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## Effectiveness of gestalt therapy on level of alcohol dependence among adults in selected villages, Nellore

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### Abstract

**Introduction:** Now a days alcohol consumption has become a routine for individual in the society. There are about 2 billion people worldwide who consume alcoholic beverages and 76.3 (WHO) million people's health are affected with alcoholism. Morbidity and mortality is considerably high in the world. Gestalt therapy helps to raise awareness, which is defined as knowing what one feeling, and thinking. The counselor assists the awareness of "what" and "how" one behaves in the present movement.

### Objectives:

- To determine the level of alcohol dependence.
- To determine the effectiveness of gestalt therapy on the level of alcohol dependence among adults.
- To compare the effectiveness of Gestalt therapy on the level of alcohol dependence among adults in Urban and Rural area.
- To find out the association between the effectiveness of gestalt therapy on level of alcohol dependence among adults with the selected socio demographic variables.

**Material and method:** The present study was conducted by using quasi experimental non equivalent control group design. The adults were selected by using non probability convenience sampling technique.

**Results and Discussion:** The data reveals that the effectiveness of gestalt therapy on level of alcohol dependence in urban area result indicates, in experimental group pre test score is, 8(32%) had mild alcohol dependence, 17 (58%) had moderate alcohol dependence. In post test 12 (48%) had mild alcohol dependence and 13 (52%) had moderate alcohol dependence. In control group, in pre test, 9(36%) had mild alcohol dependence 16 (64%) had moderate alcohol dependence. In post test 9 (36%) had mild alcohol dependence and 16(64%) had moderate alcohol dependence.

**Conclusion:** Investigator found that the gestalt therapy is effective in decreasing the level of alcohol dependence among adults. It is also found that gestalt therapy is more effective in reducing alcohol dependence among adults in urban area than compared to the adults in rural area. This intervention can be implemented among all adults who have alcohol dependence.

**Keywords:** Gestalt therapy, Alcohol dependence

### Introduction

Now a day's alcohol consumption has become a routine for individual in the society. There are about 2 billion people worldwide who consume alcoholic beverages and 76.3 (WHO) million people's health are affected with alcoholism. Morbidity and mortality is considerably high in the world.

Alcohol consumption has health and social consequences via intoxication, dependence, and due to the biochemical effect of alcohol. In addition to chronic diseases that may affect drinkers after many years of heavy use, alcohol contributes traumatic outcomes that kill or disable at a relatively young age, resulting in the loss of life. There is increasing evidence that besides volume of alcohol, the pattern of the drinking is relevant to health outcomes. Overall there is a casual relationship between alcohol consumption and more than 60 types of disease and injury take place due to alcohol consumption. Alcoholism is estimated to cause about 20-30% of esophageal cancer, liver cancer, cirrhosis of liver, homicide, epileptic seizures, and motor vehicle accidents worldwide.

The alcohol use disorders have enormous consequences not only for the health and welfare of those afflicted with disorders, but also for their families, children, their employers, and the society.

Due to the alcohol consumption people may show symptoms of tolerance, withdrawal symptoms like anxiety, sweating, nausea and vomiting, insomnia, depression, irritability, fatigue, loss of appetite, head ache, severe withdrawal symptoms like hallucinations, confusion, seizures, fever, and agitation.

Alcoholism and alcohol abuse can also affect all aspects of life. The long term use can cause serious health complications, affecting virtually every organ in body, can also damage emotional stability, financial status career, ability to build and sustain satisfying relationship [5].

Alcohol dependence can be easily treated by various psychosocial interventions which includes behavioral therapy, support groups, aversion therapy and gestalt therapy.

Gestalt therapy helps to raise awareness, which is defined as knowing what one feeling, and thinking. The counselor assists the awareness of “what” and “how” one behaves in the present movement.

The gestalt therapy is growth towards maturation, which is related to the degree of responsibility the client is willing to assure and work toward integration such that he functions as a systematic whole, comprised of feelings, perception, thoughts, physical movements, and sensation. Change is not forced but is allowed to occur as the result of participation in various exercises. Changes occur as self awareness is enhanced, because this permits self regulation to take place. Some of the techniques used in gestalt therapy are, “Accept responsibility for choices made, May I feed you a sentence, Can you stay with this feeling, Shuttle between here and there (between reality and fantasy), Mothers and fathers/Husband and wife, I take responsibility for.... and Hot seat, these techniques helps to improve the personal responsibility, self awareness, solving the problem by themselves, and identify the need by self.

### Need for the Study

Alcohol use disorder is the most prevalent mental disorder worldwide and rank high as a cause of disability burden in most regions of the world. It is estimated that 1.7% of people have alcohol use disorders and these disorder account for 1.4% of total world disease burden.

Heavy chronic alcohol consumption increase the risk of violence, depression, anxiety, psychosis, impairments of memory and learning and an increased risk of suicide.

Global prevalence rates estimates that the alcohol use disorders among adults were estimated the range from 0% to 16% in 2004, with the highest prevalence rates to be found in Eastern Europe.

A study was conducted on prevalence of alcohol dependence where 24% of the adult population were affected with alcohol dependence in England.

World Health Survey identified 1.4% of adult population suffer with alcohol use disorder in developed countries. A study by NIMHANS (2011) has shown that between 15% to 20% of Indian people consume alcohol. Among these 5 lakhs individual are present in Karnataka state.

A study conducted in AP on prevalence of alcohol dependence has identified 33.6% adults have alcohol dependence.

A prevalence study was conducted on alcoholism in Nellore which has identified that 17.8% adults have alcohol dependence.

As a part of treatment there are various therapies available for alcohol dependence syndrome. The gestalt therapy can be practiced easily without any expenditure and effectively. So, investigator is interested to identify the effectiveness of Gestalt therapy among the adults with alcoholic dependence syndrome.

### Statement of the Problem

A study to determine the effectiveness of Gestalt therapy on level of alcohol dependence among adults in selected villages, Nellore.

### Objectives

- To determine the level of alcohol dependence.
- To determine the effectiveness of gestalt therapy on the level of alcohol dependence among adults.
- To compare the effectiveness of Gestalt therapy on the level of alcohol dependence among adults in Urban and Rural area.
- To find out the association between the effectiveness of gestalt therapy on level of alcohol dependence among adults with the selected socio demographic variables.

### Hypotheses

#### Null Hypotheses

**H<sub>01</sub>:** There is no statistically significant difference on the level of alcohol dependence after implementation of gestalt therapy among adults.

**H<sub>02</sub>:** There is no statistically significant difference on the level of alcohol dependence after gestalt therapy among adults in urban area and rural area.

**H<sub>03</sub>:** There is no statistically significant association between the effectiveness of Gestalt therapy on level of alcohol dependence among adults with socio demographic variables.

#### Research Hypotheses

**H<sub>1</sub>:** There is a statistically significant difference on the level of alcohol dependence after implementation of gestalt therapy among adults.

**H<sub>2</sub>:** There is a statistically significant difference on the level of alcohol dependence after gestalt therapy among adults in urban area and rural area.

**H<sub>3</sub>:** There is a statistically significant association between the effectiveness of gestalt therapy on level of alcohol dependence among adults with their socio demographic variables.

### Methodology

**Research Approach:** A quantitative research approach

**Research Design:** Quasi experimental Non equivalent control group design.

**Setting:** The study was conducted at Saraswathi Nagar and Kakupalli villages in Nellore district.

### Population:

The population for the study is

**Target population:** Adults with alcohol dependence.

**Accessible population:** Adults with alcohol dependence

**Sample:** Adults with the age group between 20-60 years with alcohol dependence living in the Saraswathi Nagar and Kakupalli and who fulfill the inclusion criteria are the samples for the study.

**Sampling Technique:** non probability-convenience sampling technique.

**Sample Size:** The sample size consists of 100 adults with alcohol dependence. From Saraswathi Nagar, 50 adults were selected, out of which 25 were assigned to experimental group and 25 to control group. Among 50 adults selected in Kakupalli, 25 were assigned to experimental group and 25 to control group.

**Sampling Criteria**

**Inclusion criteria**

**Adults who**

- Are willing to participate in the study.
- Have mild to moderate alcohol dependence.

**Exclusion criteria**

**Adults who**

- Are suffering from other psychiatric disorders like depression, schizophrenia
- Have any sensory impairment.
- Have complications of alcohol dependence.
- Have severe alcohol dependence.

**Variables**

**Independent variable:** Gestalt therapy.

**Dependent variables:** Alcohol dependence.

**Demographic variables:** age in years, religion, education, occupation, marital status, type of family, family income, family history of alcoholism, habit of consuming alcohol influenced by, history of physical health problem, history of drug abuse, age at which alcohol consumption started.

**Extraneous variables:** Adults who are already taking treatment for alcohol dependence.

**Description of Tool**

**Tool consists of two parts**

**Part-A:** It includes socio demographic variables such as age in years, religion, education, occupation, marital status, type of family, family income, family history of alcoholism, habit of consuming alcohol influenced by, history of physical health problem, history of drug abuse, age at which alcohol consumption started.

**Part-B:** Severity of Alcohol Dependence Questionnaires (SADQ) which consists of 20 items about alcohol dependence.

**Part-C**

**Sessions of Gestalt Therapy**

- Session-1 Pre test
- Session-2 Assessment
- Session-3 Emergence of the problem
- Session-4 Working with external polarities using the techniques
- Session-5 Working with internal polarities using techniques
- Session-6 Self assessment
- Session-7 follow up,
- Session-8 Post test

**Data Analysis and Interpretation**

S.N	Data analysis	Method	Remarks
1	Descriptive statistics	Mean and Standard deviation Frequency & percentage	Distribution of socio demographic variables To determine the level of alcohol dependence.
2	Inferential statistics	t-test Paired 't' test Chi-Square	To determine the effectiveness of gestalt therapy on alcohol dependence among adults. To compare the effectiveness of gestalt therapy on alcohol dependence among adults in Urban and Rural area. To find out the association between the effectiveness of gestalt therapy on alcohol dependence among adults with their selected socio demographic variables.

**Result and Discussion**

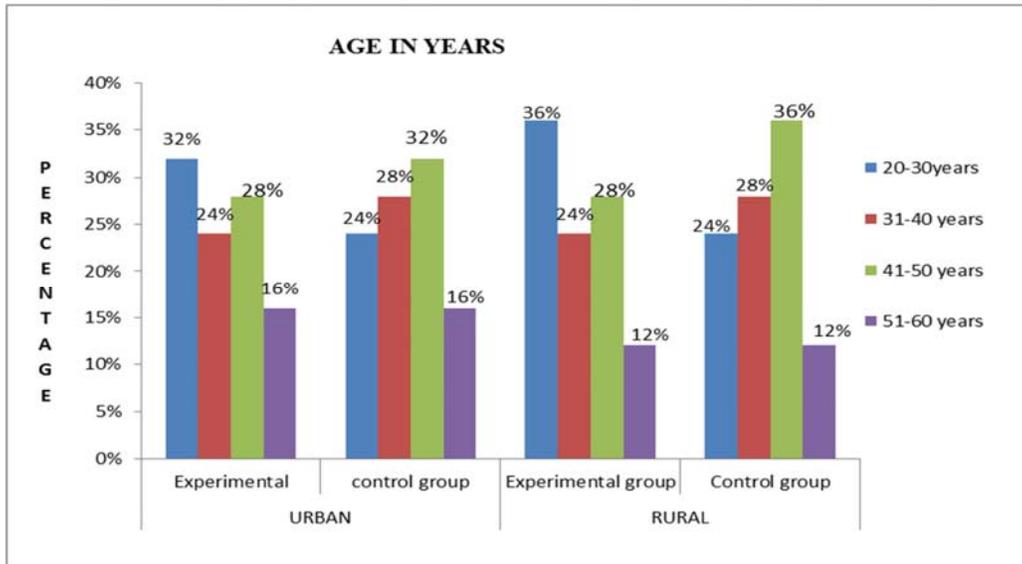
**Section I:** Frequency and percentage distribution of socio demographic variables of adults.

**Section II:** Frequency and percentage distribution of level of alcohol dependence among adults.

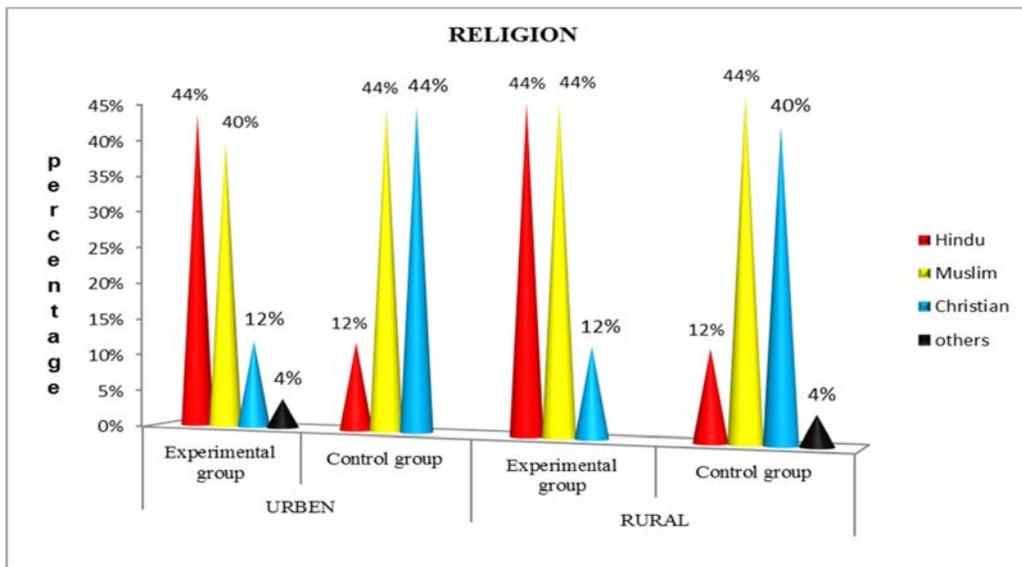
**Section III:** Effectiveness of Gestalt therapy on level of alcohol dependence among adults.

**Section IV:-**Comparison of effectiveness of Gestalt therapy on alcohol dependence among adults in urban and rural area.

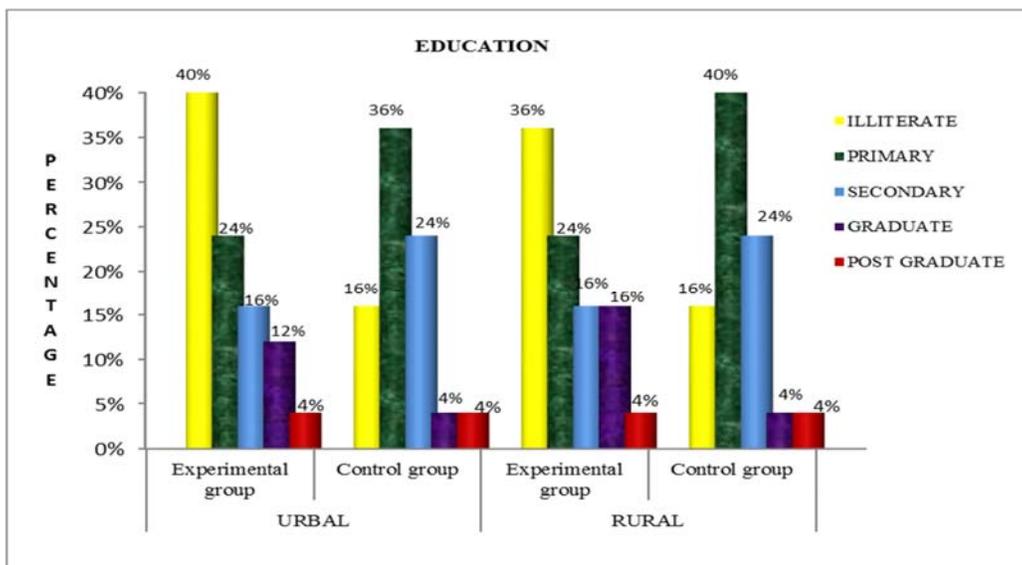
**Section V:** Association between the effectiveness of Gestalt therapy on level of alcohol dependence among adults with their socio demographic variables.



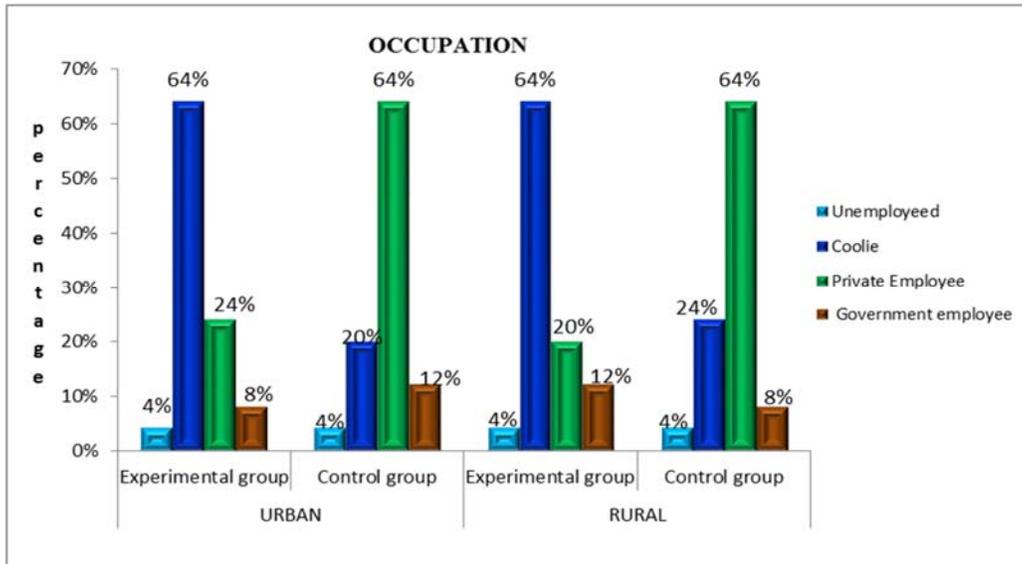
Percentage distribution of adults based on age in years.



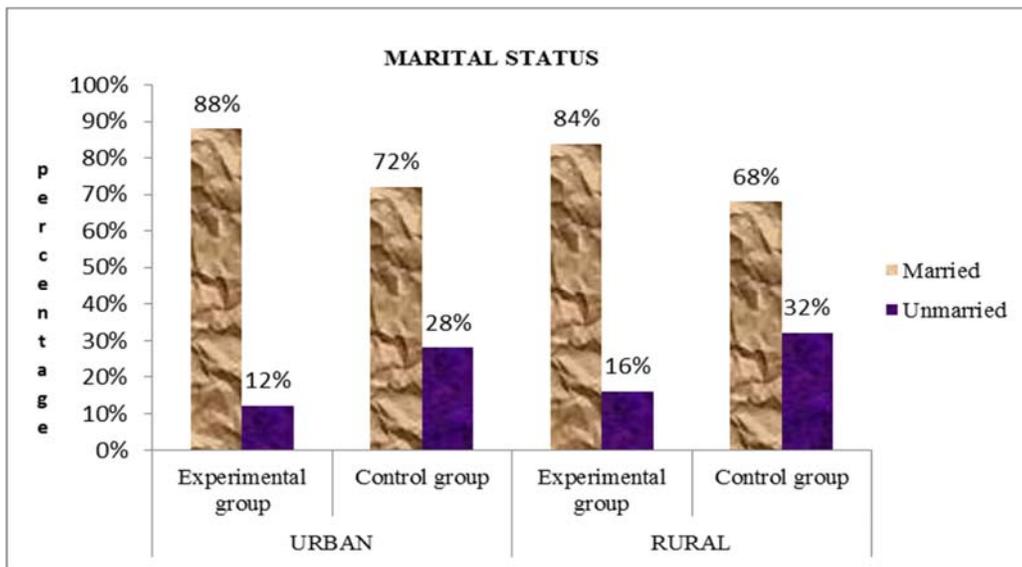
Percentage distribution of adults based on religion



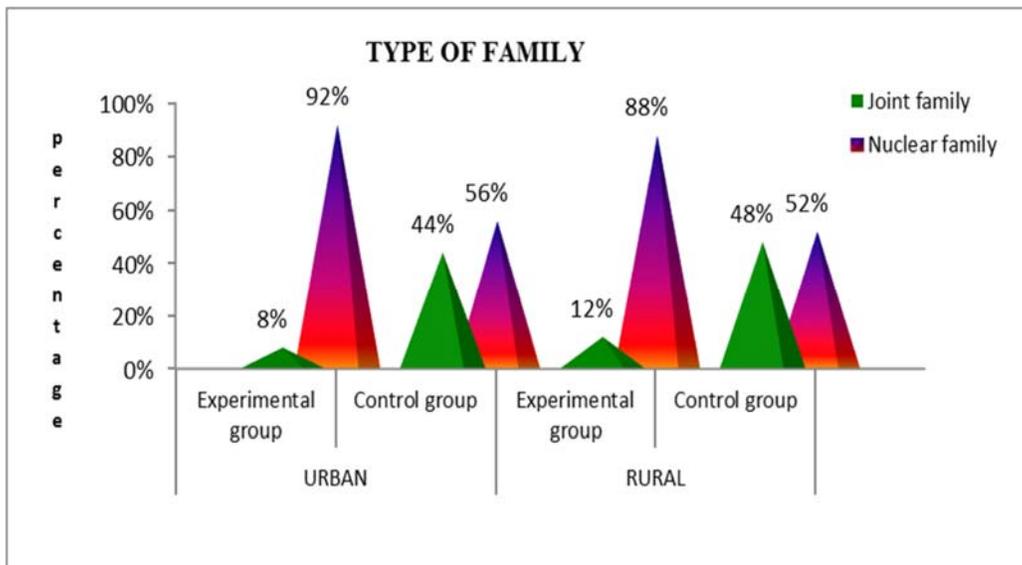
Percentage distribution of adults based on education.



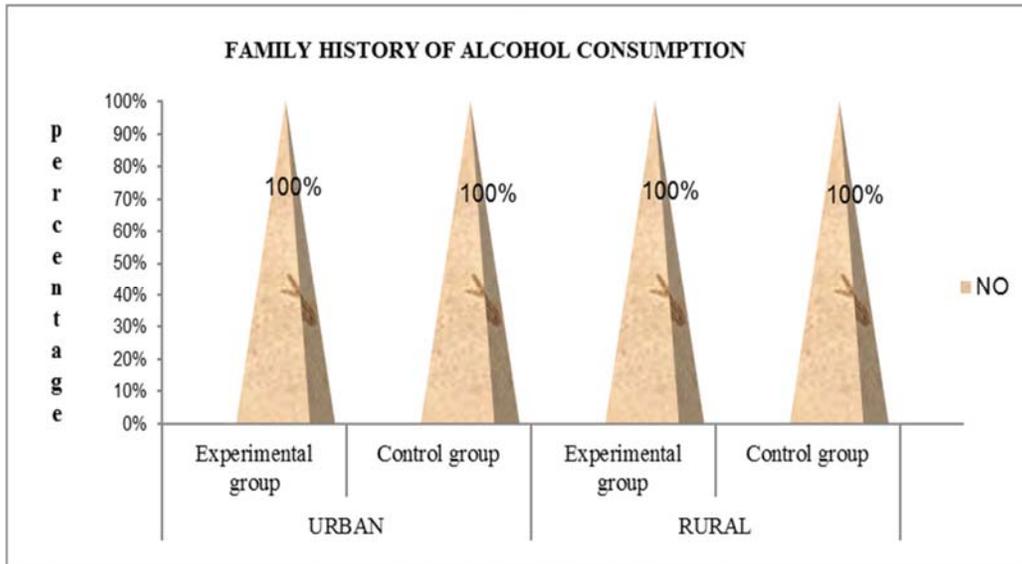
Percentage distribution of adults based on occupation



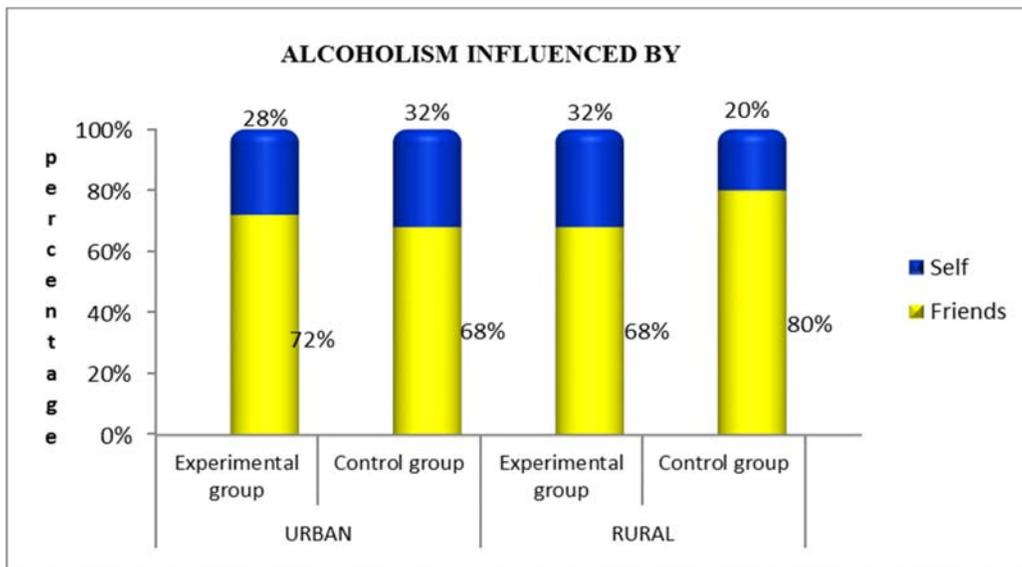
Percentage distribution of adults based on marital status



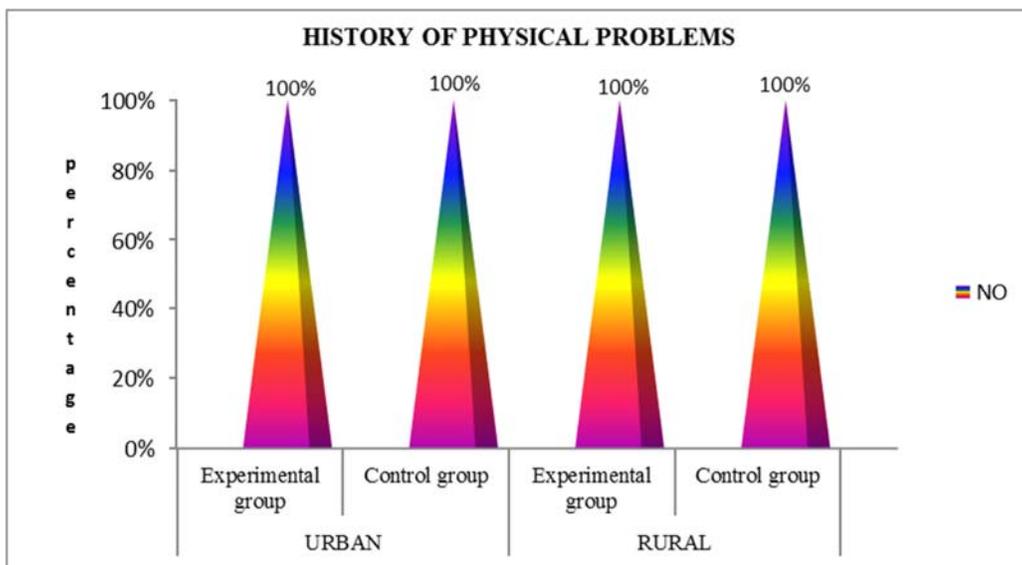
Percentage distribution of adults based on type of family



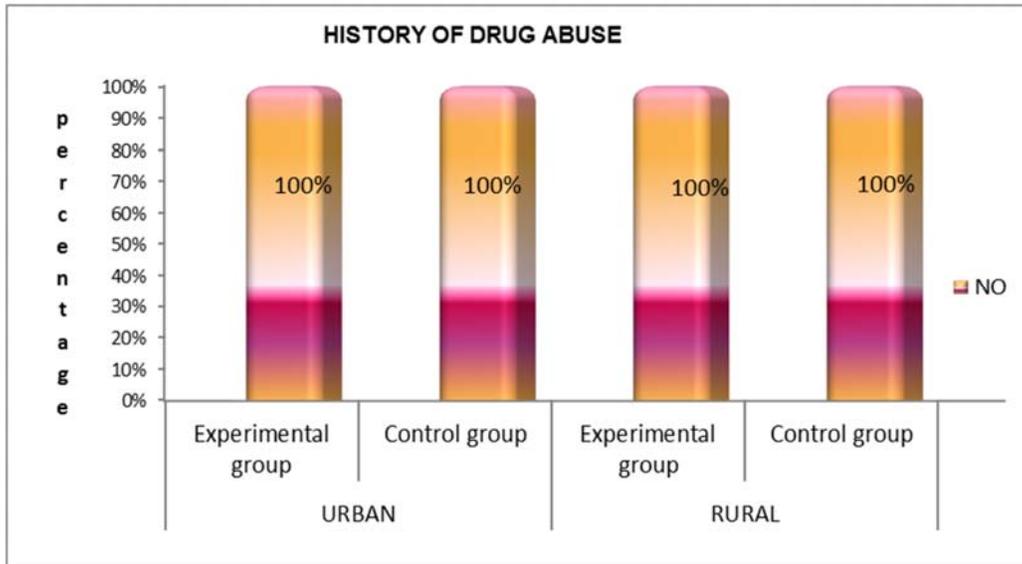
Percentage distribution of adults based on family history of alcoholism



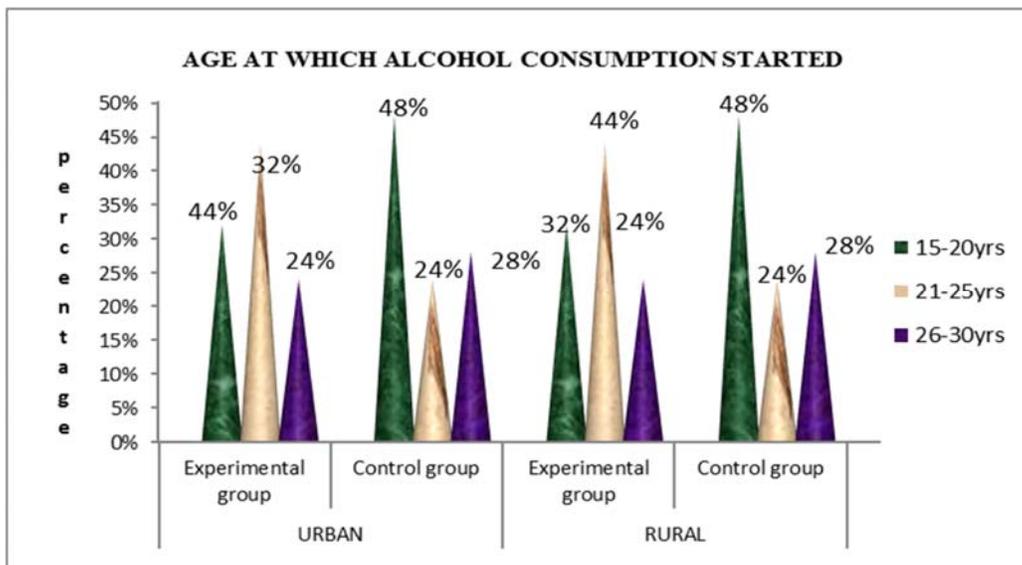
Percentage distribution of adults based on alcohol influenced by.



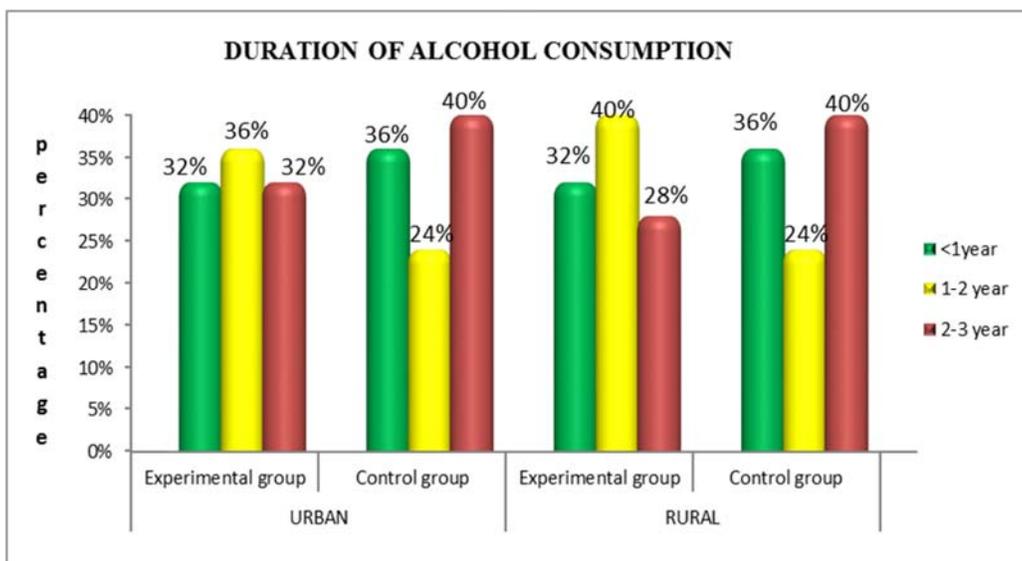
Percentage distribution of adults based on history of physical problems



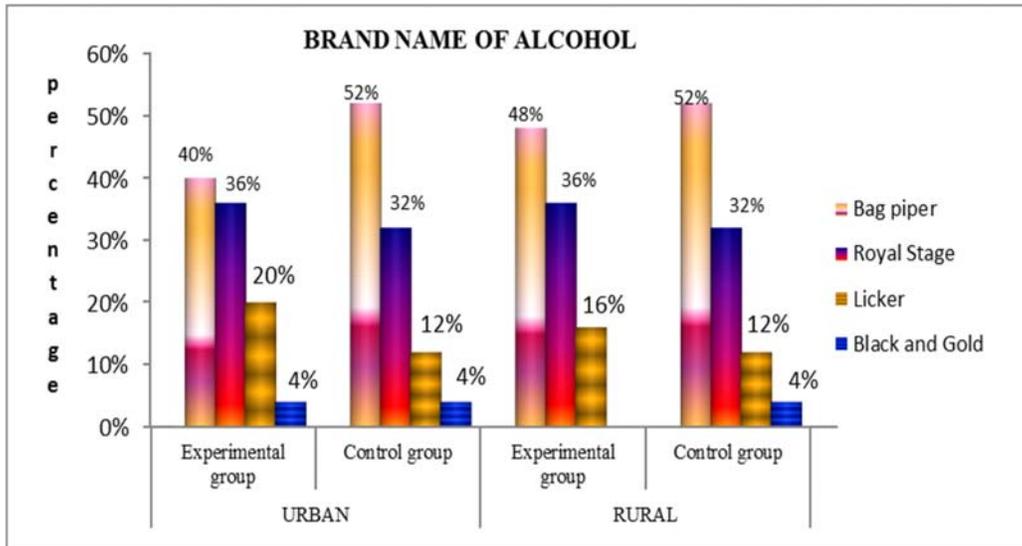
Percentage distribution of adult based on history of drug abuse.



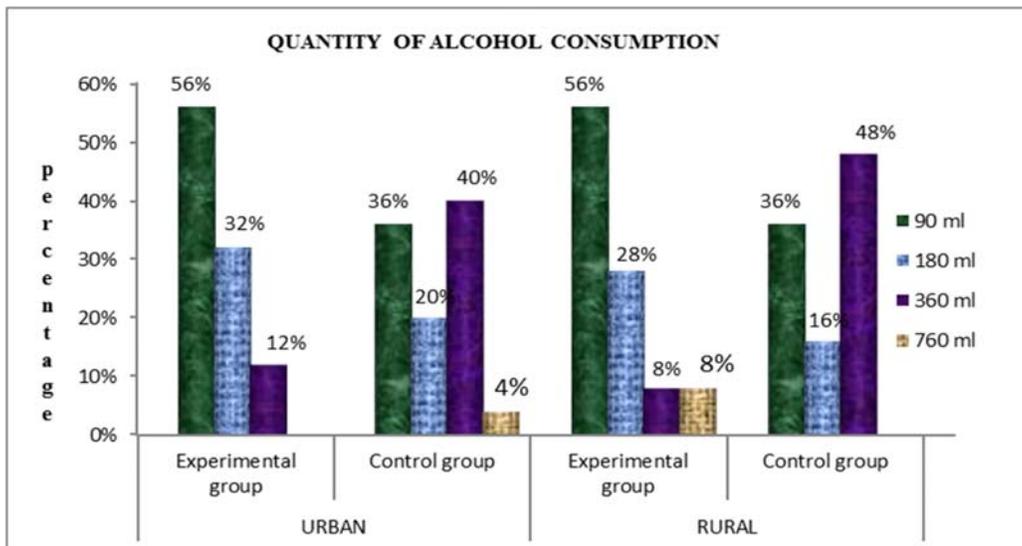
Percentage distribution of adults based on age at which alcohol consumption started



Percentage distribution of adult based on duration of alcohol consumption started

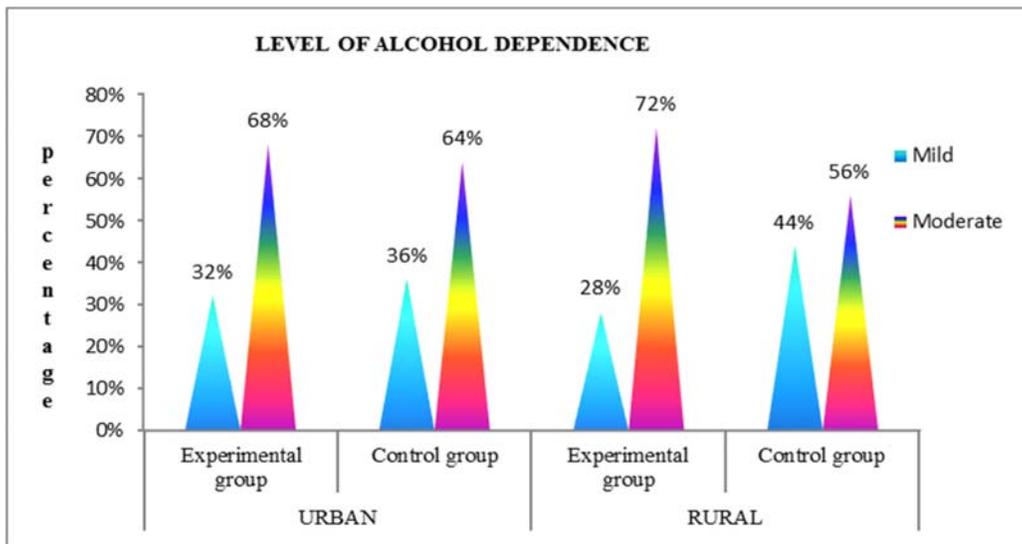


Percentage distribution of adults based on name of the brand



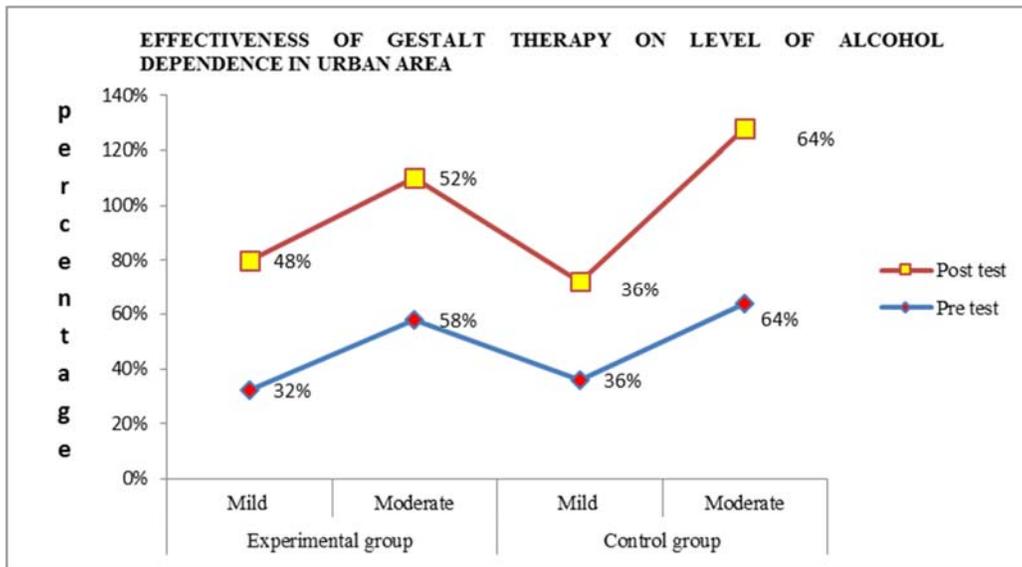
Percentage distribution of adults based on quantity of alcohol consumption

**Section-II**

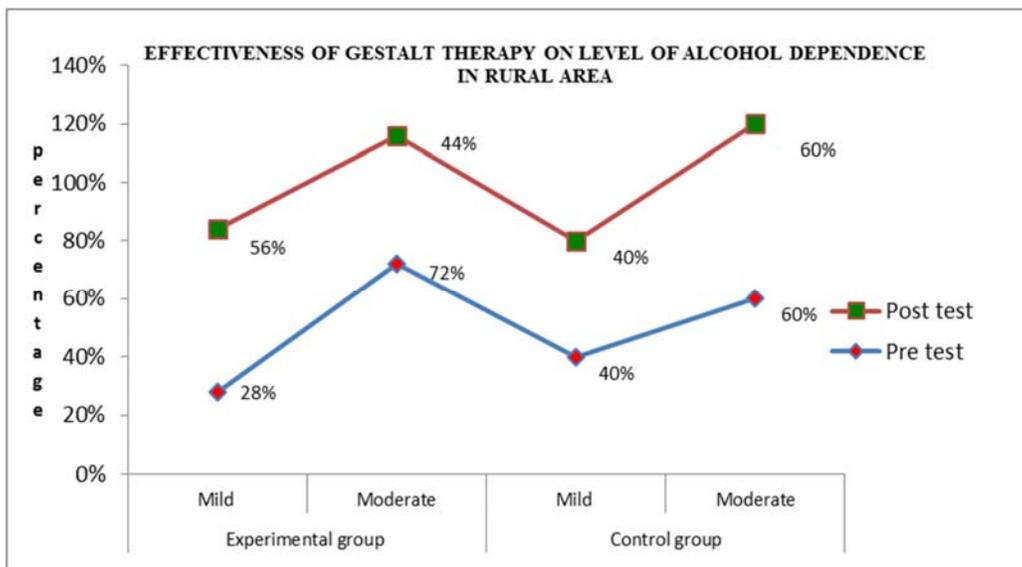


Percentage distribution of adults based on level of alcohol dependence.

**Section –III**



Percentage distribution on effectiveness of gestalt therapy on level of alcohol dependence among adults in urban area



Percentage distribution on effectiveness of gestalt therapy on level of alcohol dependence among adults in rural area

**Section –III**

Mean and Standard deviation of effectiveness of Gestalt therapy on level of alcohol dependence among adults in Urban area

Group	Pre test		Post test		Paired 't' test Value
	Mean	SD	Mean	SD	
Experimental group	19.92	5.85	13.4	3.26	C=9.05 T=1.71 S*
Control group	17.12	3.95	18.04	4.45	C=0.67 T=1.71 NS

Mean and Standard deviation of effectiveness of gestalt therapy on level of alcohol dependence among adults in rural area

Group	Pre test		Post test		Paired 't' test value
	Mean	SD	Mean	SD	
Experimental	21.24	6.4	19.96	5.01	C=8.81 T=1.71 S**
Control group	17.08	3.62	18.28	4.56	C=0.96 T=1.71 NS

**Section-IV**

Comparison of effectiveness of gestalt therapy on level of alcohol dependence among adults in urban and rural area

Areas	Experimental group Post test		Independent 't' test value
	Mean	SD	
Urban	13.4	3.26	C= 5.75 T=2.49
Rural	19.96	5.01	S**

**Section-IV**

In associating the effectiveness of Gestalt therapy on level of alcohol dependence among adults in rural area, in control group with socio demographic variables, variables like occupation, marital status, type of family, and habit of alcohol consuming influenced by is statistical significant, and variables like age in years, religion, occupation, education, family income, age at which alcohol consumption started, duration of alcoholism, name of the brand, and quantity of consume alcohol are not significant.

There is a significant association between the effectiveness of gestalt therapy on alcohol dependence among adults in urban and rural area with socio demographic variables. So null hypothesis ( $H_0$ ) is rejected and research hypothesis ( $H_3$ ) is accepted.

**Conclusion**

Investigator found that the gestalt therapy is more effective in decreasing the level of alcohol dependence among adults. It is also found that gestalt therapy is more effective in reducing alcohol dependence among adults in urban area than compared to the adults in rural area.

This intervention can be implemented among all adults who have alcohol dependence.

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