



A study to assess the knowledge and attitude regarding ill-effects of alcoholism among males aged between 25-45 years residing at Haripur village in Gonda, Uttar Pradesh

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Abstract

Alcoholism (or) alcohol dependence is a chronic disorder characterized by compulsive, repeated and excessive consumption of alcohol to the extent that the individual's health, social and Economic functioning is impaired.¹

Keywords: assess, knowledge, attitude, ill-effects, alcoholism

1. Introduction

WHO (2004) estimated that, alcohol is the third most common cause of death in developed countries and leading cause of illness and disease in developing countries. About 2 billion people worldwide consume alcoholic drinks, over 76 million people are currently affected by alcohol use disorders such as alcohol dependence and abuse and 1.8 million deaths a year, which represents 3.2% of all deaths worldwide. Hazardous drinking was significantly associated with severe health problems. In India about 15 to 20% of traumatic brain injuries were related to alcohol use. 37% of injuries in a public hospital was due to alcohol. Seventeen-point six percentage of psychiatric emergencies were caused by alcohol^[2].

National house hold survey (2001) reported that 62.5 million were alcohol users (62.5 / 1000 population) and 10.6 million were dependent users in India.

National institute of mental health and neuro science (2006) have estimated that the prevalence rate of habitual alcohol use among the 15 to 55 years olds was 90/1000 population. Alcohol dependence and it's related problems are present at relatively high levels in the community. So, the investigator has interest in this area and chosen for this study to create awareness among males regarding ill-effects of alcoholism for prevention of further complication.

Objectives

- To assess the knowledge and attitude regarding ill-effects of alcoholism among males between 25-45 years, residing at Haripur village.
- To associate the knowledge and attitude with selected demographic variables such as age, marital status, religion, education, occupation, monthly income, type of family, and family history of alcoholism.
- To correlate the knowledge and attitude of the subjects regarding ill-effects of alcoholism.
- To create an awareness with an educational module regarding ill-effects of alcoholism.

Operational Definitions

- **Knowledge:** It refers to the information possessed by the subjects regarding causes, factors influencing alcohol consumption, physical, psychological and

social problems related to alcoholism and various treatment modalities like aversion therapy, group therapy, counselling, etc.

- **Attitude:** It refers to the expressed belief and feeling about physical, psychological and social problems due to alcohol consumption.
- **Ill-effects:** It refers to all the dangerous/ adverse effects caused due to consumption of alcohol, in terms of physical, psychological and social aspects.
- **Alcoholism:** It refers to a state of dependency upon alcohol in which consumption of alcohol is out of control affecting the health of the individual's, family and the community.

Hypothesis

1. There will be significant relationship between the knowledge and attitude of the subjects with demographic variables such as age, marital status, religion, education, occupation, etc.

Assumptions

1. Knowledge and attitude have strong influence on alcohol consumption.
2. The nurse has an important role in creating awareness among males regarding ill effects of alcoholism.

Limitations

1. The study is limited to males age group between 25-45 years.
2. The sample size is limited to 60 subjects.
3. Sample selection is limited to Haripur village.
4. Data collection period is limited to four weeks only

Criteria for Selection of the Sample

Inclusion criteria

- Males between 25-45 years residing at Haripur village and willing to participate in the study.
- Subjects who know Hindi
- Subjects who has good communication skill

Exclusion criteria

- Subjects who are mentally handicapped and suffering from certain other illnesses such as cerebral vascular

accident, neurological disorder and communicable diseases, etc.

Description of data collection instrument

- The tool consists of 3 parts,

Part A: Demographic variables

- It consists of the demographic variables of the subjects which includes identification number with address, age, marital status, religion, educational status, occupation, monthly income, type of family, presence of alcoholic person in the family, history of personal habits and source of health information.

Part B: Questions related to knowledge

- It consists of 40 questions in total. The 40 questions are classified as follows. Questions related to
 - Meaning of alcoholism - 6 questions
 - Ill-effects of alcoholism
 - Physical ill-effects - 18 questions
 - Psychological ill-effects - 5 questions
 - Social ill-effects - 3 questions
 - Alcohol withdrawal syndrome - 3 questions
 - Treatment modalities - 5 questions.

Scoring

- Each correct answer was given a score of one and the wrong answer was given a score of zero. The Maximum score was 40.
- The knowledge score is interpreted as follows.

Inadequate Knowledge - 50% and below
 Moderate Knowledge - 51 -75%
 Adequate Knowledge - above 75%

Part C: Attitude scale (Likert scale)

A five-point likert scale was used to assess the attitude on ill effects of alcoholism. It consists of 5 positive statements and 5 negative statements related to their attitude.

Scoring

Table 1: The maximum score was 50. The score was given for each item.

Attitude	SA	A	UC	D	SD
positive	5	4	3	2	1
negative	1	2	3	4	5

Discussion

The first objective was to assess the knowledge and attitude regarding ill effects of alcoholism among males between 25-45 years.

The result revealed that out of 60 samples 22(37%) of males had inadequate knowledge, 32(53%) of males had moderately adequate knowledge regarding ill-effects of alcoholism.

Nearly 43(72%) of them had moderately favorable attitude on ill-effects of alcoholism.

The study findings was similar to the findings of Penelope H.*et al.* (2005) which revealed the lack of knowledge, belief on alcohol ill-effects resulted in increase intake of alcohol consumption among the students.

Asiamah. G. *et al.* (2000) found that most of the males had misconception and deficits in knowledge on effects of alcoholism [4].

The second objective of this study was to associate the knowledge and attitude with demographic variables of the males regarding ill effects of the alcoholism.

The mean knowledge score was compared with certain demographic variables such as age, marital status, religion, education and occupation by using one-way analysis of kruskall-wallis. The result proved that there was no positive relationship between the level of knowledge of the subjects and demographic variables.

The mean attitude score was compared with the demographic variables such as age, marital status, religion, education, occupation by using kruskall-wallis. The result proved that there was no positive relationship between the attitude level of the subjects demographic variables except with religion which was significant at $p < 0.05$ level.

The present study finding were similar to the findings of Emaj uddin (2008) found that there was a relationship between religious attitude and drinking pattern of alcohol among selected communities.

Holt, James B, *et al.* (2006) found that there was a relationship existing between religion and alcohol consumption.

The third objective of this study was to correlate the knowledge and attitude of the subjects regarding ill effects of alcoholics.

The present study inferred that there was a significant correlation between the level of knowledge and attitude at $p < 0.001$ level. It indicates that there is a strong positive relationship between knowledge and attitude of the subjects at $p < 0.001$ level. From the obtained value, it is confirmed that as knowledge increases attitude also increases.

The study findings was similar to the findings of Andrew,L.L.(2008) It revealed that there was a significant increase in knowledge score and attitude score in post-intervention among college students.

Jaun Emilio, *et al.* (2000) found that there was a correlation between the knowledge and attitude regarding alcohol and alcoholism among adult male population in Havana.

The fourth objective of this study was to create an awareness with an educational module regarding ill-effects of alcoholism

William De Jong (2002) found that an effective media campaign has reduced the college students drinking.

Shope, J.T. *et al.* (2001) also found that the effectiveness of an alcohol misuse prevention programme among high school students, decreased the level of accidents.

Considering the above findings an effort was made by the investigator to conduct a video teaching programme among the subjects and awareness was created.

The major findings of the study

1. Most of the participants had moderately adequate knowledge 32(53%) and 22(37%) of them had inadequate knowledge on ill-effects of alcoholism.
2. Most of the participants 43(72%) had moderately favorable attitude, 17(28%) of males had favorable attitude on ill- effects of alcoholism.
3. There was no significant association between knowledge and demographic variables such as age, marital status, religion, education, occupation, income, type of family, personal habits, etc.
4. There was no significant association between attitude and demographic variables such as age, marital status,

education, occupation, income, type of family, personal habits, except religion at $P < 0.05$ level.

5. There was significant correlation between the knowledge and attitude at $p < 0.001$. It shows high knowledge level tend to increase attitude.

Nursing Implication

Nursing practice

- The field of community health nursing has great responsibility to protect the health of the males.
- Community health nursing need to take up the responsibility to create an awareness among males to improve their knowledge and attitude by giving health education there by bring down the mortality and morbidity rate due to alcohol consumption.
- Nurses and health care providers play a vital role in motivating the males to reduce harm by attending counseling centre and proper follow up care.
- Nursing practice in community should focus on the prevention of illness and the promotion of health.

Nursing education

- This study emphasizes the need for developing good teaching skills among student nurses on ill effects of alcoholism.
- Nurse educators should plan and implement on workshops and inservice education as these will update the knowledge of nurses, who plays a key role in assessing and managing males with alcohol use disorders.
- The curriculum of nursing students should emphasis on the care of males with alcohol dependence in community health nursing.
- Nurses working at various levels should able to give health education on ill effects of alcoholism in an effective and efficient way.

Nursing research

- Evidence based nursing practice must take higher profile in order to increase awareness among the males on ill effects of alcoholism.
- The study findings can be utilized for the development of research based policies and programmes.
- This study provide scope for further studies.

References

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