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# MARITAL SATISFACTION AND SPIRITUALITY AMONG SPOUSES OF PATIENTS WITH ALCOHOL DEPENDENCE SYNDROME

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### ABSTRACT

Spouses of patients with alcohol dependence syndrome require adequate coping strategies to maintain marital satisfaction. The study was undertaken to assess marital satisfaction among spouses of patients with alcohol dependence syndrome. The objectives were to assess marital satisfaction and spirituality, to identify the association of marital satisfaction, spirituality with selected socio-demographic variables. Using convenience sampling, 106 spouses of patients with alcohol dependence syndrome who attending the psychiatric inpatient de-addiction unit of tertiary care hospital in Ernakulum District were enrolled in the study. Socio-demographic Proforma, Enrich Marital Satisfaction Scale, were used to collect the data. Findings of the study showed a statistically high positive correlation between marital satisfaction and spirituality ( $p < 0.001$ ). Among the selected socio-demographic variables, marital satisfaction, resilience was found to be significantly associated with religion ( $p = 0.019$ ), type of marriage ( $p = 0.006$ ) and history of physical and sexual abuse ( $P = 0.045$ ). Among that, 20% of spouses were having high, 35% of spouses were having moderate and 45% of spouses were having low marital satisfaction and resilience.

### INTRODUCTION

Alcoholism is the most common form of drug abuse in society. The world health organization reports harmful use of alcoholism causes behavioral disorders and socio personal losses to an individual. Globally, every year about 5 million people are dying due to alcoholism. In India, alcohol consumption has increased alarmingly with an estimated number of alcohol users are 160 million in the general population in 2020. In that 11% of people are binge drinkers, with the highest prevalence of alcohol using states is Chhattisgarh, Tripura, Punjab, Arunachal Pradesh and Goa<sup>2</sup>.

Spouses of alcoholic have significantly associated with poor marital satisfaction with their partners<sup>4</sup>. Heavy alcohol use is often connected with negative communication, expressions of anger, less warmth and unity in the relationship. Spirituality plays an important role in overcoming stressful situations for spouses of the client with alcohol dependence syndrome. Religion is a form of coping that helps individuals to deal with a wide variety of difficulties in life situations, particularly with long term stressors.

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### Statement of the problem

A descriptive study to assess marital satisfaction, and spirituality among the spouses of patients with alcohol dependence syndrome in a tertiary care center in Ernakulam district, Kerala.



## Objectives

1. To assess the marital satisfaction and spirituality among spouses of patients with alcohol dependence syndrome.
2. To find the relationship of marital satisfaction with spirituality among spouses of patients with alcohol dependence syndrome.
3. To identify the association of marital satisfaction and spirituality with selected socio-demographic variables.

## Operational definitions

- **Marital satisfaction:** Refers to the degree of satisfaction and affection perceived in the marital relationships by the spouses of patients with alcohol dependence syndrome which is measured by using Enrich marital satisfaction scale.
- **Spirituality:** Refers to the extent to which the spouses of alcohol dependence perceive connection with a power bigger than self in terms of religious beliefs and faith which is measured by using Daily spiritual experience scale.
- **Alcohol dependence syndrome:** Refers to a chronic disease in which a person craves and unable to control drinking that contains alcohol which is diagnosed by the psychiatrist using ICD-10 diagnostic criteria.
- **Spouse:** Refers to a legally married companion who is actively involved in caring for the patient with alcohol dependence syndrome for more than one year and accompanies for continuing treatment in the selected setting.

## Delimitations

This study is delimited to spouses of patients with alcohol dependence syndrome who are on regular follow-up only from the selected study setting.

## Assumptions

- a) Alcohol consumption may interfere with the quality of marital relationships and marital satisfaction.
- Alcohol consumption may influence the spirituality of spouses of patients with alcohol dependence syndrome.

## Hypothesis

- H1: There is a significant relationship of marital satisfaction with spirituality of the spouses of patients with alcohol dependence syndrome.
- H2: There is a significant association of marital satisfaction and spirituality with socio-demographic variables of the spouses of patients with alcoholic dependence syndrome.

## Research approach

Quantitative research approach.

## Research design

Cross-sectional design.

## Variables

### ➤ Outcome variables:

Marital satisfaction and spirituality.

### ➤ Socio-demographic variables:

Age in years, educational status of the spouse, occupation of the spouse, religion, residence of the spouse, type of family, number of children, breadwinner of the family, history of physical or sexual abuse after drinking, history of financial loss due to drinking, history of physical and mental illness.

## Sample size and sampling technique

### Sample

Spouses of patients with alcohol dependence syndrome from the selected setting who met the inclusion criteria.

### Sampling technique

Nonprobability convenience sampling technique.

### Sample size

106 spouses of patients with alcohol dependence syndrome from the selected setting.

The size was estimated using the equation: -

$$n = \frac{Z_{1-\alpha/2}^2 \sigma^2}{(\mu d)^2}$$

Where  $Z_{1-\alpha/2} = 1.96 (\alpha=5\%)$

$\sigma = 13$  (Johnson PR et al, 2018)

$\mu = 124$  (Johnson PR et al, 2018)

$d = 2\%$

$n = 106$

## Sample selection criteria

### Inclusion criteria

- a) Spouses of patients with alcohol dependence aged between 18-57 years and above.
- b) Spouses of patients with alcohol dependence living with their partner for more than 1 year.
- c) Spouses of patients with alcohol dependence admitted in de-addiction centre (S<sub>3</sub>, K<sub>3</sub> and F&G) wards of MOSC, medical college hospital, Kolenchery.



### Exclusion Criteria

- Spouses of patients with alcohol dependence who have a history of clinically proven psychiatric disorders.

### Setting of the study

Psychiatric inpatient department of the M.O.S.C. Medical college hospital Kolenchery.

### Population

#### • Target population

Spouses of patients with alcohol dependence syndrome in Ernakulam district.

#### • Accessible population

Spouses of patients with alcohol dependence syndrome seeking treatment from the selected setting.

### Tools and techniques

#### Enrich marital satisfaction scale

It is a standardized scale used for assessing the marital satisfaction of spouses which was developed by Blaine J. Fowers and David H. Olson. It is a self-administered tool that can be completed by an informant. The scale has a total of 15 items rated from one to five. The maximum score is 60 and the minimum score is 15. A score between 46 -60 indicates high marital satisfaction, 31-45 indicated moderate marital satisfaction and 15-30 indicates low marital satisfaction. In this scale out of 15 items, 9 (1,3,4,6,7,10,11,13,15) items are positively scored and 6 items (2,5,8,9,12,14) are negatively scored. The reliability of the tool was established by using the Test-retest method and the tool was found to be reliable with  $r = 0.92$ .

#### Daily Spiritual Experience Scale (DSE Scale)

Daily Spiritual Experience Scale (DSE Scale) used for assessing the spirituality of spouses which developed by Dr. Underwood L. G and Teresi J. It is a self-administered tool that can be completed by an informant. The scale has a total of 16 items. Each 1-15 item ranges from one to six and the 16 items range from one to four. The maximum score of the tool is 94 and the minimum score is 16. A score between 69-94 indicates high spirituality, 43-68 indicates moderate spirituality and 16-42 indicates low spirituality. The reliability of the tool was established by using Cronbach's alpha method and the tool was found to be reliable with  $r = 0.96$ .

### Ethical clearance

The investigator has considered the following ethical principles while proceeding with the project. This study protocol was approved by the institutional ethics committee of M.O.S.C. Medical College Hospital. Formal administrative permission was obtained from the Administrative Director, M.O.S.C. Medical College

Hospital and Principal, M.O.S.C. College of Nursing. A letter explaining the purpose of the study was handed over to the subjects and informed written consent was taken from them before data collection, after ensuring the confidentiality and anonymity pledge of the data. Content validity was received from various experts in the field of psychiatry, psychology and mental health nursing.

### Pilot study

The pilot study was conducted among 30 subjects visiting the inpatient de-addiction center of M.O.S.C. Medical College Hospital, to ascertain the feasibility of the study. After obtaining informed consent, the data were collected using the sociodemographic proforma, Enrich Marital Satisfaction scale and Daily Spiritual Experience scale. After the pilot study, it was found to be feasible in terms of time, money, manpower and resources.

### Data collection process

The study was conducted after obtaining ethical clearance from the institutional ethics committee. Formal administrative permission was obtained from the Administrative Director, M.O.S.C. Medical College Hospital and Principal, M.O.S.C. College of Nursing. 106 subjects who fulfilled the inclusion criteria were selected by convenient sampling technique from the psychiatric inpatient department of M.O.S.C. Medical College Hospital, Kolenchery. After a brief self-introduction, the subjects were explained regarding the purpose of the study. The subjects were allowed to read the participant information sheet and made provision to clarify their doubts. Following this, informed consent was obtained from the participants. After that sociodemographic data were collected by using sociodemographic Performa. Following this, marital satisfaction of spouses was assessed by using enrich marital satisfaction scale and spirituality of spouses was assessed by using the Daily spirituality experience scale. Confidentiality was ensured during and after the study.

### Plan for data analysis

The data were analyzed by using R software. For continuous variables, median and interquartile range were reported as the data does not follow the normal distribution. For categorical variable frequency and percentage were reported. Normality assessment was done using Kolmogorov Smirnov test. For establishing the relationship of marital satisfaction with spirituality Spearman's Correlation analysis was performed as data violate normality. For establishing the association of marital satisfaction and spirituality with socio-demographic variables Chi-square test was performed based on the number of categories. The  $p$ -value  $< 0.05$



was considered to be statistically significant.

#### **Description of socio-demographic variables of spouses of patients with alcohol dependence syndrome.**

Most of the spouses (34.9%) belong to the age group of 38-47 years. Among the spouses most of them (41.5%) were primary educated and 37.7% of spouses were private employees. majority of the spouses (50.9%) followed Hindu religion. Among them 85.8% of spouses lived in rural area. Majority of the spouses (72.6%) coming from nuclear family. 73.6% of them have two children. among them 68.9% patients were the breadwinner of the family. Most of them (80.2%) were arranged marriage. Majority of the spouses (78.3%) were physically and sexually abused. 82.1% of spouses were faced financial loss. All the spouses of patients of alcohol dependence syndrome were mentally sound.

#### **To assess the marital satisfaction and spirituality**

#### **among spouses of patient with alcohol dependence syndrome.**

To assess the marital satisfaction and spirituality among spouses of patients with alcohol dependence syndrome, median and interquartile range was computed as the score of listed variables not followed normal distribution. The median and interquartile range scores of marital satisfaction 41( $Q_1=25$ ,  $Q_3=50$ ) and spirituality 50 ( $Q_1=39$ ,  $Q_3=75$ ) among spouses of patients with alcohol dependence syndrome are respectively.

To find the relationship of marital satisfaction with spirituality among spouses of patients with alcohol dependence syndrome, Spearman's rank correlation was computed, as the data was not following the normality.

The observations showed a high positive correlation ( $r_s=0.946$ ,  $P<0.001$ ) between marital satisfaction and spirituality among spouses of patients with alcohol dependence syndrome (Table: 4) (Figure: 8).

**Table 1. Frequency and percentage distribution of socio demographic variables of spouses of patients with alcohol dependence syndrome.**

| n = 106                   |           |                |
|---------------------------|-----------|----------------|
| Socio personal variables  | Frequency | Percentage (%) |
| <b>Age in years</b>       |           |                |
| 18 – 27                   | 12        | 11.30          |
| 28 – 37                   | 24        | 22.60          |
| 38 – 47                   | 37        | 34.90          |
| 48 and above              | 33        | 31.20          |
| <b>Education</b>          |           |                |
| No formal education       | 17        | 16.00          |
| Primary school            | 44        | 41.50          |
| Secondary school          | 35        | 33.00          |
| Graduate and above        | 10        | 09.50          |
| <b>Occupation</b>         |           |                |
| Government employee       | 20        | 18.90          |
| Private employee          | 40        | 37.70          |
| Self-employee             | 19        | 17.90          |
| Unemployed                | 19        | 17.90          |
| Others                    | 08        | 07.60          |
| <b>Religion</b>           |           |                |
| Hindu                     | 54        | 50.90          |
| Christian                 | 42        | 39.60          |
| Muslim                    | 10        | 09.50          |
| Others                    | 00        | 00.00          |
| Socio personal variables  | Frequency | Percentage (%) |
| <b>Residence</b>          |           |                |
| Rural                     | 91        | 85.80          |
| Urban                     | 15        | 14.20          |
| <b>Type of family</b>     |           |                |
| Nuclear family            | 77        | 72.60          |
| Joint family              | 13        | 12.30          |
| Extended family           | 16        | 15.10          |
| <b>Number of children</b> |           |                |



|   |                  |                       |
|---|------------------|-----------------------|
| None  | 07               | 06.60                 |
| One   | 10               | 09.50                 |
| Two   | 78               | 73.60                 |
| Three and above   | 11               | 10.30                 |
| <b>Bread winner of the family</b>                         |                  |                       |
| Patient   | 73               | 68.90                 |
| Spouse  | 19               | 17.90                 |
| Others  | 14               | 13.20                 |
| <b>Type of marriage</b>                                   |                  |                       |
| Love marriage   | 21               | 19.80                 |
| Arranged marriage   | 85               | 80.20                 |
| <b>History of physical or sexual abuse after drinking</b> |                  |                       |
| Yes   | 83               | 78.30                 |
| No  | 23               | 21.70                 |
| <b>Socio personal variables</b>                           | <b>Frequency</b> | <b>Percentage (%)</b> |
| <b>History of financial loss due to drinking</b>          |                  |                       |
| Yes   | 87               | 82.10                 |
| No  | 19               | 17.90                 |
| <b>History of mental illness</b>                          |                  |                       |
| Yes   | 00               | 00.00                 |
| No  | 106              | 100.00                |

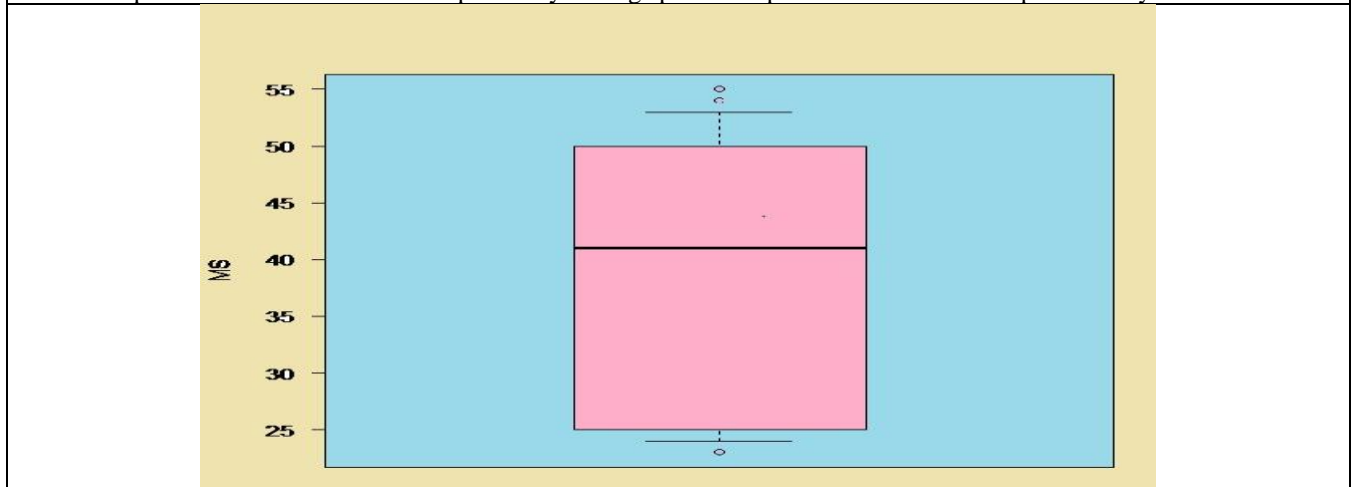
**Table 2. Median and IQR of Marital satisfaction and Spirituality scores among spouses of patients with alcohol dependence syndrome.**

|                      | <b>Median</b> | <b>Q<sub>1</sub></b> | <b>Q<sub>3</sub></b> |
|----------------------|---------------|----------------------|----------------------|
| Marital satisfaction | 41            | 25                   | 50                   |
| Spirituality         | 50            | 39                   | 75                   |

**Table 3: Relationship of marital satisfaction with spirituality among spouses of patients with alcohol dependence syndrome.**

|   | <b>Spearman's correlation</b> | <b>P value</b>    |
|---|-------------------------------|-------------------|
| Marital satisfaction with spirituality            | <b>0.946</b>                  | <b>&lt;0.001*</b> |
| <b>* Significance at <math>p \leq 0.05</math></b> |                               |                   |

**Fig-1:** Box plot depicting marital satisfaction among spouses of patients with alcohol dependence syndrome. To find the relationship of marital satisfaction with spirituality among spouses of patients with alcohol dependence syndrome.



### **To find the association of marital satisfaction and spirituality with selected socio demographic variables.**

To find the association of marital satisfaction and spirituality with selected socio demographic variables, Chi-square test or Fishers exact test was performed based on the number of observations in each category. The observation showed that there is significant association between Religion (0.019), type of marriage (0.006), History of physical and sexual abuse (0.045) with marital satisfaction, resilience and spirituality

### **Recommendations**

- Similar studies can be conducted in different settings.
- A comparative study regarding marital satisfaction, and spirituality can be conducted among spouses of patients with major psychiatric illnesses.
- A qualitative study can be conducted to assess marital

satisfaction, and spirituality among spouses of patients with alcohol dependence syndrome.

- Interventional studies can be undertaken to assess the effectiveness of improving marital satisfaction, and spirituality among spouses of patients with alcohol dependence syndrome.

### **Summary**

The study results showed that there is a significant association between Religion ( $p=0.019$ ), Type of marriage ( $p=0.006$ ), History of physical and sexual abuse (0.045) with marital satisfaction, and spirituality, and also a high positive correlation between marital satisfaction and resilience ( $p<0.001$ ), marital satisfaction and spirituality ( $p<0.001$ ), and spirituality ( $p<0.001$ ) among spouses of patients with alcohol dependence syndrome.

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