

Quality of Marital Life and Co Dependency among Spouses of Alcoholics

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Abstract-- Marriage is a socially approved union of a male and female with the promise of lifelong dedication and emotional wellbeing. This study was conducted to assess the quality of marital life and co-dependency among 30 spouses of alcoholics. A quantitative research approach with descriptive research design was adopted. Data was collected through structured interview schedule using ENRICH quality of married life rating scale and Spann Fischer co-dependency scale. The findings on quality of marital life revealed that, 11(37%) had good quality of marital life 19 (63%) had average quality of marital life and none of them had poor quality of marital life. Also, for co-dependency, 2 (7%) had high co-dependency, 27(90%) had medium co-dependency and 1(3%) had low co-dependency.

Keyword--quality of marital life, co-dependency, spouses of alcoholics.

I. INTRODUCTION

Marriage is considered as a strong bond between a husband and wife. Substance abuse or dependence is more common among males in India. Usually, the males may start to use substances like alcohol during their pre-marital life and extend it during their post-marital life also. WHO (2022) reported that, in Worldwide, 3 million deaths occur every year due to alcohol dependence. This represents 5.3% of all deaths. It causes health consequences and brings significant social and economic losses to individuals and society at large which causes an impact on the quality of marital life.

Alcoholism is a family illness causing an impact on the entire family and their personality. The spouses of alcoholics are the prime victims and there is no way for them to escape from the alcohol dependent husband. In majority of the alcoholic families, disorganisation of the family system, disharmony like anger, arguments and verbal or physical fights, aggressive communication, depression, anxiety, stress related neurological disorders, lack of marital relationship and unexpected behaviour among them finally leads to separation or divorce. Co dependency is a dysfunctional helping relationship where one person supports or enables another person's alcoholic addiction.

Rajamani. S, Jothi (2021) conducted a correlation study on co-dependency and quality of marital life among spouses of patients with alcohol dependency syndrome.

The study was conducted among 60 spouses selected through convenient sampling technique. The data were collected through Spann Fischer co-dependency scale and ENRICH quality of marital life scale. The findings revealed that, majority (60%) had average level of co-dependency and the mean score was 49.78 with standard deviation ± 29 . There was a moderate negative correlation between co-dependency and quality of married life among the spouses. There was no association between co-dependency and socio-personal variables, and no significant association between quality of marital life and socio-personal variables.

Therefore, assessing the quality of marital life and co-dependency among spouses of alcoholics is very much essential to identify their relationship, satisfaction and happiness. There are only limited studies on quality of marital life and co dependency among spouses of alcoholics in southern parts of India. Hence the investigator is motivated to analyse the quality of marital life and co-dependency among spouses of alcoholics.

II. STATEMENT OF THE PROBLEM

A descriptive study to assess the quality of marital life and co dependency among spouses of alcoholics in a rural area at kanyakumari district.

III. OBJECTIVES

- ❖ To assess the quality of marital life among spouses of alcoholics.
- ❖ To assess the co-dependency among spouses of alcoholics.
- ❖ To find out the relationship between quality of marital life and co-dependency among spouses of alcoholics
- ❖ To find out the association between selected demographic variables among spouses of alcoholics with their quality of life.
- ❖ To find out the association between selected demographic variables among spouses of alcoholics with their co dependency.

IV. RESEARCH METHODOLOGY

The conceptual framework was based on health belief model. Quantitative research approach with descriptive research design has been adopted. After obtaining formal permission from the institutional ethics committee and the panchayat president of Nullivilai, the study was conducted. The accessible population was 30 spouses of alcoholics residing in the rural area who fulfilled the criteria of sample selection. Participants were selected using convenient sampling technique. The data collection tool consisted of two sections. Section A dealt with the demographic variables, Section B dealt with ENRICH quality of marital life rating scale and Section C dealt with Spann Fischer co-dependency scale. Data collection was done through structured interview schedule for 30 minutes.

V. RESULTS AND DISCUSSION

The findings of the study were analysed based on the objectives of the study

Demographic Variables

The frequency and percentage of demographic variables among spouses of alcoholics, majority 14(47%) were between the age of 30 – 40 years, 13 (43%) were educated up to school education, 18(60%) belonged to joint family, 21(70%) were Christians, 7(57%) had a family monthly income between Rs. 10,000/- to 20,000/-, 7(23%) had only one child.

The first objective of the study was to assess the quality of marital life among spouse of alcoholics.

Assessment of quality of marital life among spouses of alcoholics.

N=30

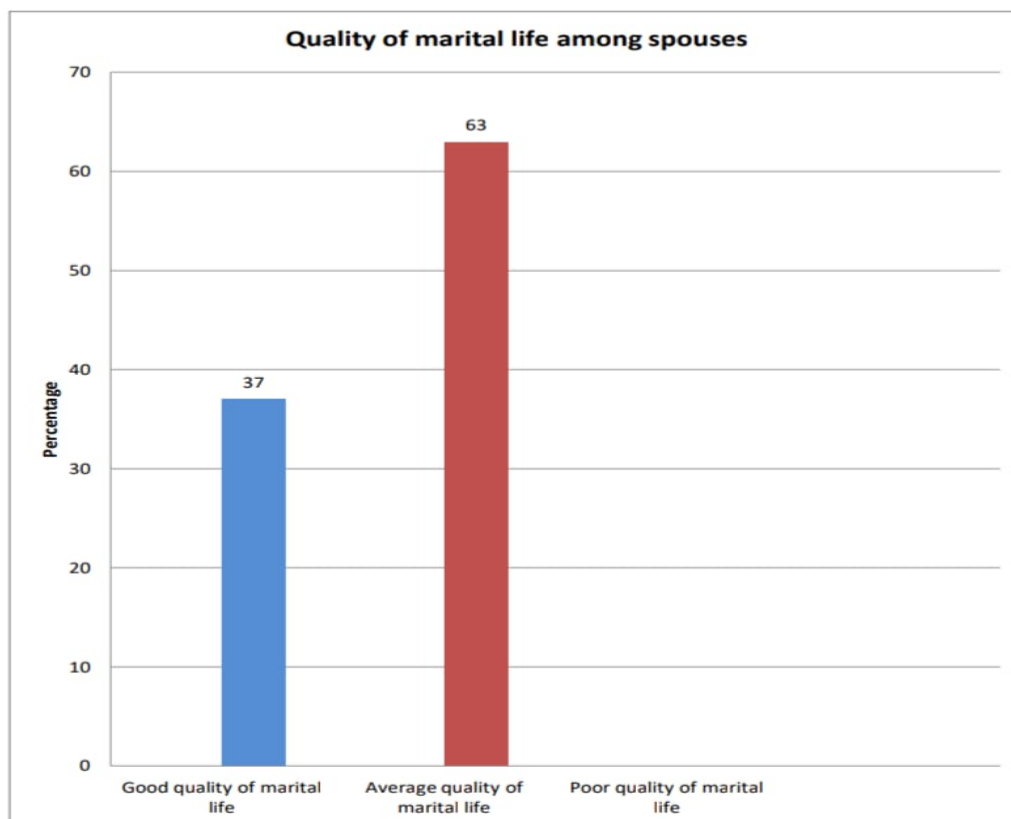


Fig. 1 : Bar chart representing the quality of marital life among spouses of alcoholics

Figure 1 depicts the overall frequency and percentage distribution on quality of marital life were 11 (37%) had good quality of marital life, 19 (63%) had average quality of marital life and none of them had poor quality of marital life.

The second objective of the study was to assess the co-dependency among spouses of alcoholics.
Assessment of co-dependency among spouses of alcoholics.

N=30

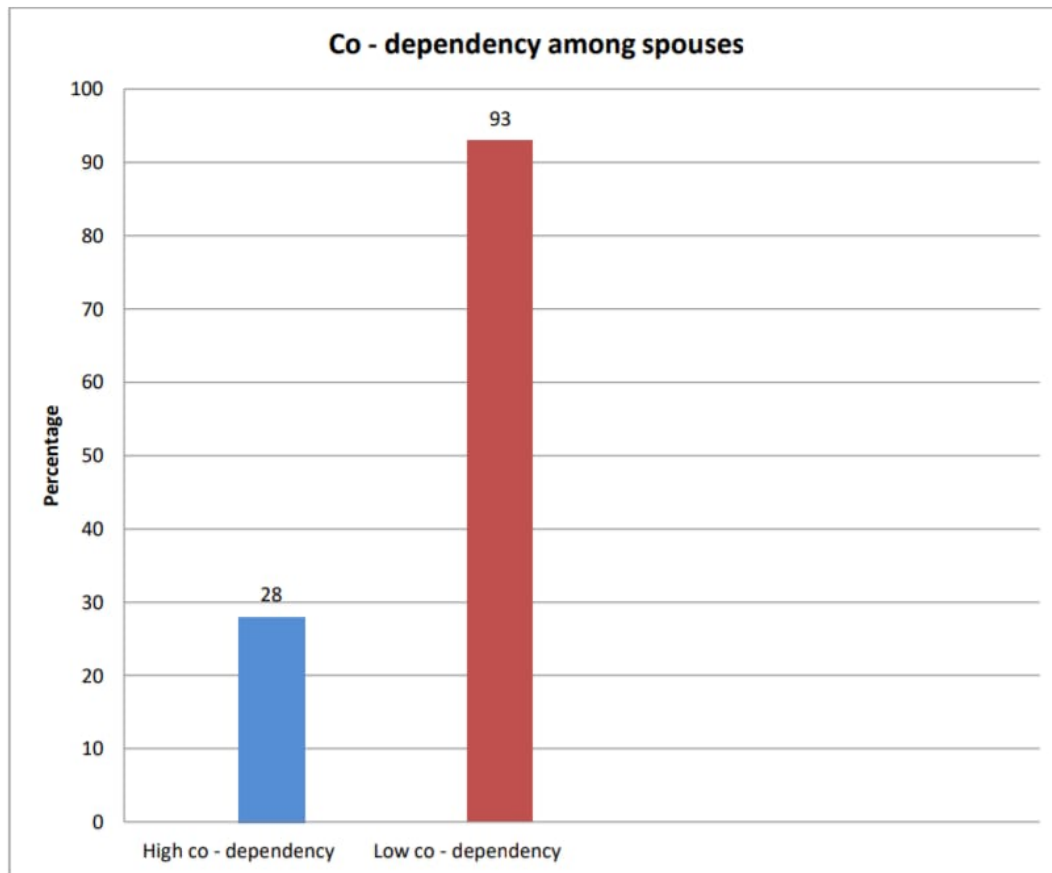


Fig 2 : Bar chart representing the co-dependency among spouses of alcoholics.

Figure 2 represents the overall frequency and percentage distribution on co-dependency among spouses of alcoholics, 2 (7%) had high co-dependency, 28 (93%) had low co-dependency.

The third objective of the study was to find out the relationship between quality of marital life and co-dependency among spouses of alcoholics.

Table 1
Relationship between quality of marital life and co-dependency among spouses of alcoholics

N= 30

Variables	Mean	Co – relation co-efficient
Quality marital life	38.6	0.632
Co-dependency	47.2	

Table 1 reveals that the mean value of quality of marital life was 38.6 and co-dependency was 47.2. The co-relation co-efficient value was 0.632 which showed that there was a positive relationship between quality of marital life and co-dependency among spouses of alcoholics. This reveals that when the quality of marital life is excellent, co-dependency will be high.

The fourth objective of the study was to find out the association between selected demographic variables among spouses of alcoholics with their quality of marital life.

The findings revealed that there was a statistically significant association type of family (Chi-square = 14.506, $P < 0.05$) family monthly income (Chi-square = 51.0024, $P < 0.05$) and member of children (Chi-square = 63.55, $P < 0.001$) with their quality of marital life. There was no association found between demographic variables such as age and religion with their quality of marital life.

The fifth objective of the study was to find out the association between selected demographic variables among spouses of alcoholics with their co-dependency.

The findings revealed that, there was a statistically significant association between religion (Chi-square = 9.65, $P < 0.05$) and co – dependency among spouses of alcoholics. There was no significant association between age, education, type of family and family monthly income with the co-dependency among spouses of alcoholics.

The above findings were concurrent with a descriptive study conducted by paul. c. etal. (2018) on ascending the level of co – dependency and quality of marital life among spouses of patient with alcohol dependent syndrome. Eighty spouses were selected through convenient sampling technique. Data were collected using span fisher co – dependency scale and ENRICH quality of marital life. The result showed that, the majority 48.75% were moderately co – dependent and 41.25% were severely co – dependent.

The mean quality of marital life was 36.75 with standard deviation 19.54. also there was a negative correlation between co - dependency and quality of marital life ($r = 0.302$). Significant association was found between co – dependency and gender ($p= 0.0012$), Education ($p = 0.17$) duration of marital life ($P = 0.0002$) and previous history of abstinence ($p=0.0138$).

VI. CONCLUSION

Alcohol dependence is highly associated with poor marital quality life and co dependence leading to adaptation of faculty communication patterns and behaviour leading to unhappiness, poor adjustment, and a high degree of dissatisfaction with their relationships. The community health nurses working in the rural area shall plan a routine assessment of the spouses of alcoholic dependents and create an awareness in terms of service availability for the person with alcohol dependence to enhance social support and promote awareness in the society with information regarding alcohol abuse and its consequences and available treatments. The above research findings may be a footstep to plan experimental studies on marital problems and to improve the quality of life with a positive level of coping among the spouses of alcoholics.

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