CHAPTER I
INTRODUCTION

1.1 BACKGROUND OF THE STUDY:

Alcohol has been used and abused since ancient times. Continuous use of alcohol affects the individual, the family and the society in different ways. The pattern of alcohol intake around the world is constantly evolving and alcohol is omnipresent today\[1\]. It’s said that liquor industry is worth rupees 7,500 crores a year, rice consumption is worth only 2,880 crores notwithstanding the annual hooch tragedies. Highest per capita consumption of alcohol in India is mind-blowing consumption rate of 8.3 liters per person\[1\].

As 2\textsuperscript{nd} October is celebrated as “no alcohol day” and is also called a “Dry Day”. In a world with population 6,909 billion out of which 60.3\% is shared by Asia and India is the second largest in the world with 24 billion. Maharashtra contributes 96,752,247 and Pune’s population is 33, 37,481. As Alcohol is common among people 15.1 million are alcoholic population and India is 10\% of total alcoholic population and Maharashtra ranks highest with 6.9\% alcoholics\[2\].

One of the main features of the world population in the 21\textsuperscript{st} century is increase in the absolute and relative number of alcoholics in developed and developing countries. Even Pune shares 10\% of alcoholics from total population of Pune district. Dealing with alcoholism is stressful for individual’s family. There is evidence that stress increases substance use in humans. Stress also affects substance abuse behavior. A study on “Stress and the development of Alcoholism” in 500 men. Drinking problems were related to stressful experiences. They are acute and severe stressors may be illness or death of a loved one or from occupational stressors. They are combined with a strong sense of powerlessness. With respect to occupational stress, men in positions combining little freedom to fulfill their job obligations (low job attitude) and high job demands reported the highest (80\%) drinking levels and alcohol-related problems\[3\].

The study in relation to the cause and responses to stress has significant effect on change in mind and body reactions. When stressors cause stress leads to social crutches and leads to illness like alcoholism\[4, 5\].

The study on “Acculturation Stress and Alcohol use among International College students in a U.S. Community College Setting” states that alcohol use among
international students in a U.S. community college setting was on interrelationships with acculturation stress and drinking motivations. Misuse of alcohol has been acknowledged as a serious problem in American college campuses. A positive relationship between stress and alcohol use has been documented among those who lack internal and external resources and support systems. International students have been recognized as higher-risk than other college students due to acculturation stress. To fill this research gap, a survey was conducted with non-immigrant international students (F-1 students) \(N = 126\) and immigrants international students (non-F-1 students) \(N = 136\) enrolled in English as a Second Language (ESL) programs in a U.S. community college. The results, which were derived from responses to three published instruments, Index of Life Stress (ILS), Core Alcohol and Drug. Result showed that there is an 82% strong correlation between acculturation stress and drinking motives to control negative affects\(^6\).

Like the faces of two sides of a coin so is the life with two epochs in every alcoholics life. The treatment should bring the abuse to an end and a new life should emerge. Our advancement in treatment for increasing the lifespan is the hope for tomorrow in every individual’s life. It can be allopathic treatment or alternative treatment.

An average person has many thoughts or images flashing through mind each day. At least half of those thoughts are negative. Unharnessed, a steady dose of worry and other negative images can alter physiology and make more susceptible to a variety of ailments. This is most common among alcoholic families. Imagination can be a powerful tool to help one to combat stress, tension, and anxiety\(^7\).

The power of the mind to influence the body is quite remarkable. Imagery contends that the imagination is a potent healer that has long been overlooked by practitioners of western medicine. Imagery can relieve pain, speed healing and help the body subdue hundreds of ailments, including depression, impotence, allergies and asthma. Although it isn’t always curative, imagery can be helpful in 90 percent of the problems that people bring to the attention of their primary care physicians. Imagery is the biological connection between the mind and body. It is extremely useful for mind and body healing\(^7\).
Extensive research in relation to imagery on peak performers, both in athletics and in business, was conducted and decided to study the characteristics of peak performers. One of the main things researcher showed was that 78% of the world-class athletes and other peak performers are visualizers. They see it; they feel it; they experience it before they actually do it. They begin with the end in mind\textsuperscript{[7]}.

The study on “Guided imagery on stress and alcoholism” states that high strain jobs among 500 had higher risk of alcoholism. Low strain occupation lower demand of alcoholism. Relaxation through imagery helped to relieve stress of strenuous job. 78% had low consumption of alcohol after relaxation. Researchers find that these techniques work because imagery relaxes the body in terms of physical, financial, spiritual, social, emotional and mental health\textsuperscript{[8]}.

What we think about a person influences how we perceive him, how we perceive him influences how we behave towards him, how we behave towards him ultimately shapes who he is. Thus alcoholics needs to change their lifestyle and those alcoholics who have stressors and need support to get relief from stress.

1.2 NEED FOR THE STUDY:

Nursing is concerned with each period of life cycle from conception to death. In the support of alcoholics, the nurses contribute to the psychological support with body, mind and spirit. Nurses have special responsibility to give unhurried, sympathetic and helpful consultations to the clients. Nurses in clinical and community setting can do this\textsuperscript{[9]}.

Stress is commonly believed to be the factor in the development of alcoholism. However, current science is more informative about the relationship between drinking and stress. Training clinical staff to accurately appraise patients drink-provoking stressors and help with preventive measures by teaching coping skills where patient learn how to deal with stressors without drinking\textsuperscript{[10]}.

Stress and Alcohol 'Feed' Each Other. Acute stress is thought to precipitate alcohol drinking. Yet the ways that acute stress can increase alcohol consumption are unclear. A study investigated different phases of response to an acute stressor alter the subjective effects of alcohol. Findings indicate bi-directional relationships between alcohol and stress. Alcohol dampens the physiological or negative emotional effects of
stress. "Another way that stress could increase drinking is by altering alcohol's effects. For example, if stress reduces the intoxicating effects of alcohol, individuals may drink more alcohol to produce the same effect\[11\].

Michigan University used guided imagery to improve the functioning of certain white cells called neutrophils, important immune cells in defense against bacterial and fungal infection. They could also decrease, but not increase, white cell counts. Subsequently, students were taught imagery explicitly intended to keep the neutrophil count steady, while increasing their effectiveness. Imagery has been considered a healing tool in virtually all of the world's cultures and is an integral part of many religions. Navajo Indians, for example, practice an elaborate form of imagery that encourages a person to "see" himself as healthy. Ancient Egyptians and Greeks, including Aristotle and Hippocrates believed that images release spirits in the brain that arouse the heart and other parts of the body\[12\].

The study on “Guided imagery Healthy adult social drinkers” selected 27 men and 27 women. Individually developed stressful, alcohol-related, and neutral-relaxing imagery. One imagery per session on separate days and in random order was given. Checked for subjective emotions, behavioral/bodily responses, cardiovascular arousal like heart rate (HR), blood pressure (BP), and self-reported alcohol craving. On analysis found 25 women reported and displayed greater sadness and anxiety following stress than men and men had greater diastolic BP response than women. No gender differences in alcohol craving, systolic BP or HR were observed. Subjective, behavioral, and cardiovascular measures were correlated in both genders. 26 men had alcohol craving and was associated with greater subjective emotion and behavioral arousal following stress and alcohol cues \[13\].

Similarly 30 breast cancer patients were given progressive muscle relaxation training (PMRT) and taught to use guided imagery during their 6 months of chemotherapy. Another 30 patients were treated with chemotherapy alone. The group practicing PMRT and guided imagery experienced 80% with less nausea and vomiting. They were even less anxious, depressed, and irritable than the group receiving chemotherapy alone. Six months after treatment ended, the PMRT and guided imagery group was still experiencing a better quality of life than the group that didn't receive
training\textsuperscript{[14]}. This shows that there should be strong motivation in the health professionals to step up its health advocacy to reduce rates of alcohol consumption.

A study was carried out on “Severity of Psychosocial Stress and Outcome of Alcoholism Treatment” among 129 male alcoholics. Had completed an alcohol treatment program. This sample consumed alcohol an average of 25.2 days per month (SD= 7.6) and 16.4 drinks (SD= 10.9) per occasion during the 3 months before treatment. Life events were assessed for the year prior to treatment and for the 3 months after treatment and were rated on the Psychiatric Epidemiology Research Interview and the Contextual Rating System. Approximately 40% of the pretreatment stressors were found to be directly or indirectly related to alcohol use. When stressors related to drinking were excluded from consideration, they found that men who returned to drinking after treatment experienced more severe or highly threatening stress before their relapse than men who remained abstinent during the follow-up period. This suggests that although less severe stress may not increase risk for relapse, acute severe stressors and highly threatening chronic difficulties may be associated with elevated relapse risk\textsuperscript{[15]}.

90% studies shows that stress is the major factor for alcoholism and man faces stress either in positive way like promotion in job, high standard of living, high desires, increase of weight or negative stress like low financial status, disorganized family, retirement, increase demand in life. All these stressors are related to life event and promote alcoholism that directly affects the individual life-style.

Maximum 80% review of literature on guided imagery shows imagination is a powerful tool to help combat stress. Even investigator was free from stress and very relaxed during training period of guided imagery that was performed by the mentor. These incidences show that guided imagery is effective to relieve stress from body, mind and spirit. However, studies on the effect of guided imagery on stress level among alcoholic were seldom documented. These impressions led the investigator to design the study, which is aimed at assessing the effect of guided imagery on stress level and lifestyle among alcoholics admitted to de-addiction centers of Pune city.
1.3 STATEMENT OF THE PROBLEM:
“A study to assess the effect of guided imagery on stress level and lifestyle among alcoholics admitted in de-addiction centers of Pune city.”

1.4 AIM OF THE STUDY:
To help alcoholics to cope with stress and improve lifestyle using guided imagery and relieve alcoholism.

1.5 OBJECTIVES OF THE STUDY:
1. To assess the stress level and lifestyle in pre-test and post-test among alcoholics admitted in de-addiction centers in experimental group and control group.
2. To assess the effect of guided imagery on stress level and lifestyle among alcoholics admitted in de-addiction centers in experimental group.
3. To compare pre-test and post-test stress level and lifestyle among alcoholics admitted in de-addiction centers in experimental group and control group.
4. To find association of demographic variables with stress level and lifestyle among alcoholics admitted in de-addiction centers in experimental group and control group.

1.6 DEFINITIONS OF TERMS AND VARIABLES:
a) Effect:
In this study ‘Effect’ refer to relief from stress by guided imagery among alcoholic.
b) Guided Imagery:
In this study, Guided imagery will have specific session of lying in supine position for 30mins, for relaxation and then followed by visualization of guided imagery through audio CD for seven days in which one session per day.
c) Stress:
In this study, stress refers to positive and negative stressors in physical, financial, spiritual, social, emotional and mental aspects of health felt by alcoholics.
e) Alcoholic:

In this study, alcoholic are those admitted in de-addiction centers of Pune city for treatment of alcoholism at least for one week, free from withdrawal symptoms and should be able to perform guided imagery.

f) Lifestyle:

In this study, lifestyle is a routine of a particular person in physical care, physiological care, emotional care, social care, occupational care, spiritual care and cultural care.

g) De-addiction centers:

In this study, de-addiction centers which are situated in Pune city.

1.7 ASSUMPTIONS:

1. There is stress among alcoholics.
2. Guided Imagery reduces the stress.
3. Reliefs from stress bring positive change in life.
4. Alcoholics have knowledge regarding alternative medicines.

1.8 HYPOTHESIS:

Ho: There will be no statistical significant effect of guided imagery on stress level and lifestyle of alcoholics admitted in de-addiction centers.

1.9 VARIABLES:

A Variable is a measurable or potentially measurable component of an event that may fluctuate in quantity or quality or that may be different in quantity or quality from one individual object or event to another individual object or event of same general class. Researchers call the properties that they study ‘variables’. Such properties take on different values. This variable is a concept defined by operations in such a way that changes or variation can be observed and measured.\(^{[16]}\)

The presumed cause is referred to as the independent variable, and the presumed effect is referred to as the dependent variable.
Table 1: Description of variables

<table>
<thead>
<tr>
<th>INDEPENDENT VARIABLE</th>
<th>DEPENDENT VARIABLE</th>
<th>ATTRIBUTE VARIABLE</th>
</tr>
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<tbody>
<tr>
<td>*Guided imagery</td>
<td>*Stress level</td>
<td>*Age</td>
</tr>
<tr>
<td></td>
<td>*Life style</td>
<td>*Educational status of alcoholic</td>
</tr>
</tbody>
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|                      |                      | *Occupation        |
|                      |                      | *Family income     |
|                      |                      | *Source of income  |
|                      |                      | *Type of family    |
|                      |                      | *size of the family|
|                      |                      | *Dependent members |
|                      |                      | *Number of children|
|                      |                      | *Duration of Alcoholism |
|                      |                      | *Number of admission in de-addiction center. |

1.10 ETHICAL CONSIDERATIONS:

The study has got approved from Ethical Committee. The consent was taken from alcoholics admitted in de-addiction center for participation in study. It was ensured to participants whatever information especially confidential to which he/she has had access during the course of this research will be used only for academic purposes.

1.11 CONCEPTUAL FRAMEWORK: Betty Newman’s model and holistic health model

Conceptual framework means inter-related concepts or abstractions that are assembled together in some rational scheme by virtue of their relevance to a common theme. It represents a less formal attempt at organizing phenomena than theories [17].

The author also states that conceptual framework is a cohesive supportive linkage of selected interrelated concepts. It is the device for organizing linkage of selected inter
related concepts. The utility of conceptual models comes from the organization they provide for thinking, for observation and for interpreting what is seen.

In this study Holistic Health Model, and Betty Neumann’s” model concept to formulate conceptual framework is used.

The holistic health model was introduced in South Africa in 1926 by Prime Minister Jan Christian Smuts. He theorized that nature trends to bring things together to form whole organisms and that the determining factors in nature and evolution are wholes and not their constituent’s parts.\(^{18}\)

This model represents integration body-mind-spirit. Holistic health is the integration of traditional and alternative healing and health programs. It is an approach to health based on love of life, not fear of death. It deals with high levels of wellness for the total person throughout the total life cycle.

‘Holos’ means whole, entire or total. The human being is considered as whole with his body, mind and spirit.

Most often only body part is that that physical aspect of individual is given much importance and mind-spirit is neglected.

In the present study, this model has been used to integrate aspects of health model.

In this model first circle diagram represents client’s health state before intervention. As we know, it is the natural process by which thoughts, feelings, attitudes and emotional-neural messages are converted in the brain into neuro-hormonal and sent to all body systems- autonomic, endocrine, immune and neuropeptides. So it not only effects body but other aspects of health i.e. mind, spirit and also environment that creates stress and lead towards alcoholism.

According to Betty Neumann’s theory view is regarding interaction with environment and client’s system. As the influence of the client on environment and the environment on the client may be positive or negative at any time, so variations in both the client system and the environment can affect the direction reaction.\(^{19}\)

There are three factors which are present in system any variation in these factors can influence the health of individual.
These factors are Intrapersonal factors, Interpersonal and extra personal factors. Intrapersonal factors are those factors that occur within the client’s system boundary and correlate with the internal environment. In this study intrapersonal factors are emotional, mental and spiritual aspects of client.

Interpersonal factors occur outside the client system boundary are proximal to the system and have an impact on the system. In this study Interpersonal factors are Demographic data and stress assessment scale.

Extra personal factors also occur outside the systems boundaries but are at greater distance from the system than are interpersonal factors. In this model extra personal factors are physical, financial and social aspects.

Normal Line of Defense represents level stability for the system or normal wellness state and is used as the baseline for determining deviation from wellness for the client system. The flexible line of defense is represented in the model as the outer boundary and initial response or protection of system. As the distance between the flexible and normal line of defense increases, does the degree of protection available to the system.

Any stressor may invade the normal line of defense when the flexible line of defense offers inadequate protection. In the present model the stressors have invaded the normal line of defense and have affected basic structure of the system. Therefore there is need to strengthen this line. The strategy that is needed here to regain stability is Guided Imagery, which will help alcoholics to relieve their stress and change their lifestyle positively.

After giving Guided Imagery as intervention client will proceed towards healthy condition as shown in the second circle diagram. The client will gain all aspects of health as ‘Holos’ and will be totally healthy person. As guided imagery relaxes body from emotional, physical, spiritual, financial, social and mental stressors, client gains control over mind due positive imagination and will help to keep self away from alcohol. The higher the client practices Guided Imagery more and more is relief from stressors.
EFFECT OF GUIDED IMAGERY ON STRESS LEVEL AND LIFESTYLE AMONG ALCOHOLICS ADMITTED IN DE-ADDICTION CENTERS OF PUNE CITY.
1.12 SUMMARY:

This chapter on Introduction deals with background of the study, need for the study, aims of the study, objectives of the study, operational definition, assumption, hypothesis, limitations, variables in the study and conceptual framework.

Organization of thesis:
*Further chapters of the thesis are presented in the following:
Chapter II: Review of Literature
Chapter III: Research Methodology
Chapter IV: Analysis and Interpretation
Chapter V: Summary, Discussion, Implication, Recommendations.
The report also contains abstracts, references and appendices.