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## A study to assess the prevalence of alcoholism and psychosocial problems among adults in Akkuthotta Village at Nellore, Andhra Pradesh

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### Abstract

**Background:** Alcoholism refers to the use of alcoholic beverages to the point of causing damage to the individual, society or both. In India the alcohol addiction is more common and the disorders are also increasing. About 75% of the adults in India are regular drinkers. Most of the family problems and other violence are arising due to alcohol consumption.

**Aim:** The aim of the study was to assess the prevalence of alcoholism and psychosocial problems among adults.

**Objectives:** 1. To assess the prevalence of alcoholism among adults. 2. To identify the psychosocial problems related to alcoholism among adults. 3. To find the relationship between prevalence of alcoholism and psychosocial problems. 4. To find out the association between prevalence of alcoholism and psychosocial problems with selected socio-demographic variables.

**Methodology:** 100 adults from rural area, Akkuthotta, Nellore were selected by using stratified random sampling method.

**Results:** The study concluded that almost half of the adults 42(42%) were mild alcoholics and 44(44%) adults had psychological problems due to alcoholism. The co-relation between the prevalence of alcoholism and psychosocial problems was +0.89.

**Keywords:** Prevalence, alcoholism, psychosocial problems, adults

### Introduction

“Prevent alcoholism, save the life and society”

Alcoholism refers to the use of alcoholic beverages to the point of causing damage to the individual, society or both. In India the alcohol addiction is more common and the disorders are also increasing. About 75% of the adults in India are regular drinkers. Most of the family problems and other violence are arising due to alcohol consumption<sup>[1]</sup>.

The major physical disorders such as cardiac disease, Liver disorders, and nephritic disorders are common in alcoholic person. Long-time use of alcoholism may affects to social and occupational functioning, creating personal, professional, financial and legal problems. The alcoholic use in early adolescents may leads to the psychological problems such as emotional and behavioural problems, depression, schizophrenia, echolalia, mood disorders and sexual dysfunctions etc<sup>[2]</sup>.

The various forms of violence such as gang behaviour and drug related violence are increasing day by day. The types most often described by the psychiatric patients are family violence, nonfamily rape and sexual assault. Family violence is a range of harmful behaviour as that occurs between family and other household members. It includes physical and emotional abuse of children, child neglect; abuse between adult estimate partners, marital rape and elder abuse violence may be a family secret and given conditions through generations and above may be caused by an interaction of personality, demographic, biological, and situational and socio cultural factors. The United States has a high level of violence compared with other nations<sup>[3]</sup>.

Some of the biological factors are also affecting the person to take alcohol, more than half of the current drinker has a family history of alcoholism. Much evidences from adoption, twin and animal studies indicates hereditary is significant in the development of alcoholism. Many studies estimates that the alcoholism is a tendency towards anxiety, anger, low self-esteem, and negative feelings<sup>[4]</sup>.

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Many psychological theories have attempted to explain the factors that predispose people to developing substance abuse. Psychoanalytic theories says that, alcoholics as being fixated at the oral stage of development thus seeing need satisfaction through oral behaviours such as drinking. Clinicians have observed a link between substance abuse and several psychological records such as depression, anxiety, antisocial personality and dependent personality. Some substance abuse have psychological problems related to adverse childhood experiences and parental alcohol abuse. Most of them have low self-esteem and efficiently expressing emotions. These problems may have influenced the critical use of alcohol [5].

Socio cultural factors also influence the addiction of alcoholism. Some of the sociocultural factors such as attitudes, values, norms, religion, gender, family backgrounds, and social environment etc. Affects for the use of alcohol. Formal religion belief also affects drinking behaviour. Gender differences also have been noted in the prevalence of substance abuse [6].

### Need for The Study

According to WHO 2017, the statistical finding on consumption of alcohol in worldwide is 140 million, India 42.7%, Andhra Pradesh -37% and Nellore about 18% [7]. According to Department of Health (2015) estimates, in worldwide about 65% of adults, India about 75% and about 22% of adults are using alcohol daily and in this about 8% are women [8].

The onset of alcoholic use before age 20 years predicts more sustain use over time from 70%-90% of males and 50%-60% of females who abuse alcohol in the adolescence continue to do so in the adult life. The first use of alcohol at the age of 11 to 14 years greatly increases the risk of development of an alcohol disorder. Mostly this condition is due to the changes in life style and also due to poor family co-operation, stress, anxiety and superstitious believes and cultures. Some teenagers use alcohol to decrease their anxiety especially when socializing [9].

Studies estimates that new risk for developing Breast cancer and a link to mental illness are due to over usage of alcohol. The alcohol consumption affects women than men. Also most of the liver diseases about 14,406 peoples accidents and homicides about 23,199 peoples are due to the over usage of alcohol. Most of the psychosocial as well as family problems are due to the long-time use of alcohol [10].

A descriptive cross sectional study was conducted on assessment of prevalence and perceived health effects of alcohol use among male adolescents in Owerri, south east Nigeria. Questionnaire method is used for data collection. The sample size was 482 males. The result showed that the current use of alcohol was 348, with 128 of them being heavy drinkers, 225 of them had health problems. The study concluded that there was high prevalence of alcohol use established among study groups [11].

### Statement of Problem

A study to assess the prevalence of alcoholism and psychosocial problems among adults in Akkuthotta Village at Nellore, Andhra Pradesh.

### Objectives

- To assess the prevalence of alcoholism among adults.
- To identify the psychosocial problems related to

alcoholism among adults.

- To find the relationship between prevalence of alcoholism and psychosocial problems.
- To find out the association between prevalence of alcoholism and psychosocial problems with selected socio-demographic variables.

### Delimitations

- Adults living in Akkuthotta Village at Nellore.
- Sample size of 100 children.

### Methodology

#### Research Approach

A quantitative approach was adopted to determine the research study.

#### Research Design

The present study was conducted by using descriptive research design

#### Setting of The Study

The study was conducted at Akkuthotta Village at Nellore.

#### Population

##### Target Population

The target population for this present study includes all adults.

##### Accessible Population

The accessible population for the present study includes adults living in rural area, Akkuthotta at Nellore and who fulfilled the inclusion criteria.

#### Sample

The sample for the present study was adults.

#### Sample Size

The sample for the present selected from 100 adults.

#### Sampling Technique

Probability Stratified random technique was adapted for the study.

#### Criteria for Sampling Selection

##### Inclusion criteria

- Adults with age group of 20-60 years.
- Adults who are present in Akkuthotta at the time of data collection.
- Adults who are suffering with psychosocial problems due to alcoholism.

##### Exclusion criteria

- Adults aged More than 60yrs of age.
- Adults who were not available at the time of data collection.

#### Variables of The Study

**Research variables:** Prevalence of alcoholism and psychosocial problems.

**Demographic variables:** Age, sex, education, occupation, income and religion and personal habits, marital status, place of residence and history of alcoholism.

**Description of The tool**

**Part-I:** It deals with socio demographic variables.

**Part-II:** An observational checklist to assess the prevalence of alcoholism.

**Score interpretation**

S. No	Score	Interpretation
1.	0-8	No alcoholic dependence
2.	9-25	Mild alcoholic dependence
3.	26-40	Severe alcoholic dependence

**Part-III:** An observational checklist to assess the psychosocial problems.

**Score interpretation**

S. No	Score	Interpretation
1.	0-84	Mild psychosocial problems
2.	85-168	Moderate psychosocial problems
3.	169-252	Severe psychosocial problems

**Data Analysis and discussion**

**Table 1:** Frequency and percentage distribution of prevalence of alcoholism among adults (N=100)

S. No	Level of Prevalence	Frequency	Percentage
1.	Non alcoholics	6	6%
2.	Mild alcoholics	42	42%
3.	Moderate alcoholics	36	36%
4.	Severe alcoholics	16	16%

**Table 2:** Mean and Standard deviation of prevalence of alcoholism among adults. (N=100)

Category	Mean	SD
Adults	120.04	80.90

**Table 3:** Frequency and percentage distribution of psychosocial problems among adults

S. No	Level of prevalence	Frequency	Percentage
1.	Physical problems	30	30%
2.	Psychological problems	44	44%
3.	Social problems	26	26%

**Table 4:** Mean and Standard deviation of psychosocial problems among adults. (N=100)

Category	Mean	SD
Adults	140.36	50.11

**Table 5:** Co-relation between prevalence of alcoholism and psychosocial problems

Category	Mean	Median	Mode	S. D	Co-relation
Prevalence of alcoholism	120.04	54	20	80.906	+0.89
Prevalence of psychosocial problems	140.36	130	140	50.11	

**Major findings of the study**

- Regarding the prevalence of alcoholism, 6(6%) of adults were non- alcoholics, 42(42%) of adults were mild alcoholics, 36(36%) of adults were moderate alcoholics and 16(16%) of adults were severe

alcoholics.

- With regard to the psychosocial problems, 30(30%) adults were had physical problems, 44(44%) adults had psychological problems and 26(26%) adults had social problems.
- The co-relation between the prevalence of alcoholism and psychosocial problems were +0.89.
- There was a significant association between prevalence of alcoholism and demographic variables, Age, occupation, habits, type of family and history of alcoholism had significant association at  $P<0.05$  level.
- Regarding association with between prevalence of psychosocial problem and demographic variables, Age, and sex had significant association at  $P<0.05$  level.

**Conclusion**

The study concluded that almost half of the adults 42(42%) were mild alcoholics and 44(44%) adults had psychological problems due to alcoholism.

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