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A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING CODEPENDENCY IN SUBSTANCE ABUSE AMONG PRIMARY CAREGIVERS OF THE SUBSTANCE ABUSED PATIENTS VISITING IN PSYCHIATRIC DEPARTMENT AT SHRI VINOBA BHAVE CIVIL HOSPITAL, SILVASSA, DADRA AND NAGAR HAVELI

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ABSTRACT: Codependency in substance addiction is a complex and critical issue that significantly impacts individuals, families, and communities. It refers to a dysfunctional relationship dynamic where one person, often a family member or loved one, becomes emotionally reliant on the substance addicted individual. This codependent behavior can enable and perpetuate the addiction, hindering the recovery process. The aim of the study was to find out the co-dependency level, knowledge and attitude towards co-dependency in substance abuse patient among primary caregivers of substance abused patient who all are visiting in psychiatric department of Shri Vinoba Bhave Civil, Hospital. Among 100 samples of primary caregivers of substance abused patients 95% (95) were having High level of codependency, 5% (5) were having medium level of codependency, 0% (0) were having low level of codependency. Among the 100 samples of primary caregivers of substance abused client 56% (56) were having positive attitude towards codependency, 44% (44) were having neutral attitude towards codependency, 0% (0) were having negative attitude towards codependency. Among the 100 samples of primary caregivers of substance abused client 89% (89) were having average knowledge, 11% (11) were having good knowledge, 0% (0) were having no any knowledge regarding codependency of substance abuse client. The study shows that among 100 primary caregivers, the majority of samples had High level of codependency. The majority of samples had positive attitude towards codependency of substance abused patient. The majority of samples had adequate knowledge regarding codependency of substance abused patient.

Key Words: Codependency, Knowledge, Attitude, Primary caregivers.

INTRODUCTION

The term "codependence" was initially used in the early 1980s to assist in understanding the dynamics between families and partners of those struggling with alcohol and drug addiction. If the wife exhibits co-dependency, it will hinder the alcoholic's recovery process, often resulting in a negative prognosis. According to Srinivasan P (2006), when wives enable their alcoholic partners, it has a beneficial impact on their drinking habits and increases the likelihood of relapse. Additionally, the frequency of addiction treatment decreases as alcohol intake becomes more chronic.

The impact of alcohol dependency on both the individuals who consume alcohol excessively and their families is overwhelmingly negative. Alcohol is commonly referred to as a familial affliction due to its significant role in causing a multitude of family issues. Alcohol can have varying effects on each individual within a family. Adapting to a husband's alcohol issue may lead to a rise in the wives' emotional and physical ailments, as well as changes in the functioning of the family. According to Schoenborn CA (2008), the individuals that experience the greatest detrimental impact due to alcoholism are the spouse and children of the alcoholic.

Based on the Global status report on alcohol and health for the year 2016, it was found that over half (57%, or 3.1 billion individuals) of the global population aged 15 years and older chose not to consume alcohol in the preceding 12 months. Approximately 2.3 billion individuals are currently engaged in consuming alcoholic beverages. Alcohol is drunk by over 50% of the population in just three WHO regions: the Americas, Europe, and Western Pacific. The global average alcohol intake per person aged 15 and above increased from 5.5 liters of pure alcohol in 2005 to 6.4 liters in 2010, and remained at the same level of 6.4 liters in 2016. Countries in the WHO European Regions have the highest per capita alcohol consumption rates.

In 2021, a comprehensive survey done throughout India revealed that a significant proportion of middle-aged persons, specifically those aged between 45 and 59, engaged in alcohol consumption. Despite variations in the minimum drinking age among states, teenagers constituted a concerning 8.3 percent. According to the results of the National Family Health Survey-5 (2021), around 150 million adults in India, which accounts for 10% of all adults, consume alcohol. The prevalence of alcohol intake among adult women (aged 15 years and above) is 1.3%, whereas among adult men (aged 15 years and above) it is 18.8%. The state with the highest decline in alcohol use among men aged 15 to 49 years was Tripura where alcohol use fell from 57.6% in 2015-16 to 35.9% in 2019-21. This is still above the national average of 22.9%. Apart from Tripura, Alcohol consumption among men declined by over 10% in at least seven states/ Union territories: Mizoram, Chhattisgarh, Sikkim, Kerala. Comparatively, Goa, Daman, Diu, Dadra and Nagar Haveli, Delhi and Jarkhand reported an increase in alcohol use.

STATEMENT OF THE PROBLEM

"A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE REGARDING CODEPENDENCY IN SUBSTANCE ABUSE AMONG PRIMARY CAREGIVERS OF SUBSTANCE ABUSE PATIENTS VISITING IN PSYCHIATRIC DEPARTMENT AT SHRI VINOBA BHAVE CIVIL HOSPITAL, SILVASSA, DADRA AND NAGAR HAVELI."

OBJECTIVES OF THE STUDY

- Assess the codependency level among primary caregivers of client with substance abuse.
- Assess the knowledge and Attitude related to codependency among primary caregivers of client with substance abuse.
- Assess the correlation between knowledge and codependency level among primary caregivers of client with substance abuse.
- Assess the correlation between Attitude and codependency level among primary caregivers of client with substance abuse.

- Assess the association between knowledge and attitude with Baseline Data of primary caregivers of client with substance abuse.
- Assess the association between codependency level with Baseline Data of primary care givers of client with substance abuse.

HYPOTHESIS

NULL HYPOTHESIS

H_{01}: There is no any correlation between knowledge score and codependency score among primary caregivers of client with substance abuse at 0.05 level of significance.

H_{02}: There is no any correlation between attitude score and codependency score among primary caregivers of client with substance abuse at 0.05 level of significance.

H_{03}: There is no association between Baseline Data and knowledge score and attitude score towards codependency in primary caregivers of substance abuse at 0.05 level of significance

RESEARCH HYPOTHESIS

H_1: There is correlation between knowledge score and codependency score among primary caregivers of client with substance abuse at 0.05 level of significance.

H_2: There is correlation between attitude score and codependency score among primary caregivers of client with substance abuse at 0.05 level of significance.

H_3: There is association between Baseline Data and knowledge score and attitude score towards codependency in primary caregivers of substance abuse at 0.05 level of significance.

ASSUMPTION

The study assumes that

Existence of codependency among the relatives

There is a burden among the primary caregiver of substance abuse patients

Codependency on substance abuse is increasing problem still a hidden problem in India

Codependency on substance abuse is not commonly spoken topic.

METHODOLOGY

Study Design: Descriptive Research design

Research Setting: Psychiatric department of Shri Vinoba Bhave Civil Hospital, Silvassa, D&NH

Population: Primary Caregivers of Substance abused patients

Sample Size: 100 primary caregivers of substance abused patients

Inclusion criteria:

1. Primary caregivers of substance abuse who speak and understand Hindi, Gujarati, and English.
2. Primary caregivers of substance abuse who are visited in the psychiatric department.

Exclusion criteria:

1. Primary caregivers of substance abuse who are not willing to participate in the research study.

Tool Description:

Data collection tool

- **Section I: -** Baseline Data including socio demographic variable.
- **Section II:** -Spann-Fischer codependency scale for the assessing codependency level among the primary care givers of the substance abused patient
- **Section III:** -Attitude scale for codependency among the primary care givers of the substance abused patients
- **Section IV:** -Knowledge Assessment questionnaire related to codependency among the primary care givers of the substance abused patients

DATA ANALYSIS AND INTERPRETATION

PART 1: DESCRIPTION OF BASELINE CHARACTERISTICS

Sr No.	Baseline Data	Frequency (f)	Percentage (%)
1.	**Age (in years)**		
	18-29	27	27.00
	30-39	27	27.00
	40-49	28	28.00
	50-59	16	16.00
	≥60	2	2.00
2.	**Gender**		
	Male	30	30.00
	Female	70	70.00

	Other	0	0.00
3.	**Religion**		
	Hindu	77	77.00
	Christian	8	80.00
	Muslim	15	15.00
	Other	0	0.00
4.	**Educational Status**		
	No formal education	11	11.00
	School education	70	70.00
	Under graduate	19	19.00
	Post graduate	0	0.00
5	**Marital Status**		
	Unmarried	8	8.00
	Married	85	85.00
	Widow/Widower	7	7.00
6.	**Occupation**		
	Government employee	2	2.00
	Company employee	41	41.00
	Self-employee	15	15.00
	Unemployed	42	42.00
7.	**Income of family per month**		
	>52129	0	0.00
	26065-52128	0	0.00
	19549-26064	1	1.00
	13032-19548	2	2.00
	7819-13031	25	25.00
	2633-7818	65	65.00
	<2632	7	7.00
8.	**Duration Of substance use disorder**		
	< 1 year	3	3.00
	1-5 year	60	60.00
	6-10 year	29	29.00
	>10 year	8	8.00
9.	**Do you have any person working in health sector in your family?**		
	Yes	2	2.00
	No	98	98.00
10.	**Do you have any information regarding substance addiction?**		
	Yes	18	18.00

	No	82	82.00
11.	**Do you yourself use any substance**		
	Yes	1	1.00
	No	99	99.00
12.	**Relationship with substance user/Patient**		
	Spouse	49	49.00
	Father	17	17.00
	Mother	10	10.00
	Son/Daughter	6	6.00
	Sibling	18	18.00
	Other	0	0.00

PART 2: LEVEL OF CODEPENDENCY AMONG PRIMARY CAREGIVERS OF SUBSTANCE ABUSED PATIENT.

Sr No.	Codependency Level	Frequency (f)	Percentage (%)
1	High	95	95.00
2	Medium	5	5.00
3	Low	0	0.00
	Total	**100**	**100.00**

The above table shows that among 100 samples of primary caregivers of substance abused patients 95% were having High level of codependency, 5% were having medium level of codependency, 0% were having low level of codependency.

PART 3: LEVEL OF ATTITUDE TOWARDS CODEPENDENCY AMONG THE PRIMARY CAREGIVERS OF SUBSTANCE ABUSED CLIENT.

Sr No.	Level of Attitude	Frequency (f)	Percentage (%)
1	Positive	56	56.00
2	Negative	0	0.00
3	Neutral	44	44.00
	Total	**100**	**100.00**

The above table shows that among the 100 samples of primary caregivers of substance abused client 56% were having positive attitude towards codependency, 44% were having neutral attitude towards codependency, 0% were having negative attitude towards codependency.

PART 4: LEVEL OF KNOWLEDGE OF CODEPENDENCY AMONG PRIMARY CAREGIVERS OF SUBSTANCE ABUSED CLIENT.

Sr No.	Level of Knowledge	Frequency (f)	Percentage (%)
1	Excellent	0	0.00
2	Good	11	11.00
3	Average	89	89.00
	Total	**100**	**100.00**

The above table shows that among present study shows that among the 100 samples of primary caregivers of substance abused client 89% (89) were having average knowledge, 11% (11) were having good knowledge, 0% (0) were having no any knowledge regarding codependency of substance abuse client.

PART 5: ASSOCIATION BETWEEN KNOWLEDGE AND ATTITUDE WITH BASELINE DATA OF PRIMARY CAREGIVERS OF SUBSTANCE ABUSED CLIENT.

Sr No.	DEMOGRAPHIC VARIABLES		KNOWLEDGE			x^2	P-value
			Good	Average	Total		
1	Age	1.18-29 yrs.	6	21	27	4.871 (df=4)	0.301 (NS)
		2.30-39 yrs.	2	25	27		
		3.40-49 yrs.	2	26	28		
		4.50-59 yrs.	1	15	16		
		5.≥60 yrs	2	0	2		
		Total	**11**	**89**	**100**		
2	Gender	1.Male	2	28	30	0.822 (df=1)	0.365 (NS)
		2.Female	9	61	70		
		Total	**11**	**89**	**100**		
3	Religion	1.Hindu	8	69	77	0.131 (df=2)	0.937 (NS)
		2.Christian	1	7	8		
		3.Muslin	2	13	15		
		4.Other	0	0	0		
		Total	**11**	**89**	**100**		
4	Educational Status	1.No formal Education	1	10	11	0.058 (df=2)	0.971 (NS)
		2. School Education	8	62	70		
		3.Under graduate	2	17	19		
		4.Post graduate	0	0	0		

		Total	**11**	**89**	**100**		
5	**Marital Status**	1.Unmarried	2	6	8	2.482 (df=2)	0.289 (NS)
		2.Married	9	76	95		
		3.Widow/Widower	0	7	7		
		4.Divorce	0	0	0		
		Total	**11**	**89**	**100**		
6	**Occupation**	1.Government employee	0	2	2	0.431 (df=3)	0.934 (NS)
		2.Company employee	4	37	41		
		3.Self employee	2	13	15		
		4.Unemployed	5	37	42		
		Total	**11**	**89**	**100**		
7	**Income of family per month**	**1.>52129**	**0**	**0**	**3.512 (df=4)**	**0.476 (NS)**	
		2.26065-52128	0	0			
		3.19549-26064	1	1			
		4.13032-19548	2	2			
		5.7819-13031	20	25			
		6.2633-7818	59	65			
		7.<2632	7	7			
		Total	**89**	**100**			
8	**Duration of substance use disorder**	1.< 1 year	3	3	5.017 (df=3)	0.171 (NS)	
		2.1-5 year	50	60			
		3.6-10 year	28	29			
		4.>10 year	8	8			
		Total	**89**	**100**			
9	**Do you have any person working in health sector in your family?**	1.Yes	2	2	0.252 (df=1)	0.616 (NS)	
		2.No	87	98			
		Total	**89**	**100**			

10	**Do you have any information regarding substance addiction?**	**1.Yes**	**3**	**15**	**18**	**0.720 (df=1)**	**0.396 (NS)**
		2.No	8	74	82		
		Total	**11**	**89**	**100**		
11	**Do you yourself using any substance**	1.Yes	0	1	1	0.125 (df=1)	0.724 (NS)
		2.No	11	88	99		
		Total	**11**	**89**	**100**		
12	**Relationship with substance user/Patient**	1.Spouse	7	42	49	2.528 (df=4)	0.640 (NS)
		2.Father	2	15	17		
		3.Mother	0	10	10		
		4.Son/Daughter	0	6	6		
		5.Sibling	2	16	18		
		6.Other	0	0	0		
		Total	**11**	**89**	**100**		

The above table shows the association between demographic data and knowledge regarding the co-dependency of substance abuse clients. Among primary caregivers of substance abused clients, there is no association between demographic data such as age, gender, religion, education, marital status, occupation, income of the family per month, duration of substance use disorder, do you have any person working in the health sector in your family, do you have any information regarding substance addiction, do you yourself use any substance, and relationship with the substance user or patient.

Sr No.	DEMOGRAPHIC VARIABLES		ATTITUDE LEVEL			x^2	P-value
			Positive	Neutral	Total		
1	**Age**	1.18-29 yrs.	13	14	27	2.846 (df=4)	0.584 (NS)
		2.30-39 yrs.	17	10	27		
		3.40-49 yrs.	15	13	28		
		4.50-59 yrs.	9	7	16		
		5.≥60 yrs	2	0	2		

		Total	**56**	**44**	**100**		
2	**Gender**	1.Male	16	14	30	0.124 (df=1)	0.725 (NS)
		2.Female	40	30	70		
		Total	**56**	**44**	**100**		
3	**Religion**	2.Christian	3	5	8		
		3.Muslin	9	6	15		
		4.Other	0	0	0		
		Total	**56**	**44**	**100**		
4	**Educational Status**	1.No formal Education	4	7	11	1.937 (df=2)	0.380 (NS)
		2. School Education	41	28	70		
		3.Under graduate	11	8	19		
		4.Post graduate	0	0	0		
		Total	**56**	**44**	**100**		
5	**Marital Status**	1.Unmarried	5	3	8	0.636 (df=2)	0.728 (NS)
		2.Married	48	37	85		
		3.Widow/Widower	3	4	7		
		4.Divorce	0	0	0		
		Total	**56**	**44**	**100**		
6	**Occupation**	1.Government employee	2	0	2	8.468 (df=3)	0.037 (S)
		2.Company employee	20	21	41		
		3.Self employee	5	10	15		
		4.Unemployed	29	13	42		
		Total	**56**	**44**	**100**		

7	**Income of family per month**	**1.>52129**	**0**	**0**	**0**	**14.601 (df=4)**	**0.006 (S)**
		2.26065-52128	0	0	0		
		3.19549-26064	1	0	1		
		4.13032-19548	1	1	2		
		5.7819-13031	6	19	25		
		6.2633-7818	43	22	65		
		7.<2632	5	2	7		
		Total	**56**	**44**	**100**		
8	**Duration of substance use disorder**	1.< 1 year	1	1	3	2.218 (df=3)	0.528 (NS)
		2.1-5 year	30	30	60		
		3.6-10 year	19	10	29		
		4.>10 year	5	3	8		
		Total	**56**	**44**	**100**		
9	**Do you have any person working in health sector in your family?**	1.Yes	2	0	2	1.603 (df=1)	0.311 (NS)
		2.No	54	44	98		
		Total	**56**	**44**	**100**		
10	**Do you have any information regarding substance addiction?**	**1.Yes**	**9**	**9**	**18**	**0.321 (df=1)**	**0.571 (NS)**
		2.No	47	35	82		
		Total	**56**	**44**	**100**		
11	**Do you yourself using any substance**	1.Yes	1	0	1	0.794 (df=1)	0.373 (NS)
		2.No	55	44	99		
		Total	**56**	**44**	**100**		
12	**Relationship with substance user/Patient**	1.Spouse	27	22	49	3.607 (df=4)	0.462 (NS)
		2.Father	7	10	17		
		3.Mother	6	4	10		
		4.Son/Daughter	5	1	6		
		5.Sibling	11	7	18		
		6.Other	0	0	0		

		Total	**56**	**44**	**100**		

The above table shows the association between demographic data and attitudes towards the co-dependency of substance abuse clients. Among primary caregivers of substance abused clients, there is no association between demographic data such as age, gender, religion, education, marital status, duration of substance use disorder, do you have any person working in the health sector in your family, do you have any information regarding substance addiction, do you yourself use any substance, and relationship with the substance user or patient. Among those, two of the demographic variables **(Occupation $x^2 = 8.468$) and (Income of family per month $x^2 = 14.601$)** have a significant association with the attitude towards the co-dependency of substance abuse clients. Other variables do not have an association with the attitude towards the co-dependency of substance abuse clients.

PART 6: ASSOCIATION BETWEEN CODEPENDENCY LEVEL WITH BASELINE DATA OF PRIMARY CAREGIVERS OF CLIENT WITH SUBSTANCE ABUSED.

Sr No.	DEMOGRAPHIC VARIABLES		CO-DEPENDENCY LEVEL			x^2	P-value
			High	Medium	Total		
1	Age	1.18-29 yrs.	25	2	27	0.703 (df=4)	0.951 (NS)
		2.30-39 yrs.	26	1	27		
		3.40-49 yrs.	27	1	28		
		4.50-59 yrs	15	1	16		
		5.≥60 yrs	2	0	2		
		Total	**95**	**5**	**100**		
2	Gender	1.Male	28	2	30	0.251 (df=1)	0.617 (NS)
		2.Female	67	3	70		
		Total	**95**	**5**	**100**		
3	Religion	1.Hindu	72	5	77	1.572 (df=2)	0.456 (NS)
		2.Christian	8	0	8		
		3.Muslin	15	0	15		
		4.Other	0	0	0		
		Total	**95**	**5**	**100**		

4	**Educational Status**	1.No formal Education	11	0	11	1.876 (df=2)	0.391 (NS)
		2. School Education	67	3	70		
		3.Under graduate	17	2	19		
		4.Post graduate	0	0	0		
		Total	**95**	**5**	**100**		
5	**Marital Status**	1.Unmarried	7	1	8	1.331 (df=2)	0.514 (NS)
		2.Married	81	4	85		
		3.Widow/Widower	7	0	7		
		4.Divorce	0	0	0		
		Total	**95**	**5**	**100**		
6	**Occupation**	1.Government employee	2	0	2	1.302 (df=3)	0.729 (NS)
		2.Company employee	39	2	41		
		3.Self employee	15	0	15		
		4.Unemployed	39	3	42		
		Total	**95**	**5**	**100**		

7	**Income of family per month**	**1.>52129**	**0**	**0**	**0**	**8.905 (df=4)**	**0.064 (NS)**
		2.26065-52128	0	0	0		
		3.19549-26064	1	0	1		
		4.13032-19548	2	0	2		
		5.7819-13031	24	1	25		
		6.2633-7818	63	2	65		
		7.<2632	5	2	7		
		Total	**95**	**5**	**100**		
8	**Duration of substance use disorder**	1.< 1 year	2	1	3	13.358 (df=3)	0.004 (S)
		2.1-5 year	59	1	60		
		3.6-10 year	28	1	29		
		4.>10 year	6	2	8		
		Total	**95**	**5**	**100**		
9	**Do you have any person working in health sector in your family?**	1.Yes	2	0	2	0.107 (df=1)	0.743 (NS)
		2.No	93	5	98		
		Total	**95**	**5**	**100**		
10	**Do you have any information regarding substance addiction?**	**1.Yes**	**17**	**1**	**18**	**0.014 (df=1)**	**0.905 (NS)**
		2.No	78	4	82		
		Total	**95**	**5**	**100**		
11	**Do you yourself using any substance**	1.Yes	1	0	1	0.053 (df=1)	0.818 (NS)
		2.No	94	5	99		
		Total	**95**	**5**	**100**		
		1.Spouse	47	2	49		
		2.Father	16	1	17		

12	**Relationship with substance user/Patient**	3.Mother	10	0	10	2.372 (df=4)	0.668 (NS)
		4.Son/Daughter	5	1	6		
		5.Sibling	17	1	18		
		6.Other	0	0	0		
		Total	**95**	**5**	**100**		

The above table shows the association between demographic data and the co-dependency level of substance abuse clients. Among primary caregivers of substance abused clients, there is no association between demographic data such as age, gender, religion, education, marital status, do you have any person working in the health sector in your family, do you have any information regarding substance addiction, do you yourself use any substance, and relationship with the substance user or patient. Among those, one of the demographic variables **(Duration of substance used disorder $x^2 = 13.358$)** has a significant association with the co-dependency level of substance abuse clients. Other variables do not have an association with the attitude towards the co-dependency of substance abuse clients.

PART 7: CORRELATION BETWEEN KNOWLEDGE AND CODEPENDENCY LEVEL AMONG PRIMARY CAREGIVERS OF CLIENT WITH SUBSTANCE ABUSE.

	"r value"	"p value"
Knowledge and Co-dependency level	0.006	0.956

Above given table shows that the correlation between knowledge and co-dependency level among primary caregivers of client with substance abuse. The correlation "r" of knowledge and co-dependency level is 0.006 at the level of 0.05 and "p" value is 0.956. Thus, the Null Hypothesis (H_{01}) is accepted.

PART 8: ASSESS THE CORRELATION BETWEEN ATTITUDE AND CODEPENDENCY LEVEL AMONG PRIMARY CAREGIVERS OF CLIENT WITH SUBSTANCE ABUSED.

	"r value"	"p value"
Attitude towards co-dependency and Co-dependency level	0.216	0.031

The above-given table shows the correlation between attitude towards co-dependency and co-dependency level among primary caregivers of clients with substance abuse. The correlation "r" of attitude towards co-dependency level and co-dependency level is 0.216 at the level of 0.05, and the "p" value is 0.031. Thus, the research hypothesis (H2) is accepted.

DISCUSSION

The current study reveals that out of 100 primary caregivers of substance-abusing patients, 95% (95) exhibited a high level of codependency, 5% (5) displayed a medium level of codependency, and 0% (0) shown a low level of codependency.

Various studies have been conducted to assess the level of codependency among primary caregivers of substance abused patients. The aforementioned investigation was conducted by Dr. M. Senthil in 2016. This study investigates the familial contact pattern and co-dependency among wives of individuals with alcohol abuse, in contrast to a control group of individuals without alcohol dependence. The sample comprised 30 wives of individuals with alcohol dependency and 30 spouses of individuals without alcohol dependence. The selection of participants was done using the purposive sampling method. The findings indicated that spouses of individuals with alcohol dependence syndrome exhibited considerably higher scores on the family interaction pattern scale, particularly in the areas of reinforcement and role, as compared to spouses of those without alcohol dependence. Additionally, research indicated that the degree of codependency was notably greater among the partners of individuals with alcohol dependence syndrome in comparison to partners of individuals without such dependence.

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