

# Relationship between Self Esteem and Alcohol Usage

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**How to cite this article:** Suvitha, Ranjitha, Rishiyadharshini. Relationship between Self Esteem and Alcohol Usage. International Journal of Psychiatric Nursing 2023;9(2).

## Abstract

Self-esteem is about confidence of one's own worth. It is a belief in oneself of self-respect and self-integrity. It may be either a positive or negative evaluation of one's own thinking, as in how they feel about it. Some reports reveal that there is a causal relationship between detrimental use of alcohol and tobacco and a range of various psychiatric, behavioral disorders and noncommunicable conditions. Alcohol use can temporarily raise or lower self-esteem, but it typically creates lower self-esteem in the long-term. Low or high self-esteem can be contributing factor to alcohol abuse and dependence, but an appropriate level of self-esteem is a powerful tool in the battle against alcoholism. Few studies investigate whether there is an association between self-esteem with demographic characteristics and outcome shows that lower self-esteem was significantly associated with current depression and other psychiatric disorders. In the study, We have analyzed the research articles related to self-esteem and alcohol syndrome published in pubmed between 1969 to 2022. A total of 8 studies related to the theme self-esteem and alcohol dependence syndrome were included in this research article. The studies suggest that high self-esteem is significantly associated with increased use of alcohol use and also cigarette smoking.

**Keywords:** Alcohol use, Alcohol dependence, Psychiatric disorders, self-esteem or self-esteem.

## Introduction

Alcohol use is defined as a non-medical consumption of psychoactive substances like beer, wine, whiskey and other alcoholic beverages that have dependence-producing properties which have been widely used in many cultures for centuries.

## World Health Organization

A person involving frequently or over intake of alcohol which leads to alcohol use disorder. People cannot stop drinking, even when it causes problems, emotional distress or physical harm to themselves or others.

Recent Studies revealed that alcohol consumption among both men and women which is higher in rural than in urban India. National Family Health Survey-5(NFHS-5), 2019-2021 shows that overall, 1% of women aged 15 and over drink alcohol, compared to 19% of men in the same age group. Around 1.6% rural and 0.6% urban among women and 19.9% and 16.5% respectively among men. Of all states, Arunachal Pradesh has the highest proportion of both men (53%) and women (24%) who drink alcohol. The lowest consumption of alcohol in Lakshadweep 0.4% and Gujarat 5.8% respectively.

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According to the National Crime Records Bureau (NCRB) 6,172 People died between 2016 and 2020 due to the consumption of illicit liquor in India.

There are several factors associated with current alcohol consumption such as family problems, direct observation of drinking friends and relatives, societal factors include level of economic development, culture, social norms and availability of alcohol. Individual factors play a major role which include people aged especially (20 to 39 years) gender especially higher in male population and poorer individuals experience greater health and social harms from alcohol consumption than more affluent individuals.

### Reviews Related to Self Esteem:

Trucco Em Connery HS et al. (2007) conducted a study to investigate whether self-esteem is associated with clinical and demographic characteristics, self efficacy expectancies and post treatment drinking outcome. The size of the sample are 41 women and 60 men. The study concluded that lower self-esteem was significantly associated with current depression and other psychiatric disorders. self-esteem was not related to gender, relapse, other one year drinking outcomes or self-efficacy. Age and psychiatric disorder were strong predictors of self-esteem at follow-up ( PMID: 17453609)<sup>1</sup>.

Guillon A, Chaveau, et al. (France) 2012 conducted study to compare the self esteem of women who are alcohol dependent and self esteem of women who have become abstinent in various domains (social, familial, professional). The sample contained 71 women divided into three groups. A tool used is the coppermith self esteem inventory. Results shows that a significant difference was found for general self esteem ( $p=0.001$ ) familial ( $p=0.01$ ) and professional ( $p=0.03$ ) between the three groups of women. The study concluded that this study has shown evidence that general, familial and professional self esteem drops in alcohol dependent women and in women who has become abstinent compared to a general population. (PMID:22464891)<sup>2</sup>.

Pedersen Er, HSU SH, et al. (2013) conducted a study to examine the relationship between collective self esteem, acculturation and alcohol related consequences among Asian American young

adults. The sample size 442 Asian American young adults. The results shows that participants with lower acculturation and greater private collective self esteem experienced more alcohol consequences. The study concluded that differential aspects of collective self esteem may serve as protective or risk factors for Asian American young adults depending on degree of acculturation ( PMID\_ 23480211)<sup>3</sup>.

Savasan A, can o, Turkey 2017 conducted the randomized study to determine effect of the psychiatric nursing approach based on tidal modal on coping and self esteem in people with alcohol dependency. The method used for study was semi - experimental in design with a control group. The sample size 36 individuals (18 experimental, 18 control). The conclusions of the study may provide practice or Theoretical basis for improving coping behavior and self esteem and facilitating the recovery process of alcohol dependents with implication for mental health nursing.(PMID-28499567)<sup>4</sup>.

Szinay D, Tombor I, et al. (kingdom) 2019 conducted a cross \_ sectional correlation study to investigate whether self esteem is associated with smoking status and alcohol consumption. The sample size 187,398. The study concluded the lower self esteem appears to be positively associated current smoking and excessive alcohol consumption and negatively associated with current alcohol consumption ( PMID- 31720364)<sup>5</sup>.

Nadaleti NP, Ribeiro JF et al. ( Brazil) 2019 conducted a study to evaluate self esteem and the consumption of alcohol, tobacco and other substances in outsourced workers. The sample of the study was 316 outsourced workers. A tool used for Rosenberg self esteem scale. The results shows that the majority of workers had high self esteem. This study concluded that it contributes to the increase of knowledge due to the small number of studies involving this subject and to contribute to the nurses to having subsidies to work with this population using strategies to combat the triggers of psychic disorders( PMID \_ 31618392)<sup>6</sup>.

Schick MR, Nalven et al. ( Island) 2020 conducted study to examine the structure of the self esteem items of the American drug and alcohol survey and to better understand the relationship among self esteem, alcohol use, and alcohol related problem in

all adolescents. The sample of the study (N= 3,498) was all adolescents which includes (male 14.8%-female 47.7%). Results show that interpersonal self esteem positively associated with alcohol consumption and alcohol related problems. (PMID: 32584078)<sup>7</sup>.

Gierski, de waver Benzerouk, et al. (France) 2020 conducted a quantitative study with the aim of investigating the relationship between self esteem and alcohol use among college students. The sample size was 343 college students. The tool used is the coppersmith self esteem inventory, as well as mood, impulsiveness alcohol and other substance relative measure including drinking motives. Results show that one group with a high level of self esteem and low level of anxiety and depression and other group with low level of self esteem and high level impulsiveness, mood syndrome drinking to cope motives. The study conducted high self esteem among college students. (PMID: 31845969)<sup>8</sup>.

SOURCE: PubMed  
YEAR: 1969-2022

### Conculsion

Alcohol use can temporarily raise or lower self-esteem, but it typically creates lower self esteem in the long-term. Low or high self-esteem can be a contributing factor to alcohol abuse and dependence, but an appropriate level of self-esteem is a powerful tool in the battle against alcoholism. Prevention measures which increases self-esteem by focusing on their personal beliefs about themselves is another way of intervention in reducing alcohol related complications and consequences.

**Conflict of Interest:** The authors have no conflict of interest regarding this investigation.

**Source of Funding:** Self funding.

**Ethical Clearance:** Since it is a concept based study and not involved any human as samples,ethical clearance is not obtained.

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