

Assessment of the Quality of Life Among Wives of Alcoholics and the Development of an Information Booklet on Coping Strategies



Author: M. Ciso Franklin Rama

Affiliation: M.Sc. in Mental Health Nursing, St. Luke's College of Nursing, Shrirampur, Ahmednagar District

Email: franklin.louies@yahoo.com

ABSTRACT

Wives of individuals with alcohol dependence frequently experience severe psychological distress, verbal abuse, communication difficulties, and low self-esteem, which collectively diminish their quality of life. This study aimed to assess the quality of life among wives of alcoholics and develop a supportive intervention. A descriptive research design was utilized, and data were collected from 100 participants at selected de-addiction centers using a modified, self-structured questionnaire. The findings revealed that the majority of the participants (66%) had an average quality of life, highlighting the need for

targeted psychological and educational support. Consequently, an information booklet detailing effective coping strategies was developed and distributed to aid these women in managing stress and improving their overall well-being.

Keywords:

Quality of life, wives of alcoholics, coping strategies, mental health, information booklet.

INTRODUCTION

“The wine bears three kinds of grapes; The first of pleasure, The second intoxication, The third of disgust.” — Anacharsis

Alcoholism is a critical issue of global concern. The impact of alcohol dependence extends far beyond the physical health of the individual, significantly affecting the people in their immediate environment. The *Global Status Report on Alcohol and Health 2014*, released by the World Health Organization (WHO), revealed an alarming rise in alcohol consumption in India between 2008 and 2012. According to the report, approximately 30% of the total Indian population consumed alcohol in 2010. Of this, 93% was consumed in the form of spirits, followed by beer (7%) and wine (less than 1%). Furthermore, the per capita consumption of alcohol in the country increased from 1.6 liters (2003–2005) to 2.2 liters (2010–2012).

Alcoholism acts as a severe economic drain on family resources, threatens job security, interrupts normal familial responsibilities, and causes pervasive conflict. It demands constant adaptive responses from family members who often lack the knowledge or support to respond appropriately. This volatile environment increases tension and

stress, frequently leaving family members—especially wives and children—feeling desperate, angry, frustrated, nervous, afraid, and guilty. Over time, the family system may become deeply dysfunctional, with members inadvertently mirroring the behavioral instability of the addict (Rao, 2004).

PROBLEM STATEMENT

“A descriptive study to assess the quality of life among the wives of alcoholics in selected de-addiction centers, with a view to develop an information booklet on coping strategies.”

OBJECTIVES OF THE STUDY

1. To assess the quality of life among the wives of alcoholics.
2. To find out the association between the quality of life among the wives of alcoholics and selected demographic variables.
3. To develop an information booklet on coping strategies.

MATERIAL AND METHODS

A descriptive research design was employed for this study. The research was conducted in a single phase focusing on assessing the quality of life among the target population. Non-probability convenience sampling was utilized to

select a sample of 100 wives of alcoholics from selected de-addiction centers.

Data was collected using a modified, self-structured questionnaire divided into two sections:

- Section I: Items designed to assess the socio-demographic profile of the subjects.
- Section II: A modified, self-structured questionnaire comprising 5 core items, each containing 5 specific questions, designed to comprehensively evaluate the participants' quality of life.

The reliability of the questionnaire was established using Cronbach's alpha method, yielding a reliability coefficient of 0.8068, which indicates a high level of internal consistency. The collected data was subsequently tabulated, analyzed, and interpreted using descriptive and inferential statistics.

RESULTS

Table 1: Distribution of subjects in relation to socio- demographic variables.

Variabl e	Categor y	Frequen cy	Percenta ge
Age	20-29	20	20%
	30-39	41	41%
	40-49	25	25%
	50 & above	14	14%
Religion	Hindu	74	74%
	Muslim	7	7%
	Christia n	11	11%
	Others	8	8%
Educati on	Illiterate	2	2%
	Primary	16	16%
	Seconda ry	32	32%
	Higher Seconda ry	19	19%
	Graduat e & above	31	31%

Table 2: Distribution of Quality-of-Life Scores (N=100)

QOL Category	Scor e Rang e	Frequen cy	Percenta ge
Poor	0-25	0	0%
Averag e	26-50	66	66%
Good	51-75	34	34%

Table 3: Association Between Quality of Life and Demographic Variables

Variabl e	Test Valu e	P Value	Interpretat ion
Age	F=1. 08	>0.05	Not Significant
Religio n	F=3. 49	<0.05	Significant
Educati on	F=3. 18	<0.05	Significant
Family Income	F=8. 35	<0.00 01	Highly Significant

CONCLUSION

The study revealed that the majority of wives of alcoholics experienced an average quality of life. Education level and family income showed significant association with quality of life. An information booklet on coping strategies was developed to empower wives in managing stress and improving wellbeing.

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