

**AN EXPLORATORY STUDY ON MARITAL SATISFACTION OF SPOUSES
OF ALCOHOL DEPENDENT**

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Abstract

Alcohol addiction is an alcohol use disorder characterized by continued drinking despite the awareness of negative consequences and the inability to fulfil responsibilities. Alcohol dependence is similarly known as alcoholism, is characterized by a craving for alcohol, possible physical dependence on alcohol, an inability to control one's drinking on any given occasion, and an increasing tolerance to alcohol's effects (American Psychiatric Association (APA, 1994). Marital satisfaction was defined by Hendrick and hendrick (1997) as "a subjective experiencing of one's own personal happiness and contentment in the marital relationship". **AIM:-** Present Study was aimed to evaluate the marital satisfaction of spouses of alcohol dependent. **Methodology:-** The sample comprised 150 spouses of alcoholics and 150 spouses of non-alcoholics. The sample of spouses of individual dependent on alcohol was collected with prior information and permission of authority of Ankur rehab Center, Indore, M.P. Non-Alcoholics (Spouses) data was also collected from Indore, M.P. Alcohol Use Disorders Identification Test Second Edition (WHO, 1992), Marital Satisfaction Scale (MSS), (Amrutraj & Prakash, 1985) and General health Questionnaire GHQ (Shamsunder et. al, 1986) were used in data collection. **Result & Conclusion:-** Study revealed that the differences between Marital satisfaction of spouses of alcoholics group and spouses of non-alcoholics group.

Key words- Marital Satisfaction, spouses of alcoholics and the spouses of non-alcoholics

I. INTRODUCTION

Alcohol addiction is an alcohol use disorder characterized by continued drinking despite negative consequences and the inability to fulfil responsibilities. Alcohol dependence, also known as alcoholism, is characterized by a craving for alcohol, possible physical dependence on alcohol, an inability to control one's drinking on any given occasion, and an increasing tolerance to alcohol's effects (APA, 1994).

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Alcoholism is considered as an ongoing stressor, not only for the individual, but for family members as well. Spouses are particularly affected given the intimate nature of their relationship and the constant exposure to the behaviour of the alcoholic. Negative social consequences of alcohol consumption and stressful life events may trigger psychological, biological, behavioural responses, which interact to diminish the individual's ability to adapt leading to emotional distress reactions and thereby increasing the likelihood of psychological problems. Spouses of alcoholics are known to be exposed to high rates of domestic violence, which could be physical, verbal or sexual. Low level of marital satisfaction. Lewis and Spanier (1979) defined marital quality as “ a subjective evaluation of a married couple’s relationship” .

Alcohol dependence is a major issue in India and abroad too. This problem is harmful for individual, society as well as the culture. As a human aspect we can observe that the spouse of alcoholics is also main sufferer of the problem. It makes the spouses incapable of living an independent life. Spouses in India are bearing the burden of caring for such persons. They have lots of psychosocial problems and also face marital dispute and dissatisfaction.

II. OBJECTIVE

This study was aimed to investigate marital satisfaction of spouses of individual dependent on alcohol.

III. METHODOLOGY

3.1 Sample: The sample was collected from Ankur Rehab Centre, Indore (Madhya Pradesh) with the permission of authority of Ankur Rehab Centre, Indore. Ankur rehab centre is a prominent institute in Indore and many addicted alcoholics are the members of this institute. Before participating in the study all the participants were requested to read and sign the informed consent form. They were assured and told that the study is regarding their Marital Satisfaction. Non- Alcoholics Sample was also collected in Indore (Madhya Pradesh). They were assured about the secrecy of the results.

The sample consisted of 300 out of 150 was Spouses of alcoholics and 150 were spouses of non-alcoholic. The method of sample selection was purposive sampling method.

3.2 Sample selection criteria:

Inclusion Criteria (For alcoholic)

- Spouses of alcohol dependents.
- Age range 30-40 years.
- Education at least 10th Std.
- Those who can give their consent for study.

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Inclusion Criteria (For non-alcoholic)

- Non-Alcoholics and spouses of non-alcoholics.
- Age range 30-40 years.
- Education at least 10th Std.
- Those who can give their consent for study.

Exclusion Criteria (For alcoholics)

- Spouses of social drinker
- Presence of any other AXIS-1 (DSM-IV)
- Those who cannot give their consent for study.

Exclusion Criteria (For non-alcoholics)

- Any psychiatric illness.
- Those who cannot give their consent for study.

3.3 Tools used for data collection:

3.3.1 Socio-demographic and personal data sheet:-Age, domicile, education, income, occupation, types of family, types of marriage, duration of marriage, family history of alcohol dependent, family history of separation or divorce (due to drink habit), such type of information was included in personal data sheet.

3.3.2 Alcohol Use Disorders Identification Test Second Edition (WHO, 1992):-The AUDIT was developed by the World Health Organization (WHO) as a simple method of screening for excessive drinking and to assist in brief assessment. It can help identify excessive drinking as the cause of the presenting illness. It provides a framework for intervention to help risky drinkers reduce or cease alcohol consumption and thereby avoid the harmful consequences of their drinking. The AUDIT also helps to identify alcohol dependence and some specific consequences of harmful drinking. AUDIT test-retest reliability is very high.

3.3.3 Marital Satisfaction Scale (MSS), (Amrutraj & Prakash, 1985):-This test is developed and constructed by Amrutraj and Prakash in 1985. This is a paper and pencil test consisted of thirty statements. It is better for the subject to answer it by oneself. The test could be answered in less than 30 minutes. Maximum Score is 60 & minimum is 0. Test-retest reliability was found to be 0.96. Validity of the test was found to be 0.77.

3.3.4 General health Questionnaire-GHQ-5(Shamsunder et al, 1986):-To screen any psychiatric morbidity in normal control GHQ-5 (was administered GHQ-5 is a short version of the general health questionnaire (GHQ). The original 60 items and is an effective first stage tool for detection of non- psychotic psychiatric illness. However it is lengthy and cumbersome to use as a quick screening process. The 5 items version consist of items 14, 39, 42 and 54. It has sensitivity of 86 % specificity of 89 % and an overall misclassification rate of 13 % with a cutting point of ½. This used to screen any psychiatric morbidity in normal samples. Each items is scored on four probable answers such as not at all, no more than usual, rather

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more than usual, and much more than usual. Subject has to choose the most suitable one, each positive answer is scored 1. Scored range from 0 to 5 and 0 is the cutoff.

IV. PROCEDURE

Data Collection Procedure: - The sample was collected from Ankur Rehab Centre, Indore with the permission of authority of Ankur Rehab Centre, Indore. Before participating and establishing good rapport with them in the study all the participants (Spouses of Alcoholics) were requested to read and sign the informed consent form. They were told that the study is regarding their Marital Satisfaction. After the selection of samples purposively they were administered: socio-demographic datasheet, alcohol use disorders identification test, Marital Satisfaction Scale and GHQ. Later on the same tests were administered on spouses of Non-Alcoholics were selected from the general population, matched with age and sex of the alcoholics. The researcher ensured about ethical consideration and results of the tests from the end of the respondents.

V. STATISTICAL ANALYSIS

Descriptive statistics such as mean and standard deviation was used according to measures and variables for statistical analysis using Statistical Package of Social Sciences (SPSS) version 20.

5.1 Result

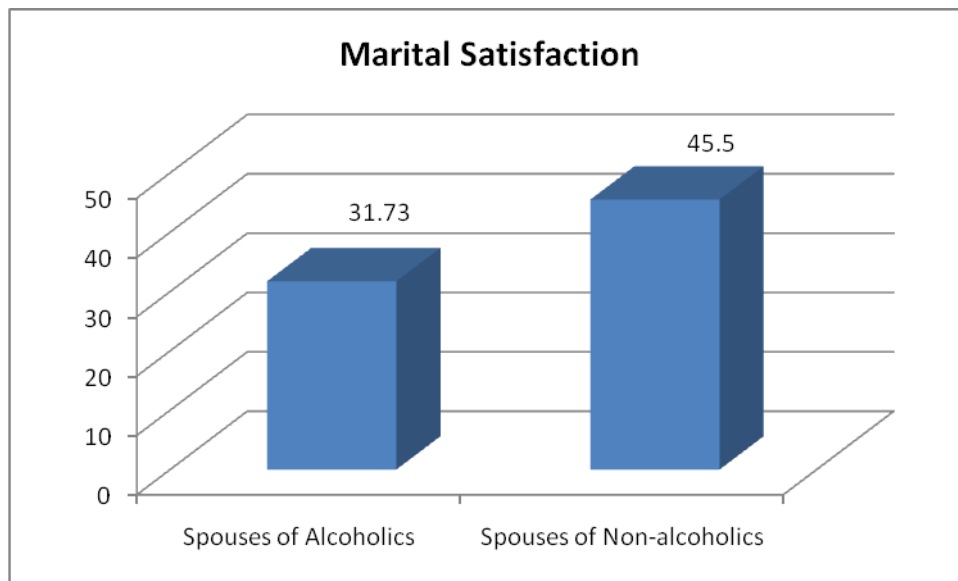
The table Shows comparison between the spouses of alcoholics and the spouses of non-alcoholics group in terms of marital satisfaction.

Name of Variable	Type of Group	N	Mean	Std. Deviation	t	Sig. Level
Marital Satisfaction	Spouses of Alcoholics	150	31.73	9.89	13.64	0.01
	Spouses of Non-alcoholics	150	45.50	7.42		

An independent-samples t-test was conducted to compare the spouses of alcoholics and the spouses of non-alcoholics for the score of marital satisfaction. The score of marital satisfaction of the group of the spouses of alcoholics is poor (Mean =31.73 and SD =9.89) than the spouses of non-alcoholics group of individuals (Mean =45.50 and SD =7.42). Obtained $t_{(298)} = 13.64$ ($p < .01$) is significant. Since, according to manual, the maximum score indicates better marital satisfaction, it is interpreted that the satisfaction in marital life is better in the spouses of non-alcoholics group than the spouses of alcoholics group.

5.2 Graph

Shows that the comparison between the spouses of alcoholics and the spouses of non-alcoholics group in terms of marital satisfaction.



5.3 Discussion & Conclusion

The present study was focused to develop a better understanding on Marital Satisfaction of spouses of individuals dependent on alcohol.

Results of this study was depicted that there level of Marital satisfaction of spouses of individual dependent on alcohol and non those who are non alcoholic individuals. Similar results was reported by (Amruthraj 1985 et. al) in their study. Another study done by (Epstein1997 et. al). Marital satisfaction negatively correlated with the severity of alcohol dependence in men, satisfaction being lower as severity of dependence increases. Western studies have found a correlation between duration of alcohol dependence and marital discord. while one Indian study had found a positive correlation between duration of dependence in men and higher levels of distress in their spouses(Bhowmick 2001 et. al).

In the present study it is observed that there is significant difference between Marital Satisfaction spouses of alcoholics and spouses of non-alcoholics.

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VI. LIMITATIONS

- The study has covered only those respondents who live in Indore, Madhya Pradesh.
- Only spouses of alcoholics and spouses of Non- alcoholics were probed but other substances were not probed if taken along with alcohol.

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