



A STUDY TO ASSESS THE LEVEL OF CO-DEPENDENCY AMONG WIVES OF ALCOHOLICS AT KALARAMPATTY VILLAGE

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ABSTRACT

Co-dependency is a psychological concept that describes an unhealthy bond that people may have with others who are closest to them. It is not a moral shortcoming or a psychological weakness that co-dependency and drinking are related. Instead, a certain perception and its related behaviors are the outcome of a collection of circumstances. The study's primary goal is to assess the extent of co-dependency among alcoholic's wives.

Research methodology: A descriptive research design was adopted in this study. During the data collection, 40 samples were drawn using by purposive sampling technique. The alcoholics were selected by the AUDIT scale, with the help of the scale wives of alcoholics were selected and co-dependency was assessed by the Friel Co-dependency scale. Descriptive and inferential statistics were used for data analysis. **Findings of the study:** The results revealed that 2.5% of wives had mild co-dependency, 45% had moderate co-dependency, and 52.50% had severe co-dependency.

KEYWORDS: Co-dependency, wives of alcoholics.

Co-dependency refers to a psychological construct involving an unhealthy relationship that people might share with those closest to them. Co-dependency is a learned behavior that can be passed down from one generation to another. It is an emotional and behavioral condition that affects an individual's ability to have a healthy, mutually satisfying relationship. It is also known as "relationship addiction" because people with co-dependency often form or maintain relationships that are one-sided, emotionally destructive, and/or abusive. Co-dependent behavior is learned by watching and imitating other family members who display this type of behavior. Co-dependency refers to a mental, emotional, physical, and/or spiritual reliance on a partner, friend, or family member.

According to a professional psychologist and author in New York, the phrase was first used in the 1950s by Alcoholics Anonymous to help spouses of people who took drugs and who were intertwined in the toxic lives of those they cared for. (Dr. Renee Excelber 2017).

Alcoholism is a long-term condition characterized by excessive and frequently compulsive alcohol consumption that results in psychological and/or physical dependency or addiction. The worst kind of alcohol abuse develops into a regular habit. Relationship partners

who have an alcohol use disorder may develop co-dependency. (Renju James, 2012).

Living with alcoholic parents or other family members who battle with substance addiction is frequently cited as the root of co-dependency. Whether it occurred in infancy or adulthood, a traumatic experience can potentially lead to co-dependency. (Cermak M.D., Timmen L, 1986).

When data on co-dependency among wives of alcoholics were analyzed, it was discovered that out of 212 participants, nearly three-fourths (72.2%) of the subjects had a medium level of co-dependency as opposed to those with a high level (20.3%). (Levine, Amir, 2010).

Need for the study

The high divorce rate in alcoholic families is evidence of how seriously alcohol affects marriage. Married alcoholics are generally in poorer physical and mental condition. According to studies on alcoholics, their spouses frequently experience higher levels of anxiety, participate in less social activities, and report more stressful life events, all of which are linked to their partner's sadness. - Bertrand Rusell, (2020).

The impact of alcohol on families and relationships can be severe. Individuals living with an alcoholic spouse can suffer challenging circumstances ranging from emotional distress to financial hardships. In other cases, spouses of loved ones facing alcoholism can suffer extramarital affairs, domestic violence, and conflict in their marriages.- Mark John, (2013).

Statement of the problem

A study to assess the level of Co-dependency among wives of alcoholics at kalarampatty village.

Objectives

1. To assess the level of co-dependency among wives of alcoholics.
2. To find out the association between the level of co-dependency among wives of alcoholics with their selected demographic variables.

Hypothesis

H₁: There is a significant relationship between the level of Co-dependency among wives of alcoholics.

H₂: There is a significant relationship between the level of Co-dependency among wives of alcoholics with their selected demographic variables.

Operational Definitions

The researcher's definition of a term describes the method for studying the concept by citing the necessary operation (manipulation and observation) to be used. - Basavanthappa, (2012).

Conceptual Framework

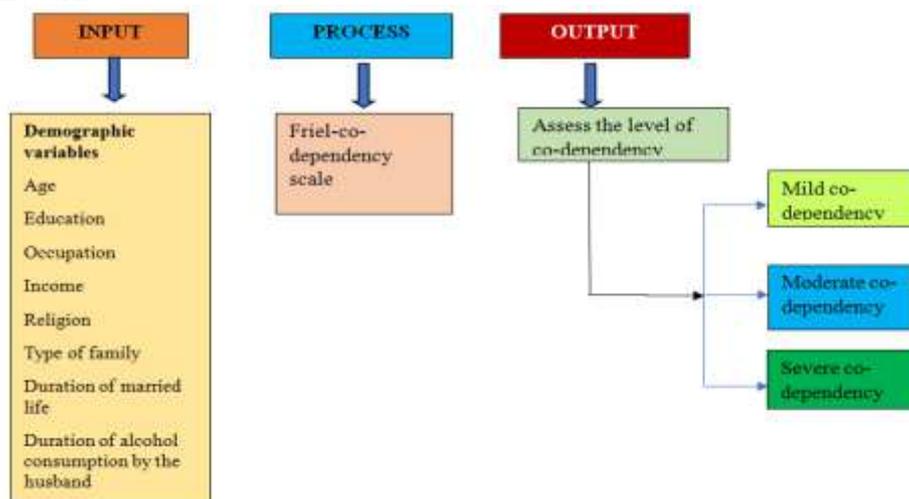


Fig. Based on Landy & Conte's Input, process, and output theory.

Review of literature

- Studies related to the prevalence of alcoholism.
- Studies related to the impact of alcoholism on families.
- Studies related to the problems faced by wives of alcoholics.
- Studies related to co-dependency among wives of alcoholics.

Alcoholism

Excessive and repetitive drinking of alcoholic beverages to the extent that the drinker repeatedly is harmed or harms others. The harm may be physical or mental, it may also be social, legal, or economic.

Wives of Alcoholics

Wives refer to a female between the age of 20-60 years, living with an alcoholic partner, and do not have any psychiatric disorders.

Co-Dependency

Co-dependency is an emotional and behavioral condition that affects an individual's ability to have a healthy mutually satisfying relationship. If a person has co-dependency, it can affect his emotions, behavior, and his relationship.

Assumption

- Wives of alcoholics may have co-dependency.
- Severity of co-dependency level can differ from individual to individual.

Delimitations

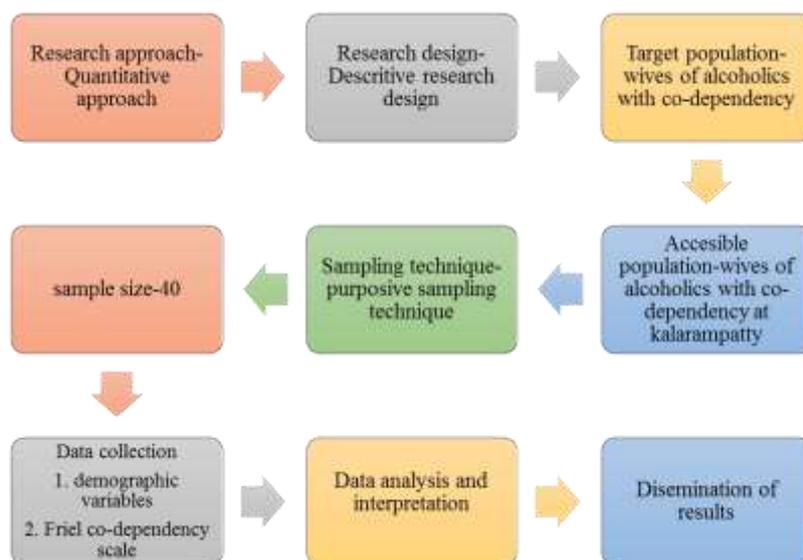
- This study was limited to the selected village
- The study was limited to those wives of alcoholics who are available during the data collection period.
- The study was limited to 40 samples.

Research design

Research design is a blueprint for conducting a study, maximizes the control over factors that could interfere with the validity of the guide the planning and implementation

Of a study in a way that is most likely to achieve the intended goal.- Suresh K Sharma, (2011)

The research design adopted for this study was descriptive research design.



Research variables

In this study, the research Demographic variables refer to Age, Religion, Type of family, Area of residence, Income per month, Occupation, Duration of married life, Duration of alcohol consumption by husband.

Research tool

Anything that becomes a means of collecting information for your study is called a research tool or research instrument.

Description of the tool

Sec-A

Demographic variables such as age, education, occupation, income, religion, type of family, duration of marriage life, and duration of alcohol consumption by husband.

Sec-B

Friel-co-dependency scale questionnaire.

Method of Data Collection

Ethical consideration

Before the collection of data, written permission was obtained from the President of Kalarampatty village at Perambalur. Samples were assured of anonymity and the information provided to them.

Period of Data Collection

The data collection period was One Week.

Data Collection Procedure

Before conducting the study, oral consent was obtained. The alcoholics were selected by using of Audit scale, with the help of scores of the AUDIT scale the wives were selected and co-dependency was assessed by using Friel Co-dependency scale questionnaires.

The study was conducted in Kalarampatty village in Perambalur district from 19.09.2022 to 25.09.2022.40 samples were selected by using a purposive sampling technique.

Scoring Interpretation

| | |
|------------------------|-----------|
| Mild Co-dependency | Below 20% |
| Moderate Co-dependency | (21-30%) |
| Severe Co-dependency | (31-45%) |

RESULTS

The descriptive analysis of socio-demographic variables of wives of alcoholics showed that 45% of wives of alcoholics were aged between 31-40 years, 38% were Illiterates, 50% were self-employed, 58% had a monthly income of less than Rs.10,000, 100% were Hindus, 60% of them belong to a nuclear family, 52.5 % were in the duration of 1-5 years of married life, 52.5 % of their husbands consume alcohol for 1-5 years.

The frequency and percentage distribution of existing levels of Co-dependency among wives of alcoholics revealed that 2.5% had mild co-dependency, 45% had moderate co-dependency and 52.50% had severe co-dependency. Hence, H_1 was accepted.

Association between the existing levels of co-dependency among wives of alcoholics with their selected demographic variables revealed that there was a significant relationship between the level of co-dependency among wives of alcoholics with their selected demographic variables such as duration of married life and duration of alcohol consumption by the Husband at 0.05 level of significance.

Nursing Implications

The findings of the present study imply the field of nursing practice and nursing research.

Nursing Practice

- The present study focused on the need to create awareness to reduce co-dependency among wives of alcoholics in Kalarampatty village.
- Nurses can collaborate with other health team members in providing co-dependence coping techniques to reduce co-dependency among wives of alcoholics in Kalarampatty village.

Implication for Nursing Research

- The study findings will reveal the health status of wives with co-dependency among Wives of alcoholics.
- This study will motivate other investigators to conduct future studies regarding Alcoholic co-dependence management.

CONCLUSION

From the result of the study, it is concluded that there was a significant relationship between the level of co-dependency among wives of alcoholics with their selected demographic variables such as duration of married life and duration of alcohol consumption by the husband.

Recommendations

- A study can be conducted with a large sample to generalize the findings.
- A similar study can be conducted with a retrospective approach.
- A study can be conducted in various settings.
- The study can be conducted using a quasi-experimental research design in future

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