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Research article

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A study to assess the self-esteem among adolescents of alcoholic dependent parent in Thiruvallur District

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ABSTRACT

Adolescence is a transitional stage of physical and psychological development that generally occurs during the period from puberty to legal adulthood. Adolescence is usually associated with the teenage years, but its physical, psychological or cultural expressions may begin earlier and end later. Self-esteem can be defined as an individual's judgment of his or her self-worth (Rosenberg 1965). Alcoholism also known as Alcohol use disorder (AUD), is a broad term for any drinking of alcohol that results in mental or physical health problems.

Methods

A descriptive research design was done in Thiruvallur district. 100 samples are included in our study. purposive sampling techniques method was used in selecting the samples. Rosenberg self-esteem scale, were used to collect data.

Results

The level of self-esteem among adolescents of alcohol dependent parent. (33%) are low self-esteem, (67%) are moderate self-esteem, (0%) are high self-esteem.

Conclusion

The overall study finding showed that 67% of the sample had moderate self-esteem among adolescents of alcoholic dependent parent in Thiruvallur District.

Keywords: Self-esteem, Adolescents, Alcoholic dependent parent.

INTRODUCTION

“Adolescents represents an inner emotional upheaval, a struggle between the eternal human wish to cling to the past and the equally powerful wish to get on with the future” -Louise J. Kaplan

In the life cycle of a homosapien organism, adolescence is a period of transition from childhood to adulthood. Adolescence is

characterized by rapid physical, biological and hormonal changes resulting in to psychosocial, behavioral and sexual maturation between the age of 10-19 years in an individual [1].
-WHO

ADOLESCENTS

Adolescence is a transitional stage of physical and psychological development that generally

occurs during the period from puberty to legal adulthood. Adolescence is usually associated with the teenage years, but its physical, psychological or cultural expressions may begin earlier and end later. For example, puberty now typically begins during preadolescence, particularly in females [2]. Physical growth (particularly in males) and cognitive development can extend into early twenties. Thus, age provides only a rough marker of adolescence, and scholars have found it difficult to agree upon a precise definition of adolescence.

A thorough understanding of adolescence in society depends on information from various perspectives, including psychology, biology, history, sociology, education, and anthropology. Within all of these perspectives, adolescence is viewed as a transitional period between childhood and adulthood, whose for adult roles. It is a period of multiple transitions involving education, training, employment, and unemployment, as well as transitions from one living circumstance to another.

In studying adolescents development, adolescence can be defined biologically, as the physical transition marked by the onset of puberty and the termination of physical growth; cognitively, as changes in the ability to think abstractly and multi-dimensionally; or socially, as a period of preparation for adult roles [3]. The Study of adolescent development often involves interdisciplinary collaborations. For example, researchers in neuroscience or bio-behavioral health might focus on pubertal changes in brain structure and its effects on cognition or social relations.

SELF ESTEEM

Self- esteem reflects an individual's overall subjective emotional evaluation of their own worth. It is the decision made by an individual as an attitude towards the self [4]. Self-esteem encompasses beliefs about oneself, (for example, "I am competent", "I am worthy"), as well as emotional states, such as triumph, despair, pride, and shame.

Smith and Mackie (2007) defined it by saying "The Self-concept is what we think about the self; self-esteem, is the positive or negative evaluations of the self, as in how we feel about it."

Self-esteem is attractive as a social psychological construct because researchers have conceptualized it as an influential predictor of certain outcomes, such as academic achievement, happiness, satisfaction in marriage and relationships, and criminal behavior [5].

Self-esteem can be defined as an individual's judgment of his or her self-worth (Rosenberg 1965). Self-esteem is generally considered the evaluative component of the self-concept, a broader representation of the self that includes cognitive and behavioral aspects as well as evaluative or affective ones (Tomaka & Blascovich, 1991) [6]. While the construct is most often used to refer to a global sense of self-worth, narrower concepts such as self-confidence or body-esteem are used to imply a sense of self-esteem in more specific domains. It is also widely assumed that self-esteem functions as a trait, that is, it is stable across time within individuals.

Self-esteem is an extremely popular construct within psychology, and has been related to virtually every other psychological concept or domain, including personality (e.g., shyness), behavioral (e.g., task performance), cognitive (e.g., attribution bias), and clinical concepts (e.g., anxiety and depression). Environment of acceptance and success raises self-esteem, while environment of failures lower it.

Self-esteem refers to how much a person likes (esteems) herself or himself. Some behaviors strongly suggest high or low self-esteem; For example, a person with high self-esteem is unlikely to attempt suicide. [7] Adolescents have varying levels of self-esteem, which appears to be influenced by such factors as gender, ethnicity, and social class. It can also vary within an individual an adolescent may have different levels of self-esteem in different domains such as social, scholastics, athletics, appearance, and general conduct and actions.

ALCOHOLISM

Alcoholism also known as Alcohol use disorder (AUD), is a broad term for any drinking of alcohol that results in mental or physical health problems. The disorder was previously divided into two types: alcohol abuse and alcohol dependence [8]. In a medical context, alcoholism is said to exist

when two or more of the following conditions are present: a person drinks large amounts of alcohol over a long time period, has difficulty cutting down, acquiring and drinking alcohol takes up a great deal of time, alcohol is strongly desired, usage results in not fulfilling responsibilities, usage results in social problems, usage results in health problems, usage results in risky situations, withdrawal occurs when stopping, and alcohol tolerance has occurred with use.

Alcohol use can affect all parts of the body, but it particularly affects the brain, heart, liver, pancreas and immune system. This can result in mental illness Wernicke-Korsakoff syndrome, irregular heartbeat, an impaired immune response, liver cirrhosis and increased cancer risk, among other disease [9]. Drinking during pregnancy can cause damage to the baby resulting in fetal alcohol spectrum disorders. Women are generally more sensitive than men to the harmful physical and mental effects of alcohol.

Alcoholism in family systems refers to the conditions in families that enable alcoholism, and the effects of alcoholic behavior by one or more family members on the rest of the family. Mental health professionals are increasingly considering alcoholism and addiction as diseases that flourish in and are enabled by family systems.

Children of alcoholics exhibit symptoms of depression and anxiety more than children of non-alcoholics. COAs have lower self-esteem than non-COAs from childhood through young adulthood [10]. Children of alcoholics show more symptoms of anxiety, depression, and externalizing behavior disorders than non-COAs. Some of these symptoms include crying, lack of friends, fear of going to school, nightmares, perfectionism, hoarding, and excessive self-consciousness.

MATERIALS AND METHODS

A sample of 100 adolescents of alcoholic dependent parent are selected by purposive sampling techniques.

Before commencing the data collection, authorized setting permission obtained from the concern authorities, consent was obtained from the parents of the participants after explaining the procedure and role in the study subjects was selected by using purposive sampling technique.

Rosenberg self-esteem questionnaire was administered to the adolescents to assess the level of self-esteem, the subjects was given 15-30 minutes to complete the test. Confidentiality was assured.

The study investigators explained to the adolescents about the study's objectives, rationale and requirement of consent to participate in the study. The investigators then provided instructions for filling the questionnaire, and then guided the adolescents. Understanding of each question was checked by asking the adolescents to repeat the meaning. During the filling of questionnaires, the investigators helped the adolescents throughout and helped simplifying the meaning of each question, clarifying doubts and checking for completeness of filling up the questionnaire

Chi-square test was used to test the association between categorical variables. $P < 0.05$ was taken as statistically significant

RESULTS

Regarding age out of 100 samples 41(41%) samples were come under type of age group of 12-15 yrs, 59(59%) samples were under the age group of 16-19yrs. Regarding sex out of 100 samples 45(45%) samples were male, 55(55%) samples were female.

Regarding education out of 100 samples 28(28%) samples were under 7th to 9th std, 35(35%) samples were under 10th to 12th std, 37(37%) samples were under Any degree. Regarding Father occupation out of 100 samples 52(52%) samples were under Agriculture, 40(40%) samples were under Private/Govt. employee, 08(08%) samples were under Unemployed. Regarding Type of family out of 100 samples 97(97%) samples were Nuclear family, 03(03%) samples were Joint family, 0(0%) samples were Extended family, 0(0%) Samples were Single parent. Regarding

Habits of parent for consuming alcohol out of 100 samples 91(91%) samples were parent consuming alcohol, 0(0%) samples were parents not consuming alcohol, 09(09%) samples were parent sometimes consuming alcohol.

Frequency and percentage distribution of the level of self-esteem among adolescents of alcohol dependent parent. (33) are low self-esteem, (67) are moderate self-esteem, (0) are high self-esteem.

The level of self-esteem among adolescents of alcohol dependent parent the mean is 28.47 and the standard deviation is 21.46.

The age, sex, education, father occupation, type of family, habits of parent has no statistical significance at $p < 0.05$.

Table 1: Presentation of Frequency distribution of demographic variables of adolescents in Thiruvallur District.

Si.No	Demographic variables	Frequency	Percentage
1.	Age		
	a)12-15 years	41	41%
	b)16-19 years	59	59%
2.	Sex		
	a)Male	45	45%
	b)Female	55	55%
3.	Education		
	a)7 th -9 th std	28	28%
	b)10 th -12 th std	35	35%
	c)Any degree	37	37%
4.	Father occupation		
	a)Agriculture	52	52%
	b)Private/Govt employee	40	40%
	c)Unemployed	08	08%
5.	Type of family		
	a)Nuclear family	03	03%
	b)Joint family	97	97%
	c)Extended family	0	0%
	d)Single parent	0	0%
6.	Do your father consume alcohol		
	a)Yes	91	91%
	b)No	0	0%
	c)Sometimes	09	09%

Table 1 Shows that regarding age out of 100 samples 41(41%) samples were come under type of age group of 12-15 yrs, 59(59%) samples were under the age group of 16-19yrs. Regarding sex out of 100 samples 45(45%) samples were male, 55(55%) samples were female.

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Habits of parent for consuming alcohol out of 100 samples 91(91%) samples were parent consuming alcohol, 0(0%) samples were parents not consuming alcohol, 09(09%) samples were parent sometimes consuming alcohol.

Table 2: Frequency and percentage distribution of the level of self-esteem among adolescents of alcohol dependent parent in thiruvallur district

Level of Self-esteem	Frequency	Percentage
Low Self-esteem	33	33%
Moderate Self-esteem	67	67%
High Self-esteem	0	0%
Total	100	100%

Table 2 Shows frequency and percentage distribution of the level of self-esteem among adolescents of alcohol dependent parent. (33) are

low self-esteem, (67) are moderate self-esteem, (0) are high self-esteem.

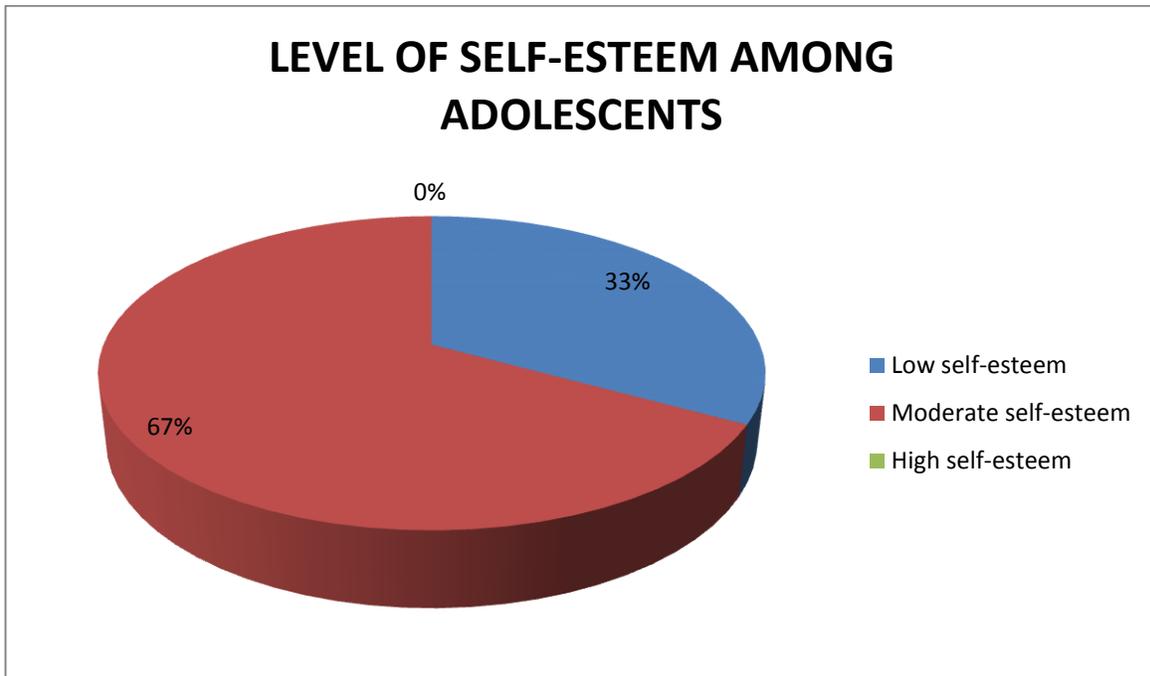


Figure vii: percentage distribution of level of self-esteem among adolescents of alcohol dependent parent

It showed that out of 100 samples, 33(33%) samples were come under Low self-esteem, 67(67%) samples were come under Moderate self-

esteem, 0(0%) samples were come under High self-esteem.

Table 3: mean and standard deviation of level of self-esteem among adolescents of alcohol dependent parent (n=100)

Variable	mean	Standard deviation
Level of self-esteem	28.47	21.46

Table3: Shows that to assess the level of self-esteem among adolescents of alcohol dependent parent the mean is 28.47 and the standard deviation is 21.46.

DISCUSSION

The main focus of the study to assess the self-esteem among adolescents of alcohol dependent parent in thiruvallur district. The study findings are discussed based on objectives.

The First objective of the study was to assess the level of self-esteem among adolescents of alcoholic parent

The level of self-esteem among adolescents of alcohol dependent parent was assessed. Out of 100 samples, 33% had low self-esteem, 67% of them had a moderate self-esteem and 0% of them had high self-esteem. This objective is supported by Rosenberg self-esteem scale. Providing education on the reduction of low self-esteem was given. It helps to ensure a high self-esteem in adolescents of alcoholic dependent parent.

The prevalence of low self-esteem among adolescents of alcoholic dependent parent.

This was supported by **Deepu Abraham (2010)**: The study was conducted among all the adolescents in an alternative school in Bangalore. The size of the sample was 50 which include both genders and the sampling design was purposive sampling. Adolescents of the age group 11 to 18 years were included for the study. The student's level of self-esteem was assessed by using a 10-item scale developed by Rosenberg (1965) [17]. The Rosenberg self-esteem scale was rated on a 4-point likert scale ranging from 1 (strongly disagree) to 4 (strongly agree). The researcher reverse scored five items that were negative in nature so that higher scores would indicate higher level of self-esteem [18, 19]. The scale ranges from 0-30. Scores between 15 and 25 are within normal range; scores below 15 suggest low self-esteem. A structured questionnaire was designed to gather information on the socio demographic profile and social relation of adolescents. A pilot study was conducted among 10 percent of samples and necessary modifications were made. The statistical analysis was done on the data using SPSS. The level of significance was fixed at 0.005 (p,0.05).

The results show that, among the total respondents, 62.0 percent of them are male respondents (n=31) and 38.0 percent are female respondents (n=19). 56 % of the respondents are being compared with their sibling by their parents. The study indicates that 44% of the respondents feel stressed due to parental pressure. The respondents who fall under the age group of 16-19 years have a higher self-esteem than the respondents who fall under the age group of 11-15 years [20]. The study shows that, statistically there is a significant relationship between the respondents relationship with parents with respect to respondents self-esteem. There is less significant relationship between the respondents relationship with peers with respect to respondents self-esteem.

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Present study indicates that, statistically there is a significant relationship between the respondents relationship with teachers with respect to respondents self-esteem.

The Second objective of the study was to associate the level of self-esteem of adolescents of alcoholic dependent parent with the selected demographic variables

The level of self-esteem among adolescents of alcoholic dependent parent in Thiruvallur District is associated with many factors like age, sex, education, father occupation, type of family, alcohol consuming habit of parent may or may not be influenced on the level of self-esteem among adolescents.

In association between level of self-esteem and selected demographic variables among adolescents of alcoholic dependent parent was analyzed by using chi-square, it was statistically found that there was no association between level of self-esteem and demographic variables such as age, sex, education, father occupation, type of family, habits of parent at the level of $p < 0.05$.

CONCLUSION

The overall study finding showed that 67% of the sample had moderate self-esteem among adolescents of alcoholic dependent parent in Thiruvallur District. More effective programs, education and counseling and programmatic interventions are needed to reduce low self-esteem and improve the higher self-esteem among adolescents.

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