ABSTRACT

Alcoholism/Drug abuse is widely recognized as a serious problem world over with severe psychological, social and physical consequences. Hence the problem of alcoholism and drug abuse is not unique either to India or to present times but is a chronic menace (Sachene, 1990).

The health care system is greatly affected by alcoholism. In India, 10% of adults entering private physician's clinics are alcoholics and 15-40% of adult admissions to general hospitals are for alcohol related problems (W.H.A. Report, 2002). One fact that comes to the forefront while analyzing the whole scenario that is what makes certain drinkers strictly remain social drinkers while others further deteriorate to drinking as a habit and become addicts/dependents.

Alcohol abuse affects not only the individual users but also their families and the general community. The harm can be physical, psychological and/or social in nature.

Literature has confirmed the importance of personality traits as factors related to alcohol use and misuse. Hardiness is a relatively newer area in the realm of personality and can provide useful insights when it is examined in relation to the different levels of alcohol abuse. Thus, we have taken hardiness as a variable in relation to alcohol use for the present study.

The use of drugs is often used to compensate for low self-esteem and feelings of a lack of control over one's life. Those with a
strong sense of self do not have to be sustained by external agents. They do not need to control or humiliate other people or resort to substance abuse to compensate for low self esteem (Skager, 1988).

Learned Helplessness has also been described as contributing to the onset of alcoholism /drug use, as well as the maintenance of chronic substance abuse.

Keeping in mind the above literature, the present investigation was planned. The current study has tried to find out the relationship of Hardiness, Self-esteem and Learned Helplessness with different Levels of Alcohol Use. The total sample of the study comprises of 300 Adult males, which is further divided into three groups i.e. Social Drinkers, Problem Drinkers and Alcohol Dependents. A set of four scales (SADD; Raistrick, Dunbar, & Davidson, 1983), Hardiness Scale (Kobasa & Kahn, 1982), Self-esteem inventories (Coopersmith’s, 1981) and Learned Helplessness Scale (Dhar, U., Kohli, S., & Dhar, S., 1987) was administered for collecting the relevant information. Pearson’s correlation was worked out to see the relationship of Hardiness, Self-esteem and Learned Helplessness with different Levels of Alcohol Use. One-way ANOVA was carried out to see the difference between the three groups Social Drinkers, Problem Drinkers and Alcohol Dependents. ‘t’ ratios were also calculated to check the Comparison of the three groups and to check the relative contribution of hardiness, self esteem and learned helplessness on different Levels of Alcohol Use stepwise regression analysis was conducted.
This study showed significant relationship between increased Level of Alcohol Use and hardiness as a whole for the three groups; Social Drinkers, Problem Drinkers and Alcohol Dependents but in Problem Drinkers Commitment and Control dimension was not related significantly.

In the present study the Level of Alcohol Use has significant negative relation with Self-esteem for Social Drinkers and Alcohol Dependents whereas as not significantly related among Problem Drinkers.

Findings of this study showed that significant positive relation between Learned Helplessness and Level of Alcohol Use for the three groups. Alcohol Dependents were significantly higher on Learned Helplessness and significantly lower on self-esteem and hardiness as compared to Social Drinkers and Problem Drinkers.

Hardiness, self-esteem & learned helplessness contributed significantly for social Drinkers whereas did not contribute significantly to Level of Alcohol Use for Problem Drinkers and Alcohol Dependents.