



RESEARCH ARTICLE

EFFICACY OF DIDACTIC THERAPY ON THE SOCIAL FUNCTIONING OF ALCOHOL DEPENDENTS IN SELECTED REHABILITATION CENTRES

***Wormichon Ngasainao and Sheela Upendra**

Mental Health Nursing, Symbiosis College of Nursing, Pune- 411004, Maharashtra, India

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ABSTRACT

Alcoholism affects almost every area of an individual's life. Thus the present study has attempted to explore the social domain of an alcohol dependent person and bring about awareness of it through didactic therapy. The aim was to find out the effectiveness of didactic therapy on the social functioning. A pre experimental one group pre-test post-test research design was adopted for this study. 50 samples were selected using simple random sampling and the setting was selected rehabilitation centres in Pune city. The Modified Paul Clifford and Isobel Morris social functioning questionnaire was implied for assessing the social functioning of the samples. The reliability of the tool was found to be 0.86 after conducting the pilot study using Karl Pearson's formula. The pre test was done using the questionnaire. And the didactic therapy was administered after pre test in a group of 5 samples per session. A week after that, the post test was taken for the samples. In pre test, results show that (0%) of alcoholic dependents have very low social functioning score (0-28), (0%) alcoholic dependents have low social functioning score (29-56), 18% of alcoholic dependents have high social functioning score (57-84), 82% of alcoholic dependents have very high social functioning score (85-112). In post test, results show that (0%) of alcoholic dependents have very low social functioning score (0-28), (0%) alcoholic dependents have low social functioning score (29-56), 12% of alcoholic dependents have high social functioning score (57-84), 88% of alcoholic dependents have very high social functioning score (85-112). The hypothesis is accepted. Thus it is concluded that didactic therapy was effective on social functioning of alcohol dependents.

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INTRODUCTION

Alcoholism is a disabling addictive disorder characterized by compulsive and uncontrolled consumption of alcohol despite its negative effects on the drinker's health, relationships, and social standing. Like other drug addictions, alcoholism is medically defined as a treatable disease (<http://en.wikipedia.org/wiki/alcoholism#mw-head>). Alcohol consumption is the world's third largest risk factor for disease and disability (Global status report, 2014). In addition to physical symptoms, long term misuse of alcohol can cause a wide range of mental health problems. Excessive alcohol use causes damage to brain function, and psychological health can be increasingly affected over time (Cosci FSchruers, 2007). Studies have said that pharmacological approach alone is not enough to treat alcoholism completely as it also hampers the social and emotional life of the individual.

Thus didactic therapy has been seen to have an effect on this area of helping the alcoholic recover from the lost social and personal relationships and get back to being able to use social skills effectively (<http://www.addictionrecoverycenteroftemecula.com>). A pre experimental research design using the random sampling technique was employed for the study. The hypothesis of the study were

- **H₀** – there will be no significant effect on the social functioning after the application of didactic therapy.
- **H₁**- there will be significant effect of didactic therapy on the social functioning.
- **H_{0,1}**-there will be no significant effect on the social functioning after the application of didactic therapy on the demographic variables.
- **H_{1,1}**-there will significant effect on the social functioning after the application of didactic therapy on the demographic variables.

***Corresponding author: Wormichon Ngasainao**

Mental Health Nursing, Symbiosis College of Nursing, Pune- 411004,
Maharashtra, India

MATERIALS AND METHODS

A qualitative and pre-experimental one group pre-test post-test research design was employed for the study. The sample consisted of 50 alcohol dependents admitted in selected rehabilitation centres of Pune city. The simple random sampling was adopted for selecting the samples for this study. The study was conducted in Chaitanya Institute of Mental Health and Rehabilitation Centre and Mukhtangan Rehabilitation Centre, Pune. The tool was developed in two sections in which section I consisted of demographic data and section II consisted of the Modified Paul Clifford and Isobel Morris Social Functioning Questionnaire instead of the modified Paul Clifford and Isobel Morris social functioning questionnaire.

Didactic therapy was conducted for the participants in the form of video projecting, before which pre test was conducted and after a week's time post test was conducted. The therapy was done in sessions with divided groups, each one consisting of five participants.

RESULTS

The data of the study was analysed using descriptive and inferential statistics. The organization of the study findings and interpretation based on the projected objectives was done in sections: Section 1, Section 2, Section 3, Section 4.

Section 1. Demographic distribution of samples

Table 1. Distribution of samples according to demographic data

		(N=50)	
Sr. no	Demographic Variable	Frequency(f)	Percentage(%)
Age			
1	18 – 29 years	13	26
2	30 – 49 years	33	66
3	50 – 69 years	04	08
4	70 and above years	00	00
	Total	50	100
Gender			
1	Male	50	100
2	Female	00	00
	Total	50	100
Education			
1	PG and above	11	22
2	Graduate	17	34
3	10 standard	22	44
4	Illiterate	00	00
	Total	50	100
Religion			
1	Hindu	44	88
2	Muslim	02	04
3	Christian	00	00
4	Others	04	08
	Total	50	100
Marital status			
1	Married	19	38
2	Married	28	56
3	Divorced	03	06
4	Widow/ widower	00	00
	Total	50	100
Employment status			
1	Government employee	08	16
2	Private employee	20	40
3	Self employed	13	26
4	Unemployed	09	18
	Total	50	100
Income			
1	Below Rs 10,000	15	30
2	Between Rs 10,001 – 20,000	11	22
3	Between Rs 20,001 – 30,000	09	18
4	Above Rs 30,000	15	30
	Total	50	100
Place of residence			
1	Rural	24	48
2	Urban	26	52
	Total	50	100
Previous admission in any rehabilitation centre before.			
1	Yes	12	24
2	No	38	76
	Total	50	100
Have you attended any training related to alcohol education before?			
1	Yes	09	18
2	No	41	82
	Total	50	100
Addiction to any other substances besides alcohol?			
1	Cocaine	02	04
2	Marijuana	05	10
3	Nicotine	38	76
4	Others	05	10
	Total	50	100

Section 2. Distribution of social functioning score

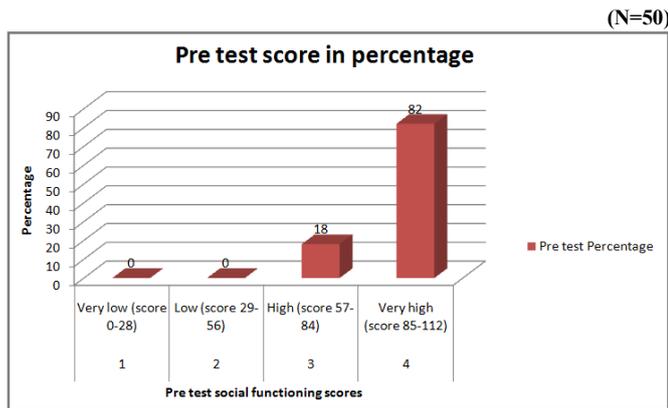


Figure 1. Distribution of samples according to social functioning score in pre test

Figure 1 shows in pre test (0%) of alcoholic dependents have very low social functioning score (0-28), (0%) alcoholic dependents have low social functioning score (29-56), 18% of alcoholic dependents have high social functioning score (57-84) and 82% of alcoholic dependents have very high social functioning score (85-112).

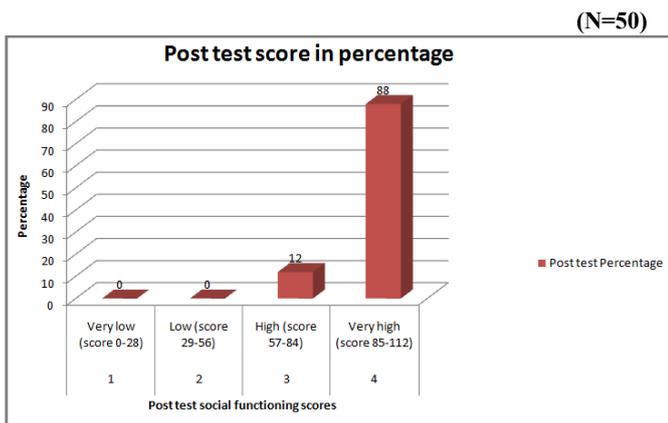


Figure 2. Distribution of samples according to social functioning score in post test

Figure 2 shows that in post test (0%) of alcoholic dependents have very low social functioning score (0-28), (0%) alcoholic dependents have low social functioning score (29-56), 12% of alcoholic dependents have high social functioning score (57-84) and 88% of alcoholic dependents have very high social functioning score (85-112).

Section 3: To evaluate the effectiveness of didactic therapy on the social functioning of alcohol dependents

Comparison of pre-test score with post test score of social functioning of alcohol dependents was done and found that calculated t value 9.077 which is more than t table value 2.02. It shows that there is significant difference between pre test and post test social functioning of alcohol dependents. It is therefore concluded that didactic therapy was effective on social functioning of alcohol dependents.

Section 4: Assess association of social functioning score among alcohol dependent with selected demographic variables

Table 2. Association of social functioning score among alcohol dependents with selected demographic variables

(N=50)			
Sr. No	Demographic variables	F	P value
1	Age	0.92	0.439
2	Education	0.46	0.28
3	Religion	0.23	0.15
4	Marital status	0.43	0.25
5	Occupation	0.87	0.40
6	Income	0.92	0.439
7	Place of residence	0.88	0.405
8	Previous admission in any rehabilitation centre before?	1.42	0.54
9	Have you attended any training related to alcohol education before?	0.94	0.44
10	Are you addicted to any other substances besides alcohol	1.64	0.61

Table 2 shows p value is large (greater than 0.05), thus there is no evidence against null hypothesis so there is no significant association with the selected demographic variable.

DISCUSSION

The findings show that mean score of pre test was 91.08 and that of post test was 96.28. As per result findings there is no significant association with demographic variables. Pre test results showed 18% in high score of social functioning scoring (54 to 84) and 82% scoring very high score in the social functioning scale (85 to 112). In the post test result 12% of the samples score high score of functioning scoring (85 to 112) while 88% of the samples scoring very high social functioning, scoring (85 to 112). This results suggest that the didactic therapy played a significant role in improving the social functioning of alcohol dependents in selected rehabilitation centres. The tested hypothesis is true as there is significant effect of didactic therapy on the social functioning of the alcohol dependents.

In a similar study on the topic “The relations between social functioning and severity of alcohol dependence of 40 male patients from Dependence Treatment Ward in Bydgoszcz” was done by Ziolkowski M and Rybakowski. They examined the social functioning by making use of the Scale of Social Roles while taking into thought the set of basic roles which include: role of guardian, family support, educator, superior, subordinate, member of social group, patient, and the role of child. Results proved that subjects more dependent on alcohol are significantly less active in the role of family support, educator, subordinate, and they hold significantly less dispositions to the role of educator and superior [6].

A related study was conducted on the physical and mental health and social functioning in older alcohol-dependent inpatients: the role of age of onset by Van Den Berg JF, Hermes JS, Van Den Brink W in Parnassia Psychiatric Institute, the Hague, the Netherlands. It was conducted in a specialized detoxification ward for older patients in the Hague, the Netherlands, the study included 157 alcohol-dependent

inpatients (38% women, mean age 62.7 ± 6.5) who were interviewed with the European version of the Addiction Severity Index. The study discovered that older alcohol-dependent patients had substantial physical, mental and social problems, which were highly independent of the age of onset of alcohol dependence (Van Den Berg, 2014).

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