

Alcohol Taking Situations among Inmates of a Deaddiction Centre in Tiruchirappalli

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Abstract

Alcohol is well known and well-studied to have addictive potential and causes or predisposes the consumer to various physical and psychological hazards. The International Classification of Diseases and Health Problems 10th revision (ICD-10) defines alcohol dependence syndrome (ADS) as “a group of behaviour, cognitive and physiological phenomenon that develop after returning alcohol use and that usually include a strong wish to consume, difficulties in controlling its use, persist in its use despite harmful consequences, a higher priority given to alcohol use than to other activities and obligations, increased tolerance, and sometimes a physical withdrawal state”. A person is said to be dependent on alcohol if he/she satisfy the above criteria for dependence. According to the Relapse Prevention Model by Marlatt and Gordon's (1985) High-risk factors are the determinants of alcohol use. In this study, the researcher made an attempt to depict various types of high-risk situations found among the alcohol dependents in an undisclosed Deaddiction centre of Tiruchirappalli. High-risk situations are measured by using Inventory of Alcohol Taking Situation. Statistical analysis is done by using SPSS results are discussed in the full paper.

Keywords: High-risk situations, Alcohol Dependence, Prevention, Alcohol Seeking situations.

1. Introduction

Alcohol is a depressant. That means it affects the mind in two main ways. Firstly, with alcohol in the body, ADS is more expected to act on urges we may normally suppress. So one might feel braver and less inhibited – and more likely to say things that one will be repentant. This is made even more dangerous because alcohol also inhibits the nervous system. After alcohol consumption that gives a “fight or flight” reaction, which would normally the alcohol dependent become more cautious. Secondly, for the same reason, alcohol deadens pain and relieves anxiety on a temporary basis. So the day after drinking, one might be in more physical – and emotional – pain than they felt the night before. Both of these encourage risky behaviour because they influence the decisions of the alcohol dependent to make when they have had too much to drink.

1.1 High-Risk Situations

According to the Relapse Prevention Model by Marlatt and Gordon's (1985) High-risk factors are the determinants of alcohol use. A vital concept of the RP model postulate that high-risk situations recurrently serve as the instant precipitators of initial alcohol use after abstinence. According to the model, a person who has to initiate a behavior change, such as alcohol abstinence, should begin with experience greater than before self-efficacy or mastery over his or her behavior, which should raise as he or she continues to firm situations or events, however, can present a threat to the person's sense of control and, consequently, precipitate a relapse emergency. Negative emotional states, such as fury, nervousness, despair, aggravation, and tedium, which is also referred to as intrapersonal high-risk situations, are associated with the uppermost rate of relapse (Marlatt and Gordon 1985).⁽¹⁾ These emotional states may be caused by first and foremost intrapersonal perception of certain situations (e.g., feeling uninterested or feeling alone after coming home from work to an unfilled house) or by reactions to ecological events (e.g., feeling annoyed about an in the near future layoff at work).

Situations that connect another person or a group of people (i.e., interpersonal high-risk situations), particularly interpersonal conflict (e.g., a fight with a family member), also result in harmful emotions and can impetuous relapse. In fact, intrapersonal pessimistic emotional states and interpersonal divergence situations served as activate for more than one-half of all deterioration episodes in Marlatt's analysis. Social pressure, including in cooperation direct verbal or nonverbal urging and not direct pressure (e.g., about other people who are drinking), contributed to additional than 20 percent of reversion episodes in Marlatt's study.

Positive emotional states (e.g., celebrations), practice to alcohol-related motivation or cues (e.g., seeing an announcement for an alcoholic drink or passing by one's preferred bar), testing one's own power over (i.e., using “willpower” to limit use), and unfocused craving also were identified as high-risk situation that could precipitate relapse.

1.1.2 Scope of the study

Based on the findings of this study an effective relapse prevention module can be prepared for the situations where they can take alcohol which bring psycho-social enhancement. Because these factors can increase a person’s vulnerability to relapse both by increasing his or her exposure to high-risk situations and by decreasing motivation to resist drinking in high-risk situations.

2. Literature review

Reddy MV and Chandrasekhar CR (1998) A higher prevalence of ADS in rural than in urban areas has been reported in India in their meta-analytical study. SK Mattoo et al (2009) In an Indian study by Mattoo et al, they reported the determination of relapse was based on psychosocial factors like high-risk situations, coping, self-efficacy and stressful life events. Arun Kumar (2014) Titled Psychiatric comorbidity and drug seeking situations among alcohol dependent admitted for de-addiction in a psychiatric hospital in Tiruchirappalli (n=50). The severity of alcohol dependence positively correlated with negative, positive and temptation situations.⁽⁴⁾

3. Research Methodology

3.1. Aim

To study alcohol taking situations among inmates of a Deaddiction centre in Tiruchirappalli.

3.2 Objectives

- To describe the socio-demographic characteristics of the respondents.
- To study the various factors influencing alcohol seeking behaviour among Alcohol Dependents.
- To study the relationship/association/difference between alcohol seeking situation and other variables.
- To suggest necessary measures for the various alcohol taking situation.

3.3 Hypotheses

- The greater the duration of alcohol use, the greater the various dimensions of Alcohol Seeking Situation.
- The greater the age of Alcohol Dependent, the greater the Alcohol Seeking Situation.

3.4 Research design, Universe and Sampling

Researcher adopted descriptive research design for this study which intends to describe the Alcohol seeking situation of alcohol dependent. The universe belongs to patients taking treatment at a Deaddiction centre of Tiruchirappalli City Corporation during the period of 22 March 2016 to 02 July 2016. A total number of 50 Alcohol Dependents were taken from a total of 139 Alcohol Dependents for this study by using lottery method.

3.5 Tools for data collection

Socio Demographic data of the respondents were collected using Self-prepared questionnaire along with, the researcher used Inventory of Alcohol Taking situation framed by Helen M. Annis, Nigel E. Turner and Sherrilyn M. Skla (1977) Reliability 0.88.

3.6 data analysis

Analysis of the collected data is done by using SPSS Karl Pearson coefficient of correlation was used.

4. Analysis and Interpretation

Sl No	Age of the AD	Frequency	Percent
1	19 to 33	66	33.0
2	34 to 48	111	55.5
3	49 to 68	23	11.5
Total		200	100.0

Table 1: Distribution of Alcohol Dependent by their Age

The above table describes the age wise distribution of alcohol dependent among which the age group of 34 to 48 occupies 55.5 percent due to the work they are carrying out, the responsibilities in the family and their duration of alcohol dependence play a vital role for respondent fall in this age group.

Sl No	Null Hypothesis	Statistical test used	Statistical inference	Result
1	There is no significant relationship between duration of alcohol use and Physical discomfort Pleasant emotions Testing Personal control Urges and Temptations Conflict With Others	Karl Pearson's Co-efficient of Correlation	P<0.05 Significant	Research Hypothesis Accepted
2	There is no significant relationship between duration of alcohol use and Unpleasant emotions Social Pressure Pleasant time with others	Karl Pearson's Co-efficient of Correlation	P>0.05 Not Significant	Research Hypothesis Rejected
3	There is no significant relationship between Age and Alcohol Seeking Situation	Karl Pearson's Co-efficient of Correlation	P>0.05 Not Significant	Research Hypothesis Rejected

5 Conclusion, Limitations and Recommendation for future studies

5.1 Conclusion

Alcohol is a long-standing relapsing disorder. These results of alcohol taking situations have important implications for planning early prevention and intervention model. Forming alternate coping strategies for dealing with these particular high-risk situations helps in reducing the severity of consumption and relapse prevention.

5.2 Limitations

- During the study period, no females were admitted for alcohol de-addiction treatment, which shows that sample was gender biased and so not able to analyse results on the basis of gender difference.
- As it was a hospital based study results cannot be generalized for community sample.

5.3 Recommendations for future studies

More studies should be carried out in alcohol seeking situations along with psychiatric comorbidity and more Interventions or models should be framed for different kind of situations.

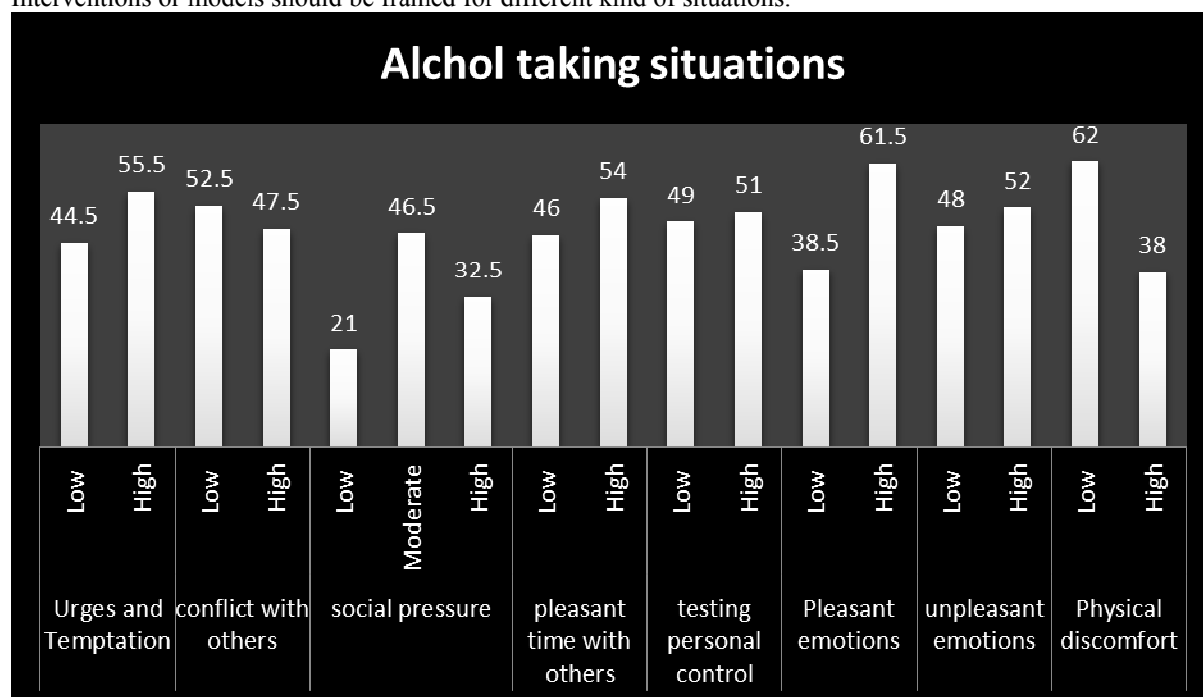


Figure 1: Distribution of various dimensions of Alcohol Taking Situation

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