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EVALUATION OF SELF-ESTEEM, LEISURE SATISFACTION & ASSERTIVENESS AMONG PATIENTS WITH ALCOHOL DEPENDENCY

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Abstract

Background: The purpose of this study was to evaluate self-esteem, leisure satisfaction among patients with alcohol dependency in an inpatient hospital set up.

Method: A convenience sample of 35 patients taken from a mental health centre in South India in the age range between 20 to 60 years was taken. Leisure satisfaction scale, Rathus assertiveness schedule and Rosenberg self-esteem scale was administered.

Results: Results showed there was significant association between age & self-esteem of alcohol dependent clients and there was significant relationship between self-esteem & leisure of alcohol dependent clients. There was no significant relationship between duration, number of admissions, age and self-esteem, assertiveness, leisure satisfaction of alcohol dependent clients.

Conclusion: The finding emphasized that involvement in leisure improves self-esteem in patients with alcohol dependence. Exploring leisure interest of clients and engaging in age-appropriate leisure activities might significantly improve their self-esteem.

Keywords: Assertiveness, Leisure Satisfaction, Self-Esteem, Alcohol Dependence.

INTRODUCTION

Assertiveness is the ability of team members to state and maintain a position that may be counter to the position of others, until convinced by the facts, not the authority or personality of another, that their position is wrong. The effective team leader advocates S open and questioning communication by team members. In their interactions, effective team members are mutually respectful to each other leisure freedom from time-consuming duties, responsibilities, or activities.

Leisure time is time not spent on compulsory activities, like employment, education, running a business and household chores. The distinction is not strict, since necessity can be larger or smaller, and things may be done for pleasure as well as longer term usefulness.

This time can be spent on two main kinds of leisure:

Active leisure: active recreation, vacation, leisure sport (going to the gym, etc.; sport for fun Rather than for competition). This type of leisure rarely leads to boredom.

Lounging, "doing nothing": the kind of "reclining-in-the-sun" type leisure, which implies going to sleep or a near-sleep lounging state. It could be called "wasting time". Lounging that is not enjoyable can lead to boredom. Some moral codes frown upon this type of leisure, while others celebrate it, as in the British magazine The Idler.

The experience of being capable of meeting life's challenges and being worthy of happiness. The holding a good opinion of one's self; self-complacency.

AIM AND OBJECTIVES

AIM

To evaluate self-esteem, Leisure satisfaction and Assertiveness in Alcohol dependent Patients.

OBJECTIVES

To find the Correlation between self-esteem, Leisure satisfaction and assertiveness assessed using Rosenberg self-esteem inventory, leisure satisfaction scale, Rathus assertiveness schedule respectively. To find the correlation between age and duration of illness with self-esteem, leisure& assertiveness.

DEFINITION OF SELF-ESTEEM

Self-esteem is "how much a person likes, accepts, and respects himself overall as a person".



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CHARACTERISTICS OF LOW SELF-ESTEEM

A Person with low self-esteem will

Demean his own talents, Feel that others don't value him, Feel powerless, Be easily influenced by others, Express a narrow range of emotions, Avoid situations that provoke anxiety, Become defensive and easily frustrated, Blame others for their own weaknesses, Low self-esteem has been correlated with low life satisfaction, loneliness, anxiety, resentment, irritability and depression.

CHARACTERISTICS OF HIGH SELF-ESTEEM

A Person with high self-esteem will:

Act independently, Assume responsibility, Be proud of accomplishments, Approach new challenges with enthusiasm.

Dictionary Definitions

The condition of having one's time free from the demands of work or duty.

Leisure consists of a number of occupations in which the individual may indulge of his own free will - either to rest, to amuse him, to add to his knowledge or improve his Skills disinterestedly or to increase his voluntary participation in the life of the Community after discharging his professional, family and social duties. Kaplan (1975)

Leisure is activity - apart from the obligations of work, family, and society - to which the Individual turns at will, for either relaxation, diversion, or broadening his knowledge and his spontaneous social participation, the free exercise of his creative capacity Dumazedier (1974)

METHODOLOGY

The study was carried out for evaluation of self-esteem, leisure satisfaction and assertiveness in alcoholic dependent clients. The study sample was selected from patients attending Occupational Therapy from Mental Health Center, at a Hospital at Vellore, who met with the following criteria.

Inclusion Criteria

Clients who are alcohol dependent, who knew both Tamil and English and who were in the age range of 20 years to 60 years.

Exclusion Criteria

Clients with associated Psychiatric illnesses and clients with communication problems.

Total number of patients

A convenience sample of 35 patients

Tools used were the Rosenberg self-esteem scale.

The scale ranges from 0-30. the scores between 15 & 25 are within normal range; scores below 15 suggest low self-esteem.

Leisure satisfaction scale

The Highest score is 120. Higher score signifies higher leisure satisfaction.

0-40 Minimal leisure satisfaction, 41-80 Moderate leisure satisfaction,

81-120 Maximal leisure satisfaction.

Rathus assertiveness schedule

In this test some statements are scored in such a way that a score of 1 indicates high assertive behavior and a response of 4, less assertive behaviour. The responses for the following items 3,6,7,8,10,20,21,22,25,27,28 & 29 have to be reversed for scoring purpose. The total score ranges from 32-128. the greater the score, the lesser the assertiveness. The 4 levels of assertiveness may range 1-32, 33-64, 65-96 & 97-188.

RESULTS AND DATA ANALYSIS

This study was undertaken to evaluate self-esteem, leisure satisfaction and assertiveness in alcohol dependent clients.



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Table no 1 SELF-ESTEEM VS AGE Crosstab

| | | AGE 1 | | Total |
|-------------|---------------|----------|--------------|--------|
| | | Below 31 | 31 and above | |
| SELF ESTEEM | Normal count | 5 | 23 | 28 |
| | % Within AGE1 | 83.3% | 79.3% | 80.0% |
| | High count | 1 | 6 | 7 |
| | % Within AGE1 | 16.7% | 20.7% | 20.0% |
| Total | count | 6 | 29 | 35 |
| | % Within AGE1 | 100.0% | 100.0% | 100.0% |

Chi-Square Tests

| | Value | df | Asymp.Sig. (2-sided) | Exact.Sig (2-sided) | Exact.Sig (1-sided) |
|------------------------------------|--------------------|----|----------------------|---------------------|---------------------|
| Pearson Chi –Square | 2.331 ^b | 1 | .127 | .207 | .135 |
| Continuity Correction ^a | 1.216 | 1 | .270 | | |
| Likelihood Ratio | 2.367 | 1 | .124 | | |
| Fisher’s Exact Test | | | | | |
| Linear-by-Linear Association | 2.265 | 1 | .132 | | |
| N of Valid cases | 35 | | | | |

a. Computed only for a 2x2 table

b. 2 cells (50.0%) have expected count less than 5. The minimum expected count is 3.20.

Table no.2 SELF –ESTEEM VS DURATION Crosstab

| | | DURATI1 | | Total |
|-------------|------------------|---------|----------|--------|
| | | Upto 10 | above 10 | |
| SELF ESTEEM | Normal count | 17 | 11 | 28 |
| | % Within DURATI1 | 89.5% | 68.8% | 80.0% |
| | High count | 2 | 5 | 7 |
| | % Within DURATI1 | 10.5% | 31.3% | 20.0% |
| Total | count | 19 | 16 | 35 |
| | % Within DURATI1 | 100.0% | 100.0% | 100.0% |

Chi-Square Tests

| | Value | df | Asymp.Sig. (2-sided) | Exact.Sig (2-sided) | Exact.Sig (1-sided) |
|------------------------------------|--------------------|----|----------------------|---------------------|---------------------|
| Pearson Chi – Square | 2.331 ^b | 1 | .127 | .207 | .135 |
| Continuity Correction ^a | 1.216 | 1 | .270 | | |
| Likelihood Ratio | 2.367 | 1 | .124 | | |
| Fisher’s Exact Test | | | | | |
| Linear-by-Linear Association | 2.265 | 1 | .132 | | |
| N of Valid Cases | 35 | | | | |

a. Computed only for a 2x2 table

b. 2 cells (50.0%) have expected count less than 5. The minimum expected count is 3.20.



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Table no.3SELF –ESTEEM VS LEISURE

Crosstab

| | | LEISURE1 | | | Total | |
|-------------|--------|------------------|--------|--------|--------|--------|
| | | 1.00 | 2.00 | 3.00 | | |
| SELF ESTEEM | Normal | count | 3 | 18 | 7 | 28 |
| | | % within DURATI1 | 60.0% | 94.7% | 63.6% | 80.0% |
| | High | count | 2 | 1 | 4 | 7 |
| | | % within DURATI1 | 40.0% | 5.3% | 36.4% | 20.0% |
| Total | | count | 5 | 19 | 11 | 35 |
| | | % within DURATI1 | 100.0% | 100.0% | 100.0% | 100.0% |

Chi-Square Tests

| | Value | df | Asymp.Sig. (2-sided) |
|------------------------------|--------------------|----|----------------------|
| Pearson Chi – Square | 5.670 ^b | 2 | .059 |
| Likelihood Ratio | 6.042 | 2 | .049 |
| Linear-by-Linear Association | .260 | 1 | .610 |
| N of Valid Cases | 35 | | |

a. 4 cells (66.7%) have expected count less than 5. The minimum expected count is 1.00.

Table no.4 SELF –ESTEEM VS ASSERT

Crosstab

| | | ASSERT1 | | | Total | |
|-------------|------|------------------|--------|--------|--------|--------|
| | | 2.00 | 3.00 | 4.00 | | |
| SELF ESTEEM | 2.00 | count | 8 | 18 | 2 | 28 |
| | | % within ASSERT1 | 80.0% | 78.3% | 100.0% | 80.0% |
| | 3.00 | count | 2 | 5 | | 7 |
| | | % within ASSERT1 | 20.0% | 21.7% | | 20.0% |
| Total | | count | 10 | 23 | 2 | 35 |
| | | % within ASSERT1 | 100.0% | 100.0% | 100.0% | 100.0% |

Chi-Square Tests

| | Value | df | Asymp.Sig. (2-sided) |
|------------------------------|-------------------|----|----------------------|
| Pearson Chi – Square | .543 ^a | 2 | .762 |
| Likelihood Ratio | .935 | 2 | .627 |
| Linear-by-Linear Association | .096 | 1 | .757 |
| N of Valid Cases | 35 | | |

a. 4 cells (66.7%) have expected count less than 5. The minimum expected count is .40.

DISCUSSION

From table 1, the Pearson chi-square value is 0.50, which is statistically significant. this shows that there is statistically significant association between age & self-esteem of alcohol dependent clients. it is also seen from the table 83.8% of clients below 31 years of age have normal self-esteem when compared to 79.3% clients above 31 years of age, this could be due to that younger age group clients have more interaction with family and friends and also active involvement in leisure activities which improves their self-esteem when compared to older age group clients it is also sent that 16.7% clients below 31 years of age have high self-esteem than 20.7% clients above 31 years of age, this could be due to loss of productivity in older age group which leads to decrease in self-esteem.



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Table no 2 shows that the Pearson chi square value is 2.331, which is not significant. Hence duration has no statistically significant relationship to self-esteem. It is also seen. that 89.5% clients who are alcoholics for less than 10 years of duration have normal self-esteem score compared to 68.8% clients above 10 years of duration this could be because there could be less participation in social and leisure activities by long term alcoholics which could have an impact on their self-esteem .this same reason explain 10.5% clients having high self-esteem score who have a duration of less than 10 years when compared to 31.3% clients who have a duration of more than 10 years.

In table 3, self-esteem& leisure are compared. The Pearson chi-square value is 5. 670.this shows that there is statistical significance. Hence self-esteem has significant statistical association with leisure. It is also seen from the table that 94.7% clients & 63.6 clients who have moderate & maximal leisure satisfaction have normal self-esteem. This shows that involvement in leisure helps clients have normal self-esteem. It is also seen that 40% clients who have minimal leisure satisfaction have high self-esteem.

It is seen from table 4, that the Pearson chi-square value is 0.543, which is not statistically significant. hence self-esteem has no statistically significant association with assertiveness. It is also seen from the table that 100% clients who have very high assertiveness have normal self-esteem. This could be due to that client with high self-esteem have good interaction with family members & others which could improve their self-esteem. We are 0.135

CONCLUSION

The study was carried out to evaluate self-esteem, leisure satisfaction & assertiveness in alcohol dependent clients.

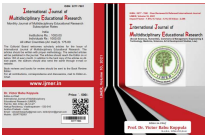
The study was carried on 35 alcohol dependent clients. Results show that there was significant association between age & self-esteem of alcohol dependent clients and there was significant relationship between self-esteem& leisure of alcohol dependent clients. There was no significant relationship between duration, number of admissions, age and self-esteem, assertiveness, leisure satisfaction of alcohol dependent clients.

LIMITATIONS

The study sample is exclusively of male patients with alcohol dependent clients; hence evaluation of self-esteem, leisure and assertiveness of women clients could not be explored. Due to constraint of time, a larger sample size including women and men incenterers other than CMC could not be studied.

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