

EFFECTIVENESS OF GROUP THERAPY ON SELF-ESTEEM AMONG PATIENTS WITH ALCOHOL DEPENDENCE SYNDROME

Sajil. G¹, MSN, Mrs. Santhi. S², Mrs. Sujatha . V³

¹Student .Student, (MSN), ²Professor, Faculty of Nursing, ³Reader, Faculty of Nursing

^{1,2,&3}College of Nursing, Sri Ramachandra University, Porur

¹sajj Jasmine01@gmail.com

²santhiramesh2007@rediffmail.com,

³sujaramesh2007@rediffmail.com

Abstract: The alcohol dependence is a burning problem in our country, the present study spot lighted to the reviewer to know about the group therapy on self-esteem among alcohol dependence admitted in the Sri Ramachandra Hospital (SRH), Chennai. The subjects were evaluated through pre & post intervention to assess the level of self-esteem. The findings of the study showed that the group therapy enhance their self-esteem and quality of life.

Key words: Alcohol, group therapy, self esteem

INTRODUCTION

Alcohol is a long term disease which are progressive and life threatening. It is due to traumatic events in life, social events, stress in life. It causes domestic doom & family valences. Children are affected showing aggressive, low self-esteem in coordination with other children. According to WHO, (2011) globally, 6.2% of all male deaths are attributable to alcohol, when compared to 1.1% of female deaths. As per population census by national survey (2008) showed that the population in India is 1.027 billion. Nearly 60 million constitute the alcohol dependence syndrome population. Among them 63% of alcoholic people live in rural and 37% in urban areas.

Objectives

1. Assess the level of self-esteem among patients with alcohol dependence syndrome.
2. Determine the effectiveness of group therapy on self-esteem.
3. Associate the level of self-esteem with the selected demographic variables of patients with alcohol dependence syndrome

Methods

The research design adopted was preexperimental one group pretest and posttest. The setting selected for the study was alcohol dependence syndrome who were admitted in the Psychiatric ward at SRH. The samples selected for the study were patients admitted with alcohol dependence syndrome. The inclusion criteria includes, who could understand and speak Tamil or/ English, who came after detoxification period who scored moderate and low level of self-esteem, who were between 21-50 years of age Exclusion criteria patients who were not co-operative, who had relapse. The sample size was 30 and the sampling technique used was convenience sampling technique.

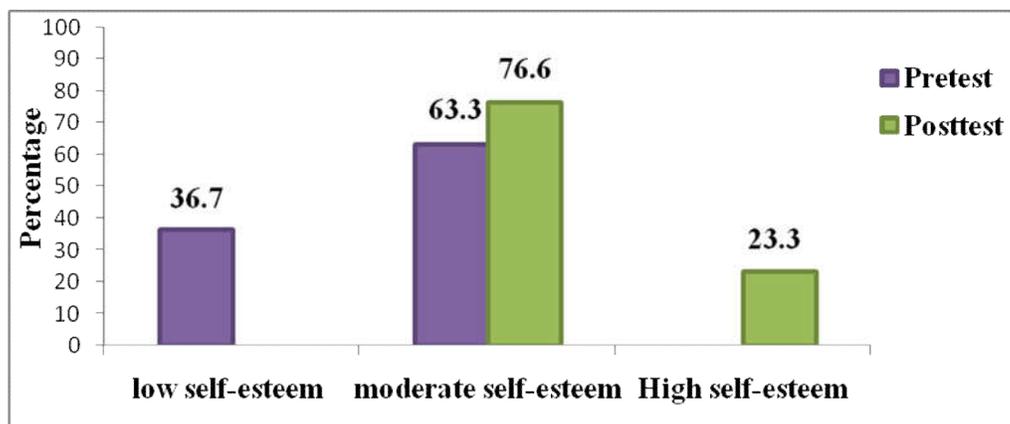
The Description of the tool consists of two parts one is Demographic variables of patients with alcohol dependence syndrome and other one is Rosenberg self-esteem scale. Demographic variables of patients with alcohol dependence syndrome consist of age, educational status, locality, occupation, income per month, marital status, type of family, no of children, duration, type of alcohol, amount, frequency and amount spent per day for alcohol consumption. It was developed by Rosenberg (1964). The scale has 10 items to measure the level of self-esteem among patients with alcohol dependence syndrome. The items are rated on 4 points likert scale. The following items of 1,2,4,6,7 are direct score 3,5,8,9,10, are reverse scores. The score were interpreted as < 15 - Low self-esteem, 15-25 - Moderate self-esteem 26 - 30 - High self-esteem.

Data collection

A written permission to conduct the study was obtained from the Chairman, Nursing Education and Institutional ethical committee. The period of data collection extended from 19/6/12 to 18/7/12. The investigator established rapport with the patients and necessary information about the study was given to the patients and verbal consent was obtained from the patients. Rosenberg self-esteem tool was used to assess the level of self-esteem among patients with alcohol dependence syndrome. Patients who had low and moderate level of self-esteem score was selected to the study group by using convenience sampling technique from the psychiatry ward. The sample size was 30. Pretest was conducted to the patients by using Rosenberg self-esteem tool and was evaluated by a self structured questionnaire. The group performed the group therapy for about 45mins of duration for 5 consecutive days. Bucket technique is used in which patients are asked to write their patients personal history and asked to write their experience with in the group about how did you start the alcohol consumption? Why did you withdraw from it? And problems faced due to alcohol dependence in the society. The patients are asked to put the paper in the box each patient is asked to take one paper each. The concerned patients who have the paper are asked to share their experience and support from the group members, socialization, imitation and interpersonal learning in order to overcome the adverse effect and to manage the healthy life style in future. On the 15th day posttest was conducted to the same group in Psychiatric OPD.

Major findings

Figure 1 : Frequency and percentage distribution of level of self-esteem among patients with alcohol dependence in pretest and posttest (N=30).



Frequency and percentage distribution of the level of self-esteem among patients with alcohol dependence. In pretest, majority of the patients 19(63.3%) had moderate level of self-esteem and 11(36.7%) had mild level of self-esteem. In posttest majority 23(76.6%) of them had moderate level of self-esteem and 7(23.3%) had high level of self-esteem

Table 2 Mean difference of group therapy on self-esteem among patients with alcohol dependence (N=30).

| Effect of Group Therapy | MD | SD | Paired 't' test and p value |
|-------------------------|------|------|-----------------------------|
| Overall Self-esteem | 5.10 | 4.04 | 6.919 0.000 *** |

*** - $p < 0.001$

Table 2 shows the mean difference on self-esteem among patients with alcohol dependence. There was a statistical significance in mean difference on self-esteem between pretest and posttest at the level of $p < 0.001$.

3. There was no association between the level of self-esteem and selected Demographic variables during pre and post test.

Discussion

The study indicated that the group therapy intervention for alcohol dependence patients was effective in terms of significant increased in the level of self-esteem. Low of self-esteem is the common problem among the patients with alcohol dependence syndrome and it might be associated with the pressure in the working place, family stress like separation and depending on the family members, economy problem, negative feeling like aggression, death of loved one and chronic disease.

Joolaksorn (2011) conducted a study on the effect of group therapy on self-esteem among patients with alcohol dependence. Self-esteem inventory was applied before and after group therapy, The result showed a statistically significant difference on the effect of group therapy on self-esteem of patients with alcohol dependence.

The present study showed that the reduction in alcohol use intake after group therapy among patients with alcohol dependence and also exhibited the degree of improvement in their day to day practice.

CONCLUSION

Patients with alcohol dependence syndrome are prone to develop psychological problem, such as low or moderate level of self-esteem, which will interfere with treatment outcome and result in relapse. The findings of the present study suggest that group therapy will promote high self-esteem, enhance psychological, well being, social and occupational functioning among patients with alcohol dependence syndrome. Thereby, it can help them to continue their treatment and would prevent from relapse.

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