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### RESILIENCE AND SPIRITUALITY AMONG SPOUSES OF PATIENTS WITH ALCOHOL DEPENDENCE SYNDROME

**Shamol Varghese, Dr.Starmine.C\***

Department of Mental Health Nursing, M.O.S.C. College of Nursing, Kolenchery, Kerala, India-686661.

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#### Key word:

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syndrome.

#### ABSTRACT

Spouses of patients with alcohol dependence syndrome require adequate coping strategies to maintain resilience and spirituality. The study was undertaken to assess resilience and spirituality among spouses of patients with alcohol dependence syndrome. The objectives were to assess resilience and spirituality, to find the relationship of resilience with spirituality, and to identify the association of resilience and 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, Connor Davidson Scale, Daily Spiritual Experience Scale were used to collect the data. Findings of the study showed a statistically high positive correlation of resilience and spirituality ( $p < 0.001$ ). Among the selected socio-demographic variables, resilience and spirituality were 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, resilience and spirituality respectively.

#### INTRODUCTION

Spouses play an important role in the life of alcoholics. The wives of persons with alcoholism are known to have significant problems such as marital dissatisfaction, poor social interaction, communication problems, physical problems, and mental health disorders. Spouses are experiencing social and emotional burdens to cope with the alcoholic family. Moreover, the alcoholic is obsessed with drinking and ignores meeting the needed responsibilities of the family members.

Women spouses are more likely to victims of domestic violence, emotional harm, negligence, poor self-esteem, and depression and social withdrawal the family relationship is affected by the alcoholic person due to physical injuries, emotional trauma and financial problems.

Therefore, spouses are adapting to harmful coping strategies such as substance use, over concern for children and risky behaviors<sup>3</sup>.

The resilience is affected dramatically by individuals with alcohol dependence to maintain emotional well-being to positively adapt to their life circumstances. Resilience is a measure of coping ability and competency under stress. The higher resilience indicates the stronger coping capacity whereas the poor resilience was associated

Corresponding Author

**Shamol Varghese**

**Email:-** starsujin6pearl@gmail.com

Research Article



with higher depression. 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. Sometimes marriage faces some difficulties due to a lack of knowledge about mental abilities, value systems and behavioral relations.

### Statement of the problem

A descriptive study to assess resilience 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 resilience, and spirituality among spouses of patients with alcohol dependence syndrome.
2. To find the relationship of resilience and spirituality among spouses of patients with alcohol dependence syndrome.
3. To identify the association of resilience and spirituality with selected socio-demographic variables.

### Operational definitions

- **Resilience:** Refers to the coping ability and capacity to recover and overcome the obstacles of spouses of patients with alcohol dependence syndrome which is measured by using the Connor Davidson 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 influence the resilience of spouses of patients with alcohol dependence syndrome.
- b) Alcohol consumption may influence the spirituality of spouses of patients with alcohol dependence syndrome.

### Hypotheses

- H<sub>1</sub>: There is a significant relationship of spirituality and resilience of the spouses of patients with alcohol dependence syndrome.
- H<sub>2</sub>: There is a significant association of resilience 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, resilience 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.

### Setting of the study

Psychiatric inpatient department of the MOSC 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.

### 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

- Spouses of patients with alcohol dependence aged between 18-57 years and above.
- Spouses of patients with alcohol dependence living with their partner for more than 1 year.
- 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.

### Tools and techniques

#### Connor Davidson Resilience scale

Connor Davidson Resilience scale used for assessing the resilience of spouses which developed by Kathryn M. Connor and Jonathan R.T. Davidson. It is a self-administered tool that can be completed by an informant. The scale has 25 items rated from zero to four. The maximum score of the tool is 100 and the minimum score is 0. A score between 76-100 indicates high resilience, 51-75 indicated moderate resilience and 0-50 indicates low resilience. The reliability of the tool was established by Test-retest method and the tool found to be reliable with  $r = 0.87$ .

#### Tool 4

#### 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 MOSC Medical College Hospital. Formal administrative permission was obtained from the Administrative Director, MOSC Medical College Hospital and Principal, MOSC 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 socio demographic proforma, Connor Davidson Resilience 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, resilience of spouses was assessed by using Connor-Davidson Resilience 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 resilience with spirituality, Spearman's Correlation analysis was performed as data violate normality. For establishing the association of resilience 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

#### 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, resilience, and spirituality among spouses of patient with alcohol dependence syndrome.

To assess the resilience 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  $Q_3=50$ , resilience 50 ( $Q_1=45$ ,  $Q_3=75$ ), and spirituality 50 ( $Q_1=39$ ,  $Q_3=75$ ) among spouses of patients with alcohol dependence syndrome are respectively.

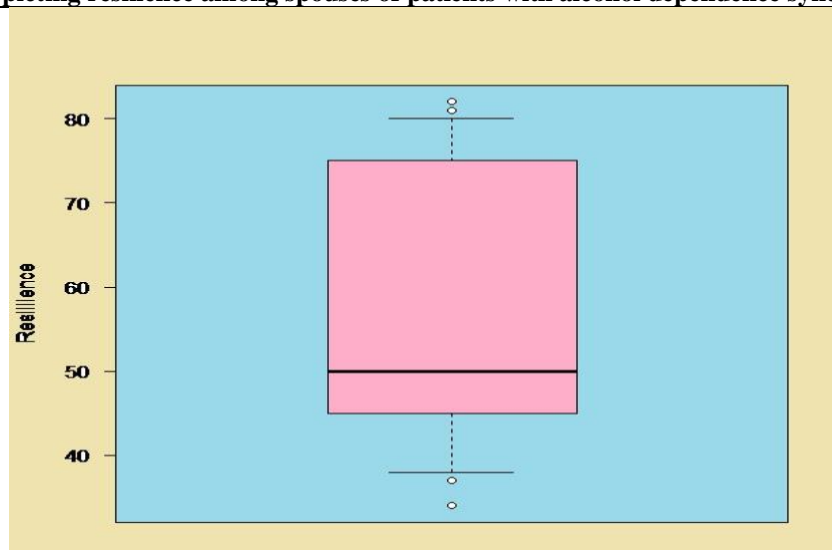
**Table 1. Median and IQR of Resilience, and Spirituality scores among spouses of patients with alcohol dependence syndrome.**

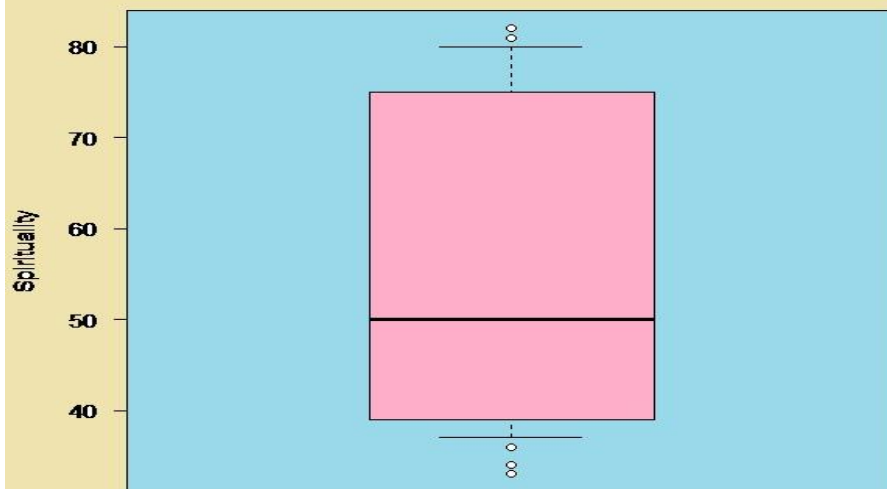
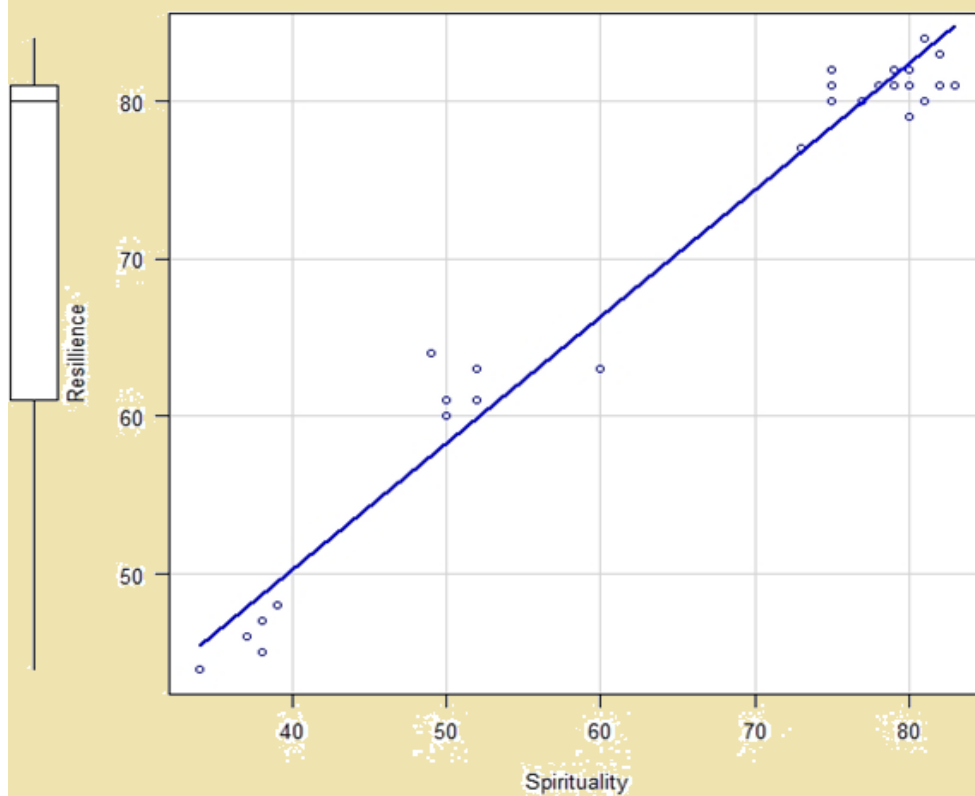
	Median	$Q_1$	$Q_3$
Resilience	50	45	75
Spirituality	50	39	75

**Table 2. Relationship of resilience with spirituality among spouses of patients with alcohol dependence syndrome.**

	Spearman's correlation	P value
Resilience with spirituality	<b>0.936</b>	<b><math>&lt; 0.001^*</math></b>
<b>*Significance at <math>p \leq 0.05</math></b>		

**Figure 1: Box plot depicting resilience among spouses of patients with alcohol dependence syndrome.**



**Figure 2: Box plot depicting spirituality among spouses of patients with alcohol dependence****Figure 3: Scatter plot diagram showing relationship of resilience with spirituality among spouses of patients with alcohol dependence syndrome.**

### **To find the relationship of spirituality with resilience among spouses of patients with alcohol dependence syndrome.**

To find the relationship of spirituality with resilience among spouses of patients with alcohol dependence syndrome, Spearman's rank correlation was computed, as the data was not following the normality. The observation showed a high positive correlation ( $r_s=0.936$ ,  $P<0.001$ ) between spirituality and resilience among spouses of patients with alcohol dependence syndrome.

#### **Assumptions**

- a) Alcohol consumption may influence the resilience of spouses of patients with alcohol dependence syndrome.
- b) Alcohol consumption may influence the spirituality of spouses of patients with alcohol dependence syndrome.

#### **Nursing implications**

The present study has significant implications in the field of nursing administration, nursing education,

nursing practice, and nursing research.

#### **Recommendations**

- Similar studies can be conducted in different settings.
- A comparative study regarding, resilience, and spirituality can be conducted among spouses of patients with major psychiatric illnesses.
- A qualitative study can be conducted to resilience, and spirituality among spouses of patients with alcohol dependence syndrome.
- Interventional studies can be undertaken to assess the effectiveness of improving resilience, 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 resilience and spirituality, and also a high positive correlation between resilience and spirituality ( $p<0.001$ ) among spouses of patients with alcohol dependence syndrome.

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