of Alcohol Dependence and Severity of Alcohol Dependence

Sl.no	Family History of Alcohol Dependence	Severity of alcohol dependence			Statistical inference
		Mild (n=14)	Moderate (n=27)	Severe(n=9)	
1	Yes (29)	8	14	7	X ² =5.99 Df=2 P <0.05 Significant
2	No (21)	6	13	2	

From the above table it is inferred that family history of alcohol dependence have a significant association with severity of alcohol dependence.

III. Conclusion

Alcohol use is widely prevalent in Indian society and consequently results in widespread losses in the form of injurious physical health outcomes like cirrhosis of liver, heart disease, diabetes as well as leads to absenteeism, road traffic accidents and various mental health and behavioural problems. Alcohol is one of the leading causes of death and disability globally and the same is true for our country India. Severity of alcohol dependence could be more useful in studies looking at withdrawal related severity and clinical variables of alcohol. Severity of alcohol dependence not only leads to physical problems, but also psychological, emotional and social problems. It is more important to look for the family history and duration of alcohol dependence in order to provide a better treatment and rehabilitation.

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