



A STUDY ON PSYCHO-SOCIAL PROBLEMS FACED BY THE CHILDREN IN ALCOHOLIC FAMILY

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ABSTRACT

Alcoholism affects the drinking individual physically in the way they behave, think, feel and it can affect family members. Alcohol may be the central guiding principle of family life, causing trauma and shaping each individual's development. This study highlights the "Psycho-Social problems faced by the children in alcoholic family". This study draws upon Primary Source were collected which children in Save our Society organization Kitwe, Zambia and Secondary Sources including memories, published letters, journals and a complete collection of the little review. Descriptive design is used in this research. The tool used to collect data for this study is interview schedule. 66% respondents are between the ages of 10-13. The results and discussion fined that 50% of the respondents replied that mentally affected by Alcoholic father. The suggestions given in the study can be cited to effects of Alcohol should be adding in the lesson plan to aware the children and children of alcoholics should not be neglected instead essential care needs to be given by the parents or care takers.

Keywords: Education, Health, Socio Demographic, Alcoholism

1. INTRODUCTION

Children of Alcoholics have been characterized as an at-risk population in part, because of the dysfunctional family environments that disrupt psychosocial development among offspring exposed to parental alcoholism, Blonigen *et.al*, (2013). They become confused, resentful and hurtful. They are at higher risk of getting addicted to Alcoholic Problems, Mental Health Problems and related behavioral and social problems. Many children have great strength, resilience and coping skills, which can help them adapt in order to function as normally as possible, Chassin *Let.al*, (1999). Others do not adapt so readily and face a multitude of problems. Children with alcoholic parents are more likely to experience symptoms of anxiety and/or depression, antisocial behavior, relationship difficulties, behavioral problems, and/or alcohol abuse. One recent study finds that children of drug-abusing fathers have the worst mental. Children of alcoholics may experience any of the following: chaos, uncertainty, instability, inconsistent discipline, emotional and physical neglect, arguments, instability of parents' marriage, disorganization, violence and physical and sexual abuse, emptiness, loneliness, the terror of repeated abandonment, or the witnessing of violence or abuse to others. The family environment may be characterized by tension, fear, and shame feelings that become connected with the child's sense of self. It is often difficult to determine whether the problems a child is

having are directly linked to parental alcoholism, separate, or a combination. Since young children believe their thoughts and feelings are all-powerful, they imagine that they cause bad things and may assume their parents drink because of them. A parent may even encourage this belief with remarks like, "Who wouldn't drink with a family like this!" So, leaving the bicycle in the driveway, getting bad grades, or thinking bad thoughts can lead, in the child's mind, to a parent drinking, Child line Scotland and Centre for Research in Families and Relationships (2005). One of the most important messages children can hear is that the alcoholism is not their fault. It is not possible to create alcoholism in another person.

1.1 Statement of the Problem

Alcoholism is a disease. It also associated with several psychiatric disorders that develop independently of the alcoholism and may precede alcohol use and abuse. These independent disorders may make certain vulnerable patients more prone to developing alcohol related problems. One of the most common of these co morbid conditions is ASPD and personality disorder marked by a longstanding pattern of irresponsibility and violating the rights of others that generally predates the problems with alcohol. This bring problems in the family and affect the family system, where the child care been affected more in the family.

2. REVIEW OF LITERATURE

Selwyn Stanley & Vanitha C(2003) and Nervenarzt (1996) Psychosocial Correlates in Children of Alcoholics-Implications for Intervention has been an increasing focus on children of alcoholics particularly in the West seeking to understand the impact of parental alcoholism on their psychosocial functioning. Indian literature from this perspective is scanty and there is a need for more comprehensive investigation particularly with adolescent children of alcoholics. Michelle Mize Menees and Chris Segrin (2000) The specificity of problematic family environments to children of alcoholics, Children exposed to other significant family stressors that included parental death, unemployment, separation, divorce, or major illness. University students completed self-report measures of family stressors, family relationship problems, family communication quality, family conflict, and relationship with parents. Based on a family stressor checklist, 20 students exposed only to parental alcoholism and no other family stressors were compared to several other groups exposed to specific family stressors, and to 50 control subjects who had reported no family stressors, Patrick C. *et.al*, (2005). Results showed that students from families where a parent is or was an alcoholic, and where there were no other family stressors, recall disturbed family relations no more commonly than students specifically exposed to other family stressors such as parental divorce, death, or major illness, and no more commonly than those who reported no family stressors.

O'Leary, (2002) Children and families living with parental alcohol misuse, Families differ according to the composition of risk factors that contribute to outcomes, and studies show that not all children experience adverse outcomes. Sharon Burke *et.al*, (2006) one exception is the epidemiological research that supports an association between the excessive consumption of alcohol by pregnant women and the risk of fetal alcohol syndrome and its effects. Most research now support explanatory models in which the outcomes for children are not only dependent on parental alcohol misuse but on the aggregation of factors such as family demographics, individual characteristics, family interaction, and the psychological functioning of both parents. Key findings of this review on the impacts on children are as follows: The effects of parental alcohol misuse appear to be cumulative. The longer the child has been exposed to parental alcohol

misuse, the greater the impact may be. Disruptive behaviour, such as aggressiveness, hyperactivity and mental health problems, are particularly apparent in sons of parents who misuse alcohol.

Steinhausen H C (1995) Children of alcoholics are prone to genetic environmental and teratogenic risk factors. This review starts by outlining the development risks due to intrauterine exposure to alcohol. Furthermore, the overall findings from genetic research are summarized. A further section deals with the analysis of the environment of the family with an alcoholic parent. Within the section on psychopathology the special links to conduct disorders and delinquency, hyperkinetic disorders, substance abuse, anxiety and depression, and somatic problems are described. Special consideration is also given to the literature dealing with cognitive and neuropsychological functioning in the offspring of alcoholic parents. Finally the limitations of current knowledge are emphasized.

2.1 Need of the Study

Children sometimes like to be the rescuer and will form relationships with others who need their help, to the extent of neglecting their own needs. Because parents are the role model of the children so children may tend to get practice easily towards alcoholism. Unemployment rates in alcohol treatment programs are strikingly high. Unemployment of the parents will affect the growth of the child. The child may not get any support, love, care and have a strange feeling towards the alcoholic father. In order to understand the problems of the children, elicit changes among the alcoholic father to get rid of this habit. This leads to peaceful life for the future of the family and in-turn for the betterment of the society and the country development.

2.2 Objective of the Study

- To learn the socio-demographic profile of the respondents.
- To study the depression, anxiety and stress level of respondents.
- To find out the social support of the respondents.
- To elicit the relationship of the child with his father.

3. RESEARCH METHODOLOGY

The present research study has been designed in descriptive framework. It tends to describe the psycho social problems faced by the children in alcoholic family. The Researcher has selected save our society organization, Kitwe, Zambia. The Researcher has used Simple Random Sampling method was used for collection of data. The total sample size of the study is 50 respondents from save our society organization, Kitwe. Primary data were directly collected from the respondents with the help of structured interview schedule during month of November 2019. The Secondary data was collected from the related journals, books, periodicals, newspaper clippings & websites and from the studies which have already been conducted. The data were collected by using structured interview schedule. The Schedule consisted of III parts. Besides this, the tool of Case Study and group discussion were also used. The Interview schedule consisted of questions related mainly to the psycho social problems faced by the children in alcoholic family.

4. RESULT & DISCUSSION

Children who grew up in an alcoholic home develop similar personality traits and characteristics according to the report of Dr. Janet Woititz (1983)& Gillan E, Wales A, Hill L and Robertson F

(2009). This study is a psycho social problem faced by the children in alcoholic family in save our society organization, Kitwe, Zambia. Descriptive Research Design & Random sampling has been used & 50 Respondents were interviewed through a structured Interview Schedule. This brought out the following findings.

4.1 Findings

Socio Demographic Details

- 65% Percentage respondents are between the ages of 10-13
- The researcher finds that 60% of the respondents are male, 40% of the respondents are female.
- The educational qualification of the respondents 26% is doing VII, IX Grade.
- The researcher finds that 48% of the respondents are farmers (father occupation).
- 60% of the respondents are employers (mother occupation).
- 52% of the respondent's income is 600-1200 Zambian Kwacha (father).
- 52% of the respondents income is below- 500 Zambian Kwacha.

Questionnaire about Father

- The researcher finds that 46% of the respondents are having two siblings.
- 82% of the respondents are from rural area.
- The researcher found that 50% of the respondents replied that father will beat.
- The researcher found that 72% of the respondents replied that feel happy father don't drink.
- The researcher found that 60% of the respondents replied that father speak bad words.
- The researcher found that 50% of the respondents replied that mentally affected.
- The researcher found that 54% of the respondents replied that they able to continue their higher studies.
- The researcher found that 46% of the respondents replied that they have fear parent send them to work.
- The researcher found that 64% of the respondents replied that they have affection with their father.
- The researcher found that 54% of the respondents replied that they have fear about his feature.
- The researcher found that 54% of the respondents replied that they were pray with god for his father doesn't drink.
- The researcher found that 56% of the respondents replied that they get upset easily towards his father.
- The researcher found that 68% of the respondents replied that they upset lot due to his father behavior.
- The researcher found that 68% of respondents replied that they were worried about their present circumstance.
- The researcher found that 82% of respondents replied that father was physically affected.
- The researcher found that 70% of respondents replied that they able to concentrate in studies help of his mother.
- The researcher found that 62% of the respondents replied that they know effects of alcohol.

- The researcher found that 50% of the respondents replied that they feel angry with father.
- The researcher found that 50% of the respondents replied that they didn't get attention from his father.
- The researcher found that 52% of the respondents replied that father drink and fight with family members.
- The researcher found that 36% of the respondents replied that father didn't understand him.
- The researcher found that 36% of the respondents replied that didn't have happy and peaceful in their life.
- The researcher found that 36% of the respondents replied that father doesn't take care about them.
- The researcher found that 54% of the respondents replied that they speak freely with their friends.
- The researcher found that 60% of the respondents replied that they ashamed due to his father activities.

Relationship with Friends

- The researcher found that 64% of the respondents replied that friends make ashamed and foolish.
- The researcher found that 60% of the respondents replied that they have different friends.
- The researcher found that 50% of the respondents replied that the friends were understood him.
- The researcher found that 50% of the respondents replied that they were feeling alone.
- The researcher found that 46% of the respondents replied that they don't angry with their friends.
- The researcher found that 40% of the respondents replied that they get upset more than friends known.
- The researcher found that 46% of the respondents replied that friends were irritated him.

4.2 CONCLUSION

Alcoholism is a broad term for problems with alcohol, and is generally used to mean compulsive and uncontrolled consumption of alcoholic beverages, usually to the detriment of the drinker's health, personal relationships, and social standing. This research narrate the facts and characteristics concerning of the children living with alcoholic parents. The research study gave a broad idea of the long-term impacts of parental alcohol misuse. Proper awareness must be given to the society about parental alcohol misuse and alcoholism especially to the children. Government and Non Governmental Organization must take more necessary steps to eradicate alcoholism from the society. The researcher got an opportunity to develop his knowledge about alcoholism through this research and came to know about problems of children of alcoholic. The researcher could analyze the feelings of the children through this research. The children are the tomorrow's citizen. They should be provided good surroundings, environment and space for their growth and development of the child's future. If the child environment is not good it affects the growth of the child and makes it be violent in future. So we parents should be the role model for the children for the development and elicit a better society for the future of our country.

4.3 SUGGESTIONS

- In the light of these conclusions the following suggestions can be cited to solve the psycho social problems faced by the children in alcoholic family in save our society organization, Kitwe, Zambia.
- Effects of Alcohol should be adding in the lesson plan to aware the children.
- Minimum one social worker must be appointed in school.
- Awareness of alcoholism is should be given to the community members through play cards, campaigns, rally, etc.
- Awareness Programme must be given in Schools, Colleges, Corporate sectors and community.
- Many counseling center have to be established in areas affected by alcohol.
- All the hospitals should have De-Addiction ward with special attention and care given to children with one social worker.
- All the Government Hospital must have a De-addiction ward with exclusive facilities and care to treat children recover from traumatic situation.
- Children of Alcoholics should not be neglected instead essential care needs to be given by the Parents or Care Takers.
- Friends Support of Children of Alcoholics can turn vital to bring a good atmosphere to the child.
- Motivation for Higher Education for Children of Alcoholics proves crucial for the development and up liftment of the growing child.

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