SUMMARY AND CONCLUSION
CHAPTER VI
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The aim of the study was to examine the contribution of personality correlates, attachment styles and family influences to the pathogenesis of alcoholism. The objectives of the present study were to examine the influence of personality variables, family dynamics and attachment styles in the pathogenesis of alcoholism.

Hence, the following objectives were examined:

• To examine the personality variables, attachment styles, and family environment of the alcohol dependent fathers and their male sons

• To examine the personality variables, attachment styles and family environment of the alcohol nondependent fathers and their male sons.

• To study the relationship between personality, family environment and attachment styles among the alcohol dependent and alcohol non-dependent fathers and their sons

The study was cross-sectional in nature, conducted in two phases: pilot phase and the main phase. In the pilot phase, tools were translated into Assamese language, following the standard procedure for translation. These tools were administered on 4 (four) ADF and NADF fathers and their sons to familiarize the investigator with the tools, assess the time taken per session, number of sessions required and the order of administration.

In the main study, ADF (n = 50) were selected from the in-patients department of Gauhati Medical College and hospital (GMCH) and "Kripa" foundation, a centre for de-addiction of alcohol and substance dependence. Their sons were administered the same scales. The sample comprising the NADF (n = 50) and SNADF (n= 50) were included from the community with the snow-ball technique. Total sample size was 200 participants from both ADF and NADF groups.

Patients with a clinical history indicative of primary organic brain disorder, any
chronic debilitating physical illness, mental retardation, psychotic disorders, severe depressive disorder and affective disorder, history of treatment for any psychiatric disorder in the past, epilepsy or past history of generalized tonic-clonic seizures (excluding withdrawal seizures), history of multiple substance abuse were excluded from the study.

They were informed about the purpose of the study, following which their written informed consent was obtained. Clinical data sheet to inquire for physical illness, personality correlates, family dynamics and attachment styles variables, with the help of self-report measures were administered.

Fathers were screened for alcohol dependence syndrome with the help of MAST (cut off > 13) and placed into two categories i.e. alcohol dependence and non-alcohol dependence group. The socio-economic scale was administered to include only middle socio-economic status.

The data sheets were coded for computer analysis. Data obtained was analyzed using descriptive statistics such as mean, frequency distribution and standard deviation. Non-parametric statistics, such as, the Chi-square, " t" tests ANOVA, Post-hoc test and percentages were also computed. Relationships among variables were computed using Pearson’s correlation-coefficients.

To examine the research objectives the socio-demographic and clinical data sheet (CDS) was used to obtain socio-demographic details and brief clinical history. The Michigan alcohol screening test (MAST) for Alcohol dependence syndromes (ADS) was used to recruit into two groups. The socio-economic status scale was administered for screening to recruit only the middle socio-economic status. The Eysenck’s personality inventory (EPI) to measure the personality correlates of extraversion, and neuroticism was administered. The Family environment scale (FES) was used to assess the family dynamics across various areas. The attachment styles used by the sample were assessed using Feeney and Noller’s, Attachment style questionnaire (ASQ).

The groups were found to be homogeneous in socio-demographic variables as there...
were no significant difference found in the socio-demographic variables when compared with the help of “Chi -square” methods.

With regard to the first objective and second objectives, which were to examine the personality variables of the alcohol dependent fathers and their male sons, it was found that the fathers with alcohol dependence syndrome were high on extraversion and neuroticism in comparison to non-alcohol dependent fathers, while among their sons extraversion was found to be high when compared to the sons of the fathers with nondependent use of alcohol.

The third and fourth objectives were to examine the attachment styles of the alcohol dependent fathers and non-alcohol dependent fathers and their male sons. The attachment styles used by the ADF were insecure characterized by anxious-ambivalent and avoidant attachment styles and the SADF were also found to have insecure attachment styles characterized by anxious-ambivalent and avoidant attachment styles. Among the NADF and SNADF secure patterns of attachment were reported.

The fifth and sixth objectives were to examine the family environment of the alcohol dependent fathers and their male sons and the fathers with non-alcohol dependence and their sons. The ADF group reported their family to be less cohesive, had more conflicts, less independence, achievement orientation and intellectual and cultural orientation but more organization and control compared to NADF.

SADF group reported that their family was less cohesive, had more conflicts, less expressive, less independent, less achievement orientation, intellectual and cultural orientation and they were not inclined to active and recreational orientation and organization The SNADF reported high cohesiveness, independence, achievement orientation, intellectual and cultural orientation as well as organization. They also reported high expressiveness, active recreation orientation; moral and religious orientation and organization. When comparison was done between relationship, personality growth and system maintenance dimensions, the groups showed significant difference in all the dimensions.
The seventh and the final objectives were to examine interaction among personality, family environment and attachment styles among the alcohol dependent fathers and non-alcohol dependent fathers with their sons.

Among ADF and SADF there was no familial transmission seen between the generations in personality and attachment styles though family dynamics had significant relationships between the fathers and their sons. While among the NADF and SNADF there was significant familial transmission noted in personality and attachment styles. Interrelationships among the family dynamics was noted across the generations.

Hence, the study of personality correlates, family influences and attachment styles among ADF and NADF and their sons has given rise to several interesting interpretations. The study has numerous implications for future research as well as therapeutic intervention.

Although exploratory in nature, the present study has illustrated the role of attachment security and personality as perpetuating factors in alcohol dependence in fathers and family conflicts which could have a deep impact on their sons and their psycho-social and relationship functioning in future.
The person whose mind is always free from attachment, who has subdued the mind and senses, and who is free from desires, attains the supreme perfection of freedom from Karma through renunciation.

_The Bhagavad Gita_