



ISSN Print: 2394-7500
ISSN Online: 2394-5869
Impact Factor: 5.2
IJAR 2016; 2(8): 565-567
www.allresearchjournal.com
Received: 23-06-2016
Accepted: 24-07-2016

Divyabala S
Lecturer in Psychiatric
Nursing, VPMM College of
Nursing, Srivilliputtur,
Tamilnadu, India

Srinivasan P
Associate Professor in
Psychiatric Nursing, Maharishi
Markandeshwar College of
Nursing, MMU, Mullana,
Haryana, India

Effectiveness of guided imagery on stress among spouse of alcoholics

Divyabala S and Srinivasan P

Abstract

Objectives: To assess the level of stress among spouse of alcoholics, to evaluate the effectiveness of Guided imagery on stress and to determine the association between stress and demographic variables among spouse of alcoholics. The hypotheses of the study were there will be significant difference in the mean score of stress before and after Guided imagery among spouse of alcoholics (H₁) and there will be significant association between the stress and selected demographic variables among spouse of alcoholics (H₂).

Methods: Quantitative approach, Pre-experimental one group pre-test post test study was conducted to evaluate the effectiveness of Guided imagery on stress with 40 spouses of alcoholics at de-addiction ward in Government Rajaji hospital, Madurai. Non probability Purposive sampling technique was used and the data was collected by DASS Stress scale with interview technique before and after Guided imagery. Study subjects were given with Guided imagery technique once a day for 20 minutes for the period of 7 days.

Results: Before Guided imagery 14(35%) and 26(65%) respectively belonged to the category of mild and moderate stress with the mean score of 17.36 and 21.81 and no one had severe and extreme stress. After intervention, 17(42.5%) and 23(57.5%) respectively belonged to the category of No stress and mild stress with the mean score of 12.18 and 15.78 and none of them had moderate, severe and extreme stress. The overall pre-test mean score was 20.25 and for the post test is 14.25. There was a significant difference in the mean score of stress before and after Guided imagery i.e the calculated 't' value was 19.613 and it was statistically significant at 0.05 level. Further there was no any significant association between the stress score and selected demographic variables.

Conclusion: Thus, study finding concludes that Guided imagery was cost effective, noninvasive, non pharmacological complementary and alternative therapy to reduce the level of stress among spouse of alcoholics.

Keywords: Guided imagery, stress, spouse of alcoholics

1. Introduction

The World Health Organization (2012) shows that there are an estimated 140 million alcoholics around the world. Nearly 62.5 million alcohol users estimated to be in India. Worldwide consumption in 2005 was equal to 6.13 liters of pure alcohol consumed per person aged 15 years or older. The per capita consumption in India is 2 liters per adult per year. India is showing a phenomenal increase in alcohol consumption, with the initiation age on an alarming decrease. Due to its large population, India has become the third largest market for alcoholic beverages in the 14 world. Despite having a large proportion of lifetime abstainers (89.6%), per-capita consumption of alcohol in India has increased by 106.7% over 1970-1996^[1].

Adults living close to a person with alcohol problems are highly affected by the problems: the alcoholism causes stress in the relationship, and being exposed to this kind of stress is highly detrimental. Alcohol misuse affects couples' relationships in a variety of negative ways, e.g. increased conflict, communication problems, poor sexual relations and domestic violence.

Helena Hansson conducted a randomized controlled trial at Lund University, Sweden to assess the mental stress and effective intervention among the spouse of alcoholics, in 2007. The participants were 125 wives of alcoholics admitted in selected de-addiction rehabilitation. Depression, anxiety, stress scale was used to assess the stress level of the spouse of alcoholics.

Correspondence
Divyabala S
Lecturer in Psychiatric
Nursing, VPMM College of
Nursing, Srivilliputtur,
Tamilnadu, India

Guided Imagery technique was given to the spouse of alcoholics. The study results revealed that majority of the spouse of alcoholics [$F(21,11)=1.05, p>.05$] benefitted with the guided imagery technique to handle their life stress [2].

Lejuez CW, Simmons BL (2004) reported that historically wives of alcoholics have been described as having disturbed pathological personalities that were instrumental in maintaining their husband's drinking. More recently researches have tended to support the view that the behaviour of these women reflects their stressful circumstances. The women in the study reported interpersonal, extra personal and intra personal stressors. The most frequently reported and highest ranked stressor was their relationships with their husbands [3].

William M (2009) found out that the wives used all sorts of coping, they themselves were more quarrelsome, they felt angry, they felt helplessness on other occasions, they adopted a strategy of withdrawing, or avoiding the husband altogether, they had tried to get drunk themselves to show them what it was like or they had locked the husband out of the house [4].

C. Lejuez (2010) conducted an experimental study to investigate the relationship between guided imagery technique on stress reduction among 89 wives of alcoholics residing in the Salvation Army Harbor Lights residential substance abuse treatment facility in Northeast Washington D.C.,(District of Columbia) were asked to participate in Guided Imagery and Paced Auditory Serial Addition Test for 10 days. The stress level was assessed using Depression, Anxiety, Stress Scale (DASS). The results of the study were [$t(1) = 7.07, p<.001$], suggests that the PASAT and GI are potentially promising instruments for reducing the stress level among the spouse of alcoholics [5].

Petry NM (2001) conducted a descriptive study to identify the contribution of the husband's alcoholism on the spouse's stress proneness. 118 wives of alcoholic patients admitted in community de-addiction centre, yeshwantpur, the stress level of wives of chronic alcoholics, occasional drinkers and new drinkers were compared. The study results showed that

spouse's stress level wives of chronic alcoholics ($t_{46}=5.48, p=0.037$), occasional drinkers ($t_{32}=3.21, p=0.04$) and new drinkers ($t_{40}=2.42, p=0.03$) is directly related to the severity of husband's drinking [6].

2. Methodology

A Quantitative approach, Pre experimental one group pre-test post test design was used. The study was conducted at de-addiction ward in Government Rajaji hospital Madurai, Tamilnadu. A formal approval was obtained from the authorities of the hospital and ethical consent was obtained from all subjects. Non probability purposive sampling technique was adopted to select the sample of 40 spouses of alcoholics. Unwilling and sensory deficit spouses were excluded from the study. Standardized tool i.e DASS Stress scale was used to assess the stress before and after Guided imagery. The reliability of the DASS scale was calculated by Test and retests method and calculated Karl Pearson's correlation coefficient value was 0.85. For each sample, the researcher spent 20 minutes to complete the data collection process by interview technique before and after the intervention. Each week 10 subjects were covered as Pretest was conducted on the first day and study subjects were given with Guided imagery technique (an individual listens to a therapist, video, or audio taped exercise that leads relaxation and imagery exercise) once a day for 20 minutes for the period of 7 days. Post test was conducted on 7th day. The data was analyzed by SPSS 16 version by descriptive and inferential statistics.

3. Results

The demographic variables of the study were age, place of domicile, religion, education, occupation, total family income, type of family, number of children, duration of consumption of alcohol of husband and hobbies. Frequency distribution, mean score, standard deviation and percentage of stress before and after guided imagery was calculated as per standard scales criteria as shown in Table 1 and 2.

Table 1: Frequency Distribution, Mean and Percentage of Stress N=40

Level of Stress	Pre test			Post test		
	f	Mean	%	f	Mean	%
No stress (0-14)	-	-	-	17	12.18	42.5
Mild stress (15-18)	16	17.36	35	23	15.78	57.5
Moderate stress (19-25)	24	21.81	65	-	-	-
Severe stress (26-33)	-	-	-	-	-	-
Extreme stress (34-42)	-	-	-	-	-	-

Table 2: Overall Mean, Standard deviation and Mean difference N=40

	Pre test				Post test				Difference in mean	Difference in mean%
	Mean	SD	SE	Mean%	Mean	SD	SE	Mean%		
Overall	20.25	2.81	0.44	48.2	14.25	2.10	0.33	33.9	6.00	↓14.3 Stress reduction

There was a significant difference in the mean score of stress among spouse of alcoholics before and after Guided imagery i.e the calculated 't' value was 19.613 and it was statistically significant at 0.05 level. Hence it concluded that guided

imagery was significantly effective in stress among spouse of alcoholics and the research Hypothesis (H₁) is accepted as shown in Table 3

Table 3: Paired t' test showing association between pre and post test N=40

Post test		Pre test		Effectiveness in Mean (Mean difference)	df	't'-value	P-value
Mean	SD	Mean	SD				
20.25	2.81	14.25	2.10	6.00	39	19.613	0.000*

* = statistically significant at 0.05 level. table value = 3.55

Further there was *no any* significant association between post test stress score and selected demographic variables calculated by Independent 't' test and ANOVA. Hence the research Hypothesis (H₂) is rejected.

4. Discussion

In the present study, before Guided imagery among 40 subjects 14(35%) and 26(65%) respectively belonged to the category of mild and moderate stress with the mean score of 17.36 and 21.81 and no one had severe and extreme stress. The overall pre-test mean score was 20.25, standard deviation was about 2.81 and the mean percentage was 48.2. Similarly, a study done by, Birchler. G at S.S.L. Hospital of B.H.U to investigate one hundred spouses of alcoholics (experimental group) whose husbands were taking treatment at de-addiction centre, Presumptive stressful life event scale (PSLES) was used to assess the stressful life events and stress of spouse of alcoholics. Results showed that 25% and 58% respectively belonged to the category of mild and moderate to severe stress. This study brings to light on vulnerability of psychosocial stresses among wives of alcoholics. There is need for sustained and committed efforts to remove alcohol abuse as well as screening for spouse psychosocial Stress [7].

In the present study it revealed that After intervention, 17(42.5%) and 23(57.5%) respectively belonged to the category of No stress and mild stress with the mean score of 12.18 and 15.78 and none of them had moderate, severe and extreme stress. After guided imagery overall post test mean score was reduced to 14.25 from the pretest mean score 20.25. Post test standard deviation was about 2.10 and the mean percentage was 33.9. Further There was a significant difference in the mean score of stress before and after guided imagery i.e the calculated 't' value was 19.613 and it was statistically significant at 0.05 level.

Similarly, This findings of the study was consistent with a study done by, Fernandez, which is an experimental study to evaluate the effect of Guided Imagery relaxation techniques, among the 74 spouses of alcoholics admitted in community centres of NY,US. The Perceived stress scale was used to assess the stress level. The findings reveal that there was a significant change in the level of stress among the caregivers (mean 0.15, SD 0.40 and mean 0.06, SD 0.26, respectively) and also concluded that Guided Imagery relaxation techniques may be useful for spouses of alcoholics on stress [8].

In the present study there was no any significant association between post test stress score and selected demographic variables calculated by Independent 't' test and ANOVA.

5. Conclusion

Thus, study finding concludes that guided imagery was significantly effective to reduce stress among spouse of alcoholics. Further it concludes that Guided imagery was cost effective, noninvasive, non pharmacological complementary and alternative therapy to reduce the level of stress among spouse of alcoholics.

6. Reference

1. World Health Organization. Alcoholism and spouse mental health. Project on addiction
2. Hansson H. Interventions in adult children and spouses of alcoholics. Randomized controlled trials of mental health and drinking patterns. Clinical Alcohol Research, Department of Health Sciences, Lund University, 2007.

3. Lejuez CW, Simmons BL, Aklin WM, Dvir S. Risk taking propensity and risky sexual behavior of individuals in residential substance use treatment. Addictive behaviors. 2004; 29:1643-1647.
4. William M, Hey. Clinical Case Studies in the Behavioral Treatment of Alcoholism. International journal of psychiatry. 2009; 15(5):765-766.
5. Leigh BC. Peril, chance, adventure. Concepts of risk, alcohol use and risky behaviors in young adults. Addiction. 2010; 94:371-384.
6. Petry NM. Substance abuse, pathological gambling and impulsiveness. Drug and alcohol dependence. 2001; 63:29-38.
7. Birchler G. Problem behavior and psychosocial development: A longitudinal study of spouses. New York. 2006; Academic press.
8. Fernandez. Guided imagery on stress: spouses of alcoholics. British journal of nursing. London. 2006; 6(8):255-260.