

A Study to Evaluate the Effectiveness of Stress Reduction Programme on Stress among Wives of Alcoholics in a Selected Rural Area, Bangalore

Susan Wesley Nalli

Assistant Professor, Government College of Nursing , Kawardha, Kabirdham (Dist), Chhattisgarh 491995, India.

Abstract

This study attempts to Evaluate the Effectiveness of Stress Reduction Programme on Stress among Wives of Alcoholics in a Selected Rural Area, Bangalore with objectives: To assess the stress level before administering the programme, To assess the stress level after administering the programme, To determine the effectiveness of stress reduction programme by comparing the stress levels before and after the programme, To associate the pre test stress level among the wives of alcoholics with their selected demographic variables. Stress Reduction Programme efficiency is tested using paired t-test and the results shows that there is a significant difference between the mean pre-test and post-test scores at 5% level of significance. Association between the other demographic variables and stress levels are tested using the Chi-Square tests and it is observed that there is significant association between the stress level and the demographic variables at 5% level of significance in educational status and no of children of the respondents. Therefore the Stress Reduction Programme is independent of the selected demographic variables and Stress Reduction Programme reduces the stress evenly in the categories of the selected demographic variables.

Keywords: Stress Reduction Programme; Stress; Wives of Alcoholics.

Introduction

Alcohol is one of the commonly consumed intoxicating substances in India. It has traditionally been drunk in tribal societies, although it has got increasing social acceptance among other groups, urban males being the prime example. It is easily available and widely used, among male family members. Between 15 and 20 per cent of Indian people consume alcohol and over the past twenty years the number of drinkers has increased from one in 300 to one in 20. Down the centuries, numberless women across the globe have been coping with husbands who come home drunk, wives and children and make everyone's life

miserable. Surprisingly most women timidly adjust to their husbands, ways rather than raising their voices in protest.

Statement of the Problem: A Study to Evaluate the Effectiveness of Stress Reduction Programme, on Stress among Wives of Alcoholics in a Selected Rural Area, Bangalore

Objectives of the Study

1. To assess the stress level before administering the programme.
2. To assess the stress level after administering the programme.
3. To determine the effectiveness of stress reduction programme by comparing the stress levels before and after the programme.
4. To associate the pre test stress level among the wives of alcoholics with their selected demographic variables.

Corresponding Author: Susan Wesley Nalli, Assistant Professor, Government College of Nursing , Kawardha, Kabirdham (Dist), Chhattisgarh 491995, India.

E-mail: susan.nalli@yahoo.com

Received on 14.04.2018, **Accepted on** 05.05.2018

Hypothesis

H_1 : There will be a significant difference between stress levels before and after the stress reduction programme.

H_2 : There will be a significant association between pre test stress levels among the wives of alcoholics with their selected demographic variables.

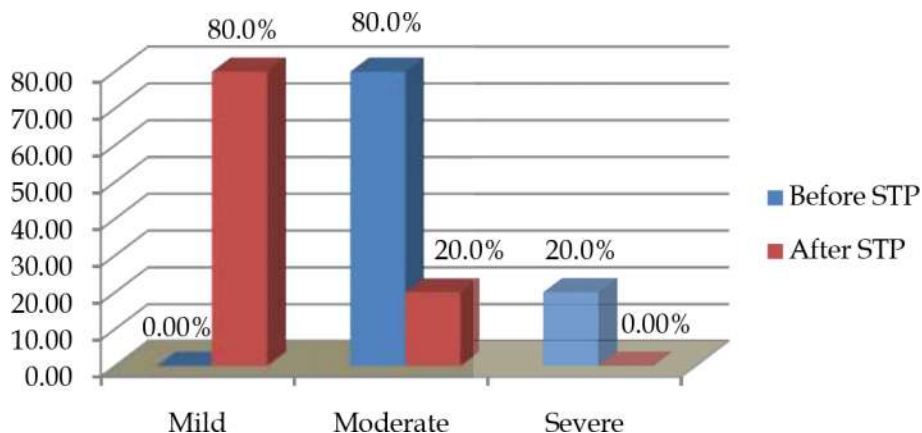
Methodology

The research approach adopted for this study was Evaluative approach, as it aims to explore and assess the stress levels among Wives of Alcoholics. In the present study the, researcher have adopted a One group pre test post test pre experimental design. The variables in the study include, Dependent variable is the level of stress reduced from the stress reduction programme and independent variable is the stress reduction programme in this study. The demographic variables in this study include Age (in years), Religion, Education, occupation, income, and number of children and whether the alcoholic husbands have been taken to de addiction centre. In the present study sample consists of 60 wives of the alcoholics and sampling technique is non-probability, convenience sampling technique was used to select the sample for this study. The sample selection was based on the inclusion and exclusion criteria. The Instruments Used for this Study were: 1.Baseline proforma. 2. Sheldon Cohen’s modified perceived stress scale. In this study Sheldon Cohen’s modified perceived stress scale is used to assess the level of stress among the wives of alcoholics. The tool was tried on 6 wives of alcoholics in selected rural area, Bangalore. The

reliability of the tool was established by using paired t test. Using the obtained values coefficient correlation was done with the help of Karl Pearson’s formula. The reliability score obtained was, $r=“0.664”$ for the psychosocial problems and $r= “0.90”$ for the coping strategies. Which showed psychosocial problems and Sheldon Cohen’s modified perceived stress scale questionnaire were highly reliable. The pilot study was conducted in the month of October 24th 2011 to 30th for a period of one week. The time taken to complete demographic data was about 5 minutes and for structured interview questionnaires were about 30 minutes. The language was found to be clear and all the items in the tool were clearly understood by the subjects without ambiguity. Hence, the tool was found to be feasible and practicable for the main study. The wives of alcoholics were selected on the basis of inclusion criteria by using non probability convenient sampling technique. After obtaining the permission from the significant authorities’ demographic data was assessed for 5 minutes, followed by which structured interview was taken using the 5 point perceived stress scale for 45 minutes to assess the stress levels among the wives of alcoholics

Results

The analysis and interpretation of the data by showing the descriptive and inferential statistics. The correlation coefficient between the pre-test and post test scores is computed and it is observed that a positive significant correlation between the pre-test and post test score. Stress Reduction Programme efficiency is tested using paired t-test and the



Graph 1: Classification of Respondents on Pre test level on stress reduction programme

Table 2: Shows the comparison of the pre TEST and post TEST with paired 't' test value

S.No	Level of stress	Pre test	Post test	Paired 't' test
1	Mean	70.30	103.27	19.166 df 59
2	Median	76.00	106.00	
3	Mode	55.00	106.00	
4	Standard deviation	17.74	10.63	

results shows that there is a significant difference between the mean pre-test and post-test scores at 5% level of significance. Association between the other demographic variables and stress levels are tested using the Chi-Square tests and it is observed that there is no significant association between the stress level and the demographic variables at 5% level of significance except educational status and no of children of the respondents. Therefore the Stress Reduction Programme is independent of the selected demographic variables and Stress Reduction Programme reduces the stress evenly in the categories of the selected demographic variables. (Graph 1). Calculated t-value is 19.166 and its corresponding P-value is 0 which is less than 0.05 for 59 degrees of freedom. Therefore the null hypothesis is rejected and we may conclude that there is a significant difference in mean pre-test and post-test scores. From the paired t-test and table of descriptive statistics, it is inferred that post-test scores are more than the pre-test scores and also the structured teaching program is effective. (Table 1). The chi square test was used to find the association between the levels of stress with demographic variables. The obtained chi square values show significance association between pre test level of stress with educational status and no of children of the respondents. And there is no association between pre test level of stress and other demographic variables.

The post test score was comparably higher than pre test score after stress reduction programme.

Total score

Obtained pre test mean score: 70.30

Obtained post test mean score: 103.27

The obtained post test mean 103.27 was higher than the pre test value 70.30. The obtained paired 't' value is 19.166 which was significant at $p \leq 0.05$ level. Hence the study is effective.

Conclusion

The aim of the present study was to evaluate the effectiveness of a stress reduction programme on reduction of stress levels among the wives of alcoholics. Stress levels of respondents are observed

that out of 60 respondents, 0.00% (0) is in mild level, 80% (48) are in moderate level and 20% (12) is in severe level before Stress Reduction Programme. Similarly in post test scores (after Stress Reduction Programme), 80% (48) are in mild level; 20% (12) are in moderate level; and 0% (0) are in severe level. From the above analysis, it is also observed that the Stress Reduction Programme shifts the stress level of the respondents from severe to moderate and moderate to mild levels.

Implications of the Study

The findings of the study can be used in the following areas of nursing profession.

1. Nursing Practice

- Nurses are the key persons of the health team, who play a major role in health promotion and maintenance. Nursing care is an art and science in providing quality care.
- The specific interventions such as relaxation therapy, Yoga and support group conferences can be conducted as a part of community health services.
- The need for family counseling need to be emphasized while caring for these clients and helping them with effective coping strategies.
- Health education can be imparted through mass media i.e. through radio, television, documentary films, pamphlets, SIM etc. to the wives of alcoholics.

2. Nursing Education.

- The curriculum content needs to be revised, where importance is also given to care of stressed, destitute, recognizing the increase in the incidence of suicide and women's faces much of psychosocial problems.
- As a nurse educator, there are an abundant opportunities for nursing professionals to educate the wives of alcoholics as well as their family members regarding stress.
- Encourage students to use content and activities like preparation of booklets, handouts, pamphlets regarding Child adoption while giving education for stress reduction.
- Encourage and provide an opportunity to students to attend conferences, workshops and help them to update with recent trends regarding stress reduction.
- The counselling skills education is also

required to be incorporated, to enable the students to effectively counsel the people with stress.

- The nurse educator needs to conduct health campaigns and use of different information modalities, teaching strategies about stress which will promote the health.

3. Nursing Administration

- The nursing administrator can mobilize the available resource personnel towards the health education to women regarding stress reduction.
- The nurse administrator should plan and organize continuing education programme and in-service education programme for the faculty of nursing schools and colleges to organize the campaigns on the knowledge regarding stress reduction.
- The nurse administrator should organize sufficient manpower, money and material for disseminating health information.
- Necessary administrative support should be provided to conduct health education or written information to all people in the world.
- Display health education materials such as charts, leaflets and pamphlets regarding stress reduction in different areas of hospitals as well as in community.

4. Nursing Research

- The study will motivate the beginning researchers to conduct same study with different variables on a large scale.
- Though Indian research studies have concentrated on the quality of care, the results do not give any satisfactory lead as to how to support those who are in stress.
- Relatives being important decision makers regarding stress research should form on the factors influencing the knowledge of relatives of alcoholics.
- Nurses should come forward to take up unsolved questions in the field of stress reduction to carry out studies and publish them for the benefit of patients, public and nursing fraternity.

Recommendations

On the basis of the findings of the study following recommendations have been made:

- A similar study can be replicated on a large sample to generalize the findings.
- An experimental study can be undertaken with a control group for effective comparison of the result.
- A study can be conducted by including additional demographic variables.
- A comparative study can be conducted between urban and rural.

References

1. R Sreevani, J Violet Jayamani, G Rajathi Brinda. Stress Levels among Wives of Alcoholics and Non-alcoholics. The Nursing Journal of India. 2011 Feb. 22;2 (4);44-48.
2. M S Bhatia. A Text Book of Essentials of Psychiatry. 4th ed. New Delhi: CBS Publishers & Distributors; 2004;8.1-8.5.
3. Niraj Ahuja. A Short Text Book Of Psychiatry. 6th ed. New Delhi: JP Brothers; 2006;109-115.
4. Kathy Neeb. Text Book of Fundamentals of Mental Health Nursing, 2nd ed. Philadelphia: Fa Devi's Company; 2001.pp.164-165.
5. Elizabeth M Varcacolis. Essentials of Psychiatric Mental Health Nursing. China: Elsevier Publishers; 2009.pp.215-217.
6. K P Neeraja. A Text Book of Essentials of Mental Health and Psychiatric Nursing. 1st ed. New Delhi: JP Publishers; 2008.pp.304-306.
7. S REVATHI. How Women Cope with Alcoholic Husbands. The nursing Journal of India. 2009 April 4;4(5);9-12.
8. Introducing stress reduction programme: From URL: www.documentaryhealing.org/research.
9. T P Prema & K F Graicy. A Text Book of Principles and Practices of Psychiatric Nursing. 1st ed. New Delhi: J P Brothers; 2006.pp.245-47.
10. Jane D. McLeod. Spouse Concordance for Alcohol Dependence and Heavy Drinking. Evidence from a Community Sample. 22 JUN 2007;2(2):12-13.
11. Lazarus R.S. cognitive-motivational-relational theory of psychological issues. The American Psychologist Journal. 2009 Oct 22;2(6):19-21.
12. Timothy J. O'Farrell, Robert H. Harrison Henry, S.G. Cutter. Drinking and psycho social status, Journal of family alterations. 21st Jan 2011;5(6):10-18.
13. T.S. Sathyanarayana Rao and K.Kuruvilia. Marital Instability In wives of alcoholics, Indian Journal of Psychiatry. 1998 June 23;7(5):359-65.
14. Ranjana Tiwari, A.S. Srivastava, S.S.Kaushik. Stress levels of the wives of alcoholics. Indian Journal of Social Science Researches. 2010 March 22; 7 (4);41-46.
15. Leonard, K. E. & Sanchez. Alcohol effect on marital quality ratings and aggression among newlywed couples. Journal of Studies on Alcohol. 2002 August; 3(7);46-64.