

EFFECTIVENESS OF OCCUPATIONAL THERAPY INTERVENTION IN IMPROVING SELF ESTEEM AMONG ALCOHOLIC PATIENTS

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Abstract: This study has been undertaken to investigate Effectiveness of Occupational Therapy Intervention in Improving Self Esteem among Alcoholic Patients with objective of evaluating the self esteem of alcoholic patients, evaluating the occupational therapy intervention in improving self esteem among alcoholic patients and finding out the difference between pre & post test of self esteem of alcoholic patients for both experimental and control group. The study was conducted over a period of 4 months. Totally 80 samples were selected for this study. 40 patients were control group and 40 patients were experimental group. Pre and Post test were conducted both groups by using self esteem questionnaire. Experimental group underwent of intervention, whereas control group has not undergone any therapy. The results show that there was significantly improvement in the experimental group than control group after occupational therapy intervention in self esteem questionnaire.

I. INTRODUCTION

Alcohol has been discovered and used by practically every culture in the world. This practice has invariably produced problems of alcohol misuse. Edwards and Gross introduced the concept of alcohol dependence syndrome as a cluster of core psycho physiological symptoms principally centered around a drive to consume alcohol.

The concept had a tremendous influence in the field of alcohol studies it was included by the World Health Organization as one of the components of alcohol related disabilities.

The alcohol dependence syndrome is considered a process, distinct from other alcohol related problems such as social, legal, work or health problems and this was accepted by all international classificatory systems.

Although alcohol consumption has existed in India for many centuries, the quality patterns of use and resultant problems have undergone substantial changes over the past two decades. Alcohol consumption produces individual health and social problems.

Family effects Excessive drinking by one or more family members result in several negative consequences for others in the family, especially for the wife and children of a male drinker. These effects are particularly serious for poor families. As has been mentioned above, much of the family income may be used to buy alcohol, wages may decline, and the drinker may eventually lose his job. In such a situation the wife and children are forced to work, often in low paid, hazardous jobs. Children may be unable to continue their schooling and may also suffer from nutritional deficiencies because there is not enough to eat at home. Wife and child battering are common, which lead to physical and mental trauma.

II. OBJECTIVE OF THE STUDY

- To evaluate the self esteem of alcoholic patients.
- To evaluate the occupational therapy intervention in improving self esteem among alcoholic patients.
- To find out the difference between pre & post test of self esteem of alcoholic patients for both experimental and control group.

III. REVIEW OF LITERATURE

3.1. ROSEMARY B. SELBY (1981) Stated, Ninety-six male alcoholics were tested before and after a 4-week residential rehabilitation program. One-half of the subjects were residents of a VR treatment center which stressed development of internal controls and the attribution of responsibility to self. The other half was patients at a VA hospital which fostered considerable dependency and reliance on external controls. Change in self-concept was assessed by the Tennessee Self-Concept Scale (TSCS). A Locus of Control of Drinking Behaviour Scale (LCDB) was also administered. Positive changes occurred across settings on 9 of 17 self-concept variables. However, there were four variables on which a differential change occurred. These setting-by-treatment interactions are discussed in terms of the treatment philosophy of the two programs.

3.2. Byers PH, Raven LM, Hill JD, Robyak JE. (1990) This study examined the effect of pairing inpatient alcoholics with nursing home residents (NHRs) on the alcoholics' self-esteem. In this PALS program, the alcoholic inpatients assumed a helping-companion relationship with the NHRs for 2 hr per day during their last 2 weeks of treatment. Fifty alcoholic inpatients were randomly assigned to the PALS program (n = 25) or to the library for free reading time (n = 25). The Tennessee Self-Concept Scale (TSCS) was administered to all subjects in both groups before and after the interventions. Of the nine TSCS scales, the improvement on the Moral-Ethical scale was significantly greater in the PALS group. Because the alcoholic inpatients in the PALS group engaged in altruistic (moral) behaviour, this study provides a logical link between the intervention and the outcome, which has been a prevalent weakness in previous studies of self-esteem in alcoholics.

3.3. Frey DE, Kelbley TJ, Durham L, James JS. (1992) This study investigated treatment procedures for enhancing the self-esteem of older adult male nursing home residents. Twenty-one subjects were assigned randomly to either a control group

meeting to discuss current news events or- an experimental group receiving the intervention. Self-esteem significantly increased for the experimental subjects but not before they experienced a significant decrease in feelings of self-worth. The mid treatment observation of the dependent variable was a vital factor in determining the curvilinear relationship between time and the protocol.

3.4.NIMHANS (Sep 2007) The national survey (study sponsored by the ministry of social justice and empowerment and united nation office on drugs & crime 2004) Adult 21% men were current drinkers & about 17% were regular user of alcohol, among those seeking treatment about 44% were alcohol users. Recent national family health survey (NFHS-3 2007) data collected 2005-06 published in Sep 2007. It shows about 32% were current user. The proportion of users among rural & urban population is very similar (32% & 31% respectively).

IV. METHODOLOGY

4.1. RESEARCH DESIGN

The present study was two groups, control and experimental with pre and post test quasi experimental design.

Experimental Group	:	Pre test Intervention	Post test
Control Group	:	Pre test	Post test

4.2. Sample Unit

Acute alcoholic patient (1-5 years)

4.3. Sampling Source

Boaz Psychiatric Hospital, Wisdom Hospital, Mind care clinic, (Chennai) Bharatha Madha center (Puducherry)

4.4. Sample size

The sample size was 80 subjects

Subjects 40 control group

Subjects 40 experimental group

4.5. Sample Parameters of Interest

To improve self esteem alcoholic patient.

4.6. Sampling Techniques

Quota sampling

4.7. Inclusion Criteria

Alcoholic Patients who are willing to participate in the study, Alcoholic Patients who can read Tamil, Acute (1-5 years), Unisex (Male)

Age 20 -50

4.8. Exclusion Criteria

Chronic alcoholic, Physical disabilities, Mental illness other than alcoholic patients.

4.9. Procedure

80 subjects pre & post test demographic data were obtained. The investigator identified prospective participants from the respective addiction center to the inclusive criteria. Subjects are read and used self-esteem questionnaire over the past life. They encircle the scores. The investigator solved who were not understand the correct meaning of self esteem questionnaire Tamil version without bias (with in limit). The intervention and assessment were done on the same group. Data were tabulated and statistical analysis was done.

4.10. Intervention Protocol

Cognitive behaviour therapy is an action Oriented form of psychosocial therapy that assumes that improve Self esteem. The treatment focus on changing an individual's Self esteem improves. Cognitive behaviour therapy is a Psychotherapeutic approach that aims to teach the person new skills, how to problem solving and decision making to improve self esteem and to lead happy life.

Treatment sessions were 1 session (45 minutes), 4 sessions per day patients in the experimental group were seen 3 days in a week, two times in one month in each center and it continues for 4 months as intervention period. Patient in the Control group did not receive any occupational therapy intervention for the duration of the study.

4.11. Details of the Instrument

Screening tools (83 Questions) Self esteem questionnaire.

4.12. Translation of the Tool

The tool was standardized questionnaire, in English. Then ness of the Tamil tool by the expert to facilitate data collection.

4.13. Reliability:

Test – Retest Reliability – 0.73

4.14. Validity:

Factorial validity was established after factor analysis

V. DATA ANALYSIS

TABLE -1
Statistical analysis for pre test values of control and experimental group

Group	N-80	Mean	SD	't' value	Significant 2-tailed
Control	40	214	27.30	2.0302	Not

Experimental	40	226	23.379	significant $P > 0.05$
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Independent 't' test was used to compare the pre-test mean scores of control and experimental group (214 ; 226). The results showed that there was NO statistically significant difference ($t = 2.0302$) ($P > 0.05$) in pre-test mean scores between control and experimental group.

TABLE -2
Statistical analysis between pre and post evaluation of control group

Evaluation	N-80	Mean	SD	'f' value	Significant 2-tailed
Pre-evaluation	40	214	6.5	3.876	Significant $P < 0.05$
Post-evaluation	40	218			

Paired 't' test was used to compare the pre-test and post-test mean scores of control group value for the pre-test and post-test (214, 218). The results showed that there was a statistically significant different ($t = 3.876$) in pre-test and post-test mean scores of control group.

TABLE -3
Statistical analysis between pre and post evaluation of experimental group

Evaluation	N-40	Mean	SD	't' value	Significant 2-tailed
Pre-evaluation	40	225	18.18	8.316	Significant $P < 0.05$
Post-evaluation	40	249			

Paired 't' test was used to compare the pre and post test mean scores of experimental group. The mean value for the pre and post were (225, 249). The results showed that is statistically highly significant difference and the 'f' value obtained for the difference is

TABLE -4
Statistical analysis for post evaluation of control group & experimental group

Group	N-80	Mean	SD	't' value	Significant 2-tailed
Control Group	40	218	28.022	4.6567	Significant $P < 0.05$
Experimental Group	40	245	23.33		

Independent 't' test was used to compare the post and mean score of control group and experimental group (218,245) The results showed that there is statistical significant differences ($t=4.6567$) in the post test mean scores between control and experimental group therefore it can be seen that occupational therapy intervention in improving self esteem among alcoholic patients.

VI. DISCUSSION

The aim of the study is to determine the effectiveness of occupational therapy intervention self esteem. The intervention was done over a period of 4 months with acute alcoholic patients for four (4) hospitals. A total of 80 subjects were selected for the study were randomly selected to the experimental (or) control group, till the number of 40 subjects were reached in each group. Pre evaluation was done for both groups separately. The pre evaluation results of two groups were statistically calculated to find out the difference among the samples in the group. There was no statistically significant difference in pre test score between the groups.

The experimental group was under self esteem questionnaire where as the control group had not undergone any specific intervention. After the period of 4 months of intervention the post test evaluation was done for both groups the scores were calculated and results analyzed.

The result shows in Table 1 and Graph I (ie) comparison of pre test statistical mean scores of control and experimental group showed no significant different. Both groups were similar before intervention.

Table 2 and Graph 2 results show the self esteem of questionnaire pre test and post test mean scores of control group which were statistically significant probably because of self esteem questionnaire.

Table 3 and Graph 3 shows that self esteem questionnaire of pre test and post test mean scores of experimental group which were highly statistical significant as self esteem to control group.

table 4 and graph 4 shows that self esteem questionnaire of post test mean scores of control group and experimental group were statistically significant at the level of $P < 0.05$. this means that using self esteem questionnaire among experimental group.

VII. SUGGESTIONS

- ❖ The current study has been done on 83 self esteem questionnaires in occupational therapy intervention. This type of occupational therapy intervention is very much useful for alcoholic patients.
- ❖ This study can also be enhanced by using other techniques like patients interested different daily activities scheduling.
- ❖ The self esteem questionnaire could be modified into an interview schedule to enable the investigators to use the tool for both literate and illiterate.
- ❖ Similar study could be conducted on a large sample for the generalization of findings.
- ❖ More outcome measure can be compared.

VIII. CONCLUSION

The study was conducted over a period of 4 months. Totally 80 samples were selected for this study. 40 patients were control group and 40 patients were experimental group. Pre and Post test were conducted both groups by using self esteem questionnaire. Experimental group underwent of intervention, whereas control group has not undergone any therapy.

The results show that there was significantly improvement in the experimental group than control group after occupational therapy intervention in self esteem questionnaire.

IX. LIMITATIONS

- ❖ Since the scale used for the presence study is a self esteem questionnaire the illiterate were excluded in the study.
- ❖ The findings of the study were limited to 10 samples in one centre who reported to be addiction centre during the time of data collection.
- ❖ Subjects are inpatient's only
- ❖ Subjects are acute patient's only
- ❖ Sample size 80 only
- ❖ Outcome scale can be compared

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