



RECOVERY PROCESS AMONG PERSONS WITH ALCOHOL RELATED PROBLEMS AVAILING SELF HELP GROUPS IN BENGALURU

Psychiatry

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ABSTRACT

Introduction: Alcohol is a social problem. It is being used in many cultures, religious and social practices worldwide. Recovery in alcohol related problems is not only abstinent from any substance use. It is a *lifelong ongoing process*, and maintaining Alcoholics Anonymous is the oldest and largest of 12 steps groups and community based organisations. The study aimed to find the individual and family involvement in the recovery process at self-help groups (Alcohol Anonymous group). **Methodology:** It was a descriptive research design with Snowball sampling methods. We administered a semi-structured questionnaire and checklist with one to one interview method among 36 respondents. **Result:** The study found significant recovery in those who had family and individual involvement in the recovery process. **Conclusion:** The recovery in persons attending Self Help Group is highly influenced by effective involvement of family and individual.

KEYWORDS

Recovery Process, Alcohol Problems, Self-Help Groups Alcohol Anonymous Group

INTRODUCTION:

The use of alcohol has a severe impact on individual health. It causes communicable, maternal, perinatal, nutritional conditions, non-communicable diseases and injuries. WHO World drug report 2018 [1]. Estimated that out of 11 million deaths resulting from Communicable, Maternal, Perinatal, Nutritional Condition (CMPNC), 0.4 million were caused by alcohol in 2016 worldwide (around 3.5% deaths of CMPNC). According to the National mental health survey conducted at 12 states in India, mental and behavioural problems due to psychoactive substance use were observed among 22.44% of the population [2].

Recovery in alcohol related problems is abstinent from any substance use; it is the long period in which the alcohol related problems are not diagnosed in the person [3]. The word recovery is meant differently by different professionals, individuals and organisations; for example, Alcoholic anonymous claims them as they are in recovery or recovering alcoholics [4].

Alcohol Anonymous is an international fellowship, the oldest as well as most prominent of 12 steps groups for both men and women who have had drinking problems. Bob and Bill founded it after meeting in Akron, Ohio, in 1934 [5]. It is a nonprofessional, community based organisation. The primary purpose of Alcohol Anonymous is to stay sober and help others to achieve sober [1]. Alcohol Anonymous meetings are free and accessible in many countries, including India. In the literature review, no study has been conducted in Bengaluru on the recovery process of the people who have been availing self-help groups (Alcoholics Anonymous groups) because of which the researcher intended to explore.

MATERIALS AND METHODS:

The universe was AA self-help groups in Bengaluru City (community) with people with alcohol related problems availing self-help groups. The study aimed to determine the involvement of individuals and families in the recovery process and among individuals with alcohol related problems availing AA self-help groups with the hypothesis of higher the individual & family involvement, higher the recovery process of persons with alcohol related problems. This study adopted a descriptive research design with the Snowball sampling method. A total of 36 respondents were recruited from 3 AA groups at Bengaluru. Data was analysed by using R software. Ethical clearance was approved by NIMHANS Ethical Committee.

RESULT:

A total of 36 AA self-help groups members have participated in the current study. Table one represents of socio-demographic details of the

participants. It was found that majority fell under age of 26 to 45, most of them educated up to intermediate, doing majorly business. In terms of marital status, most of them were married. Concerning the clinical details, it was found that all the participants initiated alcohol at the age between 18 to 25; the quite exciting finding was that 41% of them used alcohol for the period of 11 to 20 years. The majority (86%) had been attending SHG's for three months to 10 years. Table 2 describes the age at initiating alcohol and the duration of alcohol use, the status of sobriety, duration of sobriety and duration of attending self-help groups. 36 out of 36 participants initiate alcohol between 18 to 25 years of age. In terms of duration of alcohol use, the frequency of 1 to 5 years is n=1, 6 to 10 is n=14, 11 to 20 is n=15, 21 to 40 is n=15, this indicates the majority of them has 11 to 20 years duration of alcohol use. Coming to the status of being sobriety, all the participants are sober. Coming to the duration of sobriety, 61.1% of participants are maintaining sobriety Above one year. In terms of duration of attending self-help group, 86.1% attends SHG for more than 0 to 10 years. These two factors are very significant as it clearly shows the importance of SHG's in becoming sober. When assessed the involvement of the individual and family in the recovery process, it was found that the majority of them scored high, which means there was significant involvement of the individual and also significant family support.

Table 1: Socio-Demographic details

SL NO	Variables	Sub variables	Frequency	Percentage
N= 36				
1	Age	18 to 25	1	2.8
		26 to 45	26	72.2
		Above46	9	25.0
2	Education	Illiterate	1	2.8
		Intermediate	17	47.2
		Bachelor	14	38.9
		Post graduate	4	11.1
3	Occupation	Agriculture	1	2.8
		Business	34	94.4
		Govt/Private	1	2.8
4	Marital status	Single	11	30.6
		Married	24	66.7
		Widower	1	2.8
5	Domicile	Rural	2	5.6
		Urban	34	94.4
6	SES	LSES	11	30.6
MSES		25	69.4	
8	Family type	Nuclear	31	86.1
		Joint	5	13.9

9	Family size	Less than 10 members	34	94.4
		More than 10 members	2	5.6
10	Family history	Yes	21	41.7
		No	15	58.3
11	Religion	Hindu	27	75.0
		Christian	9	25.0

Table- 2: Details about Alcohol Use

SL NO	Variables	Sub variables	Frequency	Percentage
N= 36				
1	AaIA	<18 to 25 years	36	100
2	DoAU	1 to 5 years	1	2.8
		6 to 10 years	14	38.9
		11 to 20 years	15	41.7
		21 to 40 years	6	16.7
3	Sobriety		36	100
4	DoS	Above 1 to 25 years	21	61.1
		>3 to 12 months	15	38.9
5	DoASG	3 months to 10 years	31	86.1
		10 years and above	5	13.9

Abbreviations- AaIA (Age at Initiating Alcohol), DoAU (Duration of Alcohol use), DoASHG (Duration of attending Self Help Group).

Table 3: Level of RAS, PSS, (N=36)

Tools	Mean	Std. Deviation
RAS TS	92.94	4.44
MPSS TS	62.75	9.15

Abbreviations- RASTS (Recovery Assessment Scale Total Score), PSSTS (Perceived Social Support Total Score)

DISCUSSION:

When we looked at the study result, it enlightens the AA groups facilitates the individuals to become sober. Speaking about the demographic details, people belong to town areas only, and most of them do business. As it was found, the AA groups are more likely to be conducted at the city level. There are many factors, for example, family, friends, and social, which were seen in the perceived social support scale influence sober. This study has similar findings with the study done on lifetime alcoholics anonymous attendance [6]. Similarly, the study reveals that the family history of alcohol use of individuals had been associated with greater alcohol use [7].

Looking at the mean score of the RAS scale, the domains like Personal Confidence and Hope, Willingness to ask for Help, Goal and Success Orientation, Reliance on Others, and Not Dominated by Symptoms significantly determine individual involvement. Alcohol Recovery Process reveals a mean score which indicates that participants had high involvement in the recovery process. Family involvement in the alcohol recovery process reveals a mean score which indicates that participants had high family involvement in the recovery process. The study on validating the Recovery Strengths Questionnaire revealed that the recovery groups play an essential role in an individual's recovery [8]. According to a similar study, the reduction in substance within six months was significantly associated with higher levels of purpose in life, the forgiveness of self and spiritual practices [9]. Similarly, alcoholics Anonymous's effect has been mediated by changing factors like motivation and coping in recovery [10].

The limitation of the study was that it gave only the prospective idea of people attending SHG's as it was quantitative; it was not possible to compare the result with persons who were not attending SHG's. Hence it was not easy to generalise the result with non-attending SHG's people.

CONCLUSION:

The role of SHG's has been significant in helping people to become sober. The family and social support influence the process of becoming sober. The study recommends that the rural areas should get benefitted from SHG's services. The motivational aspects (especially family and health) to quit alcohol plays a significant role to become sober. The study has thrown light on how the recovery process happens in the individuals when they are attending Alcoholics Anonymous groups. The study showed significant findings in basic socio-demographic and alcohol related information among the participants of two groups

attending Alcoholics Anonymous groups. The study highlighted that family support in the alcohol recovery process plays an important role.

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