



## RESEARCH ARTICLE

# PARENTAL ALCOHOLISM AND ITS RELATIONSHIP WITH ADOLESCENTS DEPRESSION AND SELF CONCEPT

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### ABSTRACT

In recent years there has been an increased interest in knowing the effects of parental alcoholism on children and their psychological wellbeing. The aim of the study was to understand the influence of parental alcoholism on adolescent's depression and self concept. To measure the level of depression and self concept, Beck Depression Inventory and Self Concept inventory by Moshin was used. The participants of the study were 31 adolescents of alcoholic parents and other 31 adolescents of non alcoholic parents as comparison group. The results confirm that there is significant difference between adolescents of alcoholic and non alcoholic parents on their depression and self concept. An adolescent of alcoholic parents experiences more depression and low self concept. The result of the correlational analyses confirms the existence of significant inverse relationships between depression and self concept.

**Key words:** Parental Alcoholism, Adolescent, Depression and Self Concept

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### INTRODUCTION

Alcoholism is a broad term for problems with alcohol, and is generally used to mean compulsive and uncontrolled consumption of alcoholic beverages, resulting in physical, cognitive (Richard Amaral, 2006) and emotional (Hodgins, et al, 1995) repercussions to the individual. Inevitably this also affects those associated with the individual (Lee Rowely, 2006). The effects of alcoholism on family are tremendous and it is also called as a family disease. And unfortunately, no one can predict the lasting and sometimes irreparable damage that it causes (William Loving, 2005). And so, as a family member living in a constant state of anxiety and shame, lying and covering up constantly will have long-term negative effects - which can range from depression to anxiety to having trust and intimacy issues, to poor self-esteem and self-loathing (Lee Rowely, 2006). Each individual impacted by alcoholism effects on family will react differently and so it's impossible to predict the outcome - except that it's practically impossible to develop a healthy and loving self-image if exposed to such an environment for an extended period. Parental alcoholism also has severe effects on normal children of alcoholics. Children of alcoholics (COAs) may feel responsible for the problems of the alcoholic and may think they created the problem. COAs often experience high levels of tension and stress. They also may not have friends and may be afraid to go to school (Wilson, C, 1979).

Older children of alcoholics may show such depressive symptoms as obsessive perfectionism, hoarding, staying by themselves, or being excessively self-conscious. Studies have shown that children of alcoholics feel that they are different from other people, develop a poor self-image, in which they closely resemble their alcoholic parents (Silverstein, 1990). This research is set in the Indian context and attempts to understand the self-concept and depression in adolescent children of parents with alcoholism.

### MATERIALS AND METHODS

This study is quantitative in nature. The objective of the study is to know whether the adolescents of alcoholic's parents experiences more depression than adolescents of non-alcoholic parents. And also, the significant difference between adolescent of alcoholic 's parents and non-alcoholics parents on their self-concept. Finally, to study the relationship between self-concept and depression in adolescents. The sample size consists of 62 students, with mean age of 16 to 18 years, residing in Bangalore and also other inclusion and exclusion criteria are also taken into consideration. Different tools used in this study are Socio- demographic data sheet to collect the basic information, the children of Alcoholics screening test (Jones and Pilat, 1986), Beck Depression Inventory (Aaron Temkin Beck, 1961, the BDI was revised twice - once in 1978 and once in 1996) and Self Concept inventory, (Moshin 1976).  
2.1 Data Analysis The response of the CAST test, Beck depression inventory and Self concept scale are scored and interpreted according to the norms. The scores thus obtained

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are analyzed using the statistical method such as t- test is used to determine the objectives of the study that is, adolescents of alcoholic parents experiences more depression and parental alcoholism has influence on adolescents self concept. Pearson's correlation test is used to determine the relationship between the variables depression and self concept. Statistical analysis is done using SPSS (version 16).

**Table1. Breakup of the sample**

Dimension	Category	Groups (n)	
		COAs*	non COAs
Age	16	18	16
	17	6	8
	18	7	7
Gender	Male	13	11
	Female	18	20
Education	1st puc	15	12
	2nd puc	9	10
	1st year Degree	7	9
Domicile	Urban	28	31
	Semi- Urban	3	-
	Rural	-	-
Religion	Hindu	8	12
	Christian	23	19

\*Children of Alcoholics

## RESULTS

**Table 2. Result of t- test for the comparison of depression between two groups**

Variable	Groups	N	mean	SD	t
Depression	Adolescents of Alcoholic Parents	31	20.0968	3.60883	13.579**
	Adolescents of Non Alcoholic parents	31	8.2903	3.22690	

\*\* Significant at 0.01 level

Table 1 show that the mean value of depression for adolescents of alcoholic and non alcoholic parents is 20.0968 and 8.2903 respectively, with the standard deviation 3.60883 and 3.22690. And the t value is 13.579 which is significant at 0.01 level. The table shows that adolescents of alcoholic parents experience more depression when compared to the adolescents of non alcoholic parents.

**Table 3. Result of t- test for the comparison of self concept between two groups**

Variable	Groups	N	mean	SD	t
Self Concept	Adolescents of Alcoholic Parents	31	21.8710	3.93905	13.264**
	Adolescents of Non Alcoholic parents	31	35.2905	4.02652	

\*\* Significant at 0.01 level

The above table shows the mean value of self concept for adolescents of the alcoholic and non alcoholic parents which are 21.8710 and 35.2905 respectively. The standard deviations are 3.93905 and 4.02652. And the t value is 13.264 which is significant at 0.01 level. The above table shows that the self concepts of adolescents of alcoholic parents are low when compared with the adolescents of non alcoholic parents. The result of the correlational analyses which is significant 0.01 level confirms the existence (-0.806) of significant inverse relationships between depression and self concept. This result confirm hypothesis three, which postulated that, there is a relationship between self concept and depression in

adolescents. Furthermore, this result is in the same direction as of those of other western studies indicating negative association between depression and self concept (Fan and Fu 2001; Watson, 1998; Yuang, 2000).

**Table 5. The following table shows the correlation between the variables**

	Depression	Self Concept
Depression (Pearson correlation)	1	-0.806**
N	62	62

\*\* Correlation is significant at 0.01 levels.

## Conclusion

After studying the obtained results, based on the framed hypotheses the following conclusions were drawn. From the above description it is clearly evident that the adolescent of alcoholic parent experience more depression and lesser self concept compared to the adolescent of non alcoholic parent. This shows that the parental alcoholism has greater influence on the adolescents' self concept and depression. Depression was significantly negatively correlated with self concept. Hence milder the depression, then higher will be the self concept of an individual.

## Implications

The current study has provided some important result that has implication in community. It has helped us in understanding the constraints of the adolescents of alcoholic parent. This study also makes the parents to become aware of how much their children are affected due to their alcoholism. The result can be used to find interventions depending on the clients. This work makes adolescents more aware of their life situations and psychological problems that they can go through. The findings of this study have definite implications for intervention in de-addiction settings. It highlights the fact that any effective de-addiction program must acknowledge the 'need' of adolescent children to overcome and deal with various deficits in their psychosocial functioning. The involvement of children's in de-addiction programs in India is rarely seen, but spouse is involved in the marital therapy. Children's involvements provide them an opportunity for ventilation of feelings and integrating elements that will boost their self concept and promote their psychosocial adjustment in deficient areas. Thus, having a wider understanding of the impact of parental alcoholism on children would help us to develop our children into a balance and stable individuals.

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