

A Study to Assess the Problems of the Adolescent Children with Alcohol Dependent Parents in selected Deaddiction Centers of Moradabad, U.P.

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Abstract

Background: The abuse of drugs and alcohol by parents seem to create considerable problems for most young people. This derives from the fact that adolescents are unable to provide consistent practical or emotional care for themselves, while the effects of the abuse of alcohol by parents brings more anxiety, social stigma, violence and the absence of parents from home. ¹ Children of alcoholism are at higher risk population due to member of physical emotional and behavior problems.²

Objectives¹: To Assess problems of the adolescents with alcohol dependent parents using structured questionnaire.². To find the association problems of the adolescent with the socio- demographic variables of adolescents.

Results: The analysis revealed that there is no significant association established with the selected socio-demographic variables except psychological problems with age and academic adjustment with type of family at $p < 0.05$ level of significance.

Conclusion: The present study concludes that the focus of the health practitioners should be directed towards primary prevention and early prevention. Nursing personnel, who comes in closer contact with the children of alcoholic fathers, can identify the problems of these children and teach on techniques in coping with these situation at and outside. Children of alcoholics should be helped by enhancing self esteem providing information about alcohol, and improving emotional and problem focused coping abilities, eventually enhancing their mental health.

Keywords: Adolescents, children of alcoholic parent's, problems

Introduction

The abuse of drugs and alcohol by parents seem to create considerable problems for most young people. This derives from the fact that adolescents are unable to provide consistent practical or emotional care for themselves, while the effects of the abuse of alcohol by parents brings more anxiety, social stigma, violence and the absence of parents from home. ¹ Children of alcoholism are at higher risk population due to member of physical emotional and behavior problems.²

Need of Study

Parental problem drinking increases risk for alcohol use in children. Children of alcoholics are not only at higher risk for early alcohol initiation, they also show a greater increase in alcohol consumption over time than adolescents without alcoholic parents. In addition, children with a family history of alcoholism show more escalation of alcohol use, and more often develop alcohol disorders and dependence than children without a family history of alcoholic parents. In addition, found that parental alcoholism decreased the amount of parental monitoring. This

is all the more problematic, since discipline and rule setting, in turn, reduce the likelihood of youngsters' drunkenness, and more parental monitoring is related to less heavy drinking in adolescents.³

Review of Literature

Thomas D.S. (2012) Conducted a descriptive study results showing that Majority (61.7%) of the children had moderate degree of problems, 21.7% had mild and 16.6% of them experienced severe degree of problems due to their father's alcoholism. 53% of the children felt like running away from home and to never come back home. 94% of the children expressed that their dislike of following their fathers' alcoholic behavior, and treatment received for alcoholism⁴

Statement of Problem

A Study to Assess the Problems of the Adolescent Children with Alcohol Dependent Parents in Selected Deaddiction Centers of Moradabad, U.P.

Objectives

- 1. To Assess problems of the adolescents with alcohol dependent parents using structured questionnaire.
- 2. To find the association problems of the adolescent with the socio- demographic variables of adolescents.

Material and Methods

Research Approach: Quantitative research approach

Research Design: Exploratory survey design

Setting of the study: Selected De addiction centers of Moradabad

Population: Adolescents of parents with alcohol dependence

Target Population: Adolescents of parents with alcohol dependence, Moradabad, U.P

Accessible Population: Adolescents of parents with alcohol dependence in selected deaddiction center, Moradabad, U.P

Sample: Adolescent children with alcohol dependent parents

Sample size: 110 sample

Sampling Technique: Convenient Sampling Technique

Sampling criteria :

Inclusion criteria:

- Adolescents children of alcohol dependent parents who consume alcohol and treatment in selected deaddiction centers
- Who were available at the time of data collection
- Adolescent who were willing to participate in the study.

Exclusion criteria:

- Adolescents with perceptual disturbance.
- Those who are not able to communicate in English or Hindi.
- Adolescents with previous history of mental illness and substance abuse.

Assumption

- Family forms the basis unit of society; parents are the corner stone for happy functional family.
- Drug Addiction is common throughout the world.
- Parents with alcohol dependence cannot perform the roles and responsibilities expected to perform.
- These problems can vary from physical, social and so on.
- Adolescents living in such families can face problems (physical, sociological, psychological) due to addiction of the parents.

Intervention

According to the analysis the result of the study revealed that majority (99.1%) of the adolescents children with alcohol dependent parents were not having good relationship with family members, (95)% of participants were not having good relationship with teacher, (96)% of participants felt emotional problems like anxiety and depression, (76)% of participants had

no quarrels between parents, (79)% of participants said that there is a history of parental alcoholism in their family, (72)% of participants were not having attention from parents and (70)% of participants were not having good atmosphere at home.

Description of data collection instrument

The tools selected and prepared by the investigator were as follows, the tool consists of 2 sections.

Section A

A demographic performa (5 items) was developed to collect data on sample characteristics. It include mainly: Age in years, Education, Type of family, Religion, Monthly income of family.

Section B

Checklist for problems of adolescent's children with alcohol dependent parents.

There were 25 questions for assessing the problems of adolescent's children with alcohol dependent parents. It is a two point checklist "Yes", "No". The items in the tool were organized under four domains such as Family (1-7), Social (8-12) Psychological (13-17), Academic adjustment (18-25).

Content validity of tools

"Validity refers to the degree to which an instrument measures what it suppose to measuring".

Polit&Hunger

In order to measure content validity, the tool was submitted to seven experts specifically from department of Psychiatric Nursing, two doctors from department of Psychiatry, Clinical Psychologist. They were requested to give their valuable suggestions. They were even asked to judge the relevance of the item and ensure their clarity. As per their suggestion, some modifications were made in checklist for problems of adolescent's children with alcohol dependent parents.

Pretesting and reliability of tools

Pre-test was conducted among 10 adolescents of parents with alcohol dependence in Savera

deaddiction center Pakwara, Moradabad from 3/10/2017 to 7/10/2017 after getting the permission from respected Director and written consent from adolescents. Non probability convenient sampling technique was used to select the sample and the data was collected by using Checklist for problems of adolescent's children with alcohol dependent parents as expressed by adolescents of parents with alcohol dependence.

Reliability of tools

Reliability is the consistency or dependability with an instrument measures an attribute (**Polity and beck, 2010**).

The reliability of checklist for problems of adolescent children with alcohol dependent parents determined by test-re-test method. By using Karl Pearson coefficient method, r-value is obtained for tool is 0.92. It shows that the items in the tool are reliable. The Internal consistency of checklist for problems of adolescent children with alcohol dependent parents 0.7 by using Cronbach's alpha method.

Plan for pilot study

Pilot study is a trial run conducted at Savera de addiction centre of Pakwara, Moradabad. After obtaining the formal permission from the respected Director of Savera de addiction centre of Pakwara, Moradabad, the investigator conducted the pilot study from 3/10/2017 to 7/10/2017. 10 adolescents were selected by using convenient sampling techniques, where the subjects possessed the same characteristics as that of the main study. Written consent was obtained by explaining them the purpose of the study and assuring about confidentiality of the information provided. The data was collected by Checklist for problems of adolescent's children with alcohol dependent parents.

Procedure for data collection

After taking formal permission from the Directors of de addiction centers in Moradabad. The investigator conducted the main study from 22/11/2017 to 06/12/2017. 110 adolescents of parents with alcohol dependence were selected by using convenient sampling technique. The sample was made aware about the nature and purpose of the study. The sample was assured for confidentiality of their responses and

written consent was obtained. The data was collected from the students by Checklist for problems of adolescent's children with alcohol dependent parents.

Plan for data analysis

As per Polit and Beck (2010) it is the systematic way of organizing and arranging of information collected by the researcher. According to objectives and hypothesis and opinion by experts it was planned to organize, tabulate, analyze and interpret the data by using both descriptive and inferential statistics.

Descriptive statistics

Frequency, percentage score were used to explain demographic.

Inferential statistics

Chi-square to compute the association between demographic variables and problems faced by adolescents of parents with alcohol dependence.

Summary

The chapter deals with methodology adopted for study. It include research approach, research design, study setting, population, sample, sample size and sampling techniques, criteria for sample selection variable in the study tool, scoring, data collection procedure and plan for data analysis.

Conflict of Interest - Nil

Source of Funding - Self Funding

Ethical Clearance The pilot study and main study was conducted after obtaining formal permission from concerned authorities and Informed consent will be taken from each participant under the study. Confidentiality and privacy of the individual will be maintained throughout the study. Throughout the study ethical principles will be followed at all times with the best of my knowledge and practices.

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