

# A QUASI EXPERIMENTAL STUDY TO ASSESS THE EFFECTIVENESS OF NURSING INTERVENTION ON ENHANCING SELF MOTIVATION TO MAINTAIN ABSTINENCE IN ALCOHOL DEPENDENT ADULTS

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## ABSTRACT

Alcohol has been discovered and used by practically every culture in the world. This practice has invariably produced problems of alcohol misuse. Edwards and Gross introduced the concept of alcohol dependence syndrome as a cluster of core psycho-physiological symptoms principally centred around a drive to consume alcohol. Among the reasons for this may be such things as a highly skewed distribution of drinkers in the society, the prevalence of nutritional and infectious diseases, economic deprivation, more hazardous and accident-prone physical environments, and lack of any organised support system. Although conclusive scientific evidence for alcohol related health and social problems is lacking for India, there are enough indications in the available literature to infer that these are substantial. Women's 'sanghas' participating in a women health empowerment training in several districts in Karnataka have consistently said that the biggest problem they face relate to alcohol abuse. Community health groups in different parts of the country also recognise the importance of the problem. The rapid rise in alcohol consumption in recent years has increased the likelihood of further growth of the health problems in the years to come. The concept had a tremendous influence in the field of alcohol studies it was included by the world health organisation as one of the components of alcohol related disabilities. The study concludes that all the alcohol dependent adult males have some level of motivation to maintain abstinence from alcohol. This level of motivation can be enhanced by using nursing interventional techniques to maintain long term abstinence.

**Keywords:** Alcohol dependent adults, Self-Motivation, abstinence.

## INTRODUCTION AND BACKGROUND

The alcohol dependence syndrome is considered as process, distinct from other alcohol related problems such as social, legal, work or health problems and this was accepted by all international classification systems.

Although alcohol consumption has existed in India for many centuries, the quality patterns of use and resultant problems have undergone substantial changes over the past two decades. Alcohol consumption produces individual health and social problems. The global burden of disease from alcohol exceeds that of tobacco and is on a par with the burden attributable to unsafe sex worldwide.

Although recorded alcohol consumption per capita has fallen since 1980 in most developed countries, it has risen steadily in developing countries and alarmingly so in India. The per capita consumption of alcohol by adults of 15 years and above in India increased by 106.67 percent between 1970-72 and 1994-96. It is probable, given equal amounts of drinking, that developing countries like India experience more problems than developed countries do.

According to WHO report, Indians consumed 2.4 litre of alcohol in 2005, which increased to 4.3 litres in 2010 and scaled up to 5.7 litres in 2016.

## OBJECTIVES OF THE STUDY

1. To assess the pre-intervention level of motivation in maintaining abstinence from alcohol among the adult clients.
2. To provide nursing intervention in the form of "Self-motivation package to maintain abstinence from alcohol" in the adult clients.
3. To assess the post interventional level of motivation in maintaining abstinence from alcohol among the adult clients.
4. To associate the level of motivation with selected socio-demographic variables.

## HYPOTHESIS

**H1:** Enhancing self-motivation facilitates self-control to maintain abstinence from alcohol.

## ASSUMPTIONS

Alcohol dependents who seek help to maintain abstinence from alcohol consumption will have some motivation.

## EXCLUSION CRITERIA

Adult alcohol dependants suffering from any other serious physical or mental disorders are excluded from the study.

## DEVELOPMENT OF INFORMATION BOOKLET

Information booklet was prepared on the basis of review of literature and expert opinion. The information booklet was titled as "Everything about alcohol" and organised into various headings:

- Introduction to Alcohol
- Importance of Alcoholic Problem
- Alcoholic Beverages
- Standard Drinks and Intoxication
- Myths and facts about Alcohol
- Effects of Alcohol, Short Term and Long Term
- Abstinence from alcohol
- Motivation techniques
- Conclusion

## RESULTS

The findings are presented in three sections —

- Section I: Socio-demographic characteristics of alcohol dependent adult
- Section II: Analysis of the effectiveness of self motivation package
- Section III: Association of self motivation with selected demographic variables.

This section deals with the knowledge score of your subject regarding Nursing Intervention on Enhancing Self-Motivation to Maintain Abstinence in Alcohol Dependent Adults.

It has also been analysed in terms of frequency and percentage.

**Table - 2.1**

Scores and responses of participants on the level of knowledge regarding Nursing Intervention on Enhancing Self-Motivation to Maintain Abstinence in Alcohol Dependent Adults.

	Pre-test	
Level of knowledge	Frequency (f)	Percentage (%)
Low Motivated	27	54.0
Moderately Motivated	11	22.0
Highly Motivated	12	24.0
<b>Total</b>	50	100.0

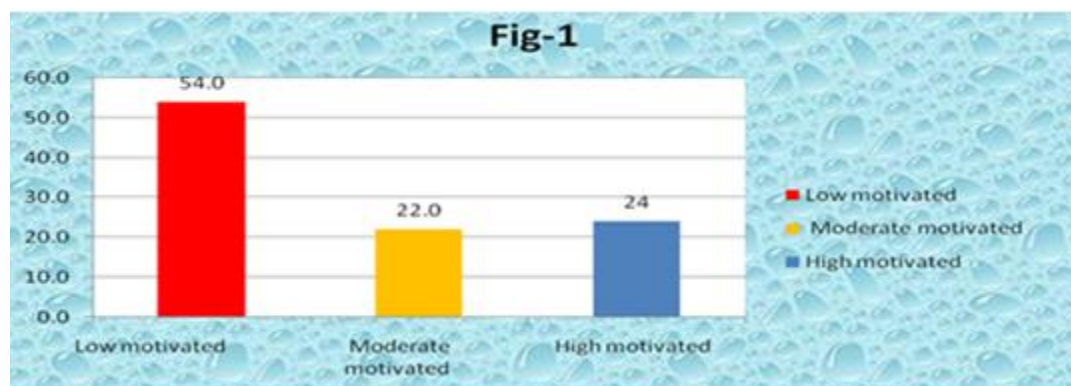


Fig. 1: Bar diagram shows the pre-test of knowledge of subjects regarding Nursing Intervention on Enhancing Self-Motivation to Maintain Abstinence in Alcohol Dependent Adults.

### Pre-test

Valid	Frequency	Percent	Valid Percent	Cumulative Percent
1.	27	54.0	54.0	54.0
2.	11	22.0	22.0	76.0
3.	12	24.0	24.0	100.0
<b>Total</b>	50	100.0	100.0	

**Table - 2.2:**

Scores and responses of participants on the Post-test knowledge regarding Nursing Intervention on Enhancing Self-Motivation to Maintain Abstinence in Alcohol Dependent Adults

Level of knowledge	Post-test	
	Frequency (f)	Percentage (%)
Low Motivated	17	34.0
Moderately Motivated	8	16.0
Highly Motivated	25	50.0
<b>Total</b>	50	100.0

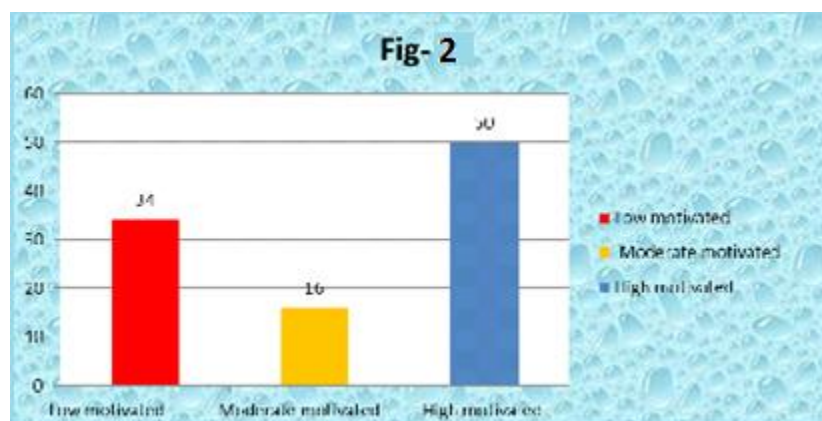


Fig. 2- Bar diagram shows the post-test knowledge regarding Nursing Intervention on Enhancing Self-Motivation to Maintain Abstinence in Alcohol Dependent Adults.

**Post-test**

Valid	Frequency	Percent	Valid Percent	Cumulative Percent
1.	17	34.0	34.0	34.0
2.	8	16.0	16.0	50.0
3.	25	50.0	50.0	100.0
<b>Total</b>	50	100.0	100.0	

**Table - 2.3:**

		Mean X		
Motivation	Scores	Mean X	Std. Deviation	Mean Percentage
Motivation	150.00	80.58	20.658	53.720
About problems	65.00	36.26	13.302	55.780
Knowledge	85.00	44.32	14.256	52.140

The above table 2.3 (mean X) shows summary of statistical outcomes of Nursing Intervention on Enhancing Self-Motivation to Maintain Abstinence in Alcohol Dependent Adults In overall maximum knowledge Score Alcohol Dependent Adults on prevention of Alcohol Dependent Adults. Maximum score were 150. The mean score was 80.58 with standard deviation 20.658. The mean score percentage was computed and it was found to be 53.720%.

The above table 2.3(mean X) shows summary of statistical outcomes of Nursing Intervention On Enhancing Self-Motivation To Maintain Abstinence In Alcohol Dependent Adults In About problems maximum knowledge Score Alcohol Dependent Adults on prevention of Alcohol Dependent Adults. Maximum score were 65. The mean score was 36.26 with standard deviation 13.302. The mean score percentage was computed and it was found to be 55.780%.

The above table 2.3(mean X) shows summary of statistical outcomes of Nursing Intervention on Enhancing Self-Motivation to Maintain Abstinence in Alcohol Dependent Adults. In Knowledge regarding maximum knowledge Score Alcohol Dependent Adults on prevention of Alcohol Dependent Adults. Maximum score were 85. The mean score was 44.32 with standard deviation 14.256. The mean score percentage was computed and it was found to be 52.140%.

**Table-2.3 (a):**

		Mean Y		
Motivation	Scores	Mean Y	Std. Deviation	Mean Percentage
Motivation	150.00	129.66	16.201	86.440
About problems	65.00	56.84	7.327	87.440
Knowledge	85.00	72.82	10.388	85.670

The above table 2.3 a (mean Y) shows summary of statistical outcomes of Nursing Intervention on Enhancing Self-Motivation to Maintain Abstinence in Alcohol Dependent Adults In overall maximum knowledge Score Alcohol Dependent Adults on prevention of Alcohol Dependent Adults. Maximum score were 150. The mean score was 129.66 with standard deviation 16.201. The mean score percentage was computed and it was found to be 86.440%.

The above table 2.3 a (mean YX) shows summary of statistical outcomes of Nursing Intervention on Enhancing Self-Motivation to Maintain Abstinence in Alcohol Dependent Adults in About problems maximum knowledge Score Alcohol Dependent Adults on prevention of Alcohol Dependent Adults. Maximum score were 65. The mean score was 56.84 with standard deviation 7.327. The mean score percentage was computed and it was found to be 87.44%.

The above table 2.3 a(mean Y) shows summary of statistical outcomes of Nursing Intervention On Enhancing Self-Motivation To Maintain Abstinence In Alcohol Dependent Adults In Knowledge regarding maximum knowledge Score Alcohol Dependent Adults on prevention of Alcohol Dependent Adults. Maximum score were 85. The mean score was 72.82 with standard deviation 10.388. The mean score percentage was computed and it was found to be 85.670%.

**Table - 2.3 (b):**

		(Y- X)		
Motivation	Scores	M	Std. Deviation	Mean Percentage
Motivation	150.00	-49.080	27.497	32.720
About problems	65.00	-20.580	14.333	30.600
Knowledge	85.00	-28.500	18.543	35.530

The above table 2.3(b) shows summary of statistical outcomes of Nursing Intervention on Enhancing Self-Motivation to Maintain Abstinence in Alcohol Dependent Adults In overall maximum knowledge Score Alcohol Dependent Adults on prevention of Alcohol Dependent Adults. Maximum score were 150. The mean score was 49.080 with standard deviation 27.497. The mean score percentage was computed and it was found to be 32.720%.

The above table 2.3(effectiveness) shows summary of statistical outcomes of Nursing Intervention on Enhancing Self-Motivation to Maintain Abstinence in Alcohol Dependent Adults in About problems maximum knowledge Score Alcohol Dependent Adults on prevention of Alcohol Dependent Adults. Maximum score were 65. The mean score was 20.580 with standard deviation 14.333. The mean score percentage was computed and it was found to be 30.600%.

The above table 2.3(effectiveness) shows summary of statistical outcomes of Nursing Intervention on Enhancing Self-Motivation to Maintain Abstinence in Alcohol Dependent Adults in Knowledge regarding maximum knowledge Score Alcohol Dependent Adults on prevention of Alcohol Dependent Adults. Maximum score were 85. The mean score was 28.500 with standard deviation 18.543. The mean score percentage was computed and it was found to be 35.530%.

**Table - 2.3 (C):**

Motivation	scores	Mean	S.D	Mean %	Mean Y	S.D	Mean %	M	S.D	Mean %
Motivation	150.00	80.58	20.658	53.720	129.66	16.201	86.440	-49.080	27.497	32.720
About problems	65.00	36.26	13.302	55.780	56.84	7.327	87.440	-20.580	14.333	30.600
Knowledge regarding	85.00	44.32	14.256	52.140	72.82	10.388	85.670	-28.500	18.543	35.530

**Table - 2.4:**

**Comparison of pre- and post-test groups on knowledge mean about Nursing Intervention on Enhancing Self-Motivation to Maintain Abstinence in Alcohol Dependent Adults.**

		Mean	Std. Deviation	M	t-test	Results of H0
Motivation	Pre	80.58	20.658	49.080	12.621	
	Post	129.66	16.201			
About problems	Pre	36.26	13.302	20.580	10.153	
	Post	56.84	7.327			
Knowledge regarding	Pre	44.32	14.256	28.500	10.868	
	Post	72.82	10.388			

According to table No. 2.4, which indicates that mean & S.D of **Motivation** in Pre vs Post-test on knowledge about Nursing Intervention on Enhancing Self-Motivation to Maintain Abstinence in Alcohol Dependent Adults i.e. pre-test group are  $80.58 \pm 20.658$ , post-test are  $129.66 \pm 16.201$ . As per the table the mean difference of pre vs post-test group was 49.080 and the t-ratio were statistically significant as the obtained value (12.621) was higher than the tabulated value (2.00) required for t-ratio to be significant at 0.05 level of confidence.

**About problems:** here in pre-test group the mean and S.D of knowledge are  $36.26 \pm 13.302$ , in post-test they are  $56.84 \pm 7.327$ . As per the table the mean difference of pre- vs post-test group of Adolescent Girls in a rural area School in Jaipur was 20.580 and the t-ratio was statistically significant as the obtained value (10.153) was higher than the tabulated value (2.00) required for t-ratio to be significant at 0.05 level of confidence.

**Knowledge regarding:** here in pre-test group the mean and S.D of knowledge are  $44.32 \pm 14.256$ , in post-test they are  $72.82 \pm 10.388$ . As per the table the mean difference of pre- vs post-test group was 28.500 and the t-ratio was

statistically significant as the obtained value (10.868) was higher than the tabulated value (2.00) required for t-ratio to be significant at 0.05 level of confidence

### CONCLUSION

The study concludes that all the alcohol dependent adult males have some level of motivation to maintain abstinence from alcohol. This level of motivation can be enhanced by using nursing interventional techniques to maintain long term abstinence.

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