

Original Article

# Descriptive Correlational Study to Assess the Stigma, Burden, and Quality of Life Among the Wives of Alcohol Dependents in Selected Areas of Kuppam, Chittoor district Andhrapradesh

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**Abstract** - Alcoholism is a major public health problem worldwide; in India, around 33% of its population consumes alcohol. Alcoholism is considered to be a prime stressor, not only for the individual who consumes alcohol but also for wife, family members, and relatives as well<sup>1</sup> Alcoholism spreads all over the world, from state to state, from the entire country, affecting every civilized society irrespective of caste, creed, religion, culture and geographical location the present study adopted Quantitative approach and non -experimental design. Using the non-probability purposive sampling technique, 80 wives of alcohol dependents were selected. Stigma was assessed using of affiliate stigma scale, the burden was assessed using of zarit burden interview scale, and quality of life was assessed using of WHOQOL-BREF scale. The stigma score among 80 wives of alcohol dependents, about 13(16.20%), was a moderate stigma, and 67(83.80%) were under severe stigma. The levels of burden score among 80 wives of alcohol dependents about 63(78.80%) of them were under mild to the moderate burden, 17(21.20%) of them were under moderate to severe burden, and the levels of quality of life among 80 wives of alcohol dependents about 24(30.00%) of them were under the poor quality of life 46(57.50%) of them were under the average quality of life, and 10(12.50%) of them were under the good quality of life. The correlation between stigma and burden among wives of alcohol dependents revealed that the mean score of stigma were 54.3 with a SD 4.8 and mean score of burden were 36.2 with a SD 5.7 and r-value 0.35 showed there was a weak positive correlation between stigma and burden among the wives of alcohol dependents at the level of 0.001 which is highly significant, the correlation between stigma and quality of life among wives of alcohol dependents revealed that the mean score of stigma were 54.3 with a SD 4.8 and mean score of quality of life were 48.4 with a SD 11.1 and r-value 0.67 showed there was a moderate positive correlation between stigma and quality of life among the wives of alcohol dependents at the level of <0.001 which is highly significant, and the correlation between burden and quality of life among wives of alcohol dependents revealed that the mean score of burden were 36.2 with a SD 5.7 and mean score of quality of life were 48.4 with a SD 11.1 and r-value 0.46 showed there was a moderate positive correlation between burden and quality of life among the wives of alcohol dependents at the level of <0.001 which is highly significant. The study concludes a weak positive correlation between the stigma and burden among wives of alcohol dependents and a moderate positive correlation between the stigma and quality of life and burden and quality of life among wives of alcohol dependents.

**Keywords** - Wives of alcohol dependents, Stigma, Burden, Quality of life, Alcohol.

## 1. Introduction

Alcoholism is a major public health problem around the world. In India, around 33% of its population consumes alcohol.<sup>5</sup>Alcoholism is considered to be a prime stressor, not only for the individual who consumes alcohol but also for wife, family members, and relatives as well<sup>1</sup> Alcoholism spreads all over the world, from state to state, from entire country affecting every civilized society irrespective of caste, creed, religion, culture and geographical location<sup>2</sup>

World health organization (WHO) reported that around 44 million people in middle-income countries had alcohol dependence. The prevalence of alcohol dependence in India is 21%, and among the total alcohol users, 17% were classified as dependent users based on ICD – 10 criteria. Alcohol dependence harms various dimensions of health, including physical, mental, and social well-being. Wives of alcohol dependents are faced with many problems like mental and physical problems, lack of communication between others, financial problems, marital violence, damage to social reputation, and libido towards sexual performance<sup>3</sup>



## 2. Materials and Methods

### 2.1. Study design, setting, sampling, and tools

The present study adopted a quantitative approach and non-experimental designs to assess the stigma, burden, and quality of life among wives of alcohol dependents in selected Kuppam, Chittoor district, and Andhra Pradesh areas. The study was conducted in selected areas of kuppam, the population includes all the wives of alcohol dependents, and the samples are the wives of alcohol dependents who are attending the psychiatry OPD and are admitted to the psychiatry ward at PES hospital, willing to participate and available during the study period. The sample size was estimated using power analysis, and the sample size was eighty wives of alcohol dependents selected using the non-probability purposive sampling method.

The present study consist of two sections includes demographic variables of age, residence, educational status of alcohol-dependent wives, occupational status of wives, family income, religion, duration of consumption of alcohol, type of family, number of children, duration of marital life, family history of alcohol use. And affiliate stigma scale, zarit burden interview scale, and WHOQOL-BREF scale to assess the stigma, burden, and quality of life. The tool's reliability was tested using the test-retest method between seven days intervals. The reliability of the affiliate stigma scale was  $r = 0.835$ , the zarit burden scale was  $r = 0.775$ , and the reliability of the world health organization quality of life (WHOQOL)-BREF scale was  $r = 0.85$ , which suggests the tool was reliable.

### 2.2. Permission

Formal permission was obtained from the medical officer at PES hospital, kuppam.

### 2.3. Ethical Consideration

Ethical clearance was obtained from Institutional Human Ethics Committee, PES Institute of Medical Sciences and Research. No: PESIMSR/IHEC/C-52/2020 dated 03.07.2020

### 2.4. Data collection procedures

*Method of recruiting and preparing the child-teacher for the study*

Step-1: Obtaining formal permission from the medical officer's PES Hospital at Kuppam

Step-2: The researcher introduced herself and explained the purpose and scope of the study, then informed consent was obtained

- Step-3: Administration of demographic variables of wives of alcohol dependents
- Step-4: Administration of the standardized scales on stigma, burden, and quality of life through interview schedule.
- Step-5: Each subject took 30-35 minutes to complete the interview schedule.

### 2.5. Statistical analysis

The collected data were entered into MS Excel 365 and analyzed using STATA 15.0.

Table 1. Description of data analysis

Sl. No	Type of statistics	Method	Objectives
1	Descriptive Statistics	frequency and percentage	To describe the demographic variables of the wives of alcohol dependents.
		frequency and percentage	Assess the stigma, burden, and quality of life among wives of alcohol dependents.
2	Inferential Statistics	Independent and paired 't-test	correlate the stigma and burden, stigma and quality of life, and burden and quality of life among wives of alcohol dependents.
		Chi-square	Associate the levels of stigma, burden, and quality of life among wives of alcohol dependents with their demographic variables

## 3. Results

### 3.1. Demographic Data

The frequency and percentage distribution of the demographic variables among wives of alcohol dependents regarding

#### 3.1.1. Age (in years)

majority 5 (6.25%) of the wives of alcohol dependents belonged to 20-25 years, 31(38.75%) of them belonged to 26-30 years, 26(32.5%) of them belonged to 30-40 years, and 18 (22.5%) of them belonged to 41-55 years.

#### 3.1.2. Residence

About 58(72.50%) of the wives of alcohol dependents were living in a rural area, and 22(27.50%) were living in an urban area.

#### 3.1.3. Educational status of the alcohol-dependent wives

About 21(26.20%) of the wives of alcohol dependents had no formal education, 28(35.00%) of them had primary education, 30(37.50%) of them had secondary education, 1(1.20%) of them were graduates, and no one of them was in postgraduates.

#### 3.1.4. Occupation status of the wives

About 15(18.80%) of the wives of alcohol dependents are employed in private, 2(2.50%) of them were employed in government, 42(52.50%) of them were homemakers, and 21(26.20%) of them were daily wage worker.

#### 3.1.5. Family income in (rupees)

About 1(1.20) of the wives of alcohol dependents' monthly family income was <3907,4(5.00%) of them were between 3908-11707,51(63.80%) of them were between 11708-19515 and 24(30.00%) of them were between 19200-39032) per month.

3.1.6. Religion

The majority of 58(72.50%) of the wives of alcohol dependents belonged to Hindu, 10(12.50%) of them belonged to Muslim, 11(13.80%) of them were belongs to Christian, and 1(1.20%) of them belonged to others.

3.1.7. Duration of consumption of alcohol

About 31(38.80%) of the wives of alcohol dependents' husbands consumed alcohol between 1-5 years, 33(41.20%) of them consumed alcohol between 6-10 years, and 16(20.00%) of them were consumed alcohol above 10 years.

3.1.8. Types of the family

Majority, 52(65.00%) of the wives of alcohol dependents belonged to the Nuclear family,15(18.80%) of them belonged to the Joint family, and 13(16.20%) of them belonged to the Broken family.

3.1.9. The number of children

About 31(38.75%) of the wives of alcohol dependents had 1 child, 27(33.75%) of them had 2 children, 19(23.75%) of them had 3 and above, and 3( 3.75%) of them were had no children.

3.1.10. Duration of marital life

The majority of 11(13.80%) of the wives of alcohol dependents had 0-4 years of duration of marital life, 37(46.20%) of them were having 5-8 years, and 32(40.00%) of them were having above 10 years.

3.1.11. Family history of alcohol use

About 25(31.25%) of the wives of alcohol dependents family have a history of alcohol use, and 55(68.75%) of them were in a family has an absent history of alcohol use.

3.2. Levels of stigma, burden, and quality of life among wives of alcohol dependents

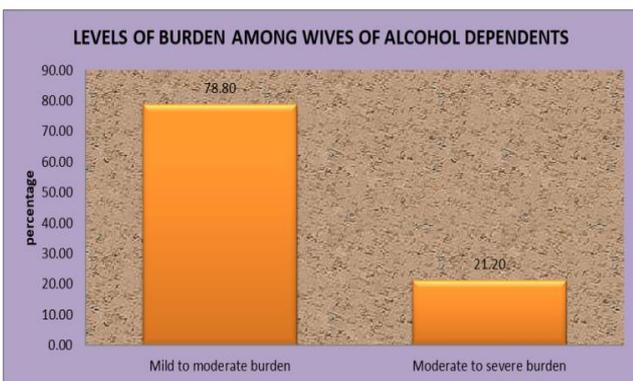


Fig. 1 Bar diagram shows that percentage of levels of stigma score among wives of alcohol dependents about 13(16.20%) of them were under moderate stigma, and 67(83.80%) of them were under the severe stigma

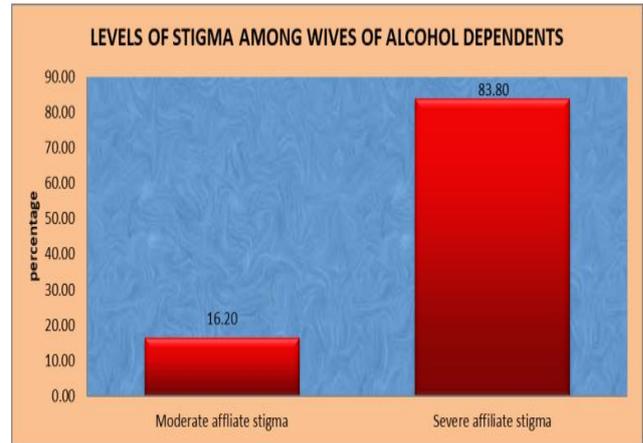


Fig. 2 Bar diagram shows the percentage of levels of burden score among wives of alcohol dependents about 63(78.80%) of them were under mild to the moderate burden, 17(21.20%) of them were under moderate to severe burden

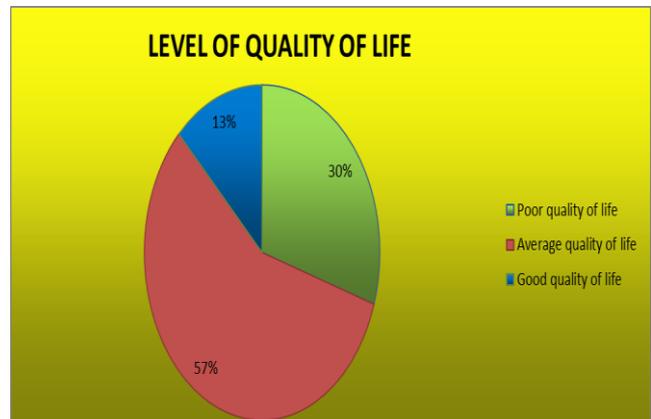


Fig. 3 Pie diagram shows the percentage of levels of quality of life among wives of alcohol dependents about 24(30.00%) of them were under the poor quality of life, 46(57.50%) of them were under the average quality of life, and 10(12.50%) of them were under the good quality of life.

Table 2. correlation between stigma and burden among wives of alcohol dependents

N=80				
Variables	Mean	SD	r- value	p-value
Stigma	54.3	4.8	0.35	<b>0.001*</b>
Burden	36.2	5.7		

\*-Highly significant

The above table shows that the correlation between stigma and burden among wives of alcohol dependents revealed that the mean stigma score was 54.3 with an SD of 4.8, and the mean burden score was 36.2 with an SD of 5.7. An r-value of 0.35 showed a weak positive correlation between stigma and burden among the wives of alcohol dependents at the level of 0.001. Hence the corresponding hypothesis RH1 was accepted.

**Table 3. correlation between stigma and quality of life among wives of alcohol dependents**

N=80

Variables	Mean	SD	r value	p value
Stigma	54.3	4.8	0.67	< 0.001*
Quality of life	48.4	11.1		

\*-Highly significant

The above table shows that the correlation between stigma and quality of life among wives of alcohol dependents revealed that the mean score of stigma was 54.3 with an SD of 4.8, and the mean score of quality of life was 48.4 with an SD of 11.1. The r-value of 0.67 showed a moderate positive correlation between stigma and quality of life among the wives of alcohol dependents at the level of <0.001. Hence the corresponding hypothesis RH2 was accepted.

**Table 4. Correlation between burden and quality of life among wives of alcohol dependents**

N=80

Variables	Mean	SD	r value	p-value
Burden	36.2	5.7	0.46	< 0.001
Quality of life	48.4	11.1		

\*-Highly significant

The above table shows that the correlation between burden and quality of life among wives of alcohol dependents revealed that the mean score of burden was 36.2 with an SD of 5.7, and the mean score of quality of life was 48.4 with an SD of 11.1. R-value 0.46 showed a moderate positive correlation between burden and quality of life among the wives of alcohol dependents at the level of <0.001. Hence the corresponding hypothesis RH3 was accepted.

### 3.3. Association

The association between stigma, burden, and quality of life levels with the demographic variables of wives of alcohol dependents.

Association between levels of stigma score among wives of alcohol dependents with their demographic variables revealed that there is a sign seen at the residence

of wives of alcohol dependents at the level of ( $p < 0.015$ ), educational status of the wives of alcohol dependents at the level of ( $p < 0.019$ ), family income in rupees at the level of ( $p < 0.070$ ), duration of marital life at the level of ( $p < 0.009$ ), family history of alcohol use at the level of ( $p < 0.04$ ) were found to be significant. Other variables were not found to be significant.

Association between levels of burden score among wives of alcohol dependents with their demographic variables revealed that there is a sign seen at age in years at the level of ( $p < 0.037$ ), the residence of wives alcohol dependents at the level of ( $p < 0.001$ ), educational status of the wives of alcohol dependents at the level of ( $p < 0.007$ ), family income in rupees at the level of ( $p < 0.029$ ), duration of marital life at the level of ( $p < 0.015$ ), family history of alcohol use at the level of ( $p < 0.030$ ) were found to be significant. Other variables were not found to be significant.

Association between levels of quality of life score among wives of alcohol dependents with their demographic variables revealed that there is a sign seen at age in years at the level of ( $p < 0.001$ ), the residence of wives of alcohol dependents at the level of ( $p < 0.000$ ), educational status of the wives of alcohol dependents at the level of ( $p < 0.001$ ), family income in rupees at the level of ( $p < 0.003$ ), duration of marital life at the level of ( $p < 0.001$ ) were found to be significant. Other variables were found to be not significant. Hence the corresponding hypothesis RH4 was accepted.

## 4. Conclusion

The present study concludes that using standardized scales, the levels of stigma, burden, and quality of life, and the correlation between stigma and burden, stigma and quality of life, and burden and quality of life among wives of alcohol dependents. The results revealed a weak positive correlation between the stigma and burden among wives of alcohol dependents and a moderate positive correlation between the stigma and quality of life and burden and quality of life among wives of alcohol dependents.

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