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EFFECTIVENESS OF STRUCTURED TEACHING PROGRAM REGRADING GROUP THERAPY FOR PROMOTION OF PSYCHOLOGICAL WELLBEING AMONG ALCOHOLIC PATIENTS IN DE-ADDICTION CENTRE

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ABSTRACT

Alcoholism is known as family disease. Alcohol consumption can have adverse social and economical effects on the individual drinker, the drinker's immediate environment and society holistically. Alcohol plays a role in number of domestic violence incidents, violence on the intimate partner and others. Children of alcoholics suffer from loneliness, feeling of helpless, low self-esteem and chronic despondence. World Health Organisation estimates that there are about 2 billion people worldwide who consume alcohol and 76.3 million with diagnosable alcohol use disorders. Alcohol use causes 1.8 million deaths and a total loss of 58.3 million incapacitation adjusted life years. Alcoholism is responsible for more family problems than any other single cause. Recognizing the intricacy of the disease, a holistic approach is advocated that sanctions for individualization of treatment predicted upon the assessed needs of the individual and an appreciation of their uniqueness and individual worldwide. The objectives of the study were:-1) To assess the knowledge of alcoholic patients regarding group therapy for promotion of psychological well being using a structured questionnaire. 2) To develop and administer a structured teaching program regarding group therapy for promotion of psychological well being. The research design selected for the study was pre experimental design (Q1 x Q2) Conducting pre test immediately after giving self instructional module and then conducting post test for the same group on 8th day. The results related to effectiveness of structured teaching program regarding group therapy for promotion of psychological well being had shown that there was an increase in the mean overall knowledge score of 83.8% in post test with paired 't' test value of 32.94 which was found to be significant at 0.005 level.

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INTRODUCTION

Alcohol consumption represents one of the major health problems in the world at sizably voluminous. Alcoholism is known as family disease. Alcohol consumption can have adverse social and economical effects on the individual drinker, the drinker's immediate environment and society holistically. Alcohol plays a role in number of domestic violence incidents, violence on the intimate partner and others. Children of alcoholics suffer from loneliness, feeling of helpless, low self-esteem and chronic despondence. Ancient India was not a dry culture. Sanskrit literature is plenary of tales about numerous liquor and intoxicating beverages during Vedic and pre-Vedic times. Soma-an exhilarating, though not necessarily intoxicating drink was offered to Gods during prayers and consumed by priests and proponents of sacrifice, whereas Sura-liquor distilled after the fermentation of barley and wild paddy was considered capable of inebriation and condemned.

World Health Organisation estimates that there are about 2 billion people worldwide who consume alcohol and 76.3 million with diagnosable alcohol use disorders. Alcohol use causes 1.8 million deaths and a total loss of 58.3 million incapacitation adjusted life years. Alcoholism is responsible for more family problems than any other single cause. One of every four families have problem with alcohol. Parental alcoholism may affect the foetus even before the child is born and rigorous effects on normal children.

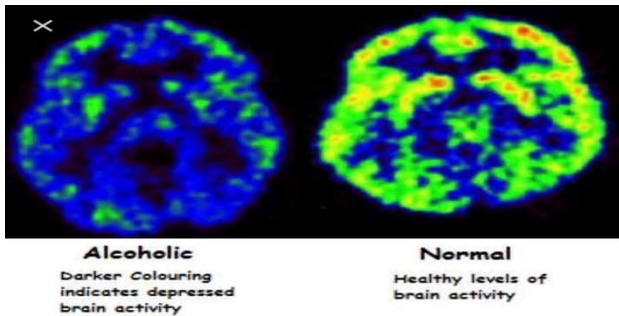
India is showing a phenomenal increase in alcohol consumption with the initiation age on an alarming decrease. The recorded market and consumption level are on rise in recent time. On the other side, the illicit market consumption is far more than legal sales. Addiction not only impacts the individual but additionally elongates to and perpetuates itself within the context of the entire family system. Recognizing the intricacy of the disease, a holistic approach is advocated that

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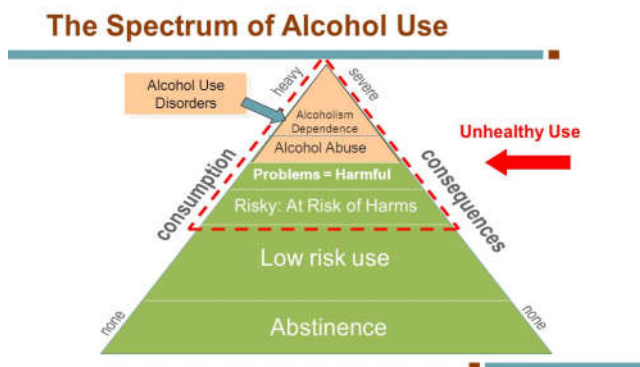
sanctions for individualization of treatment predicted upon the assessed needs of the individual and an appreciation of their uniqueness and individual worldwide.

Addiction is therefore a multifactor disease that expresses and perpetuates itself within the context of family systems. Understanding addiction conceptually as a family disease emboldens the counsellor to approach patient care from an individualized, holistic view that factors the worldwide orientation of the patient and encompasses the entire family.



Group therapy is complementary to, but distinct from participation in twelve step groups. Through the group process, magnification is facilitated, isolation is reduced and the concept of sobriety as an interpersonal experience fostered. We are uniquely influenced by our interpersonal relationships and that group therapy can provide a corrective emotional experience by acting as a social microcosm of our interpersonal world in the here and now. Understanding addiction conceptually as a family disease encourages the counsellor to approach patient care from an individualized, holistic view that factors the worldwide orientation of the patient and encompasses the entire family.

Now it is known that alcohol consumption leads to addiction, increases the likelihood of virtually all types of injury and enhances the risk of nearly every leading cause of death throughout the world. As the studies reveal the severity of ill-effects of alcohol on individual and family, there is a dire need to implement alternative therapies which in turn help change their attitude towards their family.



The objectives of the study were:-1) To assess the knowledge of alcoholic patients regarding group therapy for promotion of psychological well being using a structured questionnaire. 2) To develop and administer a structured teaching program regarding group therapy for promotion of psychological well being. 3) To evaluate the effectiveness of structured teaching program regarding group therapy for promotion of

psychological well being among alcoholic patients using the same questionnaire. 4) To find out the association between post test knowledge with their selected demographic variables.

Hypothesis

H1:- There will be a significant difference between the pre test and post test knowledge score of alcoholic patients regarding group therapy for promotion of well being

H2:- There will be a significant association between knowledge and their selected demographic variables

METHODOLOGY

The research design selected for the study was pre experimental design (Q1 x Q2) Conducting pre test immediately after giving self instructional module and then conducting post test for the same group on 8th day.

The structured teaching program was taken as Independent variable and performance on pre and post test was considered under Dependent variables. The sample of the study was comprised of alcoholic patients in selected de-addiction centres of Bangalore. In this study, simple random sampling technique was used to select the sample depending on the availability.

The inclusion criteria followed in the study was

1. Alcoholic patients who are willing to participate in the study. 2) alcoholic patients who are available at the time of data collection and 3) Alcoholic patients who are admitted in de-addiction centre
2. The exclusion criteria in the study was
3. Alcoholic patients who were not available at the time of data collection. 2) Alcoholic patients who were not willing to participate in the study

A closed ended questionnaire was prepared with options provided to assess the knowledge of alcoholic patients before and after the implementation of the structured teaching program

RESULTS

The findings related to demographic characteristics showed that the highest number (50%) of respondent's information is friends / neighbourhood whereas the majority of them (51.7%) live in urban areas. The findings related to pre test and post test knowledge score stated that the post test mean score was found higher (83.8%) when compared with pre test mean test score (38.4%). The mean percentage of overall pre test mean score is 38.4% with SD of 14.4. The overall post test score showed that the enhancement of knowledge of alcoholic patients regarding group therapy for promotion of psychological well being. The mean percentage of overall score is 83.8% which expressed a gain in knowledge level of respondents with SD of 8.4

The results related to effectiveness of structured teaching program regarding group therapy for promotion of psychological well being had shown that there was an increase in the mean overall knowledge score of 83.8% in post test with paired 't' test value of 32.94 which was found to be significant at 0.005 level. Therefore, the research hypothesis which states that there will be a significant difference between pre test and post test knowledge of alcoholic patients regarding group therapy for promotion of psychological well being was accepted. The association of demographic variables on the

knowledge was computed by using x2test and t-test showed a significant association of age on knowledge score.

CONCLUSION

The conclusion drew on the basis of findings states that there was no significant association between the gain in knowledge score and selected demographic variables except age. Along with that the Structured teaching Program was effective in increasing the knowledge of alcoholic patients in all the components of post test.

The concept of group therapy for promotion of psychological well being is becoming popular and being implemented on broader scale and have perspective future. Nurses can perform super speciality role at different settings and different areas of specialization. For all to keep moving forward, the individual nurses must be sufficiently committed to play active role in order to preserve standards of nursing profession.

Moreover the study has emphasized on enhancement of alcoholic patients knowledge regarding group therapy for promotion of psychological well being. Implication for nursing education should emphasize more on prospective nurses to impart health education regarding group therapy. The health personnel should be encouraged to attend in service education program on group therapy on promotion of psychological well being. The education will be equally helpful to the relatives of the sufferer.

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