

Effectiveness of Family-Focused Interventions in Strengthening Coping Mechanisms

shinymol.T

index college of nursing

Abstract

Alcohol dependence significantly impacts families, leading to emotional distress, financial strain, and weakened social relationships. This study examines the role of family-focused interventions in enhancing coping strategies through assertive behaviour. A quasi-experimental study was conducted at Devine De-Addiction Centre, Chalakkudy, Thrissur, involving 100 participants. The study measured coping mechanisms before and after the intervention using the Lazarus Coping Scale. The findings revealed a statistically significant improvement in coping mechanisms, demonstrating the effectiveness of structured family support programs in reducing the negative effects of alcohol dependence.

Keywords: *Alcohol dependence, family-focused interventions, coping mechanisms, assertive behaviour, psychosocial support.*

1. Introduction

Alcoholism is a global public health concern that affects individuals, families, workplaces, and society at large. Studies estimate that 20-30% of the Indian population consumes alcohol at unhealthy levels (WHO, 2021). Families of alcohol-dependent individuals often experience severe emotional distress, financial instability, and disrupted relationships. The burden on family members includes psychosocial stress, increased caregiving responsibilities, and social stigma.

Most addiction treatment programs primarily focus on the individual with alcohol dependence, often neglecting the needs of their families. However, research suggests that family-centered interventions can mitigate these negative consequences by fostering assertive behavior, emotional resilience, and coping skills (Sisson & Azrin, 1986). This study evaluates the effectiveness of family-focused interventions in strengthening coping mechanisms among family members of individuals with alcohol dependence.

2. Methods

2.1 Study Design and Setting

A quasi-experimental pre-test and post-test study was conducted at Devine De-Addiction Center, Chalakkudy, Thrissur. The study aimed to assess the effectiveness of family-focused interventions in enhancing coping strategies.

2.2 Participants and Sampling

The study involved 100 family members of individuals diagnosed with alcohol dependence. Participants were selected based on a pre-intervention coping assessment using the Lazarus Coping Scale. Individuals who scored below 70 were included in the study.

2.3 Intervention Approach

Over ten days, structured family-focused interventions were administered, emphasizing:

Assertive communication techniques

Problem-solving and conflict resolution strategies

Stress management and emotional regulation

Psychoeducation about alcohol dependence

Strengthening family bonding and social support networks

2.4 Data Collection and Analysis

Pre-test and post-test assessments were conducted using the Lazarus Coping Scale. Statistical analysis, including paired t-tests, was performed to determine the significance of improvements in coping mechanisms.

3. Results

3.1 Demographic Characteristics

Age Distribution: 46.1% of participants were aged 25-35, 30.28% were 15-25, 14.01% were 35-45, and 9.61% were above 45.

Gender: 60% of respondents were male, and 40% were female.

Education Level: All participants had attained at least a high school education.

Income Levels: 63.17% earned between Rs. 10,000-15,000, 36.31% earned between Rs. 16,000-35,000, and 16.01% were housewives.

Marital Status: Over 90% were married, and less than 10% were unmarried.

Family Type: 82.6% belonged to nuclear families, while 17.4% were from blended families.

Parental Status: 91.1% had children, while 8.9% did not.

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