

# A Study To Assess The Level Of Anxiety, Coping Strategies And Financial Burden Among The Spouses Of Alcoholics Attending De-Addiction Centre At Selected Hospital In Kolkata, West Bengal.

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## Abstract:

**Background:** Alcoholism is one of the significant problems in India. It is a chronic progressive and often fatal disease but it has not a symptom like other diseases or emotional problems. Prolonged heavy use of alcohol is the cause of addiction. For this addiction higher anxiety level, depression, low self-esteem and communication apprehension have been reported in spouses of alcoholics and attributed to intense, stress and traumas experiences. <sup>[1]</sup> The World Health Organization (WHO) estimates (9th May 2022) that there are about Worldwide, 3 million deaths every year result from harmful use of alcohol. This represents 5.3% of all deaths. The excessive use of alcohol is one of the main causes of more than 200 disease and injury conditions. Overall, 5.1% of the global burden of disease and injury is attributable to alcohol, as measured in disability-adjusted life years (DALYs). A cause of death and disability relatively early in life is alcohol consumption. In people aged 20–39 years, approximately 13.5% of total deaths are attributable to alcohol. <sup>[9]</sup>

**Materials and Methods:** A descriptive survey research design was adopted in this study. Non-probability Convenience sampling technique was used to select 100 spouses of alcoholics attending de-addiction centre of R. G. Kar M. C. H. Kolkata and de-addiction centre of N. R. S. M. C. H., Kolkata.

**Result:** The findings revealed that majority of the subject 70% experiencing moderate level of anxiety, majority of the subject 76% adapted moderate coping strategies and majority of the subject 87% experiencing moderate financial burden. There was no relation between the level of anxiety and coping strategies among the spouses of alcoholics. There was a statistical significant association between anxiety with the selected socio demographic variables as educational qualification ( $\chi^2=4.842$   $df=1$ ,  $p>0.05$ ), duration of marriage ( $\chi^2=4.762$ ,  $df=1$ ,  $p>0.05$ ).

**Conclusion:** Alcoholism had the negative effects towards the individual, family and also the nations. Lower education, loss of job, unemployment, unsocial behaves were also the effect of alcoholism. Awareness about the adverse effect of alcohol can prevent the alcoholism, thus reduce the level of anxiety of the spouses.

**Key Word:** Spouses of alcoholic husbands, level of anxiety, coping strategies, financial burden.

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## I. Introduction

“First the man takes the drink  
Then the drink takes the man  
Then the man takes the drink  
Then the drink takes the man”  
--Japanese proverb

Alcoholism is the most important health and social problems in the world <sup>[2]</sup>. It is not only the problem of developed country but the problem of developing country also. Simultaneously its adverse effect affects the individual user and the society as a whole <sup>[3]</sup>. Alcohol has an important role in social engagement and bonding for many people. Social drinking or moderate alcohol consumption is pleasurable for many people. But excess alcohol consumption has a number of negative outcomes like: as a risk factor for diseases and health impact, crime, road incidents, and for some alcohol dependence. Globally the cause of 2.8 million premature deaths/day is alcohol consumptions. <sup>[4]</sup> Alcohol has harmful effects on the family members specially wife and children. Although the drinker is affected physically by the use of alcohol but the family members are damaged physically, mentally and financially. In a family where is present an alcohol abuser there may be present violence, marital conflict, divorce and financial problem etc. <sup>[3]</sup> The continuous use of alcohol to the point of causing damage to the individual, society or both is known as Alcoholism. The excessive alcohol consumption is a main cause of public health concern both in urban and rural areas. It is one of the leading mental health

problems in the world today. Alcohol not only affects the physical and mental health of an individual but also affects his family resulting various social problem such as family disruption. Majority of the alcohol addicted persons are male in our country. The reason for consumption may be to overcome stressed (due to familial, financial and psychological problems) but instead it turns out to become a vicious cycle which further stresses and burdens the individual. <sup>[10]</sup>The presence of alcoholics in the family affects various aspects of family, society and finance. All the energies of family members are used for the alcoholic person's care specially their wives who often fail to recognize their pain. The family members like wife suppressed their personal needs, creativity and sexual urge etc. and become stress related diagnosable psychiatric disorder. <sup>[7]</sup> Majority of the wives of alcoholics experience stress and use all coping strategies during stressful situation. An adaptive coping style can be used in prevention of distress and the promotion of wellbeing. <sup>[2]</sup> Men were more aggressive than women. Alcohol is one of the causes of increased aggression for both men and women but it affects strongly to the men. This is one of the first laboratory studies to demonstrate that alcohol increases aggression in women. <sup>[21]</sup> Alcoholism is a very complicated disease, and every case is not same. There are various risk factors and causes, from which one of them can influence a specific individual. There are not as such causal factors for alcoholism. Some individuals have very few reasons or risk factors but they may become severe alcoholics and on the other hand some individuals who have many risk factors to be alcoholics but they have not taken alcohol. Both internal and external factors are responsible to the development of alcoholism. Internal factors such as genetics, psychological conditions, personality, personal choice, and drinking history and External factors such as family, environment, religion, social and cultural norms, age, education, and job status are responsible for alcoholism. <sup>[24]</sup> Negative effects of alcoholism have on both the alcoholic and his family. Alcoholism is not only the cause of emotional and physical problem but it also the cause of financial problem. The alcoholics frequently faced different financial problems related to their drinking. Alcoholism has two ways of loss of income. First, drinking is the cause of an alcoholic to miss his work. For this alcoholism lower productivity is occurred, which is the cause of lower compensation and, he can loss the job. Secondly, according to the website Drug Rehabs, alcoholism and lower levels of education are negatively correlated with each other. Maximum alcoholic persons have not completed high school and college education, which is the cause of lower lifetime earnings; Michael Wolfe (July 27, 2017). <sup>[13]</sup> All caregivers experienced subjective burden (mild/none-0, moderate burden- 70% and severe burden- 30%), whereas 94% of caregivers experienced objective burden (6% - none, 67% - moderate, 27%- severe burden). Most of the patients consumed alcohol for relaxation (66%), preferably in the evening time (74%) and in the company of friends (60%); Dr. Karpagalakshmi. R (May 2020) . <sup>[15]</sup> In the United States excessive alcohol use is the third leading cause of death, accounting for 88,000 deaths each year (Centers for Disease Control and Prevention 2014). Globally, alcohol-attributable disease and injury are responsible for an estimated 4 percent of mortality and 4 to 5 present of disability-adjusted life-years (DALYs). The economic cost is the important cause of blaming excessive alcohol consumption. In the United States alone, the cost of excessive alcohol use in 2006 was estimated at \$ 223.5 billion, or \$ 746 per person. Much of these costs result from a loss in workplace productivity as well as health care expenses, criminal justice involvement, and motor vehicle crashes. <sup>[25]</sup>

Alcoholism is strongly associated with the anxiety and burden of the family, specially wives of the alcoholics. Current research is attempting to assess the level of anxiety, coping strategies and financial burden of the wives of alcoholics. Investigator's personal observation and experience along with various scientific literature, articles and printed news med her to think more and lastly compelled to find out the level of anxiety, coping strategies which were adapted by them and their financial burden which was they faced constantly. On the other hand there was few literature, printed articles on such problems like anxiety and financial burden of spouses of alcoholic husbands and these are the major problems in their life. The study highlights the importance of the spouses coping ability, their support system and how to manage their daily life with alcoholic husbands. So, this study was designed for assessing the level of anxiety, coping strategies and their financial burden among the spouses of the alcoholic husbands and relation between the anxiety and coping strategies.

## **II. Material And Methods**

This prospective comparative study was carried out on de-addiction Centre of R. G. Kar M. C. H. , Kolkata and de-addiction Centre of N. R. S. M. C. H., Kolkata. A total 100 adult subjects (female spouse of alcoholics.)

**Study approach:** Quantitative research approach

**Study Design:** Descriptive survey research design

**Study Location:** This study was done at de-addiction Centre of R.G. Kar M.C.H, Kolkata and de-addiction Centre of N.R.S. Medical College & Hospital, Kolkata,

**Study Duration:** 7<sup>th</sup> February, 2022 to 5<sup>th</sup> March, 2022

**Variables under the study:**

**Research variables:**

1. Level of anxiety of the spouses of alcoholics.
2. Coping strategies of the spouses of alcoholics.
3. Financial burden of the spouses of alcoholics.

**Demographic variables:**

Age of the spouse of alcoholic, Educational qualification , Occupational status, Family income (Monthly), Type of family, Habitat , No. of children, Duration of marriage, Age of alcoholic husband, Educational qualification of Husband, Occupational status of husband, Time period of alcohol intake, Place of taking alcohol, Attendance of husband in Workplace.

**Sample size:** 100 spouses of alcoholic husbands.

**Subjects and selection method:** Sample selection was done by non-probability convenience sampling technique.

**Inclusion criteria:**

1. The spouse of the alcoholic who are attending and registered their name in the de-addiction centre at OPD of selected Hospital in Kolkata, West Bengal with their husband and staying with the alcohol abusing husband for at least 6 months.
2. Able to understand, speak in Bengali/Hindi/ English.

**Exclusion criteria**

Wives whose husbands have poly substance abuse other than alcohol.

**Procedure methodology:** After taking administrative permission researcher collect the sample by using non-probability convenience sampling technique. Researcher collected the sample of spouses of alcoholics who attended the de-addiction centre of the selected hospitals and fulfil the inclusion criteria. The researcher collected the data from the spouses of alcoholics at the de-addiction centre. When spouses came in the de-addiction centre researcher gave self-introduction to the spouses of alcoholics and explain the purpose of the study, rapport was established with the spouses of alcoholics. Reassurance was given to the spouses of alcoholics about confidentiality of their information. Written consent was taken from them prior to data collection. Data was collected from the spouses of alcoholics about demographic characteristics, and also assessed the level of anxiety through semi-structured interview schedule, used the standard tool for assessing the coping strategies and assessed the financial burden through semi-structured interview schedule. Data was collected from the spouses of alcoholics in the de-addiction centre of selected hospital from 11 am to 2.30 pm through visit. For entire data collection procedure 30 minutes was given to each participant. Data was collected from 5 samples on each day. Each participant was given thanks for their co-operation.

**Statistical analysis:** The obtained data were analyzed by SPSS version-20 using both descriptive and inferential statistics based on the objectives of the study. The obtained data were organized and presented under the following sections. Section I:It consists of description of socio-demographic data and general information for determining sample characteristics. Section II: It consists of findings related to assess the level of anxiety among the spouses of alcoholics. Section III: It consists of findings related to assess the coping strategies adapted by the spouses of alcoholics. Section IV: It consists of findings related to assess the financial burden perceived by the spouses of alcoholics. Section V:It consists of findings related to the relation between anxiety and coping strategies among the spouse of alcoholics. Section VI: It consists of findings related to the association between anxiety of the spouses of alcoholics with the selected socio demographic variables. Descriptive statistics were used for analysis of the data in terms of Demographic variables with frequency and percentage and standard deviation. Inferential statistics were used in terms of Chi-square for assessing association between perception and involvement with selected demographic variables.

### **III. Result:**

**Description of Sample Characteristics:**

A total 100 spouses of alcoholics attending de-addiction Centre at selected hospital in Kolkata, West Bengal, India were included in final analysis.

1. Near about half of the spouses of alcoholics (51%) were belonged to the age group of 35-43 Years, followed by 26-34 years (36%), 44-52 years (13%).
2. Among them most of the respondents (56%) were lived in urban areas and 44% lived in rural areas.
3. Majority (81%) respondents were house wife and 19% were working women.
4. Majority (76%) respondents were belonged to  $\leq$  Rs.10000/month family income group, and 24% belonged to above 10000/month family income group.
5. Half of the respondents (54%) were educated below secondary level of education followed by 5% respondents were above secondary level, 31% respondents were primary level and 10% respondents were illiterate.
6. Half of the respondents (53%) were continued their married life more than 15 years, 37% were 10-15 years and 10% were less than 10 years.
7. Maximum (61%) respondents belonged to the nuclear family and 39% respondents belonged to the joint family.
8. Maximum (62%) respondents had 1 or 2 children, 38% respondents had more than 2 children.
9. Maximum (54%) respondent's husband was belonged to the age group of 28-41 years and 46% was belonged to 42-55 years.
10. Most of the alcoholic husbands of the respondents (51%) were educated up to Primary level, 38% were above primary level and 11% were illiterate.
11. Data also reveals that majority (84%) alcoholic husbands of the respondents were labour and 16% were self-employee.
12. Maximum (54%) alcoholic husbands of the respondents were taken alcohol for more than 10 years and 46% were taken up to 10 years.
13. Data also reveals that majority (90%) alcoholic husbands of the respondents were taken alcohol at the outside of the home and 10% were taken at home and outside of the home.
14. Majority (61%) alcoholic husbands of the respondents attended in their workplace irregularly and 39% attended regularly.

**Table 1** Frequency and percentage distribution of spouses of alcoholics according to the sample characteristics  
n=100

Variables	Frequency	Percentage
Age of the spouse of alcoholics		
26-34 Yrs.	36	36
35-43 Yrs.	51	51
44-52 Yrs.	13	13
Habitat		
Rural	44	44
Urban	56	56
Educational status		
Illiterate	10	10
Primary	31	31
< Secondary	54	54
$\geq$ Secondary	5	5
Occupation		
Housewife	81	81
Working woman	19	19
Type of family		
Nuclear	61	61
Joint	39	39
No. of children		
At or below 2	62	62
Above 2	38	38
Family income per month (Rs.)		
$\leq$ Rs.10000/-	76	76
$>$ Rs.10000/-	24	24
Duration of marriage (in years)		
<10 years	10	10
10-15 years	37	37
>15 years	53	53
Age of alcoholic husband		
28-41 Yrs.	54	54
42-55 Yrs.	46	46
Education of alcoholic husband		
Illiterate	11	11
Primary	51	51
>Primary	38	38
Occupation of alcoholic husband		

Self-employee	16	16
Labour	84	84
Time period of alcohol intake of alcoholic husband		
≤10 Yrs.	46	46
>10 Yrs.	54	54
Place of taking alcohol of alcoholic husband		
Outside	90	90
Home & Outside	10	10
Attendance of alcoholic husband in their workplace		
Irregular	61	61
Regular	39	39

**Findings related to assess the level of anxiety among the spouses of alcoholics:**

**Table 2** Distribution of the spouses of alcoholics in terms of range of score, obtained score range, mean, median and standard deviation.

n=100

Variables	Range of score	Obtained score	Mean	Median	Standard Deviation
Level of anxiety	20-60	45-58	51.22	51	2.95

Data presented in table 2 shows that the range of score of level of anxiety was 20-60, obtained score was 45-58, mean was 51.22, median was 51 and Standard deviation was 2.95.

**Table 3** Frequency and percentage distribution of the spouses of alcoholics in terms of level of anxiety.

n=100

Level of Anxiety	Frequency	Percentage (%)
Severe anxiety	12	12
> ( $\mu+1SD$ ) ( $>54.14$ )		
Moderate anxiety	70	70
( $\mu-1SD$ to $\mu+1SD$ ) (48.79 to 54.14)		
Low anxiety	18	18
< ( $\mu-1SD$ ) ( $<48.79$ )		

Data presented in table 3 shows that majorities 70% of spouses had moderate anxiety and only 12% of spouses had severe anxiety and also depicts that 18% spouses had low anxiety level.

**Table 4** Area wise distribution of obtained mean score, mean percentage and standard deviation of the level of anxiety among the spouses of alcoholics.

n=100

Area of level of anxiety	Maximum possible score	Mean	Mean% score	Standard Deviation
Self- related anxiety	27	22.57	83.59	1.75
Husband related anxiety	15	12.91	86	1.38
Child related anxiety	18	15.74	87.44	1.41

Data presented in table 4 shows that the mean percentage score (87.44%) of anxiety of spouses in the area of child related was highest than self-related (83.59%) & husband related (86%). It denotes that spouses were worried mostly for their children.

**Findings related to assess the coping strategies adapted by the spouses of alcoholics:**

**Table 5** Description of coping strategies among the spouses of alcoholics in terms of obtained score, mean and standard deviation

n=100

Variables	Range of score	Obtained score	Mean	Standard Deviation
Coping strategies	28-112	51-89	70.93	7.34

Data presented in table 5 shows that the range of score of coping strategies was 28-112, obtained score was 51-89, mean was 70.93 and Standard deviation was 7.34.

**Table 6** Frequency and percentage distribution of coping strategies among the spouses of alcoholics.  
n=100

Coping strategies	Frequency	Percentage (%)
Severe coping >(Mean+1SD) (>78.26)	10	10
Moderate coping (Mean-1SD to Mean+1SD) (63.59 - 78.27)	76	76
Low coping <(Mean-1SD) (<63.59)	14	14

Data presented in table 6 shows that majority (76%) respondents adopted moderate level coping strategies, only 10% respondents adopted severe level coping strategies and 14% respondents adopted low level coping strategies.

**Table 7** Area wise distribution of coping strategies among the spouses of alcoholics.  
n=100

Area wise Coping strategies	Range of score	Mean	Mean%	Standard Deviation
Problem-focused coping	8-32	19.4	60.62	3.14
Emotion-focused coping	12-48	34.7	72.29	4.29
Avoidant coping	8-32	16.8	52.5	2.68

Data presented in table no 7 shows that majority 72.29% respondents adopted emotion-focused coping in their life. Whereas only 60.62% respondents adopted problem-focused coping and 52.5% respondents adopted avoidant coping. The mean of area wise coping strategies like problem focused coping, emotion focused coping and avoidant coping were 19.4, 34.7 and 16.8 respectively. Data also reveals that the standard deviation of the area wise coping strategies were 3.14 (problem focused coping), 4.29 (emotion focused coping) and 2.68 (avoidant coping).

**Findings related to assess the financial burden perceived by the spouses of alcoholics:**

**Table 8** Distribution of financial burden among the spouses of alcoholics in terms of range of score, obtained score, maximum possible score, mean and standard deviation.  
n=100

Variables	Range of score	Obtained score	Max. possible score	Mean	Standard Deviation
Financial burden	8-24	11-23	24	19.90	2.11

Data presented in table 8 shows that the range of score of financial burden was 8-24, obtained score was 11-23, maximum possible score was 24, the mean was 19.90 and Standard deviation was 2.11.

**Table 9** Frequency and percentage distribution of financial burden among the spouses of alcoholics.  
n=100

Financial burden	Frequency	Percentage (%)
Severe burden >(μ + 1SD) (>22.13)	9	9
Moderate burden (μ -1SD to μ + 1SD) (18.48 to 22.13)	87	87
Low burden <(μ -1SD) (<18.48)	4	4

Data was presented in Table 9 shows that majority (87%) respondents had moderate burden and only 4% respondents had low burden and 9% respondents had severe level of burden.

**Findings related to the relation between anxiety and coping strategies among the spouses of alcoholics:**

**Table 10** Relationship between anxiety and coping strategies among the spouses of alcoholics attending de-addiction Centre.

n=100

Variables	Correlation Coefficient (r)	't' value
Anxiety	-0.146	1.416
Coping Strategies		

t(df=98=1.99), p>0.05

Data presented in table 10 shows that there was no relation (-0.146) between coping strategies and anxiety among the spouses of alcoholics, which was not statistically significant at 0.05 level of significance because computed 't' value (1.416) was less than table value (1.99). It concluded that coping strategies and anxiety were not dependent each other.

**Findings related to association between anxiety of the spouses of alcoholics with the selected socio demographic variables:**

**Table 11** Association between anxiety of the spouses of alcoholics with the age of the respondents.

n=100

Characteristics	Anxiety		Value of $\chi^2$
	<median	≥median	
Age of the spouses of alcoholics			0.174
≤37 Yrs.	17	19	
>37 Yrs.	33	31	

(df1)  $\chi^2=3.841$ , p> 0.05, \*-Significant

From the above table 11 indicates that out of 36 respondents 19 spouses who were 37 years or below 37 years of age group had at and above median of anxiety and 17 spouses had below median of anxiety. Whereas out of 64 respondents 31 spouses who were below 37 years of age group had below median of anxiety. Chi-square value was computed to determine the association between age of spouses of alcoholics and their anxiety was 0.174 which was not significant at 0.05 label of significance.

**Table 12** Association between anxiety of the spouses of alcoholics with the habitat of the respondents.

n=100

Characteristics	Anxiety		Value of $\chi^2$
	<median	≥median	
Habitat			0.040
Rural	22	21	
Urban	28	29	

(df1)  $\chi^2=3.841$ , p> 0.05, \*-Significant

Table 12 shows that out of 43 respondents 21 respondents who belonged to rural area they had at and above median of anxiety and 22 respondents had below median of anxiety. Whereas out of 57 respondents 21 spouses who belonged to urban area they had at and above median of anxiety and 28 spouses had below median of anxiety. Chi-square value was computed to determine the association between habitat of the spouses of alcoholics and their anxiety was 0.040 which was not significant at 0.05 label of significance.

**Table 13** Association between anxiety of the spouses of alcoholics with the Educational Qualification of the respondents.

n=100

Characteristics	Anxiety		Value of $\chi^2$
	<median	≥median	
Educational Qualification			4.842*
≤Primary	31	20	
>Primary	19	30	

(df1)  $\chi^2=3.841$ , p> 0.05, \*-Significant

Data presented in table 13 shows that out of 51 respondents 20 spouses who were educated primary and below primary label they have at and above median of anxiety and 31 spouses had below median of anxiety. Out of 49 respondents 30 spouses who were educated above primary label they had at and above median of anxiety, 19 spouses had below median of anxiety. Chi-square value was computed to determine the association between educational qualification and their anxiety was 4.842 which was significant at 0.5 level of significance indicating statistically significant association between the educational qualification of spouses and their anxiety because computed Chi-square value (4.842) was greater than table value (3.841).

**Table 14** Association between anxiety of the spouses of alcoholics with the Occupational status of the respondents.

n=100

Characteristics	Anxiety		Value of $\chi^2$
	<median	≥median	
Occupational status			0.065
Housewife	41	40	
Labor	9	10	

(df1)  $\chi^2=3.841$ ,  $p> 0.05$ , \*-Significant

From the above table 14 indicates that out of 81 respondents 40 spouses who were house wife had at an above median of anxiety and 41 spouses had below median of anxiety whereas out of 19 respondents 10 spouses who were labour had at an above median of anxiety and 9 spouses had below median of anxiety. Chi-square value was computed to determine the association between occupational status of spouses and their anxiety is 0.065 which was not significant at 0.05 level of significance.

**Table 15** Association between anxiety of the spouses of alcoholics with the Monthly family income (Rs.) of the respondents.

n=100

Characteristics	Anxiety		Value of $\chi^2$
	<median	≥median	
Monthly family income (Rs.)			0.050
≤ Rs.10000/-	40	36	
>Rs.10000/-	12	12	

(df1)  $\chi^2=3.841$ ,  $p> 0.05$ , \*-Significant

Table 15 shows that out of 76 respondents 36 spouses who had Rs.10000/- and below Rs.10000/- monthly income they had at an above median of anxiety and 40 spouses had below median of anxiety. Whereas out of 24 respondents 12 spouses who had above Rs.10000/- monthly income who had at an above median of anxiety and 12 spouses had below median of anxiety. Chi-square value was computed to determine the association between monthly family income of spouses and their anxiety was 0.050 which was not significant at 0.05 level of significance.

**Table 16** Association between anxiety of the spouses of alcoholics with the duration of marriage among the spouses of alcoholics.

n=100

Characteristics	Anxiety		Value of $\chi^2$
	<median	≥median	
Duration of marriage			4.762*
≤ 20 Yrs.	30	40	
>20 Yrs.	20	10	

(df1)  $\chi^2=3.841$ ,  $p> 0.05$ , \*-Significant

Data presented in table 16 shows that among 70 at and below 20 years marriage life of 40 spouses had at and above median anxiety and 30 spouses had below median of anxiety. Whereas out of 30 at and below 20 years marriage life of 10 spouses had above median of anxiety and 20 spouses had below median of anxiety. Chi-square value was computed to determine the association between indicating statistically significant



association between the duration of marriage of the respondents and their anxiety because computed chi-square value (4.762) was greater than table value (3.841).

#### **IV. Discussion**

Throughout the study we have recognized the similar and contradictory findings related to sample characteristics, level of anxiety, coping strategies and financial burden in various studies.

##### **Major findings:**

Major findings of the study are summarized below.

Findings related to selected sample characteristics

- Half of the respondents (51%) were belonged to the age group of 35-43 Years.
- Majority (81%) respondents were house wife.
- Majority (76%) respondents have upto Rs.10000/month family income.
- Half of the respondents (54%) were educated below secondary level,
- Few (10%) respondents were illiterate.
- More than half of the respondents (53%) were continued their married life more than 15 years.
- More than half (54%) alcoholic husbands of the respondents were taken alcohol for more than 10 years.
- Majority (61%) alcoholic husbands of the respondents attended in their workplace irregularly.

##### **Findings related to levels of anxiety among the spouses of alcoholics:**

- Majority (70%) respondents had moderate level of anxiety.
- The child related anxiety was highest (87.44%) among the respondents.

##### **Findings related to coping strategies adopted by the spouses of alcoholics:**

- Majority (76%) respondents adopted moderate level coping strategies.
- Majority 72.29% respondents adopted emotion-focused coping in their life.

##### **Findings related to the financial burden perceived by the spouses of alcoholics:**

- Majority (87%) respondents had moderate level of financial burden.
- Only 4% respondents had low level of burden.

##### **Findings related to the relation between anxiety and coping strategies among the spouse of alcoholics:**

There was no relation (-0.146) between coping strategies and anxiety among the spouses of alcoholics, which was not statistically significant at 0.05 level of significance because computed 't' value (1.416) was less than table value (1.99). It concluded that coping strategies and anxiety were not dependent each other.

##### **Findings related to association between anxiety of the spouses of alcoholics with the socio demographic variables:**

Chi square value showing the association between selected variables with anxiety.

There were significant association between anxiety of the respondents with their educational qualification and duration of marriage and also there was no significant association between anxiety with their age, monthly income, habitat, occupation.

##### **Discussion in relation to other study findings:**

On the basis of findings of present study and objectives of the study a discussion has been done.

##### **Findings related to demographic variables:**

In the present study, it was observed that half of the respondents (51%) were belonged to the age group of 35-43 Years. This findings is supported by an exploratory descriptive study was conducted by Nagesh V. A.(2015) at selected de-addiction centers of Mysore District, which presented that majority (40%) respondents were in age group of 31-40 yrs.<sup>[2]</sup>

In the present study majority (81%) respondents were house wife. The findings supported by another studies, conducted by Ms.Apeksha Patil, Ms. Foziya Patel, Ms. DakshatTelekar (2020) at selected area of Dapoli<sup>[1]</sup>, Roya Noori, Firoozeh Jafari, Badak Moazen, Hamid Reza Khoddami Vishteh, Ali Farhoudin, Hooman Narenjiha, and Hossan Rafiey (2015) in Tehran<sup>[47]</sup>, Iran which presented that 80% , 63% (respectively) respondents were housewife.

In the present study half of the respondents (54%) were educated below secondary level. This findings is supported by the another study conducted by Nagesh V. A.(2015) at selected de-addiction centers of Mysore District, which presented that majority (33.34%) respondents had upto high school level of education.<sup>[2]</sup>

In the present study majority (76%) respondents have up to Rs.10000/month family income. This findings is supported by another study conducted by Rupinderjit Kaur and Dr. Amandeep Kaur Bajwa (2019) at village Chapa Ram Sing and Lalka Nagar of District Amritsar, Punjab, which presented that majority (33.3%) respondents had bellow 10000 monthly income.<sup>[23]</sup>

In the present study more than half of the respondents (53%) were continued their married life more than 15 years. This findings is supported by another study conducted by Nagesh V. A.(2015) at selected de-addiction centers of Mysore District<sup>[2]</sup>,which presented that majority (34%) respondents had duration of marital life was above 16 years.<sup>[2]</sup> Another supported study was conducted by Ms. Apeksha Patil, Ms. Foziya Patel, Ms. Dakshat Telekar (2020) at selected area of Dapoli, which presented that majority (46.66%) of the respondents had marital life above 15 years.<sup>[1]</sup>

In the present study more than half (54%) alcoholic husbands of the respondents were taken alcohol for more than 10 years. The supported studies of these findings are conducted by Rupinderjit Kaur and Dr. Amandeep Kaur Bajwa (2019) at village Chapa Ram Sing and Lalka Nagar of District Amritsar, Panjab.<sup>[23]</sup>, Nagesh V. A.(2015) at selected de-addiction centers of Mysore District<sup>[2]</sup>,which presented that majority (53.3%), (40%) husbands of respondents were taken alcohol for above 10 years respectively.

#### **Findings related to levels of anxiety among the spouses of alcoholics:**

In the present study majority (70%) respondents had moderate level of anxiety. This findings is supported by the other studies which were conducted by Roya Noori, Firoozeh Jafari, Badak Moazen, Hamid Reza Khoddami Vishteh, Ali Farhoudin, Hooman Narenjiha, and Hossan Rafiey (2015) in Tehran, Iran., which presented that the higher level of anxiety were present among the non-drug dependent women who had drug-dependent husbands and drug-dependent women who had drug dependent husbands than non-drug-dependent women who had non drug-dependent husbands.<sup>[47]</sup>

The another supported study was conducted by Jahangir Mghsoudi, Mousa Alavi, Zahra Sabzi and Hamideh Mancheri (2019) which presented that the respondents were worried and anxious about their future and their children<sup>[46]</sup>.

A comparative study was conducted by Rakesh R. Gandhi, Mahesh A. Suther, Sutanaya Pal, Ankit J. Rathod (2017) at general practice OPD in a tertiary care hospital, Gujrat. This study showed that majority (59.33%) women with alcoholic husbands had anxiety than women without alcoholic husband.<sup>[26]</sup>

#### **Findings related to coping strategies adopted by the spouses of alcoholics:**

In the present study majority (76%) respondents adopted moderate level coping strategies.

The supported studies of this findings are conducted by Srijana Pandey, Kalpana Shrestha (2020) at Gokarneswar, Kathmandu<sup>[12]</sup>, Nepal,Nagesh V.A.(2015) at selected de-addiction centers of Mysore District<sup>[2]</sup>, Rupinderjit Kaur and Dr. Amandeep Kaur Bajwa (2019) at village Chapa Ram Sing and Lalka Nagar of District Amritsar, Panjab<sup>[23]</sup>, which revealed that majority (98.1%), (80%), (98.33%) of respondents adapted average coping strategies respectively.

#### **Findings related to the financial burden perceived by the spouses of alcoholics:**

In the present study majority (87%) respondents had moderate level of financial burden. This findings are supported by the another study

A descriptive cross sectional study was conducted by Anita Sharma, Arvind Sharma, Sanjay Gupta and Stish Thapar (2019) at the Drug De-addiction and Treatment Centre, Department of Psychiatry, Guru Gobind Singh Medical College, Faridkot with 150 substance-dependent individuals and their 150 primary caretakers. This study showed that majority (63.3%) caretakers had moderate objective burden such as financial burden and routine activities.<sup>[24]</sup>

A descriptive cross sectional study was conducted by Sajeew Chandra Gautam, Yash Bhattarai (2019) at the Department of Psychiatry, NMCTH, Jorpati, Gokarneshwor-8, Kathmandu, Nepal. This study showed that majority (51.6%) respondents affected in financial burden moderately and also affected in spouse routine, spouse interaction, physical and mental health of other members of the family members.<sup>[48]</sup>

#### **Findings related to association between anxiety of the spouses of alcoholics with the socio demographic variables:**

This study showed that there were significant association between anxiety of the respondents with their educational qualification and duration of marriage and also there was no significant association between anxiety with their age, monthly income, habitat, occupation.

This findings is supported by a descriptive study was conducted by Ms.Apeksha Patil, Ms. Foziya Patel, Ms. Dakshat Telekar (2020) at selected area of Dapoli. This study revealed that there was a significant association between anxiety and duration of marriage and age, education, occupation and duration of alcohol consumption of husband were non-significant association with the level of anxiety<sup>[1]</sup>

#### **Limitations of the study:**

1. As the sampling technique was non-probability convenience sampling and sample size were not so large, therefore the study findings could not be generalized broadly.
2. The study was conducted only in de-addiction Centre.
3. The study was conducted only on female spouses.

#### **Recommendations**

Based on the study findings recommendations are made for a comparative study on assessment of level of anxiety and coping strategies among spouses of alcoholics and spouses of non-alcoholics in the selected community.

In the light of the above findings and personal experience of the investigator the following recommendations are offered:

1. A similar study can be replicated on a larger sample for generalization.
2. A similar study can be conducted in the community.
3. A similar study can be replicated including more institutions.
4. An interventional study may be carried out to find the effectiveness of counselling program to reduce level of anxiety and vocational training to reduce financial burden among the spouses of alcoholics.
5. A comparative study can be done between the level of anxiety and coping strategies among the spouses of alcoholic husbands with the spouses of non-alcoholic husbands.

#### **V. Conclusion**

From the findings of the present study, it was concluded that majority of the spouses of alcoholics had moderate level of anxiety and financial burden. Among the spouses majority had child related anxiety. They were more worried about their child's future. Majority of the spouses of alcoholics adapted moderate coping strategies in their life. Mainly they used emotion focused coping strategies. They had moderate financial burden. For this burden they faced various problems in their life. The education of the children, daily living expenditure, and health related expenditure etc. were hampered for this financial problem. Even day to day life activity also hampered for this.

Alcoholism had the negative effects towards the individual, family and also the nations. Lower education, loss of job, unemployment, unsocial behaves were also the effect of alcoholism. The progress of family, society and also nation was disturbed by this alcoholism. Awareness about the adverse effect of alcohol can prevent the alcoholism, thus reduce the level of anxiety of the spouses. The spouses of alcoholics must realize that adaptive coping help them to lead their healthy life both physically and mentally.

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