

## ORIGINAL ARTICLE

# To Assess the Level of Self-Esteem of Persons with Alcoholism Admitted at a Selected Tertiary Care Hospital in Bangalore

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### ABSTRACT

*Self-esteem is the reflection of the understanding of oneself and sense of personal value. Self-esteem go hand in hand with the addiction. Most people with the drug or alcohol addiction or people who are at risk for developing and addiction, have a low self-esteem. To assess the level of self-esteem of persons with alcoholism and determine the association of self-esteem with demographic variables of persons with alcoholism. Descriptive design was adopted to conduct a study on 60 alcoholic patient's admitted in psychiatric ward, gastroenterology ward using purposive sampling technique. Rosenberg Self Esteem scale was used to assess the self-esteem of the selected subjects. The data analyzed using a descriptive and inferential statistics. The findings of the study revealed that majority of the samples were in the age group of 36-55 which contributed to be 60%. Males were more than females that is 88.3% and 11.6% respectively. Most of the persons with alcoholism were married that is 85%. Alcoholics whose educational qualification was intermediate constituted of 71.67%. Unskilled workers contributed 75% of alcoholics. 81.6% of persons with alcoholism were Hindus, people with no family history of alcoholism contributed 56.6%. Among the beginners of alcoholism 12-24 year old people contributed 65%. The age and family history of the alcoholic people have associations with the self-esteem whereas no other variable had any association with the self-esteem. The findings of the study showed that majority of the persons with alcoholism have normal self-esteem.*

**Keywords:** Alcoholism, self-esteem, consumption.

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## INTRODUCTION

The word alcohol comes from the Arabic word "al kohl" which means "the essence". According to American Medical Association, "Alcoholism is an illness characterized by significant impairment that is directly associated with persistent and excessive use of alcohol. Impairment may involve physiological, psychological or social dysfunction". Psychologically speaking, alcoholism has less to do with "how much" someone is drinking, and more to do with what happens when they drink [1]. According to World Health Organization report, total alcohol per capita consumption has increased globally after a relatively stable phase between 2000 (5.7 litres of pure ethanol) and 2005 (5.5 litres). Since then, total per capita consumption rose from 5.5 litres in 2005 to 6.4 litres in 2010 and was still at the level of 6.4 litres in 2016 [2].

According to the Hindustan Times it is estimated that around 1% of the population in India, can be classified as being alcohol-dependent. This translates into about 5 million people dependent on alcohol. A survey was conducted in three districts (central, north and north-east India), which involved 32,000 people and used standardized questionnaires based on DSM III (American Psychiatric Association, 1987)<sup>3</sup>. They reported a prevalence of current alcohol use of 20-38% in males and of 10% among females. Studies in Northern India found the 1 year prevalence of alcohol use to be between 25 and 40%. In

Southern India, the prevalence of current alcohol use varies between 33 and 50%, with a higher prevalence among the lesser educated and the poor [4].

The effects of alcoholism can lead to problems with mental health. Alcohol abuse can cause mental illness such as depression, anxiety, Psychosis and antisocial behavior. One of the effects commonly seen among alcoholics is low self-esteem. Self-esteem is the reflection of the understanding of oneself and sense of personal value. In fact it can be said that self-esteem is a general judgment about us. Self-esteem is an essential contribution to the life process and is indispensable to normal and healthy self-development, and has a value for survival (James). Self-esteem is viewed as the extent to which one's self-evaluations are favorable or unfavorable.

Self-esteem and addiction go hand in hand. Low self-esteem is considered the number one factor for causing a drug or alcohol addiction. Most people with the drug or alcohol addiction or people who are at risk for developing the addiction, have a low self-esteem. Research studies have shown that there is relationship between self-esteem and alcohol use. One of the study explored that there is low self-esteem among heavy drinkers with scores increasing as consumption reduced especially in females. In addition, the Mental Health and Counseling Center of the Texas also reported that low self-esteem can lead to lack of development and /or tendency toward drugs or alcohol consumption.

Hence this study is to assess the self-esteem of persons with alcoholism to prevent the problems faced in the family, occupation, education and the society as a whole and to improve the relationship between the members of the family. Low self-esteem makes the individual feel worthless and helpless. Through assessing the self-esteem it would help them to overcome the problem and to play a major role in the family and support the society.

## MATERIAL AND METHODS

A quantitative descriptive research design was employed in the present study to identify the level of self-esteem in persons with alcoholism.

**Participants:** Persons with alcoholism between the age group of 19-55 years admitted in Psychiatry ward and gastroenterology ward and patients visiting outpatient department of selected tertiary care hospital, Bangalore

**Sample size:** To observe the self-esteem level of persons with alcoholism with precision 5% and confidence interval 95%, sample size selected for the main study was 60.

**Inclusion Criteria:** Persons with alcoholism, aged between 19 to 55 years and who can read and understand Kannada or English.

**Exclusion Criteria:** Alcoholic clients who are diagnosed with major psychiatric illness.

### Instrument used

**Section A:** Proforma was used to collect the demographic variables such as age, gender, education, occupation, marital status, socio-economic status, religion, family history of alcoholism and history of de-addiction.

**Section B:** Rosenberg self-esteem scale was used to assess the level of self-esteem of persons with alcoholism. It is a ten item likert-type scale with items answered on a four point scale-from strongly agree to strongly disagree. Five of the items have positively worded statements and five have negatively worded ones. In this study, the internal consistency was  $\alpha = 0.77$ .

## METHODS

A formal permission from administrative authorities and ethical clearance was obtained from the institutional ethical committee. 60 subjects were selected using purposive sampling based on inclusion and exclusion criteria. Subject information sheet was read to the subjects to understand the nature of study and written informed consent was obtained. Interview method was used to collect the data. The interview was conducted in one to one basis. Demographic proforma was used to collect the demographic variables. Rosenberg self-esteem scale was used to assess the self-esteem in persons with alcoholism. The subjects took a total time of 30 minutes to answer all the items in the tool.

### Data Analysis Plan

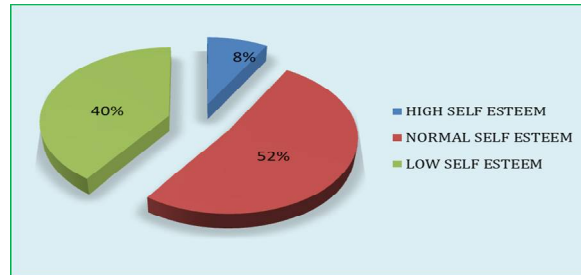
The data collected were categorized and analysed based on study objectives and hypothesis by using descriptive and inferential statistics. Descriptive statistics such as the frequency and percentage distribution was used to assess the demographic variables and level of self-esteem. The range of scores, mean, mean%, median, standard deviation was used to assess the self-esteem among alcoholic patients. Inferential statistics, Chi square test was used to associate the self-esteem with selected demographic variables of persons with alcoholism.

## RESULTS AND DISCUSSION

### SECTION I: Table 1: Description of self-esteem of persons with alcoholism, Mean, Median, Mean percentage, and Standard deviation (n= 60)

Self-esteem maximum score	Range	Mean	Mean %	Median	Standard deviation
30	3-29	16.4	54.6	15.5	6.53

Table 1 shows that the mean score of self-esteem of total alcoholic subjects was 16.4 with median 15.5 and SD 6.5.



**Figure 1: Percentage distribution of level of self-esteem of persons with alcoholism.**

Figure 1 reveals that 8% of the selected alcoholic persons had high self-esteem, 52% had normal self-esteem and 40% had poor self-esteem.

### SECTION II: Table 2: Description of association of self-esteem and demographic variables (n= 60)

S/N	Demographic Variables	Mean Above	Mean Below	X <sup>2</sup>	Df	Inference
1	<b>Age in Years</b>					
	19-35 Years	12	12	0.00	1	S
	36-55 Years	18	18	(3.84)		
2	<b>Education</b>					
	Graduate	7	6	3	2	NS
	Intermediate	21	23	(5.99)		
	Illiterate	2	1			
3	<b>Occupation</b>					
	Professional	1	2	1.8	3	NS
	Skilled	3	3	(7.82)		
	Unskilled	22	23			
	Unemployed	3	3			
4	<b>Family History</b>					
	Yes	13	13	0.00	1	S
	No	17	17	(3.84)		
5	<b>Age of Onset</b>					
	12-24 Years	19	20	9.2	2	NS
	25-36 Years	10	8	(5.99)		
	37-48 Years	3	0			
6	<b>Quantity of Consumption</b>					
	100-300 ml	24	19	7.12	2	NS
	301-500 ml	5	7	(5.99)		
	>500 ml	2	3			
7	<b>Income</b>					
	Rs.50000-20000	20	23	10	3	NS
	Rs.20001-35000	2	4	(7.82)		
	Rs.35001-50000	4	2			
	Rs.>50000	4	1			

X<sup>2</sup>= Chi square, df= Degree of freedom

Table 2 shows that there was significant statistical association between self-esteem and selected demographic variable such as age and family history of alcoholism, whereas there was no association with other selected demographic variables and the self-esteem.

### Nursing Implications

In mental health team, nurse plays an important role in the provision of psychosocial therapy and holistic care which include physical, mental, social and spiritual comfort. It can be included as part of regular

nursing intervention which includes counseling, group therapy, motivational interviewing, and supportive psychotherapy etc. to improve the self-esteem in alcoholic patients.

### **Nursing Practice**

It deals with providing comprehensive care to individual regardless of their illness, background which includes economic status, religion and their education. Nurses should be aware about the impact of alcohol addiction in individual in order to give psycho education to the patient. Nurses should carry out an assessment of self-esteem in alcoholic patients to carry out the intervention.

### **Nursing Education**

Alcohol and drug dependence is a growing problem and consequences of its cost heavily to the community and form a major health problem. The nursing curriculum deals with providing holistic care to family and community. Nursing education should lay emphasis on preparing prospective nurse who are able to deal with psychological aspects of illness through communication and counselling.

### **Nursing Administration**

Nursing administration can arrange in service education regarding alcoholism and its relation to self-esteem. Awareness programs can be conducted in clinical setting regarding elevation of self-esteem in patients. Nurse administrators should train the nurses to provide psycho education to patients to improve their self-esteem.

## **CONCLUSION**

A total of 60 persons with alcoholism took part in this investigation. The 60% of subjects were in age group of 36-55years and 88.3% are males who are married. The 73.3% had completed intermediate education however 75% were unskilled with income ranging 5000-20000. 81.6% belonged to Hindu religion. Although 56.7% had no family history of alcoholism, 65% began consuming alcohol at the age 12-24years and 71.7% consumed on an average 100-300ml per day. Overall, majority of the persons with alcoholism had normal self-esteem and only 8% of the subjects had high self-esteem. There was significant statistical association between self-esteem and selected demographic variable such as age and family history of alcoholism, whereas there was no association with other selected demographic variables and the self-esteem.

## **RECOMMENDATIONS**

- ✓ The same study can be conducted on a larger sample and at different settings which may yield reliable result and make generalization.
- ✓ Study to assess the self-esteem of alcoholics can be conducted in community setting.
- ✓ A qualitative study can be conducted to analyze the family structure of alcoholic persons with low self-esteem.

**CONFLICTS OF INTEREST:** There is no conflict of interest.

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