

# EFFICIENCY OF SELECTED INTERVENTIONS ON FAMILY COPING WITH ALCOHOL DEPENDENCIES.

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## Introduction

Alcohol dependence is a complicated behavior with numerous deleterious consequences for the family, the workplace, and society as a whole. In India, epidemiological research reveal that around 20-30% of the population has alcohol consumption that is unhealthy.

Drinking large amounts of alcohol causes a harmful influence on the family. The degree of negative influence ranges depending on who you're talking to, and differs across families. This can have a detrimental effect on a person's emotional and physical well-being. The field of alcoholism has only recently seen the introduction of family intervention treatments. As family members express disappointment with the alcoholic's behavior, this reinforces the feeling of alienation and dependency he may already have as a result of his alcoholism.

Alcoholics are most likely to seek professional help when their loved ones, friends, family members, neighbors, co-workers, and employers urge them to do so. It could be because to a fear of divorce, getting fired, an accident resulting from a fall, a rejected marriage proposal to his ward, or any other threat to his well-being. Alcoholism research has found that people who receive both pharmaceutical and nonpharmacological treatment experience superior outcomes. Nevertheless, these research were almost entirely restricted to certain types of psychotherapy, leaving the wide open prospect of complete psychosocial treatment as yet untapped.

Alcoholism produces a significant loss in the productivity of the workforce and significant losses in pay and earnings. Such issues as sickness, hangover, being late, making more blunders, leaving assignments undone, losses, and having coworkers who arrive early in the morning can all be expected to be encountered by employees at an alcoholics' workplace.

Family members of alcoholics may find themselves in difficult financial situations such as not having enough money for necessities like food and clothing, ignoring debts, and increasing expenses like additional medical costs and fines. Housing loss, debt growth, and reduced standard of living are some of the issues that may result from this. Secondary alcohol misuse has the additional impact of decreasing an individual's overall financial well-being and stability, as well as the financial well-being and stability of the person's entire family, including any children in the home.

## Methods

The goal of this study was to discover how family-focused intervention influences the families of alcoholics in their coping. Assisi Addiction Center, Erumely Kottayam was where the research was conducted. a quasi-experimental study design (pre-test and post test design). For ten days, the data was collected. The sample was selected with the goal of the study in mind. During the study period, the total number of samples selected was 100. Lazarus Coping Scale was administered to see how effective the coping strategies are. A large sample of people who scored below 70 were chosen for the study. Family-centered intervention was put in place for ten days, and then the subject's ability to cope was examined.

## RESULTS

According to these findings, 46.1% of family members are between the ages of 25 and 35, 30.28% are aged between 15 and 25, 14.01% are between the ages of 35 and 45, and 9.61% are above 45. According to this study, 60% of the respondents were male, and 40% were female. In this study, all of the respondents had attained a high school education. More than three-fifths (63.17 percent) of the samples had income of Rs 5000 to 10000, a little more than a third (36.31 percent) had income of Rs 3000 to 5000, and only 16.01 percent were housewives. More over 90% of the respondents in this research were married, with less than 10% being unmarried. 82.6% of respondents in this survey were from nuclear families, while 17.4% were from blended families. This study finds that 91.1% of respondents have children, whereas 8.9% do not. Respondents in this study out of 100 samples, 56% experienced difficulty for 5-10 years, 30% for 10 years, and 14% for less than 5 years.

Results from family-focused intervention studies relating to the effect on family members of alcoholics of problem-oriented coping. Using problem-oriented coping before and after the experiment showed that the family members' pre-test score was 28.22 and their post-test score was 39.7. In the pre-test, the standard deviation was 4.76, and after the test, the standard deviation was 2.45. The difference between the two groups, on average, was determined to be 5.02. This suggests that the coping behavior of family members of alcoholics increased significantly.

Findings related to the effectiveness of family-focused intervention on coping among family members of alcoholics that were discovered include, but are not limited to, findings of the affective oriented method. The post-test mean score was 36.7, demonstrating that family members who cope with their emotions using an affective-oriented approach prior to taking the exam had an average of 27.8 prior to taking the test, and that after the test their average score was 36.7. The pre-test standard deviation was 2.44, and in the post-test, the standard deviation had reduced to 2.05. The difference between the mean and the average was determined to be 2.56. This suggests that the coping behavior of family members of alcoholics increased significantly.

Findings in this study showed that those with family members who struggle with alcoholism showed significant improvements in their post-test score after undergoing family-focused intervention in coping patterns. The results show that before the test, family members' average scores were 66.18, and after the test, their average scores were 74.19. Pre-test standard deviation was found to be 4.88, while post-test standard deviation was found to be 2.67. The difference between the mean and the standard deviation obtained was 7.36. Family-focused intervention had an impressive success rate when it came to helping family members of alcoholics cope better.

## DISCUSSION

Results from family-focused intervention studies relating to the effect on family members of alcoholics of problem-oriented coping. Using problem-oriented coping before and after the experiment showed that the family members' pre-test score was 28.22 and their post-test score was 39.7. In the pre-test, the standard deviation was 4.76, and after the test, the standard deviation was 2.45. The difference between the average was determined to be 5.02. Family members of alcoholics coped better in this period, which suggests that there was a major rise in their ability to cope. The difference between the two means was determined to be 6.08. According to Sisson and Azrin (1986), family members of alcoholics were more likely to deal with their problems, thanks to greater coping abilities. Our key finding was that everyone had an improvement in their coping methods, hardship, and mental symptoms, independent of whether they received any support at the one-year follow-up. As well, there was a higher reduction in mental symptoms when interventions that lasted for longer periods of time were used (coping skills training and group support). There are several past research, however, that indicate that short-term intervention has the capacity to impact coping processes.

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ability to cope. All participants in three separate intervention programs for family members reported significant reductions in depression, anger, family conflict, as well as improvements in family cohesion and relationship happiness, according to a study conducted by Miller and colleagues (1999).

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### Conclusion

the research was undertaken to learn about the impact of family-oriented intervention on coping strategies among the relatives of alcoholics. The mean coping score value and percentage increased from 62.17 to 71.13, and it was discovered to be meaningful. As a result, the intervention had a positive impact on coping ability.

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