

Research Article

“A study on Psycho-social problems faced by the adolescent children in alcoholic family.”

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Abstract: The purpose of this study is to discuss the psychosocial issues that adolescent children face when their parents are alcoholics. The study was conducted using published articles, books, and websites. According to the World Health Organization, approximately 2 billion people consume alcoholic beverages worldwide, with 76.3 million having a diagnosable alcohol use disorder. Alcoholics' children in India face significant difficulties. The uncertainty of his behavior, poor communication, social embarrassment, fear of the future, frustration at not being able to change his drinking, and having to take on his responsibilities on top of her own puts her under a great deal of physical and mental stress. Children have higher rates of depression and anxiety than adults. Children of alcoholics frequently engage in suicidal behavior as a result of the stress caused by their fathers' drinking. Children of alcoholics frequently engage in suicidal behavior in response to the stress brought on by their father's drinking. It has an impact on children's education. Children's psychosocial difficulties among alcoholics were highlighted in the study. As a result, the central and state governments should adopt strong measures to restrict India's alcohol supply.

Keywords: Alcoholic Father, Alcoholism, Adolescent Children, Psycho social problems.

INTRODUCTION:

"Alcoholism should be used with caution; it refers to harm caused by excessive alcohol consumption, whether mental, physical, or social. People have sought for state-of-mind or insight-altering substances in all societies and at all times throughout history. Offspring of alcoholics have been defined as a population in danger to some extent, due to ineffective family arrangements that stifle psychosocial development in children exposed to parental drinking. They become perplexed, enraged, and dangerous. They are more likely to get addicted on alcohol, mental health disorders, and related conduct and social concerns." Alcoholism should not be tolerated.

ADOLESCENT

Children between the ages of 12 and 18 have an especially difficult time. They're going through a lot of changes in their bodies and in their emotions. They also frequently feel misunderstood as they struggle to grow up and leave their childhood behind. Rebellious conduct, lying, cheating, school performance problems, poor attitudes, disobedience and disrespect, sibling rivalry, drug and alcohol misuse, peer pressures, depression, and sexuality concerns are all typical throughout adolescence. See the section on Problems Children and Teens Face for further information on these topics. Children between the ages of 12 and 18 have an especially difficult time.

IMPACT ON THE FAMILY

Alcoholism has a physical impact on the way a person behaves, thinks, and feels. It can also have these effects on family members. Despite the fact that alcohol is the major guiding force of family life, creating trauma and molding each individual's development, family members will work hard to hide this fact. Addiction has the ability to ruin a family. No family wants to be destroyed, therefore they often try to ignore the problem, believing that if the problem is addressed, the family would come apart. However, confronting the issue at least provides hope for a solution. It will only get worse if the family does not confront it. It continues to spread through the family without treatment, creating agony and uncertainty.

CHARACTERISTICS AND PERSONALITIES OF CHILD WHO GREW UP WITH ALCOHOLISM AT HOME

Children who grow up in an alcoholic family develop personality traits and characteristics that are similar to those of their parents. In 1983, Dr. Janet Woititz published *Adult Children of Alcoholics*, a national best-seller. She highlighted 13 characteristics of adult offspring of alcoholics, but these same qualities may be extended to people who grew up in homes with other compulsive habits such as gambling, drug misuse, or overeating. Adult children who had chronic disease, strong religious attitudes, foster care, and other dysfunctions shared the same features, according to Woititz.

CHILDREN OF ALCOHOLICS

Problems faced

- * The self - imposed commands
- * The self - protection roles
- * Signs to identify these children
- * Guidelines to parents

PROBLEMS FACED BY THE CHILDREN OF ALCOHOLICS

- * Physical needs not taken care of
- * Educational needs not met
- * Lack of care and warmth
- * No financial security
- * Lack of a role model

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- * Loss of self – esteem
- * Difficulty with intimate relationships
- * Living in constant fear and anxiety

THREE PAINFUL SELF - IMPOSED COMMANDS

- * Don't talk
- * Don't trust
- * Don't even feel

SELF - PROTECTION ROLES

- * Responsible child
- * Adjusting child
- * Rebellious child
- * Placating child

A child being raised by a parent or caregiver who is suffering from alcohol abuse may have a variety of conflicting emotions that need to be addressed in order to avoid future problems. They are in a difficult position because they cannot go to their own parents for support. Some of the feelings can include the following:

- **Guilt.** The child may see himself or herself as the main cause of the mother's or father's drinking.
- **Anxiety.** The child may worry constantly about the situation at home. He or she may fear the alcoholic parent will become sick or injured, and may also fear fights and violence between the parents.
- **Embarrassment.** Parents may give the child the message that there is a terrible secret at home. The ashamed child does not invite friends home and is afraid to ask anyone for help.
- **Inability to have close relationships.** Because the child has been disappointed by the drinking parent many times, he or she often does not trust others.
- **Confusion.** The alcoholic parent will change suddenly from being loving to angry, regardless of the child's behavior. A regular daily schedule, which is very important for a child, does not exist because bedtimes and mealtimes are constantly changing.
- **Anger.** The child feels anger at the alcoholic parent for drinking, and may be angry at the non-alcoholic parent for lack of support and protection.
- **Depression.** The child feels lonely and helpless to change the situation.

Although the child tries to keep the alcoholism a secret, teachers, relatives, other adults, or friends may sense that something is wrong. Teachers and caregivers should be aware that the following behaviors may signal a drinking or other problem at home:

- Failure in school; truancy
- Lack of friends; withdrawal from classmates

- Delinquent behavior, such as stealing or violence
- Frequent physical complaints, such as headaches or stomachaches
- Abuse of drugs or alcohol; or
- Aggression towards other children
- Risk taking behaviors
- Depression or suicidal thoughts or behavior

CHARACTERISTICS AND PERSONALITY TRAITS OF A CHILD OF AN ALCOHOLIC:

- 1. Fear of losing control:** Children of alcoholics maintain control over their behavior and feelings. They also try to control the behavior and feelings of others. They do this because they are afraid not because they want to hurt themselves or others. They fear that if they relinquish control their lives will get worse, and they can become very anxious when they are not able to control a situation.
- 2. Fear of Emotions or Feelings:** Adult children of alcoholics tend to bury their feelings particularly anger and sadness since childhood and are not able to feel or express emotions easily. Ultimately they fear all powerful emotions and even fear positive emotions like fun and joy.
- 3. Avoid conflict**

Children of alcoholics have a fear of people who are in authority, people who are angry, and do not take personal criticism very well. Often they misinterpret assertiveness for anger. Therefore, they are constantly seeking approval of others whilst losing their identities in the process. Frequently they isolate themselves.

RESEARCH METHODOLOGY

Research methodology is a way to systematically solve the research problem .It may be understood as a science of studying how research is done scientifically. In it we study the various steps that are generally adopted by a researcher in studying his research problem along with the logic behind them. It is necessary for the researcher to know not only the research methods/techniques but the methodology.

STATEMENT OF THE PROBLEM

Alcoholism is a disease. It also associated with several psychiatric disorders that develop independently of the alcoholism and may precede alcohol use and abuse. These independent disorders may make certain vulnerable patients more prone to developing alcohol related problems. One of the most common of these comorbid conditions is ASPD and personality disorder marked by a longstanding pattern of irresponsibility and violating the rights of others that generally predates the problems with alcohol. This bring problems in the family and affect the family system, where the child are been affected more in the family.

NEED OF THE STUDY:

Children sometimes like to be the rescuer and will form relationships with others who need their help, to the extent of neglecting their own needs. Because parents are the role model of the children so children

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may tend to get practice easily towards alcoholism Unemployment rates in alcohol treatment programs are strikingly high. Unemployment of the parents will affect the growth of the child. The child may not get any support, love, care and have a strange feeling towards the alcoholic father. In order to understand the problems of the children, elicit changes among the alcoholic father to get rid of this habit.

AIM:

To know the psycho-social problems faced by the Adolescent Children in Alcoholic Family.

OBJECTIVES:

GENERAL OBJECTIVE:

- To understand the psycho-social problems faced by the Adolescent children in Alcoholic family.

SPECIFIC OBJECTIVES:

- To study the socio-demographic profile of the respondents.
- To study the psychological problem of the respondents.
- To study the depression, anxiety and stress level of respondents.
- To study the social support of the respondents.
- To elicit the relationship of the child with his father.

FIELD OF THE STUDY:

The research is been carried out to know the psycho social problems faced by the adolescent children in alcoholic family who comes under the St.Paul'sDeAddiction Centre, Valasaravakkam and “we care organization”, Thiruvanmiyur, Chennai.

RESEARCH DESIGN:

The researcher will be using descriptive research design in this study, which is concerned with specific predictions with narrations of facts and characteristics concerning of the children living with alcoholic parents.

DESCRIPTIVE DESIGN:

Descriptive design is used in this research. The descriptive research enables researchers to describe or present picture of phenomenon or phenomena under investigation. The methodology involved in such design is mostly qualitative in nature producing descriptive data is people own spoken words and observable behavior, in this study, efforts were taken to describe the psycho social problems faced by the children in alcoholic family.

SAMPLING METHOD:

The adolescent children in alcoholic family are the main respondents. Simple Random Sampling method was used for collection of data.

SAMPLE SIZE:

The total sample size of the study is 150 respondents from St.Paul's DeAddiction centre, Valasaravakkam and WECARE Organization, Thiruvannamur.

TOOLS OF DATA COLLECTION:

Primary source: The primary sources of data were collected from the respondents by using interview schedule in which children who are been sponsored by the WECARE Organization.

The primary data helps in knowing the individuals perceptions and their attitudes, which are obtained by observing them directly.

Secondary data: The secondary data was collected from data base. The secondary data are the written information that is found in books, journals, periodicals, newspaper clippings and websites.

TOOLS FOR DATA COLLECTION:

The researcher used the structured interview schedule to collect the data from their respondents to know the psycho social problems faced by the children who are in alcoholic family includes several personal questions and the researcher can help the respondents to give the accurate answers. And also observe the reactions of the respondents.

DEFINITION OF TERMS:

Conceptual definition:

Alcoholism: Alcoholism is a broad term for problems with alcohol, and is generally used to mean compulsive and uncontrolled consumption of alcoholic beverages, usually to the detriment of the drinker's health, personal relationships, and social standing.

Alcoholics: People suffering from alcoholism are often called "alcoholics"

Psycho: Psycho means psychological. It is the phenomenon of mind and it relates to one's psychological development.

Social: This word indicates the sociological aspects which deal with human interactions and interrelations.

CHAPTER IV

ANALYSIS AND INTERPRETATION OF DATA

Table No: 14

Karl Pearson Co-efficient of correlation between the respondents' age and the variables

Age	Correlation value	Correlation value
Relationship with father	0.866(**)	P<0.01 Significant
Relationship with friends	0.576(**)	P<0.01 Significant
Social support	0.833(**)	P<0.01 Significant
DAS	-0.808(**)	P<0.01 Significant

** Correlation is significant at the 0.01 level (2-tailed).

It is revealed from the above correlation table that there is significant positive relationship between the age of the respondents and their relationship with their fathers, friends and social support.

Also it is inferred that there is significant negative relationship between the respondents' age and Depress, Anxiety and Stress. It means higher the age lower the depression, anxiety and stress.

Table No: 15

Karl Pearson Co-efficient of correlation between the respondents' number of siblings and the variables

Number of siblings	Correlation value	Statistical inference
Relationship with father	0.476(**)	P<0.01 Significant
Relationship with friends	0.548(**)	P<0.01 Significant
Social support	0.366(**)	P<0.01 Significant
DAS	0.045	P>0.05 Not Significant

It is understood from the above correlation table that there is significant positive relationship between the number of siblings of the respondents and their relationship with their fathers, friends and social support.

Also it is inferred that there is no significant relationship between number of siblings of the respondents and their Depression, Anxiety and Stress.

Table No: 16

Inter correlation matrix

	Relationship with father	Relationship with friends	Social support	DAS
Relationship with father	1	0.796(**)	0.963(**)	-0.565(**)
Relationship with friends		1	0.750(**)	-0.313(**)
Social support			1	-0.544(**)
DAS				1

** Correlation is significant at the 0.01 level (2-tailed).

The above inter correlation matrix table show the relationship between the selected variables namely relationship with father, relationship with friends, social support and Depress, anxiety and stress.

It is found from the above table that all the selected variables are having significant relationship with each other.

Table No: 17

Z' Test between the respondents' gender with regard to their relationship with their father

S.No	Gender	Mean	SD	Statistical inference
1.	Relationship with father			Z=19.153
	Male	49.07	9.883	P<0.00
	Female	73.97	2.763	Highly Significant

It is inferred from the above table that there is highly significant difference between the genders of the respondents with regard to their relationship with their fathers.

Furthermore, the mean score analysis revealed that female respondents have better rapport with their fathers than the male respondents.

Table No: 18

Z' Test between the respondents' gender with regard to their relationship with their friends

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S.No	Gender	Mean	SD	Statistical inference
1.	Relationship with friends			Z=-8.511
	Male	23.64	2.133	P<0.00
	Female	26.11	.933	Highly Significant

It is inferred from the above table that there is highly significant difference between the genders of the respondents with regard to their relationship with their friends.

Furthermore, the mean score analysis revealed that female respondents have better rapport with their friends than the male respondents.

Table No: 19

Z' Test between the respondents' gender with regard to their social support

S.No	Gender	Mean	SD	Statistical inference
1.	Social support			Z=19.878
	Male	44.16	4.379	P<0.00
	Female	55.62	1.254	Highly Significant

It is revealed from the above table that there is highly significant difference between the genders of the respondents with regard to their social support.

The mean score analysis revealed that female respondents perceive better social support than the male respondents.

Table No: 20

Z' Test between the respondents' gender with regard to their DAS

S.No	Gender	Mean	SD	Statistical inference
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1.	DAS			Z=10.566
	Male	120.43	3.496	P<0.00
	Female	104.38	13.714	Highly Significant

It is inferred from the above table that there is highly significant difference between the genders of the respondents with regard to their depression, anxiety and stress.

Furthermore, the mean score analysis revealed that male respondents have high level of depression, anxiety and stress than the female respondents.

Table No: 21

Z' Test between the respondents' Domicile with regard to their relationship with their father

S.No	Domicile	Mean	SD	Statistical inference
1.	Relationship with father			Z=15.903
	Rural	65.78	9.805	P<0.00
	Urban	39.08	4.884	Highly Significant

It is clear from the above statistical table that there is highly significant difference between the domiciles of origin of the respondents with regard to their relationship with their fathers.

Furthermore, the mean score analysis revealed that the respondents from rural community have better rapport with their fathers than the respondents from urban community

Table No: 22

Z' Test between the respondents' Domicile with regard to their relationship with their friends

S.No	Domicile	Mean	SD	Statistical inference
1.	Relationship with friends			Z=13.827
	Rural	25.56	1.157	P<0.00
	Urban	21.86	2.002	Highly Significant

It is clear from the above statistical table that there is highly significant difference between the domiciles of origin of the respondents with regard to their relationship with their friends.

Furthermore, the mean score analysis revealed that the respondents from rural community have better rapport with their friends than the respondents from urban community.

Table No: 37

One way analysis of variance between the respondents’ family income categories with regard to their relationship with their father

Respondents’ family income category	Mean	Sum of squares	Mean square	Df	Statistical inference
Relationship with father					F=390.529 P<0.00
Between groups	G1=44.84	26504.988	13252.494	2	Highly Significant
Within group	G2=60.15 G3=74.08	4988.405	33.935	147	
G1=Below Rs.5000, G2=Rs.5001-10000, G3=Above Rs.10000					

It is clear from the above ANOVA test table that there is highly significant difference between the respondents’ family income categories with regard to their relationship with their fathers.

Further, the mean score analysis revealed that the respondents whose family income is above Rs.10000, have better rapport with their fathers than the others. Especially the respondents whose family income is less than Rs.5000 need to improve their relationship with their fathers.

MAJOR FINDINGS:

- ✓ It is revealed from the above correlation table that there is significant positive relationship between the age of the respondents and their relationship with their fathers, friends and social support.

- ✓ It is understood from the above correlation table that there is significant positive relationship between the number of siblings of the respondents and their relationship with their fathers, friends and social support.
- ✓ The above inter correlation matrix table show the relationship between the selected variables namely relationship with father, relationship with friends, social support and Depress, anxiety and stress.
- ✓ It is inferred from the above table that there is highly significant difference between the It is revealed from the above ANOVA table that there is highly significant difference between the educational qualifications of the respondents with regard to their depression, anxiety and stress.
- ✓ It is clear from the above ANOVA test table that there is highly significant difference between the respondents' fathers' occupations with regard to their relationship with their fathers.
- ✓ It is understood from the above ANOVA test table that there is highly significant difference between the respondents' fathers' occupations with regard to their relationship with their friends.
- ✓ It is seen from the above ANOVA test table that there is highly significant difference between the respondents' fathers' occupations with regard to their relationship with their social support.
- ✓ It is observed from the above ANOVA test table that there is highly significant difference between the respondents' fathers' occupations with regard to their depression, anxiety and stress.
- ✓ It is clear from the above ANOVA test table that there is highly significant difference between the respondents' family income categories with regard to their relationship with their fathers.
- ✓ It is clear from the above ANOVA test table that there is highly significant difference between the respondents' family income categories with regard to their relationship with their friends.
- ✓ It is inferred from the above ANOVA test table that there is highly significant difference between the respondents' family income categories with regard to their social support.

SUGGESTION

- Effects of Alcohol should be adding in the lesson plan to aware the children.
- Minimum one social worker must be appointed in school and colleges.
- Awareness of alcoholism is should be given to the community members through play cards, campaigns, rally, etc.
- Awareness Programme must be given in School, Colleges, Corporate sectors and community.
- Many counseling center have to be established in areas affected by alcohol.
- All the hospitals should have De-Addiction ward with special attention and care given to children with one social worker.
- All the Government Hospital must have a De-addiction ward with exclusive facilities and care to treat children recover from traumatic situation.
- Children of Alcoholics should not be neglected instead essential care needs to be given by the Parents or Care Takers.
- Friends Support of Children of Alcoholics can turn vital to bring a good atmosphere to the child.
- Motivation for Higher Education for Children of Alcoholics proves crucial for the development and up liftmen of the growing child.

CONCLUSION:

Alcoholism is an expansive term for issues with liquor, and is by and large used to mean enthusiastic and uncontrolled utilization of cocktails, for the most part to the impediment of the consumer's wellbeing, individual connections, and social standing. This examination portray current realities and attributes worried of the children living with alcoholic guardians. The examination study gave an expansive thought of the drawn out effects of parental liquor abuse. Appropriate mindfulness should be given to the general public with regards to parental liquor abuse and alcoholism particularly to the children. Government should find additional fundamental ways to destroy alcoholism from the general public. The analyst got a chance to foster his insight about alcoholism through this exploration and came to think about issues of Adolescent children of alcoholic.

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