

Level of Co-Dependency among Wives of Alcoholics and Wives of Non-Alcoholic's.

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ABSTRACT

Co-dependency refers to a psychological construct involving an unhealthy relationship that people might share with those closest to them. The interrelationship of alcoholism and co-dependency is not a moral failing or personality flaw. Rather, it is the result of a set of circumstances that have shaped a particular perception and its corresponding habits. The main objective of the study is to assess the level of co-dependency among wives of alcoholics and wives of non-alcoholics. A community-based comparative study was conducted among 25 wives of alcoholics and 25 wives of non-alcoholics at Ammapalayam village in Tamil Nadu. Samples were drawn using a non-probability purposive sampling technique. Co-dependency was assessed by the Span fisher Co-dependency scale. Descriptive statistics was used for data analysis. The study concluded that the level of Co-dependency among wives of alcoholics was higher compared to the wives of non-alcoholics.

KEYWORDS: Co-dependency, wives of alcoholics, wives of non-alcoholics.

BACKGROUND:

Alcohol abuse has serious implications for society and the economy as well as a high illness burden. Drinking too much alcohol can be hazardous to oneself as well as to family, friends and co-workers.[1]. Co-dependency is an excessive emotional or psychological reliance on a partner, typically one who requires support on account of an illness or addiction. A co-dependent relationship is one where a person is dependent on another person. The co-dependency phrase gained clinical significance as a result of substance abuse and alcoholism.

It is typified by an excessive reliance on one spouse, and our emotions are frequently influenced by other people. Because co-dependent partners cover for their partners and attempt to shield them from the issues their addictions cause, they might be considered "enablers" of addiction.[4] Co-dependency can also show up in a relationship in many ways. When a wife is co-dependent, she views her job as "saving her partner," which means sacrificing her own pleasure and wellbeing in order to achieve that. The cause of co-dependency is often thought to be a result of living with alcoholic parents or other family members who struggle with substance abuse.[7]

Co-dependency may also be the result of a traumatic event, whether in childhood or adulthood. Co-dependency is an unconscious addiction to the deviant behaviour of another person, which negatively impacts spouses' ability to adjust of alcoholics leading to depression and various marital issues. [2]

METHODOLOGY:

A community based comparative study was conducted among 50 wives of alcoholics and wives of non-alcoholics at a selected village in Tamil Nadu. Non-probability purposive sampling technique was used to choose samples who met the study's inclusion requirements. 25 wives of alcoholics and 25 wives of non-alcoholics who were residing at Ammapalayam village in Tamil Nadu.

The tools used in the study had two parts:

SEC-A: It consists of **Socio-demographic variables** of wives of alcoholics and wives of non-alcoholics such as age, educational status, occupation, religion, type of family, duration of married life, and duration of alcohol consumption by the husband.

SEC-B: Span fisher Co-dependency scale was used to assess the level of Co-dependency among wives of alcoholics and wives of non-alcoholics. The span fisher co-dependency scale is a 16-item self-reporting scale that measures co-dependency. Each item have 6 response categories (1=strongly disagree, 2=moderately disagree, 3=slightly disagree, 4=slightly agree, 5=moderately agree and 6=strongly agree). The maximum score is 96. A mean score of 37.3 indicates low level, 52.6 indicates moderate level and 67.2 indicates high level of co-dependency.[5]

Results:

Table.no.1: Frequency and percentage distribution of demographic variables among wives of alcoholics and wives of non-alcoholics n₁=25, n₂=25

S. No	DEMOGRAPHIC VARIABLES	WIVES OF ALCOHOLICS		WIVES OF NON-ALCOHOLICS		
		(n ₁)	(%)	(n ₂)	(%)	
1	Age in years	a) 21 – 30years	5	20	8	32
		b) 31 – 40 years	4	16	11	44
		c) 41 – 50 years	10	40	5	20
		d) 51-59 years	6	24	1	4
2	Educational status	a) Illiterate	9	36	6	24
		b) Primary Education	7	28	7	28
		c) Higher Education	5	20	6	24
		d) Graduate	4	16	6	24
3	Occupation	a) Government Job	0	0	1	4
		b) Private Job	4	16	2	8
		c) House Wife	17	68	19	76
		d) Self Employee	4	16	3	12
4	Religion	a) Hindu	24	96	24	96
		b) Christian	0	0	1	4
		c) Muslim	1	4	0	0
		d) Others	0	0	0	0
5	Type of Family	a) Nuclear Family	21	84	16	64
		b) Joint Family	3	12	9	36
		c) Extended Family	1	4	0	0
		d) Others	0	0	0	0
6	Duration of marriage life	a) < 1 years	0	0	0	0
		b) 1-5 years	11	44	11	44
		c) 6-10 years	10	40	7	28
		d) > 10 years	4	16	7	28
7	Duration of alcohol Consumption by husband	a) < 1 years	8	32	0	0
		b) 1-5 years	14	56	0	0
		c) 6-10 years	2	8	0	0
		d) > 10 years	1	4	0	0

Table.no.1: shows that in terms of age, the majority 10 (40%) of the wives of alcoholics were between the age group of 41 and 50 years, 11 (44%) of the wives of non-alcoholics were between the age group of 31 and 40 years. Regarding education the majority, 9 (36%) of the wives of alcoholics were illiterate. On the other hand, 7 (28%) wives of non-alcoholics completed their primary education. Regarding Occupation 17 (68%) of wives of alcoholics were housewives, Whereas 19 (76%) of wives of non-alcoholics were housewives, About Religion, 24 (96%) of wives of alcoholics and wives of non-alcoholics were Hindu, Regarding Family type, the majority 21 (84%) of wives of alcoholics belong to nuclear family, Whereas 16 (64%) wives of non-alcoholics belong to nuclear family, 11 (44%) of wives of alcoholics were married for 1 – 5 years, whereas 8(32%) of wives of non-alcoholics were married for 1-5 years. Regarding the duration of alcohol consumption by the husband, the majority of wives of alcoholics reported that their spouses 14 (56%) were consuming alcohol for 1 – 5 years.

Table.no.2: Frequency and percentage distribution of the level of co-dependency among wives of alcoholics.

S.NO	LEVEL OF CO-DEPENDENCY	WIVES OF ALCOHOLICS	
		n ₁	%
1	Low level	2	8%
2	Moderate level	4	16%
3	High level	19	76%

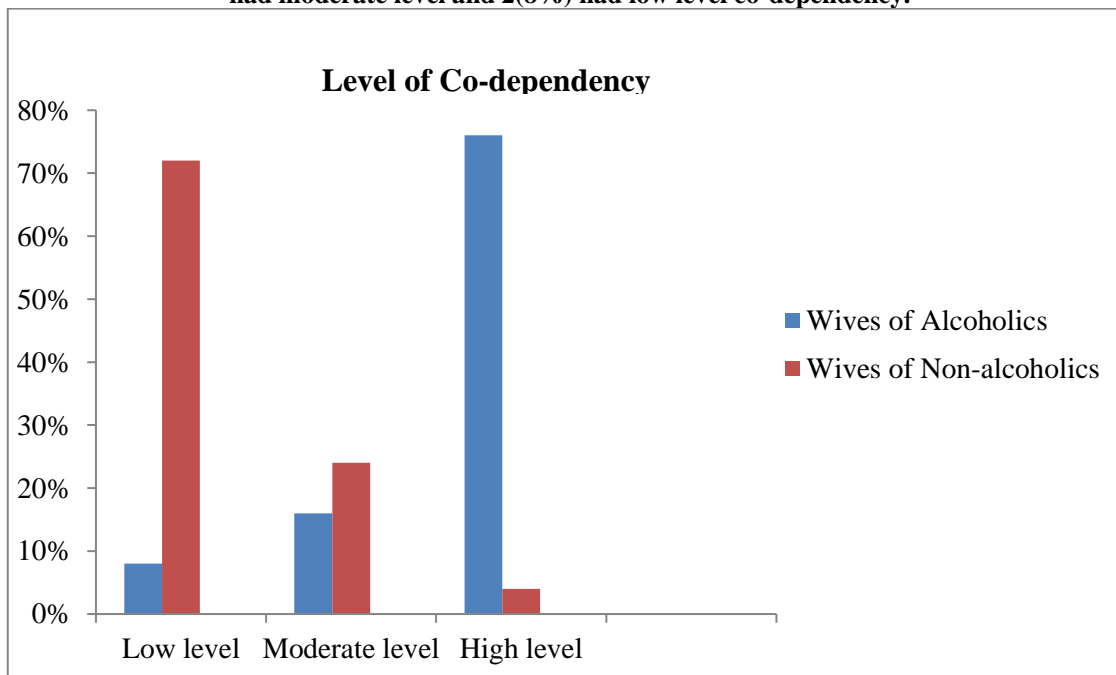
Table.no.2: shows that the majority of wives of alcoholics 19 (76%) had high level of co-dependency, 4(16%) had moderate level and 2(8%) had low level of co-dependency.

Table.no.3: Frequency and percentage distribution of the level of co-dependency among wives of non-alcoholics.

S.NO	LEVEL OF CO-DEPENDENCY	WIVES OF NON-ALCOHOLICS	
		n ₂	%
1	Low level	18	72%
2	Moderate level	6	24%
3	High level	1	4%

Table.no.3: shows that, the majority of wives of non-alcoholics, 18(72%) had low level of co-dependency, 6(24%) had moderate level of co-dependency, 1(4%) had low level of co-dependency.

Figure no.1: shows that the majority of wives of alcoholics 19 (76%) had high level of co-dependency, 4 (16%) had moderate level and 2(8%) had low level co-dependency.



Regarding the level of co-dependency among wives of non-alcoholics, the majority 18(72%) had low level of co-dependency, 6(24%) had moderate level and 1(4%) had high level co-dependency.

Discussion:

The result of this study revealed that the majority of wives of alcoholics 19 (76%) had high level of co-dependency compared to wives of non-alcoholics who had low level of co-dependency.

A descriptive study evaluated the depressive symptoms and co-dependency of alcoholics' wives. The study was carried out among 100 alcoholics' wives in particular in Kochi. Utilizing the convenience sample technique, subjects were chosen. The Beck Depression Inventory and the Spann-Fischer Co-Dependency Assessment Tool were used to measure co-dependency and depression among wives, respectively. According to the results, 63% of the wives had severe co-dependency, while just 3% of them claimed mild co-dependency; the remaining 34% had moderate co-dependency.[3] The majorities of research findings agrees with and support those of the current study. It is clear from the previous

research that alcohol consumption influences co-dependency in wives.

Conclusion:

This study found that there was a greater level of co-dependency among the wives of alcoholics than among the wives of non-alcoholics.

Conflict of interest: No conflict of interest was disclosed.

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