THE EFFECT OF GUIDED IMAGERY ON STRESS LEVEL AND LIFESTYLE AMONG ALCOHOLICS ADMITTED IN DE-ADDICTION CENTERS OF PUNE CITY.

ABSTRACT

Harmful use and alcohol abuse are patterns of drinking and are defined as disorders in the International Classification of Diseases (ICD-10) and in the Diagnostic and Statistical Manual Disorders (DSM-IV). Alcohol use contributes to physical or psychological harm. As per DSM-IV use of alcohol within a 12-month period has resulted in fulfillment of at least one of four criteria: recurrent failure to fulfill major obligations, recurrent alcohol use in situations that are physically hazardous, recurrent alcohol-related legal problems and continued use despite persistent or recurrent social or interpersonal problems. The ICD-10 and DSM-IV define alcohol dependence in a similar way with the exception of the number of criteria available. Both systems include criteria on increased tolerance, withdrawal symptoms, impaired control, neglected alternative activities. ICD-10 also includes strong craving to drink alcohol. In the ICD-10, dependence is diagnosed if three or more criteria occur together for at least one month, or occur repeatedly, within a 12-month period. In the DSM-IV, dependence is diagnosed if three or more criteria occur at any time in the same 12-month period [2].

The present study aimed at assessing the effect of guided imagery on stress level and lifestyle among alcoholics admitted in de-addiction centers in Pune city.

Considering the objectives and hypothesis, prepared conceptual framework based on Betty Neuman model and Holistic health model.

The study population consisted of 200 alcoholics admitted in de-addiction center out of which 100 in experimental group and 100 in control group. Probability simple random sampling technique was used.

A structured questionnaire was developed which had four sections: Demographic profile, five point likert scale on stress level, profile of guided imagery with observation checklist and self-reporting yes/ no type questionnaire on lifestyle. The validity of tool was established by taking opinion from 25 experts and reliability was established by split-half method and result was found to be 0.96 for stress level scale and 0.97 for lifestyle scale. Hence the questionnaire was found to be reliable 80% as value is more than 0.8. The pilot study was carried out on 20 alcoholic, 10 each in experimental group and control group to check the feasibility of the study.
The actual data was collected from 1st April 2013 to 31st October 2013. Researcher approached samples, maintained rapport and consent was taken prior to study. Guided imagery was effectively administered for seven days on experimental group and taken posttests 1, 2, 3, 4, 5, 6, 7 at 7th day, 2 week, 3 week, 4th week, 8th week, 16th week and 24th week. Based on the objectives, the data was analyzed by using descriptive and inferential statistics. Thus on analysis findings showed that the corresponding p<0.05. So the null hypothesis is rejected. The change in stress scores and lifestyle scores for experimental group was significantly higher than that for control group. Guided imagery is proved effective in reducing the stress level and improving life style remarkably. The study also had association of stress level with demographic variables of alcoholics admitted in de-addiction center to age, marital status, period after marriage, spouse alive, educational status of alcoholics, educational status of spouse, occupation, number of children, size of family, phase of alcoholism and duration of alcohol addiction at p<0.05 and a demographic variable like family income in rupees was found to have significant association with lifestyle among alcoholic admitted in de-addiction centers.

Overall it can be concluded that in the case of the alcoholics the nurse contributes to the psychological support of alcoholics who indirectly try to keep strong with emotional health. Nurses have special responsibility to give unhurried sympathetic and helpful consultation to the alcoholics. Mental health nurse must bring up various social activities and family therapies, which can help to keep each alcoholic with sound health.