

RESEARCH ARTICLE

“ A DESCRIPTIVE STUDY TO ASSESS THE QUALITY OF LIFE OF ALCOHOL DEPENDENCE PATIENTS WITH THE VIEW TO DEVELOP A HEALTH EDUCATION LEAFLET AT NEW CIVIL HOSPITAL, SURAT”

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ABSTRACT

Background Family is the key resources in the care of patient including those with alcohol dependence in India . Alcohol is widely used , alcohol in ways that do not increase risk for alcohol use problems and may also derive a health benefit , for others use of alcohol will increase their risk for **Aims and objectives** : The purpose this study was To assess the quality of life of alcohol dependence patients. And To determine association of quality of life of alcohol dependence patients with selected demographic variables. **Methodology** The study covered a period from 17/7/2017 to 03/08/2017 The research design is non-experimental, research setting selected was psychiatric ward , New Civil Hospital, Surat. The study was conducted on the alcohol dependent patients as target population and 30 alcohol dependent patients were selected as samples. Checklists were used as tool for data collection by investigators, and then tools were validated by experts. Before performing data collection written permission was taken from the concerned authority. **Results** The study revealed 30(100%) were Males, Descriptive statistics revealed that quality of life of alcohol dependent patients of which physical aspect are highest affected. in proportion of 70% has given answer Yes and 30% has given answer No. Majority 75% of the Physical aspect were affected in age group >45 years. Majority 5001-10,000RS per month. Higher 85% of the Physical aspects were affected in any other work related to occupation. **Conclusion** The study concluded that qualities of life of alcohol dependent patients were having the different type of aspect including personal aspect, physical aspect, social aspect, psychological aspect, economical aspect. They having monthly income less than 5,000 RS and 5001-10,000 RS and having occupation more in labourer. **Key word:** alcohol dependence, quality of life, leaflet

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INTRODUCTION

Alcoholism is a worldwide problem not confirmed either to developed or to developing nations. About 2 billion people worldwide consume alcoholic drinks, which can have immediate and long term consequences of health and social life. Over 76 million people are currently affected by alcohol use disorder, such as alcohol dependence and abuse. Depending on the amount of alcohol consumed lead to drunkenness and alcohol dependence. Alcohol is a major public health problem today. The adverse consequences of alcohol are not only affect the individual user, but society as a whole. Alcoholism continues to be a growing nuisance is among all the strata of the society. Alcohol is a most commonly used and abused substance especially in the western world. Alcohol dependence is one of the most debilitating psychiatric illnesses affecting 5% of people who consumes alcohol. In us alone alcoholism ranks among the four major health problem. Next to heart disease and cancer, alcohol related disorders constitute the third largest

Statement of the Problem

A DESCRIPTIVE STUDY TO ASSESS THE QUALITY OF LIFE OF ALCOHOL DEPENDENCE PATIENTS WITH THE VIEW TO DEVELOP A HEALTH EDUCATION LEAFLET AT NEW CIVIL HOSPITAL, SURAT

Objectives of the study

To assess the quality of life of alcohol dependence patients. And To determine association of quality of life of alcohol dependence patients with selected demographic variables.

Assumptions

- 1) There are various patterns of quality of life in alcohol dependent patient
- 2) Such as personal, physical, social, psychological and economical etc.
- 3) There is maximum financial problem found in alcoholic's family due to expenditure of money in alcohol.

Conceptual framework

The researcher adopted Levine's conservation model for conceptual framework. The researcher applied Levin's conservation model in order to assess the quality of life of alcohol dependence patients. This involves defining the quality of life of alcohol dependence patients and characteristics of sample with relation to principles of this model.

Methodology

Research Approach: Quantitative approach

Research Design : A Descriptive survey

Research method :-

Research setting : New civil hospital,surat

Variables :-

Independent: Health education

Dependent: Quality of life

Research population : NCH,Surat

Target population : Psychiatric ward NCH,Suarat

Sample size : 30 alcohol dependent patient

Sampling Technique : Non probability convenient

Selection Criteria for Samples:

Inclusion criteria: Alcohol dependent patient whom are willing to participate in the study and who are available at the time of data collection.

Exclusion criteria : Alcohol dependent patient with others substance abuse such as opioids, drugs

Description of the tool

Section I: Demographic data such as, age,sex,education, occupation, religion and income per month

Section II:

Inventory checklist to assess the quality of life.

Results

Major findings of the study were as below:

Section 1:

A majority 13(43.33%) of the respondents in this study belonged to the age group of 26-35 years, 30(100%) were Males, 26(87%) of respondents were Hindus, 29(97%) of the respondents were Literate, 19(63%) of the respondents were Labourer, 23(77%) of the respondents were Married, 22(73%) of the respondents had family income of 5000-10,000RS, 25(83%) of the total respondents were residing in Urban area.

Section 2: Descriptive statistics revealed that quality of life of alcohol dependent patients of which physical aspect are highest affected. The overall physical aspect was found in proportion of 70% has given answer Yes and

has given No response Related to personal aspect 54.28% respondents has given Yes where as 45.72% has given No response. Related to psychological aspect 59.33% respondents has given Yes where as 40.67% has given No response. Related to economical aspect 35.33% respondents has given Yes where as 64.67% has given No Related to personal aspect 54.28% Majority 75% of the Physical aspect were affected in age group >45 80% of the Yes respondents of Physical aspect have years. Majority 5001-10,000RS per month. Higher 85% of the Physical aspects were affected in any other work related to occupation.

Discussion

Quality of life mainly dependent on Physical Aspect: Yes:70% No:30% he qualities of life of alcohol dependant patients of age groups are having highest physical aspect. O Personal aspect is found in proportion of 54.28% has given Yes response and 45.72% has given No response. O Physical aspect is found in proportion of 70% has given Yes response and 30% has given No response. Social aspect is found in proportion of 34.17% has given Yes response and 65.83% has given No response. O Psychological aspect is found in proportion of 59.33% has given Yes response and 40.67% has given No response. Economical aspect is found in proportion of 35.33% has given Yes response and 64.67% has given No response.

Nursing Implications

Nursing practice and study reveals that there is need to motivate and educate the alcohol dependent patients. This study stresses that there is to involve all patient and nursing and medical staff in planning and conducting health education program on alcohol dependence patient.

Nursing Research:

Nurse educator should give more importance to modify the quality of life and to improve the mental status of alcohol dependence patient through health education and nursing administration plays a vital role in nursing practice to bring about any changes in the administration should take the responsibility and take up the challenges.

Recommendations

The following recommendations are made on the basis of findings of the

- [1] Study can be replicated on large samples; thereby findings can be generalized to a large population.
- [2] A study to assess the quality of life of alcohol dependent syndrome patients, with the view to develop a health education, module who is attending out department of selected in another research setting.
- [3] A study can be conducted by using other strategies and tools to collect the data.

Limitations

Study is limited to 30 alcohol dependents only

Conclusion

The study concluded that qualities of life of alcohol dependent patients were having the different type of aspect including personal aspect, physical aspect, social aspect, psychological aspect, economical aspect. The qualities of life of alcohol dependent patients of all age groups were having the highest affected physical aspect. The QOL of alcohol dependent patients having monthly income less than 5,000 RS and 5001-10,000 RS and having occupation more in labourer.

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