



Alcohol abusers and mental health

Mohd Shoiab Mir¹, Dr R. Sankar²

¹ Ph.D Research Scholar, Department of Psychology, Annamalai University, Tamil Nadu, India

² Assistant Professor, Department of Psychology, Annamalai University, Tamil Nadu, India

Abstract

The present study aimed to examine the level of mental health of alcohol abusing youth in Kashmir valley. For this purpose the sample of 400 youth abusing alcohol were selected through snow ball sampling technique. Mental Health Inventory (MHI-38) designed and developed by Viel and Ware (1983) was used for data collection in the present study. The investigator applied frequency analysis, t-test and regression for the statistical treatment of the collected data. Findings of the study revealed that majority of the alcohol abusers had low level of mental health. Also there is significant difference between alcohol abusers belonging to 15-25 and 26-35 age groups and alcohol abusers belonging to nuclear and joint family with respect to their mental health. Further the findings demonstrated that age and family type had a significant influence on the mental health of alcohol abusers.

Keywords: mental health, alcohol abusers, age, and family type

Introduction

Health is the level of useful or metabolic productivity of a living being. A sound or healthy individual is not only physically healthy, but also mentally healthy. Mental health refers to people's cognitive and emotional well-being. It is concerned with a balanced state of mind. A person should be free from stress, tensions, conflicts, confusions, depression, etc. He should have good problem solving and decision making abilities. It is a positive idea identified with the social and passionate prosperity of people. It refers to the state of wellbeing in which a person realizes his own potential, and is able to cope with every day's normal stresses and can work productively as well as fruitfully, and is able to make contribution to his community.

Alcohol abuse refers to the pattern of drinking that result in harm to one's health, interpersonal relationships, or ability to work. According to Diagnostic and statistical manual of mental disorders (2005), alcohol abuse is a previous psychiatric diagnosis in which there is recurring harmful use of ethanol despite its negative consequences. Alcohol abuse refers to the maladaptive pattern of alcohol use leading to clinically significant distress manifested within a period of 12 months. The consumption of alcohol is among the core risk behaviours among adolescents (Brener *et al.*, 2004). Alcohol consumption makes adolescents vulnerable to the occurrence of maladaptive behaviour, delinquency, violence, accidents, emotional instability, depression, social exclusion and suicide (Farqr *et al.*, 2007). Use of alcohol is becoming a modern fashion of entertainment which results increasing crime rates day by day (Desalu *et al.*, 2010). Alonso & Lepine (2007) [1]. Found that alcohol and other substance use disorders tend to be more prevalent among people with lower education, and unemployment. Bonomo *et al.*, (2004) [2]. Revealed that starting to use alcohol at a young age has been shown to

increase the likelihood of negative physical and mental health problems, social problems and alcohol dependence. Canadian community health survey (2003) [21]. Showed that young people aged 15 to 24 years were more likely to report mental health and substance use or abuse problems than any other age group. Casswell *et al.*, (2003) [4]. Found that lower social status was not related to frequency of drinking but was instead associated with consuming higher quantities of alcohol per drinking session, and that quantity of drinking was most strongly influenced by educational achievement. Droomers *et al.*, (1999) [8]. Revealed that excessive alcohol consumption was more common among lower educational groups. Also material stressors, such as financial problems, deprivation, and income, were related to part of the educational gradient in excessive alcohol consumption. Hamalainen *et al.*, (2001) [9]. Revealed that alcohol consumption was an important risk factor for major depressive episode. John *et al.*, (2007) [13]. Reported that alcohol involvement was associated with low conscientiousness, low agreeableness, and high neuroticism. Peleg *et al.*, (2009) found that after adjusting for gender, ethnicity/race, and grade, adolescents who initiated alcohol use before age 13 were more likely to report problems with school performance and display delinquent behaviors. Rehm *et al.*, (2003) [18]. Found that in the last 25 years, alcohol-related harm has increased in many countries especially among younger age groups [15–29 years], who are more likely to consume excessive alcohol in one drinking session. Wani & Sankar (2016) [22]. Revealed that age and gender have significant effect on mental health of drug addicts. Mir & Sankar (2017) [22]. Revealed that there is a significant difference found between the mean scores of married and unmarried alcohol abusers. Also there is a significant difference found between the mean scores of high socio economic status and low socio economic alcohol abusers. Mir

& Shankar (2017) [15]. Revealed that there is significant difference between the mean scores of 15-25 and 25-35 years old, employed and unemployed alcohol abusers and alcohol abusers with alcohol intake duration 1-3 and above 3-5 years.

Objectives

1. To measure the level of mental health among alcohol abusers.
2. To assess if there is any significant difference in the mental health of alcohol abusers with respect to age.
3. To assess if there is any significant difference in the mental health of alcohol abusers with respect to family type.
4. To assess if there is any significant influence of age and family type on the mental health of alcohol abusers.

Hypotheses

1. The level of mental health among alcohol abusers would be high.
2. There would be no significant difference in the mental health of alcohol abusers with respect to age.
3. There would be no significant difference in the mental health of alcohol abusers with respect to family type.
4. There would be no significant influence of age and family type on the mental health of alcohol abusers.

Variables of the study: The dependent variable in the study was mental health and independent variables was age and family type

Sampling: The present study was conducted on 400 alcohol abusers, selected through snow ball sampling technique, from different places in Kashmir valley.

Psychological Measurements: Mental Health Inventory (MHI-38) designed and developed by Viel and Ware (1983) was used for the collection of data in the present study. It contains 38 items and each item is followed by six alternatives from which the subject may select one answer. All the 38 items in mental health inventory except two are scored on six point scales (range 1-6). Items 9 and 28 are the exception, each scored on a five point scale (range 1-5). All the items were carefully screened and several criteria were considered in the final selection of items.

Statistical techniques used: For statistical analysis frequency analysis, t-test and regression were applied.

Procedure: The investigator attempted to study the level of mental health experienced by the alcohol abusers. The present study was conducted on 400 alcohol abusers, which were selected through snow ball sampling technique. First of all the investigator gets the authorization from the respondents to meet them individually and discuss the purpose of their work. They were informed that their personal information like name, contact number etc is not required and other the obtained information will be kept confidential. After the acceptance from the subject, demographic sheet which includes the personal details like age, gender, marital status, family type, family income, education, occupation, and duration of alcohol

intake, were given to the patient and were asked to choose the options according by their choice. After that the scales were given to the respondents and they were asked to give their responses according to their choice. Subjects noted down their responses and hand over the scale to the researcher and they were thanked for their support and cooperation. Thus, the required data was collect in proper way.

Analysis and Interpretation of Data

Table 1: Classification of alcohol abusers on the basis of their level of Mental Health

S. No	Score Range	N	percentage	Level
1.	38-113	219	54.75	Low
2.	114-226	181	45.25	High

The above table indicates that majority i.e. 219 (54.75%) of the alcohol abusers had low level of mental health and 181 (45.25%) had high level of mental health.

Table 2: Classification of alcohol abusers on the basis of their age and level of Mental Health

Age	N	Level of Mental Health	
		Low	High
15-25	227	201 (88.5%)	26 (11.5%)
26-35	173	118 (68.2%)	55 (31.8%)

Table-2 indicates that out of 227 alcohol abusers belonging to age group 15-25 years, 201 (88.5%) had low level of mental health and 26 (11.5%) had high level of mental health.. Among 173 alcohol abusers belonging to age group 26-35 years, 118 (68.2%) had low level of mental health and 55 (31.8%) had high level of mental health.

Table 3: Classification of alcohol abusers on the basis of their family type and level of Mental Health

Family Status	N	Level of Mental Health	
		Low	High
Nuclear family	187	169 (90.4%)	18 (9.6%)
Joint family	213	50 (23.5%)	163 (76.5%)

Table-3 indicates that out of 187 alcohol abusers belonging to nuclear family, 169 (90.4%) had low level of mental health and 18 (9.6%) had high level of mental health. Among 213 alcohol abusers belonging to joint family, 50 (23.5%) had low level of mental health and 163 (76.5%) had high level of mental health.

Table 4: Mean, S.D, and 't' value for mental health scores of alcohol abusers belonging to 16-25 and 26-35 age groups

Variable	Age	N	Mean	S.D	df	t-value	p-value
Mental health	16-25	227	86.84	14.59	398	28.87**	0.000
	26-35	173	139.11	21.55			

**significant at 0.01 level

From Table 4 it is clear that p value is less than 0.01. Therefore, the null hypothesis, "there is no significant difference between alcohol abusers belonging to 16-25 and 26-35 age groups with respect to their mental health" is rejected at 1% level of significance and hence it is concluded

that there is significant difference between alcohol abusers belonging to 16-25 and 26-35 age groups with respect to their mental health. On the basis of mean values given in table 4, it can be concluded that the alcohol abusers belonging to the age group 26-35 have better mental health (Mean=139.11) than alcohol abusers belonging to the nuclear family (Mean=86.84). These findings are being supported by Bonomo *et al.*, (2004) [2]. Who reveal that starting to use alcohol at a young age has been shown to increase the likelihood of negative physical and mental health problems, social problems and alcohol dependence.

Table 5: Mean, S.D, and 't' value for emotional stability scores of alcohol abusers belonging to nuclear and joint family

Variable	Family type	N	Mean	S.D	df	t-value	p-value
Mental health	Nuclear family	187	87.03	17.40	398	17.87**	0.000
	Joint family	213	129.13	27.76			

**Significant At 0.01 Level

From Table 5 it is clear that p value is less than 0.01. Therefore, the null hypothesis, "there is no significant difference between alcohol abusers belonging to nuclear and joint family with respect to their mental health" is rejected at 1% level of significance and hence it is concluded that there is significant difference between alcohol abusers belonging to nuclear and joint family with respect to their mental health. On the basis of mean values given in table 5, it can be concluded that the alcohol abusers belonging to the joint family have better mental health (Mean=129.13) than alcohol abusers belonging to the nuclear family (Mean=87.03). These findings are supported by Malbergier, Cardoso and Amaral (2012) who revealed that use of alcohol, tobacco, and illicit drugs was associated with a negative assessment of the family relationship.

Table 6: Regression showing the predictors of Mental Health

I.V	D.V	R	R ²	A.R ²	SEB	B	Std. error	Beta	t-value	p-value
Age	Mental Health	.82	.68	.68	17.94	41.75	2.25	.66	18.53	0.000
Family type		.85	.72	.72	16.82	-3.78	1.30	-.08	-2.91	0.000

Predictors: (Constant) Age and Family Type

Dependent Variable: Mental Health

The results from the above table demonstrated that age and family type are the influential predictors in mental health. It is found that age contributes 68% (R² =.68) and family type 72% (R² =.72) on the mental health of alcohol abusers.

Findings of the study

1. Majority i.e. 219 (54.75%) of the alcohol abusers had low level of mental health 181 (45.25%) had high level of mental health.
2. There is a significant difference between alcohol abusers belonging to 16-25 and 26-35 age groups with respect to their mental health.
3. There is significant difference between alcohol abusers belonging to nuclear and joint family with respect to their mental health.

4. Age and family type significantly influence the mental health of alcohol abusers.

Conclusion

The investigator attempted to study the mental health experienced by the alcohol abusers and the influence of age and family type on their level of mental health. On the basis of the obtained findings of the present study, it is concluded that age and family type are influential factors in mental health.

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