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### RESEARCH ARTICLE

## A PREVALENCE STUDY ON COPING BEHAVIOURS OF WIVES OF HUSBAND WITH ALCOHOL DEPENDENCE IN A TERTIARY CARE HOSPITAL OF NORTH EASTERN REGION OF INDIA.

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### Abstract

**Background:** Maladaptive ways of thinking and behaviour occur disproportionately more among wives of individual with alcohol dependence who has poor social support. Considerably less research, however, has focused on the coping behaviour of spouses of the husband with alcohol used disorder. The coping strategies used by them include pleading, threatening, arguing, avoiding, and withdrawal sexually, being indulgent, taking greater control or responsibilities, seeking outside help and taking step towards separation (Orford, J.1975, Orford, Jetal.,1975).

**Results:** In this study specific component of coping behaviour most frequently found among the wives of alcoholic are Discord are maximum in number with 82% which is followed by "Avoidance" and "Taking special action" in number of wives with 74% and 76% respectively. Then followed by "Anti drink" (56%) and "Sexual withdrawal" (54%). Least commonly occurring coping behaviour were "Competition" (16%), "Marital breakdown" (18%), "Indulgence and Fearful withdrawal" (22%) each. In this marital breakdown was found with 18% cases.

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### Introduction:-

Coping as an adjustive reaction made in response to actual or imagined stress in order to maintain psychological integrity. According to Bandura, A., (1977) the strength of the individual's conviction in her own effectiveness in overcoming or mastering a problematical situation determines whether coping behaviour will be even be attempted in the first place.

Alcohol use disorder is often defined as: "A chronic disease or disorder of behaviour characterized by the repeated drinking of alcoholic beverages to an extent that exceeds customary use, or ordinary compliance with the social

drinking customs of the community and which interferes with drinker's health, interpersonal relations, economic functioning (Mark Keller, 1958).

There is increasing evidence to suggest that maladaptive ways of thinking and behaviour occur disproportionately more among wives of individual with alcohol dependence who have poor social support. An appropriate or inappropriate coping strategy adopted by the wives to deal with the stress depends partly on the social adjustment of the individual with alcohol dependence and severity of addiction. While studying, the determinants of coping behaviour one has to consider both intrinsic and extrinsic factors. The coping strategies used by them include pleading, threatening, arguing, avoiding, and withdrawal sexually, being indulgent, taking greater control or responsibilities, seeking outside help and taking step towards separation (Orford, J. 1975, Orford, J. et al., 1975)

Much of the studies have been written about the problems of alcohol use disorder - its aetiology, stages, and biological-sociological causes and effects. Considerably less research, however, has focused on the coping behaviour of spouses of the husband with alcohol use disorder. This study focuses on coping behaviour in relation to how women learn to live with their husband who uses alcohol.

Aims and objects: To assess the prevalence of various coping behaviours of the wives of patient with alcohol use disorder.

## **Materials and methods:-**

### **1.Evaluation setting:**

The study was conducted at the department of Psychiatry, Regional Institute of Medical Sciences, Imphal, and Manipur. All the cases of alcohol dependence and their wives attending Psychiatry O.P.D and in patients who are attending for the treatment of their husbands were taken up as subjects for the study.

### **2.Selection of patients:**

#### **Inclusion criteria:**

- i.Fifty cases (wives) of patient with alcohol use disorder attending the department of Psychiatry, RIMS for the treatment of their husbands during the study period were selected irrespective of age, sex, religions, education, occupation, income and marital status.
- ii.The diagnosis of alcohol dependence was made using Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition, D.S.M.-IV, APA, 1995 (Appendix - III).
- iii.Duration of marriage > 6months.
- vi.All the wives of husband with alcohol dependence were assessed for coping behaviour with semi structured proforma using Orford Guthrie's 'Coping with drinking' Questionnaire, (1976).

#### **Exclusion criteria:**

- i.Duration of marriage < 6 months.
- ii. Husband with alcohol use disorder who do not fulfil the criteria for alcohol dependence syndrome according to DSM-IV criteria (APA, 1995).

## **Methodology: -**

In the beginning of the interview, introduction was made between the doctor and the patient for proper acquaintance with each other. The wives were informed about the nature of the study and explained and convinced that this was a purely research project and highly confidential.

On the first day of the interview, a semi-structured proforma was filled up to collect socio demographic variable and other information about the alcohol consumption of the husband. Using this proforma the diagnosis of alcohol dependence was made according to DSM-IV criteria. To the experimental group (wives of husband with alcohol dependence) 'Coping with drinking' Questionnaire was administered by reading it out to them. They were advised to recollect their coping behaviour as accurately as possible for the period of last 6 month from the date of interview to indicate their choice - 'Yes Very often', 'Yes, sometime', 'Yes, once or twice', or 'Never'. These responses were given scores of 4, 3, 2 and 1 respectively. The response was marked by investigator himself to avoid Cognitive and Perceptual factors affecting self-report accuracy. In order to assess the frequency of coping behaviour used by the individuals, the scores on Orford Guthrie's scale were converted into percentage frequency.

## **Results and observations:**

The study is carried out on a population comprised of fifty (50) wives of husbands with alcohol use disorder attending the department of Psychiatry, RIMS, Imphal, for the treatment of their husband and all the alcoholic husbands meeting the D.S.M. - IV Diagnostic guidelines for alcohol dependence.

Table 1 Distribution of husbands by age

SL No.	Age in years	26-35	36-45	46-55	56-65
1	No. of patients	13	25	11	01
2	Percentage of patients (%)	26%	50%	22%	02%

It is observed that the ages of alcoholic husband ranges from 26 years to 65 years. Maximum numbers of husbands with alcohol dependence (i.e., 25 husbands) belong to the age group 36-45 which is followed by the age group 26-35 with 13 husbands. The least number of patients belongs to the highest age group 56 -65. Hence, significantly high prevalence in the age group 36-45 years in comparison to other age group.

Table 2 Distributions of husbands by religion

Sl No.	Religion	Hindu	Muslim	Christian
1	No of patients	42	1	7
2	Percentage of patients (%)	84	2	14

The religion of all the husbands is either Hindu or Christian and Muslim. Very least no of the husband with alcohol dependence belong to Muslim. This may be due to high restriction of consumption of liquor among the Muslim. From the religion distribution of the husbands, it is observed that alcohol dependants have a very highly different religion fate. It is observed from the table that majority of the alcohol dependent husband belong to Hindu which is followed by Christian.

Table 3 Distributions of wives by religion

Sl no.	Religion	Hindu	Muslim	Christian
1	No of patients	42	1	7
2	Percentage of patients (%)	84	2	14

The religion of all the wives is either Hindu or Christian and Muslim. It is observed from the table that majority of the wives belong to Hindu due to high prevalence of alcohol use among Hindu husbands followed by Christian. Very least number of wives belongs to Muslim which may be due to high restriction for consumption of liquor among Muslim husbands.

Table 4 Distributions of husbands and wives by duration of marriage.

Sl no	Duration of (year) marriage	(1-5) years	(6-10) years	(11-15) years	(16-20) years	(21-25) years
1	Percentage of married couples (%)	7	11	8	14	10

It is observed that the duration of marriage ranges from 1 yr. to 25 yr. Maximum number of couples (i.e., 14 couples) having duration of marriage 16 -20 years which is followed by the 11 couples having duration of marriage 6 -10 year. Least no of couples is found in the 1 - 5 years duration of marriage group.

Table 5 Distributions of husbands by duration of drinking

Sl no	Duration of drinking (year)	1-5	6-10	11-15	16-20	21-25
1	No of Husbands	4	6	8	22	10
2	Percentage of Husbands (%)	8	12	16	44	20

It is observed that duration of drinking of the alcoholic husbands ranges from 1 year to 25 years. Maximum no of alcoholic husbands (i.e., 22 husbands) having the duration of drinking 16-20 years which is followed by the duration of drinking 21-25 years with 10 husbands. The minimum number of husbands is noted, with only 4 having a drinking duration of 1-5 years prevalence. Therefore, the maximum number of husbands has a drinking duration of 16-20 years.

Table 6 Distributions of wives of alcohol users with respect to specific component of coping behaviour based on percentage frequency

Item no	Coping behaviour component	No (N=50)	Percent
1	Discord	41	82%
2	Avoidance	37	74%
3	Indulgence	11	22%
4	Competition	8	16%
5	Anti-drink	28	56%
6	Assertion	26	52%
7	Sexual withdrawal	27	54%
8	Fearful withdrawal	11	22%
9	Taking special action	38	76%
10	Marital breakdown	9	18%

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**Consent:**

Ethical approval was taken from institutional ethical committee. All written informed consent for medical procedures and the patient's medical information study was obtained from the patient legal guardian/informants to publish this paper.

**Competing interests:**

The authors declare that they have no competing interests.

## Discussion:-

The present study was undertaken with the following aims to assess the prevalence of coping behaviour of the wives of husband with alcohol dependence. The study is carried out on a population comprised of fifty (50) wives of husbands with alcohol uses attending the department of Psychiatry, RIMS, Imphal, for the treatment of their husbands those who were meeting the D.S.M. IV Diagnostic guidelines for alcohol dependence. In this study specific component of coping behaviour most frequently found among the wives of alcoholic are Discord are maximum in number with 82% which is followed by "Avoidance" and "Taking special action" in number of wives with 74% and 76% respectively. Then followed by "Anti drink" (56%) and "Sexual withdrawal" (54%). Least commonly occurring coping behaviour were "Competition" (16%), "Marital breakdown" (18%), "Indulgence and Fearful withdrawal" (22%) each. In this marital breakdown was found with 18% cases.

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