

Effectiveness of Mindfulness Meditation on Psychosocial Wellbeing among Alcoholics

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ABSTRACT: A Study was conducted to evaluate the Effectiveness of Mindfulness meditation on Psychosocial Wellbeing among Alcoholics. Quasi experimental (pretest posttest control) design was adopted. 60 samples (30 in each experimental and control group) were drawn through Snowball sampling technique. Pretest was done to assess the level of psychosocial wellbeing using structured interview schedule. The mean pre and post test score in the level of Psychosocial wellbeing among experimental group was 85.8 ± 23.55 and 81.8 ± 22.00 respectively. The estimated paired 't' value was 5.854 which is higher than the table value 1.96 at $p \leq 0.05$ level. The mean post test score in the level of Psychosocial wellbeing among experimental group and control group was 81.8 ± 22.00 and 96.3 ± 20.35 respectively. The estimated independent 't' value was 2.649 which is higher than the table value 1.96 at $p \leq 0.05$ level which shows that mindfulness meditation was effective in promoting the level of psychosocial wellbeing among alcoholics. Mindfulness meditation is one of the effective non pharmacological treatments available for individuals with alcohol use disorder which is easily affordable and will help them in maintaining good psychosocial wellbeing.

I. INTRODUCTION

Alcoholism is a disabling addictive disorder. It is characterized by compulsive and uncontrolled consumption of alcohol despite its negative effects on the drinker's health, relationships, and social standing. **Kurlip.M.G, (2000)** states that family is the basic unit of community. The head of the family has more responsibilities towards his family, but ignores it when he drinks alcohols subsequently disturbing his family. **Majumdar, (2005)** explains that the problem of regular heavy drinkers are social problems, physiological problems and psychological problems. Social problems are family problems, such as divorce from wife, unemployment, sexual problems, and absenteeism from the work. **Clinebell, (2004)** reports that high level of anxiety in interpersonal relationships, depression, emotional immaturity, low frustration tolerance, low self esteem, feeling of isolation and guilt, lack of self confidence are the complications of alcoholism. **Lazarus. Y, (1999)** states that alcoholism is not only a physical problem but also a behavior problem and it is also associated with many factor. In recent years, psychotherapists have turned to mindfulness meditation as an important element in the treatment of a number of problems, including, depression, substance abuse, eating disorders, couples' conflicts, anxiety disorders, obsessive-compulsive disorder. Some experts believe that mindfulness works, in part, by helping people to accept their experiences—including painful emotions—rather than react to them with aversion and avoidance.

Statement of the Problem

A Study to Evaluate the Effectiveness of mindfulness meditation on Psychosocial Wellbeing among Alcoholics

Objectives

- ❖ To assess the level of psychosocial wellbeing among alcoholics in experimental and control group.
- ❖ To evaluate the effectiveness of mindfulness meditation on psychosocial wellbeing among alcoholics in experimental group.
- ❖ To associate the level of psychosocial wellbeing among alcoholics with their selected demographic variables.

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II. MATERIALS AND METHODS

Quasi experimental (pretest posttest control) design was adopted for this study. 60 samples (30 in each experimental and control group) were drawn through Snowball sampling technique. Pretest was done to assess the level of psychosocial wellbeing using structured interview schedule. Mindfulness meditation was implemented to the participants in experimental group. The investigator adopted the Wiedenbach's helping art of clinical nursing theory (1964), which describes the desired situation and way to attain it. It directs action towards the explicit goal. This theory has three factors. Central purpose, Prescription, Reality.

Central purpose: It refers to what the nurse wants to accomplish. It is an overall goal towards which a nurse strives. **Prescription:** It refers to the plan of care. It will specify the nature of action that will fulfill the nurse's central purpose. **Reality:** It refers to the physical, psychological, emotional and spiritual factors that come in to play in situation.

Population

The populations of the study were the Alcoholics who belong to the age group of 25-45 yrs.

Description of the setting

Setting is the general location and condition in which data collection takes place for the study (**Polit and hungler, 2003**).

The study was conducted at selected villages. The investigator selected this setting for the following reasons:

- ◆ Availability of samples.
- ◆ Feasibility of the study.

Sampling

➤ Sample

Alcoholics who were residing in Selected village and who fulfilled the inclusion criteria.

➤ Sample Size

The sample size was 60. 30 in Experimental group and 30 in Control group.

➤ Sampling Technique

Snowball sampling technique was used for selecting the samples of the study.

➤ Criteria for Sample Selection

The sample selection was based on the following inclusion and exclusion criteria.

Inclusion criteria:

Alcoholics those who

- are aged between 25-45 years.
- are married.
- are male
- understand Tamil.

Exclusion criteria:

Alcoholics who are

- sick or ill during the study
- practicing any other relaxation techniques.

Variables

Independent variable: Mindfulness Meditation

Dependent variable : Psychosocial wellbeing

Method of Data Collection

Structured Interview Schedule was used to collect the data based on the study objectives

III. RESULTS AND DISCUSSION

Pre test and post test level of psychosocial well being among alcoholics in experimental and control group
Frequency and percentage distribution of samples according to the level of psychosocial wellbeing before and after intervention among experimental and control group

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S. No	Level of psychosocial wellbeing	Pre test				Post test			
		Experimental group n=30		Control group n=30		Experimental group n=30		Control group n=30	
		f	%	f	%	f	%	f	%
1.	Good	2	6.67	1	3.33	2	6.67	2	6.67
2.	Moderate	20	66.67	18	60	25	83.33	17	56.66
3.	Poor	8	26.67	11	36.67	3	10	11	36.67

Effectiveness of mindfulness meditation on the level of psychosocial wellbeing among alcoholics in experimental group.

Mean, SD and paired 't' value on level of Psychosocial wellbeing among alcoholics in Pretest and Post test in experimental group.

S. No	Experimental Group	Maximum score	Mean	SD	Mean difference	Paired 't' value	df
1.	Pretest	150	85.8	23.552	4	5.854*	29
2.	Posttest		81.8	22.008			

Table value t=1.96, * Significant at $p \leq 0.05$ level.

Effectiveness of mindfulness meditation on the level of psychosocial wellbeing among alcoholics in experimental group and control group.

Comparison of post test Mean, SD and independent 't' value on the level of psychosocial wellbeing among alcoholics in experimental and control group.

S. No	Group	Mean	SD	Mean difference	df	independent 't' value
1.	Experimental group	81.8	22.008	14.5	59	2.649*
2.	Control group	96.3	20.359			

Table value t=1.96, * Significant at $p \leq 0.05$ level.

IV. CONCLUSION

The study was done to Evaluate the Effectiveness of mindfulness meditation on Psychosocial well being among Alcoholics. The result of this study showed that mindfulness meditation was effective in promoting the level of psychosocial well being among alcoholics.

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