



## A STUDY TO ASSESS THE KNOWLEDGE AND ATTITUDE TOWARDS ILL EFFECTS OF ALCOHOLISM AMONG MASONS WORKING AT SELECTED PLACES AT CHENNAI.

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Article Received on 22/08/2016

Article Revised on 11/09/2016

Article Accepted on 01/10/2016

### INTRODUCTION

Alcohol abuse is a major health problem in India and world at large. For the past 30 to 40 years alcohol consumption has increased tremendously. The problem of alcoholism until a few decades was considered a moral problem and a sign of social irresponsibility.

Approximately 65% of Americans of age 18 and older consume alcohol and approximately 5.2% are alcohol dependent 8% are problem drinkers, and 9.4% are at risk drinkers. Alcohol abuse contributes to illness in each of the top three causes of death in the United States, the life expectancy of a person with alcoholism is reduced by 26 years.

Alcohol is known to shorten an individual's life span by 12 to 15 years unless treatment is received. Like other chronic illnesses, it has certain observable symptoms. For example, tolerance occurs as the individual drinks more with less effect. Withdrawal occurs when an individual abruptly stops drinking after alcohol has become a necessity of life to maintain functioning. Finally, alcoholism can be fatal.

### NEED FOR THE STUDY

Alcohol abuse cost billion of dollars in lost productivity, property damage, medical expenses from alcohol related illnesses and accidents, family descriptions, alcohol related violence, and neglect and abuse of children. In a study examining alcohol and interpersonal violence, results showed that approximately half of all violent episodes are drug related. Which alcohol as the drug most often associated with violence chronic alcohol abuse experts profound metabolic and physiologic effects on all organ system

Alcohol related problems made up 17.6% of the case load of psychiatric emergencies in an Indian general hospital. The annual loss due to alcohol related problems in work places is between Rs.70,000 to 80,000 million.<sup>8</sup> In a study looking at risk factors for suicide, it was found that the prevalence of alcohol use disorders among people who committed suicide in the city of madras was 34%.

In India house hold expenditure on alcohol varies between 3% to 45% of income. Alcohol abuse is one of the main killers of young men in India today. However, its real impact is on the social and family dynamics that underline its communities. Domestic violence and an exacerbation of poverty have made alcohol abuse the single most important problem for women in India. With one in three people in India falling below the poverty line, the economic consequences of expenditures on alcohol attain special significance. Besides money spent on alcohol, a heavy drinker also suffers other adverse economic effects. These include reduced wages (because of missed work and lowered efficiency on the job), increased medical expenses for illness and accidents, legal cost of drunk-related offences, and decreased eligibility of loans. Intoxicated drivers are responsible for 23,000 deaths each year-an average -of one alcohol-related death every 23 minutes.

**STATEMENT of the problem**

“A study to assess the knowledge and attitude towards ill effects of alcoholism among masons working at selected places at Chennai”

**OBJECTIVE OF THE STUDY**

- To assess the knowledge on ill effects of alcoholism among masons.
- To assess the attitude on ill effects of alcoholism among masons.
- To determine association between socio-demographic variables with knowledge and attitude related to ill effects of alcoholism among masons.

**HYPOTHESIS**

**H<sub>1</sub>** There will be significant relation between knowledge and attitude regarding alcoholism among masons.

**H<sub>2</sub>** There will be significant association between the knowledge and attitude in selected demographic variables, such as age, religion, occupation, income, and education.

**MATERIAL AND METHODS****SOURCES OF DATA**

**Research approach:** A descriptive study.

**Research design:** A non-experimental, descriptive study.

**Setting of study:** The study will be conducted on masons working at construction site at Chennai

**Sample size** 100 samples

**Sampling Techniques:** convenient sampling technique

**Sample Criteria****Inclusion Criteria**

- Masons who are available during data collection.
- Masons who are willing to participate in this study.
- Masons who know to read or understand tamil.
- Those who are having habit of alcohol intake.

**Exclusion Criteria**

- Masons who are not available during data collection.
- Masons who are not willing participate in this study.
- Masons who are unable to understand tamil.
- Masons who are not having habit of alcohol intake.

**METHOD OF DATA COLLECTION:**

**Data collection technique:** Structured interview schedule.

**Tool for data collection: part –A:** it consists of demographic variables, such as age, religion, occupation, income, and education

**Part- B:** it consists of Structured Questionnaire.

**RESULTS**

**Table 1: Distribution of frequency and percentage of masons according to socio-demographic variables**

| Demographic characteristics   | Value | Percentages |
|-------------------------------|-------|-------------|
| <b>AGE:</b>                   |       |             |
| 35-45                         | 26    | 26          |
| 45-55                         | 63    | 63          |
| 55-65                         | 5     | 5           |
| >65                           | 6     | 6           |
| <b>AREA OF RESIDENCE:</b>     |       |             |
| RURAL                         | 79    | 79          |
| URBAN                         | 21    | 21          |
| <b>LOCALITY OF STAYING:</b>   |       |             |
| ALONE                         | 2     | 2           |
| WITH FRIENDS                  | 45    | 45          |
| WITH FAMILY                   | 53    | 53          |
| <b>EDUCATION:</b>             |       |             |
| UNEDUCATED                    | 30    | 30          |
| MIDDLE SCHOOL                 | 50    | 50          |
| SECONDARY                     | 20    | 20          |
| <b>SOCIO ECONOMIC STATUS:</b> |       |             |
| GOOD                          | 20    | 20          |
| AVERAGE                       | 65    | 65          |
| POOR                          | 15    | 15          |

**Table 2: Frequency and percentage distribution of knowledge level regarding ill effect of alcoholism among masons**

| LEVEL OF KNOWLEDGE | FREQUENCY | PERCENTAGE |
|--------------------|-----------|------------|
| ADEQUATE           | 8         | 8          |
| MODERATLY ADEQUATE | 29        | 29         |
| INADEQUATE         | 63        | 63         |

**Table 3: Frequency and percentage distribution of attitude level regarding alcohol use among masons**

| LEVEL OF ATTITUDE | FREQUENCY | PERCENTAGE |
|-------------------|-----------|------------|
| UNFAVOURABLE      | 92        | 92         |
| FAVOURABLE        | 7         | 7          |
| MOST FAVOURABLE   | 1         | 1          |

Maximum participants are at the age of 45-55years (63%), belongs to rural area (79%), staying with family(53%), completed middle school education (50%) and belongs to average socio economic groups (65%). Mean knowledge score was 50 and standard deviation (2.645) among the respondents. 63% of masons are having inadequate knowledge, 29% having moderately adequate and only 9% having adequate knowledge on ill effect of alcohol use. This indicates that maximum participants are not aware of ill effect of alcohol. As per attitude is concerned 92 % shows unfavorable attitude towards alcohol use. Overall research shows that masons are having negative attitude in use of alcohol which is positive prospective for the society. There was no association found with any socio demographic variables on knowledge and attitude.

### DISCUSSION

In our present study 63% of masons are having inadequate knowledge, 29% of masons are having moderately adequate and only 9% masons are having adequate knowledge on ill effect of alcohol use, 92 % of masons shows unfavorable attitude towards alcohol use with no association along with any demographic characteristics.

### CONCLUSION

As the masons are unaware about the ill effect of alcohol (63% of participants are having inadequate knowledge, 29% oare having moderately adequate knowledge) and having negative attitude towards alcohol (92 % of masons shows unfavorable attitude towards alcohol use).

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