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**Dr. Mohammed Mohsin Khan**  
Professor and HOD,  
Department of Mental Health  
Nursing, Amaltas Institute of  
Nursing Science, Dewas,  
Madhya Pradesh India

## Study of psychosocial problems faced by the wives of alcoholics residing at Indore city

**Dr. Mohammed Mohsin Khan**

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### Abstract

The wives of alcoholics residing face a variety of psychosocial problems that can have a significant impact on their mental and physical health. These problems include emotional distress, financial instability, domestic violence, social isolation, role confusion, health problems, and negative impacts on children. Addressing these problems requires providing support and assistance to these women, including counselling, therapy, and support groups. By helping the wives of alcoholics cope with these challenges, it is possible to improve their overall well-being and reduce the negative impacts of alcoholism on families.

**Keywords:** Alcoholics residing, alcoholism, effect, psychosocial problems

### Introduction

Alcoholism is a significant public health issue, and its impacts are not limited to the alcoholic alone. The spouses, particularly wives, of alcoholics often experience a range of psychosocial problems that can have negative effects on their well-being. These problems can be a result of the financial, emotional, and behavioural consequences of the alcoholic's addiction. The wives of alcoholics residing may experience problems such as emotional distress, financial instability, domestic violence, social isolation, role confusion, health problems, and negative impacts on children. These problems can cause significant stress and anxiety for the wives of alcoholics, leading to negative impacts on their mental and physical health. It is important to recognize the challenges faced by these women and provide support and assistance to help them cope with the psychosocial problems they face. This can involve counselling, therapy, and support groups to help them manage their emotions and develop coping strategies to reduce the negative impacts of alcoholism on their families.

### Need of study

There is a critical need to study the psychosocial problems faced by the wives of alcoholics residing in order to better understand the impact of alcoholism on families and the larger community. Alcoholism has been shown to have far-reaching consequences, not just for the alcoholic but also for their loved ones, particularly their spouses. These women often face significant challenges and stressors as a result of their husband's addiction, and it is important to understand the nature of these problems and their impact on the well-being of the wives and their families. By studying these issues, we can develop effective interventions and support programs that can help these women cope with the challenges they face and mitigate the negative impacts of alcoholism on families. Furthermore, this research can help to raise awareness of the psychosocial problems faced by the wives of alcoholics residing and reduce the stigma associated with alcoholism and its impact on families.

### Effects of alcoholism on wives

Alcoholism can have a significant impact on the wives of alcoholics. Some of the effects that alcoholism can have on wives include:

**Emotional Distress:** Wives of alcoholics may experience emotional distress due to their husband's addiction. They may feel anxious, depressed, or overwhelmed by the stress and tension in their family life.

**Corresponding Author:**  
**Dr. Mohammed Mohsin Khan**  
Professor and HOD,  
Department of Mental Health  
Nursing, Amaltas Institute of  
Nursing Science, Dewas,  
Madhya Pradesh India

### Financial Instability

Alcoholism can cause financial instability in families. The wives of alcoholics may have to bear the burden of managing household expenses alone, which can be challenging and stressful.

### Domestic Violence

Alcoholism is a significant risk factor for domestic violence. Wives of alcoholics are at an increased risk of physical and emotional abuse by their alcoholic partners.

### Social Isolation

Wives of alcoholics may face social isolation due to the stigma attached to alcoholism. They may feel ashamed or embarrassed to talk about their husband's addiction with others, leading to social isolation.

### Role Confusion

Wives of alcoholics may experience role confusion as they may have to take on multiple roles, such as caregiver, breadwinner, and parent, all at once. This can lead to feelings of overwhelm and exhaustion.

### Health Problems

Wives of alcoholics may experience health problems such as insomnia, headaches, and digestive problems due to stress and anxiety.

### Negative Impact on Children

Children growing up in households where one or both parents are alcoholics may face various psychosocial problems such as emotional and behavioral problems, academic difficulties, and substance abuse issues.

Overall, alcoholism can have a significant impact on the wives of alcoholics, leading to a range of psychosocial problems that can have negative impacts on their mental and physical health. It is crucial to provide support and assistance to these women to help them cope with the challenges they face and mitigate the negative impacts of alcoholism on families.

### Problem statement

The problem statement for the psychosocial problems faced by the wives of alcoholics residing is the lack of awareness and understanding of the impact of alcoholism on families, particularly the spouses of alcoholics. Alcoholism is a complex disease that can cause a range of psychosocial problems, including emotional distress, financial instability, domestic violence, social isolation, role confusion, health problems, and negative impacts on children. However, there is often little support available for the wives of alcoholics, and they may be reluctant to seek help due to the stigma associated with alcoholism. As a result, these women may suffer in silence, leading to further negative impacts on their mental and physical health. The problem statement is to understand the nature of the psychosocial problems faced by the wives of alcoholics residing, to develop effective interventions and support programs to help them cope with the challenges they face, and to reduce the stigma associated with alcoholism and its impact on families.

### Literature review

Dawson, D. A., Grant, B. F. *et al.*, (2007) <sup>[1]</sup> Most research on the effects of alcoholism on women in the general

population has zeroed on on intimate partner violence. Few studies have collected data to control for women's substance use or disorders or to examine a wider variety of physical and mental health outcomes. This study fills this void by analysing data from a large, nationally representative sample of American women to determine whether or not there is a correlation between a partner's alcohol problems and a variety of negative outcomes, such as victimization by crime, the use of health care services, the presence of mental health problems, the victim's own assessment of her own health, her level of stress, and her own quality of life. Women's own alcohol use disorders and tobacco use are also taken into account when comparing the relationships between these outcomes and partner drinking problems.

Banerjee, A. K., Kaur, R. *et al.*, (2015) <sup>[2]</sup> The medical disorder known as alcoholism is described in dictionaries as being brought on by excessive alcohol consumption. These diagnostic criteria for alcoholism were established by the American Psychiatric Association: Malfunctions of the body's physiological systems (hand tremors and blackouts), Challenges in the mind (an obsessive desire to drink), Disruptive behavioral issues in daily life or the workplace. Around two billion people use alcohol annually, and approximately 76.3 million have alcohol use disorders, according to estimates from the World Health Organization. Alcohol is responsible for 3.2% of all deaths worldwide (1.8million deaths). Continued alcohol consumption worsens the condition of alcoholism. Without help, alcoholism may wreak havoc on the alcoholic's life and the lives of those closest to him or her. Medical and nursing examination, clear and effective communication, a safe and trusting therapeutic connection, psychotherapy, and marriage counselling are just some of the services that women need from doctors and nurses. According to Roy, the sum total of all environmental cues that act in concert to amplify the impact of isolated stimuli is known as "contextual stimulation".

PJ, S., & Kamath, N. (2020) <sup>[3]</sup> Around the world, alcoholic abuse is a major issue, not just in the developing world but also in the developed ones. As a result, it has devastating effects on people's bodies, minds, and social fabric. The wives of alcoholics are the ones who end up bearing the brunt of the disease's repercussions. Alcoholism is a worldwide health crisis that has far-reaching consequences for not just the alcoholic but also his loved ones and community. The wife and children, in particular, have a lot of trouble because of it, and they go through a lot of trouble as a result. The wives of alcoholics are the ones who end up bearing the brunt of the disease's repercussions. At first, alcoholics' wives try to cope with the situation, but they eventually experience feelings of depression, confusion, and guilt. There are around 140 million alcoholics in the globe, according to the World Health Organization. An alcoholic husband can drain the energy out of his wife, who enters marriage with high hopes but wears down quickly as she deals with the challenges he brings into their home.

Dr. M. Vijay Kumar Sharma (2022) <sup>[4]</sup> Fatty infiltration of the liver, which is caused by alcohol consumption, is a disease in which abnormal amounts of fat accumulate in the liver. Some alcoholics develop alcoholic hepatitis, a condition characterized by excessive liver cell death that ultimately leads to inflammation, enlargement, and excruciating discomfort. A condition known as "cirrhosis" of the liver develops when excessive cell death leads to the

formation of scar tissue. Being a disease, alcoholism impacts not only the sufferer but also his loved ones. In a family, alcoholism is a disease that affects both partners. Innumerable difficulties and strains befall the spouses of alcoholics. The kids who grow up in an alcoholic household can't put their minds on school. Some mothers are unable to provide adequate care for their children because of the worry and anxiety it causes to them. It has been shown that many of the wives of alcoholics have taken their own lives due to the stress and isolation they felt at home. This study surveyed 80 women in Hyderabad who are married to alcoholics in order to gauge the impact of their partners' drinking on their household. Worry about her kids' future is her biggest issue. This person acts as both a father and a mother. Because of the physical, mental, and emotional consequences of her drinking, the mother is fighting desperately to keep her family together.

Remya Rajesh Nair, Nisha Biju Ck *et al.*, (2021) <sup>[5]</sup> Use of alcohol is on the rise in emerging nations like India. The term "stress" is also widely used nowadays, but its meaning has broadened beyond easy categorization. The ramifications of alcoholism, which include dysfunctional roles within families, have led to the disease's labeling as a familial one. Toxic alcohol use ranks third among global risk factors that put a financial strain on households. Alcoholism has far-reaching effects on every aspect of a person's life. When marital life becomes too much for either partner to handle, tension is inevitable. Since their partner is an alcoholic, they may have emotional difficulties as a result. The ladies are under a lot of pressure at home. Parenting, schooling, and planning for a child's future all put them under pressure. There hasn't been a lot of work done to try to comprehend and explain the emotional experience of women of alcoholics, except than the wives disturbed personality model and coping behavior. Because of their greater ability to empathize with others, women typically report higher levels of stress than males do.

AR Bharathi (2021) <sup>[6]</sup>. The physiological, social, economic, psychological, and educational challenges faced by alcoholics' spouses are quantified. Determining how factors like age, education, occupation, income, and alcohol consumption pattern relate to the severity of issues experienced by the spouses of alcoholics. A linear relationship was found between sociodemographic factors and the wives of alcoholics experiencing difficulties in areas such as health and mental wellbeing. Alcohol is the most widely abused drug in the world. Alcoholism is a serious issue all over the world. The alcoholic's neighbors are also negatively impacted by the problem, as are the alcoholic themselves. Most people who are impacted by an alcoholic are the alcoholic's spouse. The effects of stress on both mental and physical health are well-documented. This research was carried out at a government hospital in Chengalpattu, Tamil Nadu. Population characteristics such as age, number of children, employment status, monthly income, exposure to domestic violence, and alcohol use history are examined. Statistical methods were applied to the papers the husbands had given their wives. The spouses of alcoholics bear the brunt of the consequences. wife stress is high because to native violence and husband drinking too much, according to additional research.

Kaur, D., & Ajinkya, S. (2014) <sup>[7]</sup> When a loved one struggles with alcoholism, the people closest to them may suffer psychologically. This article attempts to synthesize

and debate the literature on the mental health impacts of alcoholism on alcoholic spouses and offspring. We went over and discussed the stories we believed were important. According to the study, family members have significant challenges coping. It was revealed that the persistent alcoholic's immediate family members face severe difficulties. According to new research, alcoholic spouses have higher levels of psychological stress and depressive symptoms. Both aggressive behavior and domestic violence have been substantially linked to alcohol use. Children of heavy drinkers demonstrated parentification and emotional caretaking tendencies. The consequences for these children's mental development could be disastrous. According to recent studies, the offspring of alcoholics are at a much increased risk of acquiring conduct issues, ADD/ADHD, serious depression, and substance dependency. Couples and family therapy may be beneficial in the treatment and prevention of alcoholism.

### **Problems faced and coping strategies used by wives of alcoholic clients**

Wives of alcoholic clients can face a range of problems related to their husband's addiction. Some of the common problems faced by these women include emotional distress, financial instability, domestic violence, social isolation, role confusion, health problems, and negative impacts on children.

To cope with these challenges, wives of alcoholic clients may use a range of coping strategies, including:

**Seeking Support:** Wives of alcoholic clients may seek support from friends, family members, or support groups. This can provide them with a safe and supportive environment to share their experiences and connect with others who are going through similar challenges.

**Developing Boundaries:** Wives of alcoholic clients may set boundaries with their husbands, such as establishing clear communication, setting limits on alcohol consumption, and developing safety plans in case of domestic violence.

**Focusing on Self-Care:** Wives of alcoholic clients may focus on self-care strategies such as exercise, meditation, and relaxation techniques to manage stress and maintain their mental and physical health.

**Seeking Professional Help:** Wives of alcoholic clients may seek professional help such as counselling, therapy, or family therapy to address relationship issues and work towards recovery together.

**Advocacy and Awareness:** Wives of alcoholic clients may engage in advocacy and awareness efforts to reduce the stigma associated with alcoholism and its impact on families and promote the need for increased support and resources for those affected by alcoholism.

Wives of alcoholic clients face a range of challenges related to their husband's addiction, but they can use a variety of coping strategies to manage these challenges and improve their overall well-being. It is important to provide support and assistance to these women to help them navigate the challenges they face and mitigate the negative impacts of alcoholism on families.

### **Rehabilitation**

Rehabilitation programs can be beneficial for wives of alcoholics who are struggling to cope with the effects of their husband's addiction. These programs aim to help women overcome the psychological and emotional effects

of living with an alcoholic partner, and provide them with the tools they need to manage their own mental and physical health.

Some of the rehabilitation programs that can be helpful for wives of alcoholics include:

**Individual Counselling:** Individual counselling can help women work through their emotions and develop coping strategies to manage stress, anxiety, and depression. Counselling can also help women address any feelings of guilt or shame they may have related to their husband's addiction.

**Support Groups:** Support groups can provide wives of alcoholics with a safe and supportive environment to share their experiences and connect with others who are going through similar challenges. This can help to reduce feelings of isolation and provide a sense of community.

**Family Therapy:** Family therapy can be beneficial for couples struggling with alcoholism. This type of therapy can help to address any relationship issues and help the couple work towards recovery together.

**Self-Care Strategies:** Self-care strategies such as exercise, meditation, and relaxation techniques can be helpful for wives of alcoholics to manage stress and maintain their mental and physical health.

**Education and Information:** Education and information about alcoholism and its effects on families can be empowering for wives of alcoholics. This can help them better understand the nature of the disease and its impact on their lives, as well as provide them with information about resources and support available to them.

Overall, rehabilitation programs can be effective in helping wives of alcoholics cope with the effects of alcoholism on their mental and physical health, and provide them with the tools they need to manage their own well-being. It is crucial to provide support and assistance to these women to help them navigate the challenges they face and mitigate the negative impacts of alcoholism on families.

### **Different intervention programme for wives of alcoholics**

There are several different intervention programs that have been developed to support wives of alcoholics. These programs aim to address the unique challenges faced by wives of alcoholics and provide them with the tools they need to manage their own well-being and support their husband's recovery. Some of the different intervention programs for wives of alcoholics include:

**Al-Anon:** Al-Anon is a 12-step program that provides support and guidance to spouses and family members of alcoholics. The program emphasizes the importance of self-care and developing healthy boundaries, while also providing support and guidance for dealing with the emotional impact of living with an alcoholic partner.

**Behavioral Couples Therapy:** Behavioral couples therapy is a form of therapy that involves both the alcoholic and their spouse. The goal of this therapy is to improve communication, address relationship issues, and work towards recovery together.

**Community-Based Programs:** Community-based programs, such as support groups and counseling services, can provide wives of alcoholics with a safe and supportive environment to share their experiences and connect with others who are going through similar challenges.

**Education and Information Programs:** Education and information programs can be helpful for wives of alcoholics

to better understand the nature of alcoholism and its impact on families. These programs can also provide information about resources and support available to them.

**Mindfulness-Based Programs:** Mindfulness-based programs, such as meditation and mindfulness-based stress reduction, can be helpful for wives of alcoholics to manage stress and maintain their mental and physical health.

There are several different intervention programs available to support wives of alcoholics. These programs can be tailored to address the specific needs of each individual and their family and can provide valuable support and guidance for dealing with the challenges of living with an alcoholic partner.

### **Conclusion**

In conclusion, the wives of alcoholics residing in Indore city face a range of psychosocial problems that can have significant negative impacts on their well-being. These problems include emotional distress, financial instability, domestic violence, social isolation, role confusion, health problems, and negative impacts on children. Addressing these problems requires providing support and assistance to these women, including counselling, therapy, and support groups. It is important to raise awareness of these issues and reduce the stigma associated with alcoholism and its impact on families. By providing support and assistance to these women, it is possible to help them cope with the challenges they face and mitigate the negative impacts of alcoholism on families in Indore city. It is essential to continue research and advocacy efforts to improve the lives of wives of alcoholics residing in Indore city, and to promote education and awareness about alcoholism and its impact on families.

### **Future scope**

There is a significant scope for future research and interventions related to the psychosocial problems faced by the wives of alcoholics residing in Indore city. Some potential areas of focus include:

**Developing Culturally-Sensitive Programs:** There is a need to develop culturally-sensitive programs that take into account the unique cultural and social contexts in which the wives of alcoholics reside in Indore city. These programs can be tailored to address the specific needs of these women and their families.

**Empowering Women:** Empowering women through education, skills training, and employment opportunities can help to improve their financial stability and reduce the negative impacts of alcoholism on families.

**Strengthening Support Networks:** Strengthening support networks for wives of alcoholics can help to reduce social isolation and provide women with the resources they need to manage the challenges they face.

**Addressing Mental Health Needs:** Addressing the mental health needs of wives of alcoholics, including depression, anxiety, and post-traumatic stress disorder, can be crucial in helping them to manage the challenges they face and improve their overall well-being.

**Advocacy and Awareness:** Advocacy and awareness efforts can help to reduce the stigma associated with alcoholism and its impact on families, and promote the need for increased support and resources for wives of alcoholics in Indore city.

There is a significant scope for future research and interventions related to the psychosocial problems faced by



the wives of alcoholics residing in Indore city. By addressing these issues, it is possible to improve the lives of these women and their families and reduce the negative impacts of alcoholism on the community.  
available

### Conflict of Interest

Not available

### Financial Support

Not available

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