

Management Of Husband's Alcohol Withdrawal Symptoms By The Wives During The Lockdown Period Of Covid-19 -A Study

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Abstract

Alcoholism Is A Chronic Progressive, Potentially Fatal Disorder Marked By Excessive And Usually Compulsive Drinking Of Alcohol Leading To Psychological And Physical Dependence Or Addiction (Merriam Webster-2020). Alcoholism Is The Serious Social Problem That Every Society Is Facing. Every Time The Adverse Effect Of Alcoholism Are Often Experienced By Women In The Family. According To Who (2018) Report The Annual Global Alcohol Consumption Is 6.4 Liters Per Person. In India The Consumption Of Alcohol Amounted To About 5.4 Billion Liters In 2016 And Estimated To Reach 6.5 Billion Liters In 2020 (The Beverage And Consumption Statistical Report 2016). In India Kerala Has The Highest Per Capita Alcohol Consumption Of Other Than Any Other State. The Statistics Show That The Per Capita Consumption Of Alcohol At Over 8 Liters Per Person Per Year, This Is Well Above The National Average Alcohol Consumption. In The Family, Women Are The Ones Who Suffer The Most From Their Husband's Alcoholism. During The Lockdown Period Of Covid-19, Due To The Unavailability Of Alcohol The People Who Are Addicted In The Alcohol Shows Major Withdrawal Symptoms. More Than 6 Persons Who Had Severe Withdrawal Symptoms Committed Suicide Due To Lack Of Alcohol In Kerala Especially Alappuzha District. During This Period Wives Of Alcoholic Husband Faced Many Challenges And Difficulties In Controlling And Managing Their Husband's Withdrawal Symptoms. The Purpose Of The Study Is To Understand How The Wives Manage Their Husband's Withdrawal Symptoms Due The Non-Availability Of Alcohol During Lockdown Period Of Covid-19. The Family Support And Different Methods Adopted By The Wives To Make To Them Change And Cope With The Situation To Survive The Extent. Self Prepared Questionnaire Was Used In This Study Which

Consisted Of Three Parts That Part A Containing Socio-Demographic Profile Of The Respondents, Then The Next Two Parts Included The Questions Related To The Drinking Habits Of Their Husbands That Preceded The Lock Down And The Withdrawal Symptoms Of Husbands In This Period And The Methods Adopted By The Respondents To Manage And Overcome The Crisis In The Family.

Key Words: Wives, Alcohol Dependents, Withdrawal Symptoms, Management.

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Introduction

Alcoholism Is An Important Social Problem That Facing India, Just Like The Rest Of The World. Due To The Increasing Burden Of Alcohol Usage And Consumption Lots Of Social Problems Are Arisen And Observed In Different States Of India, More Than 60% Of Divorce Cases In India Are From Family Problems Caused By The Use Of Alcohol And All Of The Accused In The Increasing Violence And Murder Against Women In India Will Be Drunk. According To The Traditional Indian Concept Marriage Is Considered As Sacred And Women Had Very High Status In Family. But Now The Time The Deviation From This Concept Is Visible In The Indian Family. As Per The Statistical Report From The Government Of Various States In India The Divorce And Dissolution Of The Family Are Rising Every Year. As We Examine The Crime Records Of Different States We Can Understand That Alcoholism Is The Prime Reason For Such Crimes And Dissolution Of Family. Today Indian Family System Has Shifted From Joint Family To Nuclear Family. Women Are The Ones Who Have To Suffer And Face The Consequences Of All The Adverse Effect And Problem Caused By The Husband's Alcoholism In The Family.

In India Kerala Is One Of The Smallest States In Southwester Malabar Coast. Despite Being A Very Small State In Terms Of Population, Kerala Has The Highest Per Capita Alcohol Consumption Of Than Any Other State In India. The Culture And Traditions Are Closely Connected To The Drinking Habits Of People. It Includes The Festivals, Marriages And Other Harmonies Etc. As It Is A Coastal State, The Major Occupations Of The Peoples Are Fishing And Allied Activities These Are The Main Source Of Income. While It Is Noteworthy That

Kerala Is Ahead Of Other States In India In The Field Of Education And Health, Even Though It Is Also Noteworthy That The Problems Caused By Alcohol And The Resulting Family Breakdown Are On The Rise In Kerala. The Wives In The Family Facing Great Difficulties And Challenges For Meet The Family Needs And Their Children's Education By Their Husband Who Spend A Great Portion Of His Daily Income For Alcohol Consumption. Unemployed Women Have Forced To Borrow Money From Other Self-Help Groups Or Private Finance Organization To Cover Their Family Expenses This Will Lead Them To Debt Trap. The Lockdown That Followed To The Covid-19 Pandemic Made These Family And Women Even More Erratic. These Women Had A Hard Time To Controlling Their Husband's Withdrawal Symptoms Of Lack Of Alcohol And Managing The Other Family Expenses. It Was Very Difficult For Wives Especially Younger Wives To Manage The Problems In Those Days Of Begins The Lock Down. Gradually The Methods Adopted By Them Have Looked Very Compelling And Useful To Cope With The Situation. The More Education Will Be Empowering The Women To Face And Meet The Crateful Situations. The Unemployed Women Had Face Severe Struggles And Economic Crisis During The Lockdown Period More Than Other Women Especially In Nuclear Family. Therefore Employment And Education Is Equally Helps To Empowering Women To Meet More Crisis Situation Much Better.

Review Of Literature

Richard Molina (2001), The Head Therapist Of Recovery Village Usa Conducted A Study On 100 Alcohol Addicted Persons In America. The Major Aim Of The Study To Understand The Alcohol Patterns Of Different Individuals And Their Addiction For Alcohol. After The Study She Said That "Someone Who Struggles With Alcoholism Will Likely Have Issues Surrounding Work, Relationship, Physical Health Or Mental Health Caused By The Consumption Of Alcohol. They Will Likely Be Seen By Others As Having Difficulty Controlling Their Use".

Dr.Rabindran. (2008) Consultant Neonatologist Published A Research Article 'Alcohol Withdrawal Syndrome In 2008 In This Study He Say That Alcohol Withdrawal Syndrome Is A Cluster Of Symptoms Occurring When Someone Detoxes From Alcohol. Alcohol Dependence Is

One Of The Commonest Psychiatric Disorders, Second Only To Major Depression [1]. Approximately 50% Of Those With Alcohol Dependence Experience Withdrawal Symptoms & Up To 10% Experience Delirium Tremens [2]. Withdrawal Symptoms Usually Start About 6 Hours After Alcohol Cessation & Withdrawal Seizure Is Frequently The First Sign Occurring Within 6-48hours Of Alcohol Cessation.

Sasi M, (2011), Conducted A Quantitative Study On The Topic Of Knowledge On Ill Effects Of Alcoholism And The Attitude Towards Alcoholic Husbands As Perceived By Wives, Among 100 Wives Of Alcoholic Husband In Madananthapuram Village, Chennai The Major Findings Of The Study Were: It Was Also Noted That Overall Mean Score Of Attitude Was 76.27 With Standard Deviation 12.16 And (54%) 54 Of Them Had Good Attitude, (44%) 44 Had Fair Attitude. It Was Also Noted That There Was Positive Correlation Existed Between Knowledge And Attitude On Ill-Effects Of Alcoholisms Among Wives Of Alcoholic. It Was Also Noted That There Was Significant Association Between Level Of Knowledge With Age And Educational Status, Duration Of Alcoholism On Ill-Effects Of Alcoholism At $P < 0.05$, $P < 0.01$. H1. Hence The Research Hypothesis Was Accepted Between Knowledge And Demographic Variables Such As Age, Educational Status, And Duration Of Alcoholism. There Was No Significant Association Between Level Of Knowledge With Religion, Duration Of Married Life, Number Of Children, Occupational Status, And Family Income On Ill-Effects Of Alcoholism At $P > 0.05$. H1. It Was Also Noted That There Was Significant Association Between Attitude With Age, Number Of Children, Duration Of Alcoholism At $P < 0.05$, $P < 0.01$ Level.

Adyya Gupta, Bavani Priya, Joseph Williams. BMC Public Health Volume 15, Article Number: 636 (2015) Harmful Effects Of Alcohol Abuse Are Well Documented For Drinkers, And Adverse Effects Are Also Reported For The Physical And Emotional Well-Being Of Family Members, With Evidence Often Originating From Either Drinkers Or Their Families In Clinic-Based Settings. This Study Evaluates Intra-Household Associations Between Alcohol Abuse In Men, And Depression And Suicidal Attempts In Women, In Community-Based Settings Of Chennai, India.

Kerala State Beverage Corporation (Bevco-2018-Report). The Alcohol Sale At Onam Has Been Broken Every Record Of Previous Years. For Eight Days Starting From September 3rd to September 10th, The State Saw Sales Worth Rs 487 Crore Across All Retail Outlets Selling Foreign Liquor, A 3 Per Cent Rise From 2018. During The Same Time Last Year, Sales Of A Total Of Rs 457 Crore Had Been Recorded.

Carlo Galbicsek, (2019) Studied 50 Alcoholic Addicted Peoples Who Are In Severe Withdrawal Symptoms And He Noticed That “Individuals Struggling With Alcoholism Often Feel As Though They Can't Function Normally Without Alcohol. This Can Lead To A Wide Range Of Issues And Impact Professional Goals, Personal Matters, Relationships And Overall Health. Overtime Serious Side Effects Of Consistent Alcohol Abuse Can Worsen And Produce Damaging Complications”. In This Study He Explained That The Severe Alcoholic Addicted Individuals Can Struggle To Cope Up With His Day To Day Life Activities Without The Alcohol.

Ravi Prasad Varma (2019), The Lockdown Declared To Prevent The Spread Of Covid- 19 In India Created Unforeseen Problems, Including Severe Alcohol Withdrawal Symptoms And The Need To Manage Them. The State Of Kerala In India Saw Suicide Deaths By Six Affected Individuals, Prompting The State Government To Instruct Government Doctors To Prescribe Alcohol To Addicts. The Local Medical Association Approached The Courts Against This. These Events Raise Interesting Ethical Issues Discussed Here.

Objectives Of The Study

- To Know About The Socio-Demographic Profile Of The Respondents
- To Study What Are The Withdrawal Symptoms Found In Alcoholic Husbands During The Lockdown Period Of Covid-19, Due To The Non-Availability Of Alcohol
- To Find Out The Methods Adopted By The Wives To Manage And Control The Withdrawal Symptoms Of Husbandsin Family During This Period

Materials And Methods

Universe Of The Study Was 60 Wives Of Regular Alcoholic Drinkers Selected From Alappuzha Municipality, Kerala. Snow Ball Sampling Method Was Applied In His Study.

Tools Of Data Collection

Self Prepared Questionnaire Is The Instrument Which Is Mainly Used By The Researcher For Collecting Data From The Required Population.

Research Design

The Researcher Used Descriptive Research Design For Achieve The Research Objective In The Present Investigation.

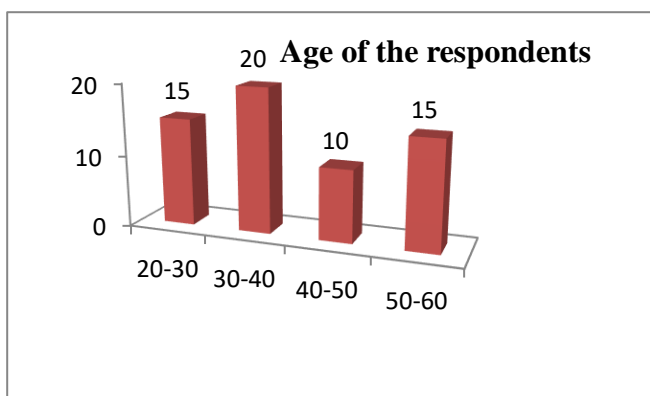
Data Analysis

The Results Were Analyzed By The Researcher From The Information Gathered By The Respondents Using Self Prepared Questionnaire. The Questionnaire Consists Of Three Parts, The First Part Includes The Socio-Demographic Characteristics Of The Respondents And The Next Two Parts Includes The Questions Related To The Drinking Habits Of Their Husbands That Precede The Lockdown Period And The Methods Adopted By The Respondents To Manage And Overcome The Withdrawal Symptoms Of Their Husbands In This Period Due To The Non-Availability Of Alcohol In This Period. The Questionnaire Structured By Total Number Of 49 Questions Related To The Objectives Of The Study. Each Question Contains 2 To 4 Choices Related To The Nature Of The Questions. The Age Of The Respondents In This Study Varies From 20 To 60 Years. The Data Were Analyzed By The Researcher After Codifying The Response Collected From The Sample Using The Questionnaire With Great Precision And Accuracy.

Results

Based On The Information Gathered From The Respondents Following Results Aredrawn

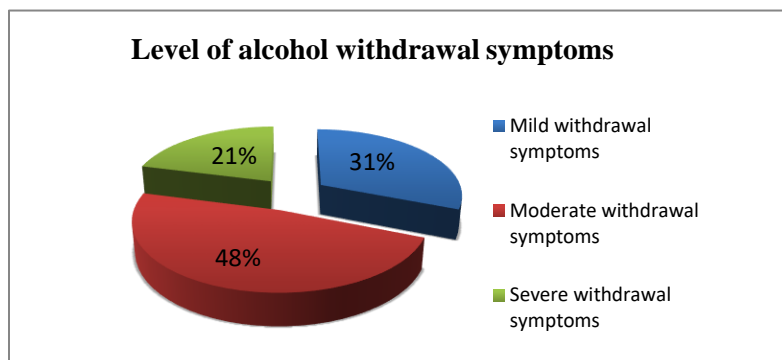
Age



Of The Respondents

The Figure 1 Shows The Age Categories Of Selected Wives In This Study. Total 60 Samples Were Selected For The Study, Which Include The Wives Of 20-60 Years Age Groups. 15 Wives Selected In This Study Under The Age Group Of 20-30 Years About 25% Of The Total Sample. 20 Wives In This Study Belongs The Age Group Of 30-40, About 33% Of Total Sample. 10 Wives In This Study Belongs The Age Category Of 40-50 Years About 17% Of Total Sample. 15 Wives In This Study Belongs The Age Group Of 50-60 Years About 25% Of Total sample. Equal **Figure 1** -Number Of Young And Elder Respondents Are Included InT his Study For The Accuracy Of Result.

Level Of Alcohol Withdrawal Symptoms Among The Total Sample

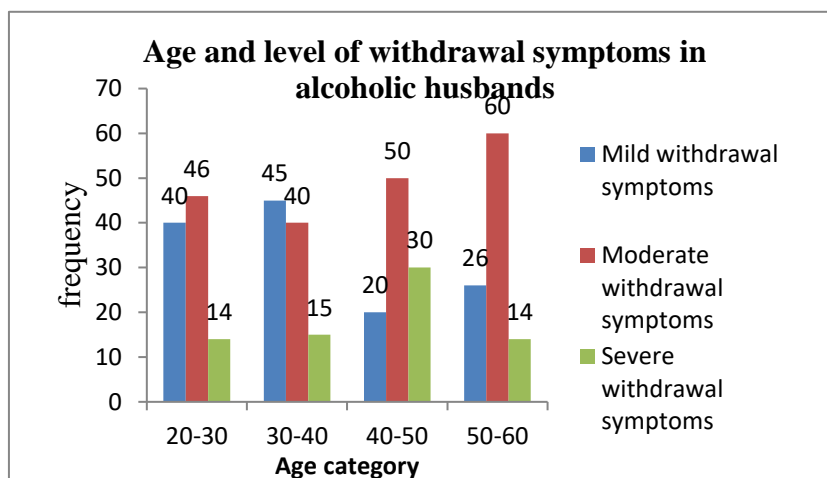


In The Total Sample About 31% Of Husbands Have Mild Alcohol Withdrawal Symptoms. The Common Symptoms Found In The Husbands Are Anxious And Nervous, Shakiness, Depressed And Irritable, Mood Swings And Difficulty Sleeping. More Than 48% Of The Samples Selected For The Study Show The Moderate Alcohol Withdrawal Symptoms. They Show **Figure 2**

Almost Every Symptoms Prescribed In The Study. In This Selected Samples Only 21% Of Husbands Showing Severe Alcoholic Withdrawal Symptoms Such As Fever, Extreme Agitation, Confusion And High Blood Pressure. The Symptoms Were Classified On The Basis Of The Symptoms Prescribed By Icd-10.

Age And Level Of Withdrawal Symptoms

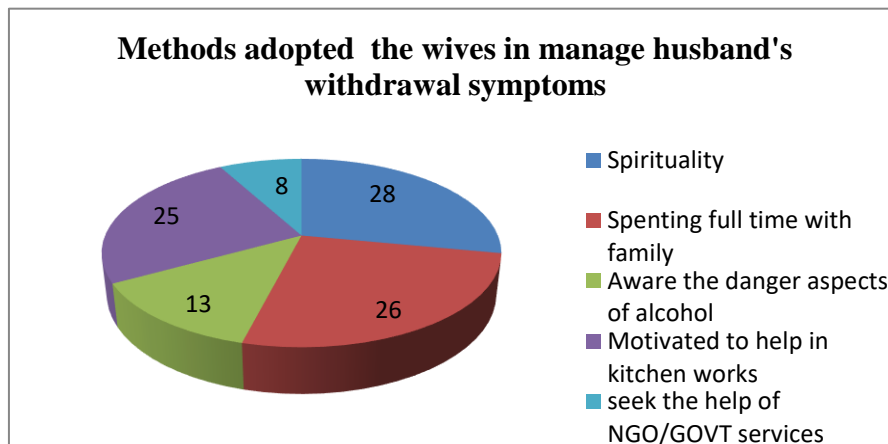
About 40% Of Husbands Between The Ages Of 20 And 30 Years Were Shown Mild Alcohol withdrawal Symptoms. 46% Of Husbands Between The Same Ages Have Moderate Withdrawal Symptoms And 14% Of Husbands On The Same Age Have Shown Severe Alcohol



Withdrawal Symptoms. 46% Of Husbands Between The Same Ages Have Moderate Withdrawal Symptoms And 14% Of Husbands On The Same Age Have Shown Severe Alcohol Withdrawal Symptoms. In The Second Category Of Age Group Which **Figure 3** Is 30-40 Years; About 45% Of Husbands Have Shown The Mild Withdrawal Symptoms. 40% Of This Age Category Has Moderate Alcohol Withdrawal Symptom And 15% Of Husbands Have Severe Alcohol Withdrawal Symptoms. The Age Groups 40-50 Years About 20% Of Husbands Show The Mild Withdrawal Symptoms. 50% Of Husbands Has The Moderate Withdrawal Symptoms In The Third Category And 30% Of Husbands Have Severe Withdrawal Symptoms. The Last Category Of The Age Group 50-60 Years, About 26% Of Husbands Have The Mild Withdrawal Symptoms Shown In This Period. 60% Of The Same Category Of Husbands Has Moderate Withdrawal Symptoms Shown And 14% Of Husbands In This Category Have Severe Alcoholic Withdrawal Symptoms. The Age Group Of 40-50 Years About 20% Of Shows The Mild Withdrawal Symptoms. 50% Of Husbands Have The Moderate Withdrawal Symptoms In The Third Category And 30% Of Husbands Have Severe Withdrawal Symptoms. The Last Category Of The Age Group Of 50-60 Years About 26% Of The Husbands Have The

Mild Withdrawal Symptoms Shown In This Period. 60% Of Same Categories Husbands Have Moderate Withdrawal Symptoms And 14% Of Husbands Have Severe Alcoholic Withdrawal Symptoms Shows In This Period.

Methods Adopted By Wives In Managing Husband's Withdrawal Symptoms



In The Total Respondents About 28% Adopted Spirituality As A Method Of Manage Husband's Withdrawal Symptoms. In The Age Group Of 40-50 And 50-60 Years. 26% Of Wives In Total Sample Encourage Their Husbands To Spend Full Time With Family. 13% Of The Total Wives Use This Time To Make Them Aware About The Danger Aspect And Ill Effect Of Alcohol Thereby They Try Capable Their Husbands To Avoid The Use Of Alcohol And Overcome The

Figure 4 Withdrawal Symptoms. 25% Of Wives Are Motivated And Engaged Their Husbands To Assist And Helps In Kitchenworks And Allied Activities. In Case Of More Severe Withdrawal Symptoms Only 8% Of The Wives In The Study Seek The Help Of Ngo/Govt Assistance Like Counseling And Other Helps To Control The Withdrawal Symptoms.

Major Findings

- About 33% Of The Respondents In This Study Belong To The 30-40 Years Of Category And 73.33% Of Husbands In This Study Belong To Unorganized Job Sector And Day Laborer.
- 36% Of The Respondents In This Study Achieve Higher Secondary Education. It's One Of The Major Factors That Influenced The Study.

- Nearly Half Of The Respondent's Spouses (48%) Have Moderate Withdrawal Symptoms; They Can Show Almost Whole Symptoms In This Period.
- The Wives Of 40-50 And 50-60 Age Category Mainly Adopted Spirituality As A Method To Manage Their Husband's Withdrawal Symptoms. 7% Of The Same Category Seeks The Help Of Ngo/Govt To Manage The Husband's Withdrawal Symptoms. It Mainly Shows In Severe Alcoholic Persons.
- Spirituality, Encouragement To Spend Time With Family And Motivation To Engage In Cooking And Kitchen Works. These Are The Common Methods Adopted By Wives To Manage Husband's Withdrawal Symptoms In This Period

Suggestions

- As Nearly Half (48%) Of The Respondents Spouses Have Moderate Level Of Withdrawal Symptoms, Social Workers Can Motivate Wives To Make Their Spouses To Do Breathing Exercises And Regular Walking
- Encouraging The Wives To Keep Their Husbands Engaged With Their Family Members
- Provide Counseling Services To The Wives
- Referral Services
- Meditations Programs And Practice Them Jacobson Relaxation Techniques.
- Organizing Sensitization Programmes On Alcoholism Through Online

Conclusion

Women Play Different Roles In The Family. In Nuclear Family Women Are More Duties And Responsibilities Rather Than The Husband. It Is Fact That There Has Been No Much More Significant Change In The Society's View That A Women Should Stay In The Family By Doing Family Work. Having No Source Of Income Of Their Own And Having To Depend On Their Husbands For Everything Is A Major Challenge Facing Wives Today. Alcoholism Is An Important Social Issue That Facing Every Society In The World. Husband's Alcoholism Is To Be The Major Challenge That Facing Women In The Family. Alcoholism Is The Root Cause Of All Problems In The Family Of An Alcoholic Husband.

When The Husband, Who Is A Regular Alcoholic, Spends Most Of His Income On Alcohol, The Wife In The Family Faces The Difficulties To Meet The Expense Of Children's Education, Cost Of Treatment And Other Family Needs. This Condition Can Lead To Women Being Debt And So On. The Present Study Focused On The Methods Adopted By Wives To Manage The Withdrawal Symptoms Of Their Husband During The Lockdown Period Of Covid-19. The Common Symptoms Found In The Husbands Are Anxious And Nervous, Shakiness, Depressed And Irritable, Mood Swings And Difficultysleeping. Most Of The Wives Facing Challenges To Manage Their Husband's Withdrawal Problems In This Period. The Study Clearly Depicts The Methods Adopted By Wives To Manage This Issue. Educated And Employed Women Can Be Only Challenging The Husband's Withdrawal Problem But The Unemployed Women Were Faced The Economic Challenge Along With The Withdrawal Problem Of Their Husbands. The Study Conducted On Various Age Categories Of Respondents So The Methods Adopted By Them Vary From Age To Age. Family Support And Affection Is The Important Factor To Manage And Control Any Behavior Problems Of The Members. The Women Have Greater Potential And Power To Make Change. It Should Be Mould By The Family. More Empowerment Can Be Making Them More Strong And Capable To Adapt The More Changes In The Society And Family.

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