



RESEARCH ARTICLE

QUALITY OF MARITAL LIFE AND LEVEL OF DEPRESSION AMONG WIVES OF ALCOHOL DEPENDENT HUSBANDS AND NON ALCOHOL DEPENDENT HUSBANDS: A COMPARATIVE STUDY

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ABSTRACT

Background: Prevalence of alcoholism among men is so high in puducherry (66.2/1000males) compared to neighboring states Tamilnadu and Karnataka. The effects of alcohol dependency can cause more damage and pain than any other internal or external influence on the family unit., wives feel difficult to manage their marital life and feel stress, as a result they are depressed and likely to affect their marital quality and puts strain on marriage. **Aim:** To explore and compare the marital quality and level of depression among wives of alcoholics and non alcoholics. **Materials and Methods:** A Community based cross sectional study was carried out at Moorthikuppam and Mathikrinapuram villages in Pondicherry. Study samples consisted of 50 married women; Out of them 26 were wives of alcoholics and 24 were wives of non alcoholics. A purposive sampling technique was used to select the samples. Data were collected by house to house survey through individual interviews. Anisha shah 'Marital qualityscale and Beck's Depression scale were used. **Results:** The Marital quality among wives of alcohol dependents was poor than wives of non alcoholdependents. The level of depression is not statistically significant between two groups; if the sample size is more and randomization is used it may be significant.

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INTRODUCTION

‘‘She who wears the shoe knows where it pinches’’

The major medico social problem in Pondicherry is the high prevalence of alcoholism. Alcohol dependence syndrome was reported to be 66.2\1000 males compared to 4-8/1000 in vellore’,2.36/1000 in Bangalore. More recent estimated show a prevalence of around 42% among men aged more than 25 years in rural area of Pondicherry –the age men are entering in to marital life. 40% of deaths among men in Pondicherry in the age group of 30-50 years category out of which 75% due to alcoholism directly and 25 % deaths due to default tuberculosis treatment because of alcoholism. Pondicherry has the dubious distinction of having second highest rate of suicide in the country.45.5/lakh population, next to Sikkim, with the suicide rate of 45.9 /lakh against the Indian average of 11.4/lakh. Suicidal deaths among men here directly attributed to alcohol accounts for 36.6%. Alcohol use disorders accounted for 1.5% of global disease burden and 45% disability adjusted life years. Prevalence of alcohol consumption in India is 21% among men and 2% among women. Alcohol leads to many acute and chronic health problems; most important are accidents and injuries. A hospital based survey has shown that 60% of all injuries and 18% of all brain injuries reporting to emergency

ward are attributed to alcohol usage. The huge level of mortality causing not only the financial and societal burden to the government and society, It affects more the concern family and related members particularly wives. Because of consequences of alcohol, alcoholic husbands may be the suffers, but wives are the passive suffers in all domains of health-physical, psychological, economical, social, and spiritual. When they are struggling with alcoholic husband throughout their marital life, automatically they are depressed and not able to lead quality life. As a husband, an alcoholic dependent person has aggressive behaviors and intimate partner violence. As a son or other family roles are not performed, as acitizen they are not productive to the society. These irresponsible attitudes disturb in a huge level of their marital life and put down their wives’ personal, professional, familial and societal image. This status of wives in a society leads to high level of psychological stress and depressive symptoms among them. Marital quality is the subjective evaluation of a married couples relationship on a number of dimensions and evaluation. The wife of an alcohol dependent husband, who enters into marital life with a heart full of expectations, becomes disillusioned when she faces tough life situations from the alcoholic husband. When the expected outcomes of marriage such as safe and secure life, lifelong companionship, sexuality and reproduction, and social respect are not met or drastically disturbed by the alcoholic husband,

naturally the wives are depressed and their marital life is unstable.

Leonard and Roberts found that husband's drinking was predictive factor for poor marital quality and it increases marital instability over one year subsequent divorce in a sample of young adults. Chilcoat and Breslan found that when the husband is alcoholic, couples have deficits in marital problem solving that exacerbate the effects of marital conflict. Keeping in this mind, the researcher has measured marital quality and level of depression among wives of alcohol dependents and nonalcohol dependents. Important mechanism for the destructive effects of alcoholism on marriage are through negative marital interactions processes. Thus identification of a interaction processes associated with marital disruption in alcoholic wives may reveal targets for intervention efforts designed to prevent negative marital outcomes. The present study intended to do a comparative assessment between wives of alcoholics and nonalcoholics for high degree of empathetic understanding, is help the wives of alcoholics in better coping for best marital quality by enlarge quality of a society because status of women reflects the status of any society.

MATERIALS AND METHODS

The population of the study had constituted wives of alcoholics and non alcoholics who were living in Moorthikuppam and Mathikrishnapuram villages in Puducherry. Under kirumambakkam Primary Health Centre, 22 villages were there. Each village had been considered as one cluster and from this list, two villages were selected using simple random sampling. The researcher included the married women who were living with alcoholic and nonalcolic husbands. Married men had; AUDIT (ALCOHOL USE DISORDER IDENTIFICATION TEST) score more than 8 was considered as alcohol dependent. Out of 50 married women 26 were wives of alcoholics and 24 were wives of non alcoholics. The researcher developed socio demographic data sheet and used standardized Anisha Shah' Marital quality scale and Beck's Depression scale to collect expected data. After obtaining their consent, individual interviews were scheduled. Each interview took 20 minutes. The researcher collected qualitative data also for better exploration.

Data analysis and statistical methods used: To assess the marital quality and level of depression, the investigator used descriptive statistics which includes the mean standard deviation and percentage.

- In order to compare the marital quality and level of depression, the investigator adopted 't' test and Mann-Whitney U test
- To associate the Marital Quality and level of depression with demographic variables the investigator used Kruskal-Wallis (ANOVA) and Mann-Whitney test used.

RESULTS

Table 1 reveals the percentage distribution of wives of alcoholic dependent wives of non-alcoholic dependent according to the demographic variables such as age, education, occupation, monthly family income, type of marriage, duration of marriage, number of children and type of household. Regarding age, 2(7.7%) subjects belong to 18-22 years of age

group, 4(15.4%) were belong to 23-27 years, 4(15.4%) were to 28-32 years, 9(34.6%) were to 33-37 years and 7 (26.9%) subjects to 37 and above years in the wives of alcoholic dependent group whereas in wives of non-alcoholic dependent group 1(4.2%) subject belongs to 18-22 years, 4 (16.7%) subjects belong to 23-27 years, 6 (25%) subjects belong to 28-32 years, 4(16.7%) belong to 33-37 years and 9 (37.5) subjects to 37-45 years. With regard to education, 3 Wives of Alcoholic dependent group were illiterate, 4(15.4%) subjects had primary level, 13 subjects (50%) had middle to secondary level, 4(15.4%) subjects had higher secondary level and 2(7.7%) subjects had Graduate and PG level of education whereas among wives of non-alcoholic dependents, 2(8.3%) subjects were illiterate, 3 (12.5%) subjects had primary level, 5(20.8%) subjects had middle to secondary level, 2(8.3%) had higher secondary level and 12 (50%) had Graduation level of education. In respect to occupation, in Wives of Alcoholic dependent husbands group, 20(76.9%) were home-makers, 4(15.4%) were doing manual labour, 2(7.7%) were Petti shop owners and Anganwadi teacher. While in wives of non-alcoholic dependent husbands group, 11 (45.8%) were home makers, 2(8.3%) were labours, 5(20.8%) were clerical staff, shop owner and farmer and 6(25%) were professionals.

In considering monthly family income in wives of alcoholic dependent husbands, 22 (84.6%) of them belonged to 5000 to 10000 of income per month, 3(11.5%) of them to 10,001 - 15,000 of income, 1(3.8%) subjects Rs.15,001 - 20,000. Whereas in wives of non-alcohol dependent husbands group, 11 (45.8%) of them belonged to 5000-10,000 of income per month, 2(8.3%) of them to Rs.10,001-15,000 of income, 1 (4.2%) of them to Rs.15,001 - 20,000 of income and 6 (25%) of them to 20,001 and above.

DISCUSSION

The findings of the study are discussed congruent with the objectives of this study as follows:

Identification of married alcohol dependent husbands and non-alcohol dependent husbands: The present findings of this study reveals that out of 50 married men, 26 were alcohol dependents and 24 were non-alcohol dependents; With the help of AUDIT (Alcohol Use Disorders Identification Test), 26 married men identified as alcoholics; out of them 6 were categorized under hazardous alcohol use, 12 were dependence symptoms and 8 were harmful alcohol use domains; According to WHO, hazardous alcohol use men (no.6) and dependence symptoms men (no.12) were given simple advice, and brief counseling and advised community teachers/ students to monitor them and harmful alcohol use men (no.8) were referred to De-addiction centres for treatment.

In Moorthikuppam and Mathikrishnapuram villages men are consuming commonly arrack, Beer, whiskey and palm wine in an average 250 ml/ day; monthly average money spent by a men for alcohol consumption was Rs.3000; Reasons for alcohol consumption were recorded as body pain and feeling tired; most of them were labourers and farmers.

Assessment of Marital quality of wives of alcohol dependent husbands and non-alcohol dependent husbands: Best quality of marital life perceived by wives of alcoholic and wives of non-alcoholic were 57.7% and 83.3% respectively. –

Table1. Distribution of subjects according to the Socio-demographic variables n=50

S. No	Socio Demographic variables	Wives of alcoholics		Wives of non-alcoholics		Total	
		No	%	No	%	No	%
1	Age (in years)	2	7.7	1	4.2	3	6.0
2	18- 22	4	15.4	4	16.7	8	16.0
3	23 – 28	4	15.4	6	25.0	10	20.0
4	29 – 33	9	34.6	4	16.7	13	26.0
5	34 -37	7	26.9	9	37.5	16	32.0
	37 - 45						
1	Education	3	11.5	2	8.3	5	10.0
2	Illiterate	4	15.4	3	12.5	7	14.0
3	Primary	13	50.0	5	20.8	18	36.0
4	Middle & Secondary	4	15.4	2	8.3	6	12.0
5	Higher secondary	4	15.4	2	8.3	6	12.0
	Graduate &PG	2	7.7	12	50.0	14	28.0
1	Occupation	20	76.9	11	45.8	31	62.0
2	Home maker	4	15.4	2	8.3	6	12.0
3	Labour / coolie	2	7.7	5	20.8	7	14.0
4	Clerical staff / shop owner/ farmer professional	0	0.0	6	25.0	6	12.0
1	Monthly Family Income (Rs.)	22	84.6	15	62.5	37	74.0
2	5000 – 10,000	3	11.5	2	8.3	5	10.0
3	10,001 – 15,000	1	3.8	1	4.2	2	4.0
4	15,001 – 20,000	0	0.0	6	25.0	6	12.0
	20,001 – above						
1	Type of Marriage	19	73.1	18	75.0	37	74.0
2	Arranged	7	26.9	6	25.0	13	26.0
1	Love	8	30.8	5	20.8	13	26.0
2	Duration of Marriage	2	7.7	6	25.0	8	16.0
3	1 – 5 years	5	19.2	5	20.8	10	20.0
4	6 – 10 years	11	42.3	8	33.3	19	38.0
	11 – 15 years						
	16 – 25 years						
0	No- Children	0	0.0	1	4.2	1	2.0
1	No child	5	19.2	7	29.2	12	24.0
2	One	17	65.4	10	41.7	27	54.0
3	Two	3	11.5	6	25.0	9	18.0
	Three and more						
1	Type of Household	9	34.6	15	62.5	24	48.0
2	Joint	17	65.4	9	37.5	26	52.0
	Nuclear						

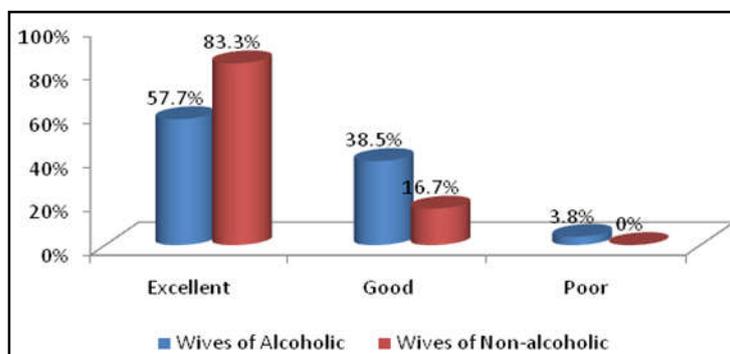


Table 2. Distribution of wives of alcohol dependent husbands and non-alcohol dependent husbands in relation to Marital Quality Score

S.No.	Marital Quality Score	Wives of alcohol dependent husbands		Wives of non-alcohol dependent husbands		Total	
		No	%	No	%	No	%
1	Best	15	57.7	20	83.3	35	70
2	Good	10	38.5	4	16.7	14	28
3	Poor	1	3.8	0	0	1	2

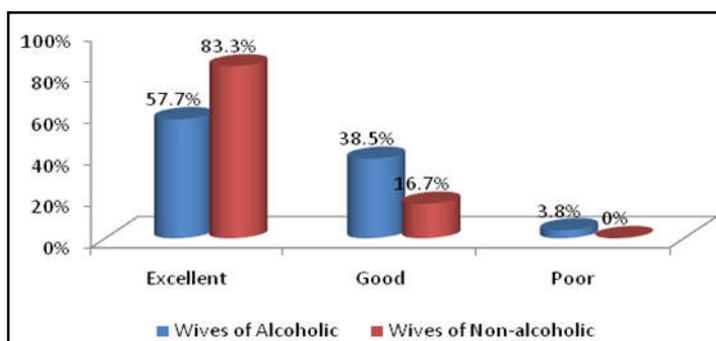


Table 3. Distribution of subjects of wives of alcohol dependent husbands and non-alcohol dependent husbands in relation to level of depression

S. No.	Level of Depression	Wives of alcoholics		Wives of non-alcoholics		Total	
		No	%	No	%	No	%
1	Normal	13	50	17	70.8	30	60
2	Mild	7	26.9	3	12.5	10	20
3	Borderline	1	3.8	3	12.5	4	8
4	Moderate	4	15.4	1	4.2	5	10
5	Severe	1	3.8	0	0	1	2

Normal = 1-10; mild = 11-16; Borderline =17-20; moderate = 21- 30; severe = 31-40.

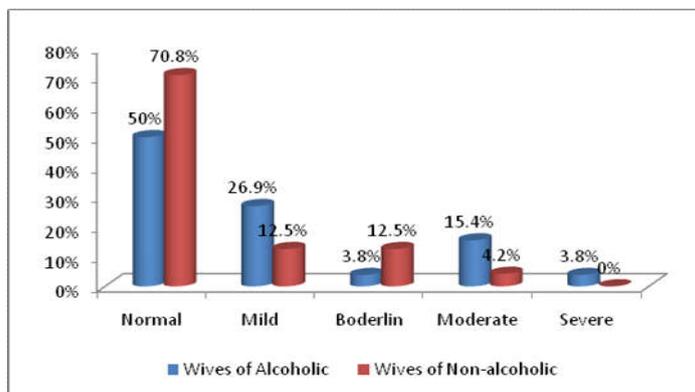
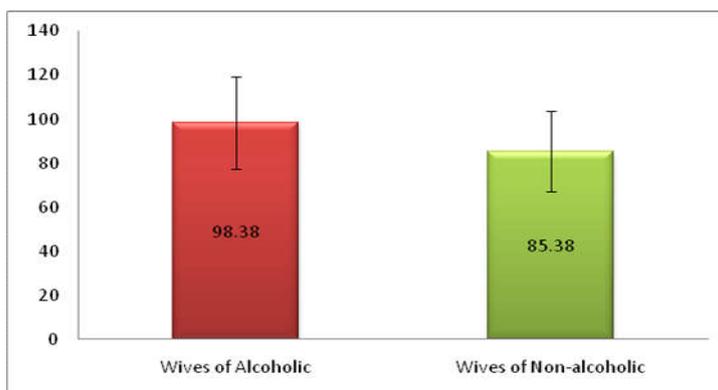


Table 4. Comparison of marital quality score between wives of alcohol dependent husbands and non-alcohol dependent husbands

Wives of alcoholic (n=26)			Wives of non-alcoholic (n=24)			Over all	
Mean	SD	SE	Mean	SD	SE	t	p
98.38	21.02	4.122	85.38	18.22	3.718	-2.364	0.022



These women’s husband’s alcoholism not lowers the marital quality surprisingly. Most of their husbands (no.18) comes under monitored stage of alcohol consumption; so they are not much disturbs their marital relationship. Only one (3.8%) subject of wives of alcohol dependent perceived poor quality of marital life. Her husband was in harmful alcohol use domain; Anish shah’s marital quality consists of 50 items under 12 domains like understanding rejection, satisfaction, affection, despair, decision making, discontent, dissolution potential, dominance, self-disclosure, trust and role functioning. Many wives positively expressed the understanding, affection, trust, & satisfaction domains and the rejection, dominance, decision making and self disclosure were negatively recorded.

Assessment of level of depression among wives of alcohol dependent husbands and non-alcohol dependent husbands: The findings of the present study rewarded that 50% of wives of alcohol dependents had normal mood whereas 70.8% of wives of non-alcoholic had normal mood.

Level of mild depression is higher in wives of alcoholic (26.9%) than wives of non-alcoholic (12.5%). Surprisingly borderline depression is high in wives of non-alcoholic (12.5%) than wives of alcoholic(3.8%) . wives of non-alcoholicswith borderline depression had problems with mother-in-law and financial crisis; severe depression in wife of alcoholic had recently identified transgender son and harmful alcohol use husband.

Table 5. Comparison of level of depression between wives of alcohol dependent husbands and non-alcohol dependent husbands

Wives of alcoholics (n=26)			Wives of non-alcoholics (n=24)			Over all	
Mean	SD	SE	Mean	SD	SE	t	p
12.038	9.408	10.5	7.75	6.138	8	2.26	0.096

Comparison of Marital Quality and level of depression: The mean score of marital quality status among wives of non-alcohol is higher (98.38) than wives of non-alcoholic (85.38) high score indicates poor quality of marital among wives of alcoholic according to that tool’s score interpretation.

Table 6. Association between marital quality score with demographic variables for wives of alcohol dependent husbands and non-alcohol dependent husbands

Demo	Wives of non-alcoholics				KW/ MW Test p-value	Wives of alcoholics				KW/ MW testp-value
	N	Mean	Median	Standard Deviation		N	Mean	Median	Standard Deviation	
Age (in years) 18- 22	1	86	86	--	0.9281	2	116	116	8.49	0.1275
23 – 28	4	79.75	78	18.01		4	80.5	78.5	11.03	
29 – 33	6	83.83	78.5	23.49		4	96.5	93	22.65	
34 -37	4	84.25	87.5	17.75		9	97.11	100	12.14	
37 - 45	9	89.33	83	18.26		7	107	97	30.12	
Education Illiterate	2	88	88	11.31	0.8015	3	104	105	6.56	0.2819
Primary	3	77	69	16.52		4	113.25	106	37.47	
Middle & Secondary	5	78.6	82	9.53		13	99.46	100	17.51	
Higher secondary	2	88	88	16.97		4	86.25	85	14.71	
Graduate &PG	12	89.42	88.5	22.65		2	80	80	12.73	
Occupation Home maker	11	87	86	17.73	0.3425	20	96	97	17.34	0.1272
Labour / coolie	2	75.5	75.5	9.19		4	120	112	30.12	
Clerical staff / shop owner/ farmer	5	74.8	77	16.74		2	81.5	81.5	7.78	
professional	6	94.5	94.5	20.01		0	--	--	--	
Monthly Family Income (Rs.) 5000 – 10,000	15	78.4	80	13.65	0.0379	22	96.86	96	21.73	0.2124
10,001 – 15,000	2	98	98	21.21		3	114.33	116	10.6	
15,001 – 20,000	1	68	68	--		1	89	89	--	
20,001 – above	6	101.5	99	18.23		0	--	--	--	
Type of Marriage Arranged	18	84.94	82.5	16.94	0.9999	19	100	97	22.93	0.7724
Love	6	86.67	81.5	23.41		7	94.71	100	15.49	
Duration of Marriage 1 – 5 years	5	89	88	25.9	0.9293	8	94.25	89.5	21.9	0.7499
6 – 10 years	6	80.17	82	14.5		2	97.5	97.5	12.02	
11 – 15 years	5	88.8	82	20.87		5	94	87	14.27	
16 – 25 years	8	84.88	81.5	16.32		11	104	103	24.8	
No- Children No child	1	88	88	--	0.7136	0	--	--	--	0.1722
One	7	82.86	78	23.42		5	87.4	76	22.47	
Two	10	89.8	84.5	18.58		17	100.18	100	21.17	
	6	80.5	78	12.99		3	112.67	116	14.29	
Three and more	0	--	--	--		1	85	85	--	
Type of Household Joint	15	86.53	86	21.41	0.7654	9	96.89	97	19	0.9999
Nuclear	9	83.44	80	12.03		17	99.47	97	22.52	

Table 7. Association between level of depression with demographic variables among wives of alcohol dependent husbands and non-alcohol dependent husbands

Demographic variables	Wives of non-alcoholic				KW/ MW test p-value	Wives of alcoholic				KW/ MW test p-value
	N	Mean	Median	Standard Deviation		N	Mean	Median	Standard Deviation	
Age (in years) 18- 22	1	3	3	--	0.4389	2	18.5	18.5	7.78	0.3349
23 – 28	4	10.25	9.5	5.91		4	5.75	5.5	4.27	
29 – 33	6	8	8.5	5.93		4	9.5	9.5	2.89	
34 -37	4	3.75	3.5	2.5		9	10.56	9	7.38	
37 - 45	9	8.78	8	7.46		7	17.14	20	13.95	
Education Illiterate	2	4	4	5.66	0.7449	3	12	9	13.75	0.1660
Primary	3	11	8	10.82		4	17.25	17	8.5	
Middle & Secondary	5	6.4	3	6.69		13	13.62	13	9.61	
Higher secondary	2	6	6	2.83		4	6.5	6.5	4.51	
Graduate &PG	12	8.42	8	5.5		2	2.5	2.5	2.12	
Occupation Home maker	11	7	8	6.43	0.2054	20	11.05	9.5	9.5	0.5992
Labour / coolie	2	2	2	0		4	15	16.5	8.45	
Clerical staff / shop owner/ farmer	5	8.4	4	7.92		2	16	16	14.14	
professional	6	10.5	9.5	4.04		0	--	--	--	
Monthly Family Income (Rs.) 5000 – 10,000	15	6.13	4	6.45	0.1483	22	12.36	9.5	9.95	0.2392
10,001 – 15,000	2	14	14	4.24		3	13.33	13	1.53	
15,001 – 20,000	1	8	8	--		1	1	1	--	
20,001 – above	6	9.67	9.5	5.05		0	--	--	--	
Type of Marriage Arranged	18	8.06	8	6.35	0.8404	19	12.68	11	9.99	0.5432
Love	6	6.83	4	5.91		7	10.29	9	8.04	
Duration of Marriage 1 – 5 years	5	10.4	11	5.13	0.1613	8	9.88	9	7.14	0.5866
6 – 10 years	6	4	3	2.83		2	5.5	5.5	6.36	
11 – 15 years	5	10.8	8	8.93		5	12	9	8.86	
16 – 25 years	8	7	8	5.76		11	14.82	12	11.37	
No- Children No child	1	11	11	--	0.8002	0	--	--	--	0.2156
One	7	7	7	5.54		5	6.2	6	4.44	
Two	10	7.7	6.5	6.17		17	12.18	10	8.94	
	6	8.17	8	8.06		3	21.33	15	14.57	
Three and more	0	--	--	--		1	11	11	--	
Type of Household Joint	15	8.27	8	6.84	0.6310	9	8	8	5.45	0.2046
Nuclear	9	6.89	8	5.01		17	14.18	11	10.46	

As per qualitative data recording, depression due to lack of income, societal disrespect and irresponsible attitude of husbands in family matters. Statistically, level of depression is not significant at the p value of 0.096 among wives of alcoholics and wives of non-alcoholics; but near to 0.05; If methodology includes randomization and larger sample size, it can be significant.

Association between Marital Quality and level of depression among wives of alcohol dependent husbands and non-alcohol dependent husbands:

There is no association found between socio demographic variables and wives of alcohol dependents and non alcohol dependents' marital quality and level of depression except family monthly income at p value <0.0379 ; 76.% of wives of alcohol dependents were home makers, totally they are depending husbands' income to run the family, when the income is inadequate or not shared by the alcohol dependent, it creates major financial crisis for the wives-puts strain on their marital relationship.

Strength and limitations of the study: Purposive sampling technique, and less sample size were the limitations of the study. Individual interview schedule was the strength. Overall findings of the study implicate that wives of non-alcohol dependent husbands perceived best marital quality than wives of alcohol dependent husbands. Level of depression among both group was not statistically significant, if large sample size may find significance. Alcohol dependent husbands are not only damaging the marital relationship but also cause substance addiction in children and disturbs the whole family unit; Health education, simple advice, counseling, monitoring and referral services for de addiction treatment to be tightened in community level to prevent and control this huge medico social problem.

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