

Knowledge on Hazardous Effects of Alcohol among Caregivers of Mentally Ill

Ansiem George and Dr.S. Preetha*

Abstract--- *The detrimental effects of alcohol results in 2.5 million deaths annually, as per the global information system on alcohol and health. The study aimed to assess the awareness regarding hazardous effects of alcoholism among caregivers of mentally ill clients, mental health centre, Trivandrum. The objectives were -To find out the level of knowledge on the hazardous effects of alcohol among caregivers of mentally ill,*

To find out the association between level of knowledge and selected socio demographic variables (age of individual, place of residence, marital status, educational status of father, educational status of mother, economic status of family, family history of alcoholism). The study found that 28.33% had poor knowledge, 63.34% (38) had average knowledge, and 8.33% (5) of the caregivers had good knowledge .The study also revealed significant association between selected socio demographic variables like age, educational status of mother, educational status of father, place of residence and family history of alcoholism.

Keywords--- *Alcoholism, Knowledge, Hazardous Effects, Mentally Ill, Alcohol, Caregivers.*

I. INTRODUCTION

Alcoholism is a wide term for imbibing alcohol that results in physical or mental issues. Alcoholism causes craving, loss of control, physical dependence and tolerance. The detrimental effects of alcohol results in death of 2.5 million people annually (global information system on alcohol and health). Alcoholism is prevalent in developing countries and it leads to mutilation in wellbeing and strength of people in and around the drinkers. The worldwide total consumption (2005) was identical to 6.3 liters alcohol per person, 15 years and older. 30% of the worldwide total grown-up consumption goes unrecorded. The situation in India is also frantic according to the global report of Alcohol and Health (2014), which was released by the World Health Organization; states that 30% of Indians consumes alcohol. 93% of alcohol was consumed in the form of spirits during 2008-2012, followed by beer 7% and below 1% of the inhabitants took wine. Alcohol consumption is reflected in 20% to 50% of liver cirrhosis, seizures, poisoning, accidents, aggression and quite a few types of cancer.

Psycho active substance will have harmful effect in human beings, pharmacological and toxic effects can occur in case of alcoholism. Usually due to peer pressure people start drinking habit, land up in addiction, tolerance, withdrawal features and dependence. Poly substance abuse is widespread among alcoholics, can even produce hallucinosis. The complications include wernicks encephalopathy, korsakoffs psychosis, marchiafava bignami syndrome, delirium tremens. In Ireland in the year 2006, the average utilization of alcohol per person aged 15 years was 13.36 litres. Ireland consumes more alcohol than most of the other European countries. In India majority of family problems are due to alcoholism. Behavioral problems are a major issue among children of alcoholics. Even

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females from higher socio economic class prefer consuming alcohol in order to get rid of stress, if it is taken during the antenatal period, it can lead to congenital anomalies, hockey stick syndrome, fetal alcohol syndrome in the neonates.

Statement of the Problem

A study to assess the awareness on hazardous effects of alcohol among caregivers of mentally ill patients, Mental health centre, Trivandrum.

Objectives

1. To find out the level of knowledge on hazardous effects of alcohol.
2. To find out the relation between level of knowledge and selected socio demographic variables (age of individual, place of residence, marital status, educational status of father, educational status of mother, economic status of family, family history of alcoholism).

II. METHODOLOGY

Research Design

The research design helps the researcher in the collection of subjects, procedure of data collection, and the type of statistical analysis to be used to infer the data. Descriptive design is used in the present study.

SAMPLE: Caregivers of mentally ill.

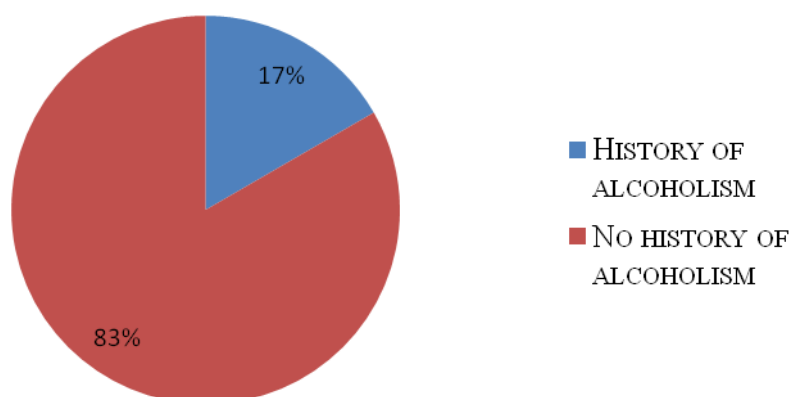
SAMPLE SIZE: 60

SAMPLING TECHNIQUE: Samples are selected through inclusion and exclusion criteria. Those patients with alcohol dependence syndrome, willing for the study was included. The patients who can read and write English/Malayalam were considered for this study.

III. FINDINGS

Distribution based on Family History of Alcoholism

FAMILY HISTORY OF ALCOHOLISM



The graph represents the family history of alcoholism, reveals that 17% had history of alcoholism and 83% had no family history of alcoholism.

Findings Related to Level of Knowledge Regarding Alcoholism

Level of knowledge	Frequency	Percentage
Very poor (0-8)	0	0%
Poor(9-16)	17	28.33%
Average (17-24)	38	63.34%
Good (25-32)	5	8.33%

The above table shows that frequency and percentage distribution according to the level of knowledge. From the table it is evident that 28.33% (17) had poor knowledge, 63.34% (38) had average knowledge, and 8.33% (5) caregivers had good knowledge about the complications of alcohol.

Association between Level of Knowledge and Socio Demographic Variables

Variables	Frequency	χ^2	df	Inference
AGE				
21-22YEARS	8			
>23YEARS	52	5.6	3	A
EDUCATIONAL STATUS OF MOTHER				
Pre degree	50	5.8	3	A
Degree	10			
EDUCATIONAL STATUS OF FATHER				
Under graduate	54			
Post graduate	6	1.82	3	A
FAMILY HISTORY OF ALCOHOLISM				
History of alcoholism	13			
No history of alcoholism	47	3.377	3	A
PLACE OF RESIDENCE				
Rural	28			
Urban	32	2.97	3	A

df -3

A – Association

This table denotes that there is significant association between selected socio demographic variables like age, educational status of mother, educational status of father, place of residence and family history of alcoholism.

IV. DISCUSSION

The study findings project that all the caregivers of mentally ill patients were not having adequate understanding regarding the hurtful effects of alcoholism. If there is history of alcoholism in the family, they will be more aware about the condition and its consequences. In the present research barely 17% were having a family history of alcoholism, hardly 8.33% reported to have good information concerning the toxic effect of the drug. The study shows that there is association between level of knowledge and selected socio-demographic variables. All alcoholic beverages hold ethyl alcohol. It is riveted into the blood, stomach lining and takes effect in the bloodstream and CNS. Chronic alcoholism will lead to relentless issues both physical and psychological. The dear ones of mentally ill clients should be aware of this detrimental drug, as the mentally ill are not having insight, prone for drug

addiction and addictive behaviors. Thus the caregivers should be aware about this and should prevent the complications.

V. CONCLUSION

Alcoholism is a major concern in the field of psychiatry. Mentally ill clients are more prone for alcoholism, psychoactive substance abuse. People may not be aware of all the consequences, can land up even psychiatric problems. The drastic situation can be limited through educating the lay people. The situation can be tackled by conducting various awareness programmes, health education campaigns.

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