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RESEARCH ARTICLE

A STUDY TO ASSESS THE REASON FOR SEEKING TREATMENT AMONG PATIENTS WITH ALCOHOL ABUSE

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ABSTRACT

Alcoholism is one of the major health problems in all over the world. Alcoholism has been known for ages and it has been defined as an individual problem with behavior. An exploratory descriptive survey approach was adapted to assess the reasons for seeking treatment among substance abusers alcoholisms with the sample of 30 abusers selected by convenient sampling. A structured questionnaire on different aspects was used to assess the reason for seeking treatment. Analysis of data was done by using descriptive and inferential statistics. The results revealed that majority of them given favorable reason for seeking treatment.

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INTRODUCTION

Alcoholism is one of the major health problems in all over the world. Alcoholism has been known for ages and it has been defined as an individual problem with behavior. Alcohol abuse is a pattern of drinking resulting in harm to a person's health, interpersonal relationships, or ability to work.¹Alcoholism is a behavior pattern characterized by uncontrolled drinking of alcoholic beverages to the extent of impairing health and social functioning. Alcoholism is a pathological dependency on ethanol that is characterized by tolerance, physical dependency, and/or pathological organ changes.²The problem of excessive alcohol consumption is a major cause of public health concern both in urban and rural areas. An alcoholic totally disrupts the family life and causes harmful effects and this effect lasts throughout their life.³According to WHO substance abuse is persistent or sporadic drug use inconsistent with or unrelated to acceptable medical practice and the prevalence is about 60% forever users and 34.93% for regular user.⁴Substance abuse not only affects the user's life but also that of the whole family. Strong relationship with family and friends are essential for successful for drug abuse treatment.⁵Alcoholism has caused severe health and social problem does seeking help or treatment seem to become an option.⁶There are 10 different motivations among that "weighing the pros and cons of drinking or drug use" and warnings from spouse were the most frequently cited reason.⁵

The opportunities of any person affected by alcoholism are normally dependant on many factors, both external and internal. Despite having multiple problems related to use of alcohol and drugs, large number of people seek help. Not seeking treatment is a major concern for the professionals as well as policy makers. Alcohol abusers may have difficult in personal, family and social aspects and they want to recover from alcoholism.

Statement of the problem

An exploratory study to assess the reason for seeking treatment for substance abuse, among substance abusers in a selected deaddiction centre.

Objective of the study

- To determine the reason for seeking treatment for substance abuse among substance abusers.
- To associate the reason for seeking treatment with the demographic variables of the substance abusers.

METHODOLOGY

A descriptive approach was adopted for this study. The population in the study consisted of patients with alcohol abuse, who came to the selected centre for seeking treatment

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during the period of study. The sample consisted of 30 patients with alcohol abuse and they were selected using convenient sampling technique.

Description of the tool

Part A: consists of the demographic variables, **Part B:** this has total of 15 items in the form of statements to assess the reasons for seeking treatment on three aspects such as personal, family and social. Each aspect had 5 questions and the score for the response were given as YES – 2 and NO - 1.

The scored were interpreted as follows

- < 15 (<50%) : unfavourable reasons
- 16 – 30 (51 – 100%) : favourable reasons

The content validity of the instrument was obtained from nursing experts and the reliability was $r = 0.82$. Thus the data was collected and analyzed.

Data Analysis

Table I Frequency and percentage distribution of sample according to demographic variables N=30

S.No	Demographic	Frequency	Percentage
1.	Age		
	a. 20-30	13	43.33
	b. 31-40	17	56.66
2.	Marital Status		
	a. Married	23	76.66
	b. Unmarried	7	23.33
3.	Qualification		
	a. Illiterate	8	26.66
	b. Primary education	16	53.33
	c. Secondary education	6	20.00
4.	Occupation		
	a. Unemployed	4	13.33
	b. Coolie	18	60.00
	c. Non Professional	5	16.66
	d. Professional	3	10.00
5.	Drinking career		
	a. 3 years	5	16.66
	b. 3-5 years	9	30.00
	More than 10 years	16	53.33
6.	Type of family		
	a. Nuclear family	9	30.00
	b. Joint family	21	70.00
7.	Religion		
	a. Hindu	21	70.00
	b. Christian	7	23.33
	c. Muslim	2	6.66
	d. Others	-	-

The above table shows that 60% of subjects were coolie, 53.3% subjects deinking habit were more than 10years, 70% subjects we in nuclear family, it is evident that fathers occupation, drinking habit, type of family have influences to seek treatment as to recover from alcohol addiction. Regarding personal factor, majority (70%) of the sample responded that they feel ashamed of having become an alcoholic addict. Half of the samples (56.66%) reported that they decided to become a better person. Regarding family factor, majority (73.33- 80.33%) responded that they have to safeguard their children future and look after their family needs respectively. More than half (63.33%) of the samples response was towards financial problems and half

(53.33%) of the samples responded that their family members forced them to leave alcohol.

Table II Reasons for seeking treatment Frequency and percentage distribution according to the samples reasons for seeking treatment. N=30

S. No	Reasons For Seeking Treatment	Yes		No	
		N	%	N	%
A Personal:					
1	Decided to become a better person	17	56.66	13	43.33
2	Safeguard to my future	16	53.33	14	46.66
3	Feel ashamed at having become an alcoholic addict	21	70.00	9	30.00
4	Difficulty in procuring the alcohol.	6	20.00	24	80.00
5	Fear of losing job.	15	50.00	15	50.00
B Family:					
6	Safeguard my children future.	22	73.33	8	26.66
7	Look after to my family needs	25	80.33	5	16.66
8	Because of my daughter/sister marriage	7	23.33	23	76.66
9	Financial problems	19	63.33	21	70.00
10	Family member forced me to leave alcohol.	16	53.33	14	46.66
C Social:					
11	Friends were avoiding my company	13	43.33	17	56.66
12	Social rejected me	19	63.33	11	36.66
13	Dead diction camp in my locality	5	16.66	25	83.33
14	Friends/ Relatives were improved after deaddiction treatment	9	30.00	21	70.00
15	Religious reasons	6	20.00	24	80.00

Table III Mean score and standard deviation of subject according to various aspects in reasons for seeking treatment and the significance.

S.NO	Reasons For Seeking Treatment	Maximum	Mean	Mea%	Score	SD	F	'p' value
1	Personal	10	6.33	63.3	0.99			
2.	Family	10	5.90	59.0	0.92	20.7	0.000(s)	
3.	Social	10	4.93	49.3	1.14			

Table IV The association between selected demographic variables and samples reasons for seeking treatment

S.No	Demographic variables	Reasons	X2	Df	'P'	
1.	Age					
	a. 20-30	10	3	0.108	1	0.4100
	b. 31-40	15	2			(NS)
2.	Drinking career					
	a. 3 years	3	2	4.141	2	0.1261(NS)
	b. 3-5 years	6	3	4.141		0.1261
	c. More than 10 years	15	1	4.141		(NS)
3.	Marital status					
	a. Married	19	2	4.082	1	0.0284
	b. Unmarried	5	4			S*
4.	Qualification					
	a. Illiterate	6	2	5.391	2	0.0675
	b. Primary education	15	1			(NS)
	c. Secondary education	3	3			
5.	Occupation					
	a. Unemployed	2	2	1.534	3	0.6744
	b. Cooley	14	4			(NS)
	c. Non-professional	2	1			
6.	Type of family					
	a. Joint family	18	3	0.285	1	0.5930
	b. Nuclear family	7	2			(NS)

*P'<0.05=Significance
NS=No Significance

Regarding social factor, more than half (63.33%) of the samples responded that the society rejected them. Nearly half (43.33%) of the samples responded that their friends avoided their company.

The highest mean score 63.03% was related to personal aspect and the lowest mean score 49.3% was related to social aspect. Comparison of the mean score within the reasons for seeking treatment by one way ANOVA showed. 'F' value of 20.70 with a 'p' value of 0.000 ($P < 0.05$) which shows that there is a significant difference existing among various aspects in reasons for seeking treatment.

Show that there is no significant association between selected demographic variables except marital status with reasons for seeking treatment.

RESULT

The major findings of the study were as follow

- Regarding the personal factor, majority (70%) of the samples responded that they were ashamed of becoming an alcohol addict and they decided to become a better person.
- With regards to family factor, majority (80%) responded that they have to safe guard their children's future and to look after their family. Half of the samples responded that their family member forced them to leave alcohol.
- Regarding social factor, more than half of the sample said that the society rejected them and their friends avoided their company.
- Majority of the samples had given favorable reason for seeking treatment.
- There is no significant association between selected demographic variables except marital status with reasons for seeking treatment.
- The study is consistent with study done by palm and storbjork (2003)⁷ found that 85% of the patients in

alcohol treatment said that they had sought treatment on their own initiative, but also that suggestion to enter treatment were common from domestic partners or other family members. Present study indicated that the spouse or some other significant person played an important role in treatment seeking by being both demanding and caring while exerting pressure on the person with alcohol problems.

CONCLUSIONS

The study concludes that majority of the subjects had favorable reasons for seeking treatment. By this study, the investigator concluded that education regarding alcoholism and constant encouragement, positive reinforcement, family support, behavioral changes and cost containment would benefit alcoholics.

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