



TO STUDY VARIOUS PSYCHOLOGICAL FACTORS RESPONSIBLE FOR THE INITIATION AND MAINTENANCE OF ALCOHOL CONSUMPTION

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INTRODUCTION :

Amongst the wide variety of addictions the alcohol addiction is most common perhaps because of easy and legal availability and partly due to social acceptance.

Alcoholism today is in alarming public health problem drink chosen for pleasure gradually becomes a daily drink and ultimately everything vanishes only the drink remains. There is only a hair line demarcation between Alcohol as drink and alcoholism.

Alcoholism is on the rise not only in the United State but other parts of the world also. In the United State there are same two lakhs more new cases each year and an increasing proportion of these cases in teenagers. Infact alcoholism has been called the teenage tragedy of the seventies. Alcohol has been associated with over half of the death is and major injurious suffered in out mobile accidents each year and with about 50% of all murders and 30% of all suicide, the financial drain imposed on the economy by alcoholism is estimated to be over 25 billion dollars a year. The life upon of the average alcoholics is about twelve year. The Roman poet Horace in the first century B.C. wrote lyrically about the psychological effects of wine. It disclosed secrets, rectifies and confirms our hopes, thrusts the coward forth battle, ceases the anxious mind of its burden. Instructs in arts. Whom has not cheerful glass made eloquent whom ant quite force and easy

from pinching poverty.

It is accepted fact that man eats only for survival but also for the fulfillment of his other basic needs food is the fulcrum from which emotions like love and hate revolves, it is chanel for inter personal relationship as well as the medium on communication, as the time changes it is effecting the eating pattern of the society. This change is influenced by urbanization, literacy, electronic media and other modes of the advertisement.

Alcoholism effect the eating pattern of the family and only by giving the financial burden but also through its psychosocial effect.

Rising trends of use of alcohol had made the alcohol not only the part of meal but its psychological and behavioral effects had changed the eating patterns of alcoholics and their family. Although the cause of initiation and maintenance of regular drinking is

complex but genetic, biochemical, maladaptive pattern of adjustment to the stress of life, socio cultural factors are come of the major factors for alcoholism. This part of the country is equally sufferer of the evil of alcoholism inspiring for this study. This study has observed details of Dietary pattern and psycho-social of chronic alcoholics initiation and maintenance of alcohol consumption.

Research Methodology :

The study was carried out in Rewa District of M.P. Rewa district was selected purposively for this study. Rewa city is having its Historical importance of being the capital of Karchuli and Bughel dynasty, and is was the capital of Madhya Pradesh also the consumption fo alcohol in this area was prevalent since long back but steep rise has been observable in near past inspiring author for this study.

There are various psychological compents behind the initiation and maintenance of alcoholism among the individuals leading to various chronic illness. It was therefore thought to first make survey of chronic alcoholics of Rewa town and find various psychological components.

The sample of the study consist 500 person who were taking alcohol regularly for more then five years from the various part and class of the city. The present study was conducted in the urban population of the Rewa town 500 cases of chronic alcoholism were studies, 100 from each socio economic group. Data

were collected by personal interviewing of alcoholics and their family members.

Collected data were coded and then contingency tables were prepared. The percentage were worked out or interpretation of data and statistical test used in this study. The information regarding alcohol consumption and maintenance were obtained by questionnaires cum interview methods. The information were collected from the alcoholics regarding their alcohol consumption regarding their alcohol consumption psychological aspect and physical illness.

The interviews were conducted in the most familial and informal manner. The purpose of study was explained to the person before, interviewing them they were also made sure that information's gathered from than will be kept confidential and only be used for academic purpose.

Result and Discussion:

Table - 1 Age and Sex wise Distribution of the Chronic Alcoholics

S.N.	Age in years	Male		Female		Total	%
		No	%	No	%		
1	Less than 20 years	-	-	-	-	-	-
2	21 – 30	84	18.6	5	10.0	89	17.8
3.	31-40	176	39.11	18	36.0	194	38.8
4.	41-50	122	27.1	14	28.0	136	27.2
5.	51-60	43	4.5	10	20.0	53	10.6
6.	Above 60 years	25	5.5	3	6.0	200	5.6
	Total	450	100.00	50	100.00	500	100.0

Table 1 reveals that the bulk of the subject (66%) were in the age range of 31 to 50 years. The mean age of the subjects was 39.4 years. The male, female ratio was

9:1. Age wise distribution of the female cases was similar to the makes.

Table - 2 Marital status of the Subjects.

S.No.	Marital Status	No. of Cases	Percentage
1.	Married	400	81.6
2.	Unmarried	60	12.0
3.	Widower	32	6.4

The above table shows that majority of the subjects (81.6%) were married. Alcoholism was observed in 12.0% unmarried and 6.4% widowers.

Table - 3 Educational Status of the Subject

Educational Status	No. of Cases	Percentage
Illiterate	21	4.2
Up to 5 th class	86	17.2
6 th to 10 th	42	8.4
Higher Secondary/Intermediate	186	37.2
Graduation	91	18.2
Post Graduation	74	14.8
Total	500	100.0

Table - 3 shows that majority of the subjects (37.2%) were Higher Secondary/Intermediate educated. The next class was post graduate and 5th class education contributing 18.2% and 17.2% respectively only 4.2% subject were illiterate.

Table - 4 Occupational Status in Relation to Socio Economic Status.

S.No	Occupation	Total No of Cases	Socio-Economic Status											
			Upper		Upper Middle		Middle		Lower Middle		Lower			
			Nb	%	Nb	%	Nb	%	Nb	%	Nb	%		
1	Professional	40	22	55.0	9	22.5	9	22.5	-	-	-	-		
2	Semi-professional	53	23	43.3	15	28.3	15	28.5	-	-	-	-		
3	Business class	128	46	35.1	46	35.1	24	18.7	7	5.4	7	5.4		
4	Agriculture	38	9	23.6	11	28.9	14	36.8	2	5.2	2	5.2		
5	Clerical	68	-	-	11	11.1	23	33.8	32	47.0	2	2.9		
6	Class IV emp.	83	-	-	-	-	1	1.2	48	57.8	34	40.9		
7	Labour	54	-	-	-	-	-	10	18.5	44	81.5	-		
8	Unemployed	12	-	-	1	8.3	8	66.6	1	8.3	2	16.6		
9	Other	24	1	4.1	8	33.3	6	25.0	-	-	9	37.5		
	Total	500	100	-	100	-	100	-	100	-	100	-		

Statistical $\chi^2 = 52.57$, d.f.=32(P<0.01) significant inference.

Table 4 reveals that none of the alcoholics among the professional and semi professional was in the lower and lower middle group. Clerical, Class iv employees, unemployed persons and labours were maximally below the middle socio economic group. Their observations were statistically significant. Table - 5 Age of onset of drinking in relation to socio-economic status

Age of onset drinking years	Total No. of Cases	Socio-Economic Status									
		Upper		Upper Middle		Middle		Lower		Lower	
		No	%	No	%	No	%	No	%	No	%
Less than 20	56	3	5.35	4	7.14	19	33.92	9	16.07	21	37.5
20 to 25	208	47	22.59	31	14.90	33	15.86	60	28.84	37	17.7
26 to 30	196	42	21.42	57	29.08	43	21.93	23	11.73	31	15.81
31 to 35	28	5	17.85	7	25.0	3	10.71	6	21.42	7	25.0
36 to 40	12	3	25.0	1	8.33	2	16.66	2	16.66	4	33.33
Above 40	-	-	-	-	-	-	-	-	-	-	-
Total	500	100	-	100	-	100	-	100	-	100	-

Statistical $\chi^2 = 40.81$, d.f.=26(P<0.01) Highly significant.

Table 5 shows that early onset of drinking is more prominent in lower and middle socio economic states, Among the 56 persons who started drinking below the age of 20 years, 5.35% were from upper class, 7.14% from upper middle, 33.92% from middle and 37.5% from lower class. Among the 404 persons. Who started drinking between the age of 20 to 30 years. 22.2% were from upper class, 21.7% from upper middle, 18.8% from middle, 20.5% from lower class, from 31 to 40 years of age onset of drinking was almost similar in all the classes.

Table - 6 Showing various persons for Initiation of alcohol drinking in various socio economic status

Reasons for Initiation of drinking	Total No. of Cases	Socio-Economic Status									
		Upper		Upper Middle		Middle		Lower		Lower	
		Nb	%	Nb	%	Nb	%	Nb	%	Nb	%
For company sake	294	58	19.72	65	22.10	55	18.70	57	19.38	54	20.06
Out of Curiosity	116	17	14.65	9	7.75	16	13.79	35	30.17	34	33.6
Frustration and tension	42	5	11.90	11	26.19	18	42.85	6	14.28	2	4.76
For seeking pleasure	20	7	35.0	5	25.00	6	30.0	2	10.0	-	-
Transient situational reaction	18	8	44.4	7	38.8	3	16.66	-	-	-	-
Loneliness and Boredom	10	5	50.0	3	30.0	2	20.00	-	-	-	-
Total	500	100	-	100	-	100	-	100	-	100	-

Reasons for Maintenance	No of cases	Percentage
To avoid psychological with draw	54	10.80
Craving for alcohol	38	7.60
Inability to control Impulse	58	11.60
For company sake	138	27.60
For seeking pleasure	126	25.20
Compacting frustration and tension	36	7.2
For relief of somatic complains	18	3.6
To avoid physical with drawal	32	6.4
Total	500	100.00

Statistical $\chi^2 = 36.67$, $df=20$ ($P<0.05$) significant.

Table 6 shows that company sake initiation of drinking was almost similar in all the socioeconomic groups. Initiation of alcohol drinking due to curiosity was common in lower (33.6%) and lower middle (30.17%) class. As alcohol drinking due to frustration and tension, for seeking pleasure, transient situational reaction due to loneliness and bored owe was most common in upper class and its incidence reduces with the socioeconomic status. The observation of the above table were statistically significant.

Table - 7 Factors Responsible for maintenance of Alcoholism

Above table shows that among the various factors responsible for sake drinking and seeking pleasure were most common, contributing 27.6% and 25.2% respectively. The subject had continued in 10.8%, Craving for alcohol 7.6%, inability to control impulse 11.6%, to overcome frustration and tension 7.2%, for relief of somatic symptoms 3.6% and to avoid physical with draws in 6.4%.

CONCLUSION :

The present study various psychological factors responsible for the initiation and maintenance of alcoholic consumption was conducted in the urban population of Rewa town. 500 cases of chronic alcoholism were studied. 100 from each socio economic group Data were collected by personal interviewing of alcoholic and their family members.

It is believed that this study had find out various physical and psychological comport and detail dietary habits, nutritional intake and deficiencies among the chronic alcoholics.

Over all impression is that alcohol is a disease spectrum encompassing the bio-socio culture, psychiatric physical. Dietary and nutritional subject.

Its chronic use has forced the patient for various physical and nutritional ailments of almost importance

is the endeavors of all component of society to remove this social evil. Intensive anti alcoholic programe is essential through government agencies and social organization to remove this evil and save the society particularly youngsters.

