

Assertiveness, Self-Efficacy and Hopelessness among Wives of Alcoholics and Non-Alcoholics

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Abstract

Alcohol and other substance abuse are increasing in the world day by day. Jackson proposed a sociological stress theory, which changed the focus from individual psychopathology to family interaction and role functioning in the family unit (Jackson, 1962). In this model alcoholism in a family member was seen as a stressful experience, resulting in redefinition of family roles with spouses taking over responsibility and control as a way to cope with the unpredictable behavior of the alcoholic family member. The study focuses on assertiveness, self-efficacy, and hopelessness among the wives of alcoholics and non-alcoholic. Sample size of the study was 60 wives of alcoholics and 60 on non-alcoholic wives from various de addiction centers and wives of non-alcoholics from different houses of Kerala. Instruments used for collecting data were Assertiveness Inventory Scale, Self-efficacy Scale, and Hopelessness Scale. The result showed the negative relationship between Assertiveness and Self-efficacy, Assertiveness and Hopelessness. There is positive relationship between Self efficacy and Hopelessness. Wives of alcoholics show low levels of Assertiveness than wives of non-alcoholic women and wives of alcoholics show higher levels of Self-efficacy than wives of non-alcoholic women. Wives of alcoholics show a higher level of Hopelessness than wives of non-alcoholic.

Keywords: assertiveness; self-efficacy and hopelessness; wives of alcoholics

Introduction

Alcoholism is generally used to mean compulsive and uncontrolled consumption of alcoholic beverages, usually to the detriment of the drinker's health, personal relationships, social standing and it is medically considered as a disease. According to the American Medical Association, "alcoholism is an illness characterized by significant impairment that is directly associated with persistent and excessive use of alcohol. Impairment may involve physiological, psychological or social dysfunction. Alcoholism is linked to violence, disrupted family roles, and impaired family communication, and partly physical and psychological illness. It also puts negative effects on the spouse of an alcoholic. The spouse may have feelings of hatred, self-pity, avoidance of social contacts etc. The wives of alcoholic husbands may suffer from low self-esteem and a negative self-image caused by verbal or physical abuse. As such, wives may experience social withdrawal, depression and problems at work. They may also experience mental and stress related illnesses that lead to feeling anxious, depressed, confused financial worries and frustrated. Although alcoholism is not primarily a problem of the Individual, it explored the dynamics of family

interaction. There has been much speculation about the effects of the family on alcoholism and changes in the personality structure of the spouses of alcoholics. Based on psychoanalytic concepts the disturbed personality hypothesis explains alcoholism in the male on the basis of neurotic conflicts of the spouse. Drewery and Rae (1969) attempt to study dependency, dominance, inter-personal perception and several measures of psychopathology which produced conflicting disturbed personality. Jackson proposed a sociological stress theory, which changed the focus from individual psychopathology to family interaction and role functioning in the family unit (Jackson, 1962). In this model alcoholism in a family member was seen as stressful experience, resulting in redefinition of family roles with spouses taking over responsibility and control as a way to cope with the unpredictable behaviours of the alcoholic family member. Alcoholics having unhealthy marital relationship was reported by (Drewery&Rae, 1969) and life seems very challenging for the spouses of alcoholics. They are forced to adjust in order to cope with the stress and handling a person who is physically affected, difficulty in maintaining interpersonal relation creates challenges to face as spouses.

The wife of an alcoholic, enters into marital life with a heart full of expectations, becomes exhausted, when she faces tough life situations, from the alcoholic husband. She may experience psychological problems (Jayarama, 1988) due to her life with the alcoholic husband. There may be arguments about drinking, role change, conflicts, quarrels and physical violence, spending money over alcohol instead of family, selling household articles, selling immovable properties, long absences of the alcoholic dependent person from home, marital discord, divorce, etc. She may go through a variety of stressful experiences and emotional responses. Assertiveness ability can positively and constructively help your rights or needs without violating the rights of others

Bandura (1977) has defined self-efficacy as one's belief in one's ability to succeed in specific situations or accomplish a task. One's sense of self-efficacy can play a major role in how one approaches goals, tasks, and challenges. The theory of self-efficacy lies at the centre of Bandura's social cognitive theory, which emphasizes the role of observational learning and social experience in the development of personality. Self-efficacy is defined as an individual's own judgment regarding his or her capacity to perform a specific task successfully by organizing necessary activities. (Bandura and Ramachandran, 1994) Social self-efficacy can also be defined as individual's self-expectation regarding the exhibited performance depending on individual skill in interpersonal relationships. Hopelessness defined as being in a state where one has pessimistic expectations for the future. Hopelessness which might lead to depression and further to the suicidal is a phenomenon. Hopelessness has been related to the onset and prognosis of mental and physical health outcome including the development of depression, hypertension, subclinical atherosclerosis etc.

Nevill and Schlecker (2006) conclude that assertiveness and self-efficacy is help willing to engage in the carrier related activities, and develop certain skills and abilities. Edmonson and Jimmie (2000) examined comparing the assertiveness and hopelessness and suggest that assertiveness is state of positive assertiveness as an important social skill which promotes an individual's well-being. Bouchard (1990) suggest that the perception of self-efficacy is a viable construct for comprehending performance, particularly on academic tasks requiring sustained self-monitoring.

According to Beck's cognitive theory of depression this negative perspective of the future is part of the "negative cognitive triad" and characteristic of the depressive thinking style (Beck, 1976; Beck et al., 1979). Beck conducting research with depressed patients (Beck, Brown, Berchick, & Steer, 1990: Beck, Steer, Kovacs, & Garrison 1985) observed and described the process of suicidal ideation leading to suicide attempt. Consequently, assessment of hopelessness is extremely important in clinical practice since high levels of hopelessness can lead to isolation as well as to the inhibition of help-seeking behaviour. Williams, Helen, Dermatis, and Schwartz. (2008) conducted a study on the importance of Hopelessness is a clinically important state relative to morbidity and suicide risk. Rist and Watzl (1983) conducted a study on Self-assessment of relapse risk and assertiveness in relation to treatment outcome of female alcoholics. Prior to following social-skills training assertiveness situations, more difficult to deal with and creating more discomfort than abstaining patients, although the groups did not differ in their self-rated assertiveness in non-alcohol related situations.

Need and Significance

Problem drinking men frequently drive their spouses to develop severe personality disorder. Living with an alcohol abuser generates severe disruption of human activities and intense negative emotional reactions and lack of decisions to cope with such complex circumstances. These women also develop disorders related to coping, such as aggressiveness, passiveness, dependence, hopelessness, lack of self-efficacy, and schizoid episodes. Family education may promote self-sufficiency and assertiveness. Other results suggest that group training reduces the abused spouse's psychiatric symptoms. Alcoholism is a pathological state of addiction which takes away a normal well-being from a person who is addicted to it. But it not only affects the addicted but also there will be more than one victim, especially house hold people. The wives of the alcohol addict need much care and attention from mental health care people. Nowadays the effects of alcoholism on families can cause more damage and pain than any other internal or external influence on the family unit. The impact of the drinker's abuse or addiction is usually manifested differently with each member of the family and has long term effects. Therefore, this study will help to understand the assertiveness, self-efficacy and

hopelessness among the wives of alcoholic and non-alcoholics.

Objectives

To assess the relationship between assertiveness, self-efficacy, and hopelessness.

To find out the significant relationship between assertiveness and self-efficacy.

To find out the significant relationship between assertiveness and hopelessness.

To find out the significant relationship between self-efficacy and hopelessness.

To find out the significant difference between wives of alcoholic's and non-Alcoholics on assertiveness.

To find out the significant difference between wives of alcoholic's and non-Alcoholics on self-efficacy.

To find out the significant difference between wives of alcoholic's and non-alcoholics on hopelessness.

Hypothesis

There will be a significant relationship between assertiveness and self-efficacy.

There will be a significant relationship between assertiveness and hopelessness.

There will be a significant relationship between self-efficacy and hopelessness.

There will be a significant difference between wives of alcoholics and non-Alcoholics on assertiveness.

There will be a significant difference between wives of alcoholic's and non-alcoholics on self-efficacy.

There will be a significant difference between wives of alcoholics and non-alcoholics on hopelessness.

Methodology

Sample

The participants of the present study included 120 wives of alcoholics and non-alcoholics by random sampling method, with 60 wives of alcoholics and 60 wives of non-alcoholic. After the informed consent from participants, the scale administered individually, by providing them with guidance about instructions. The wives of alcoholics' data were collected from various de-addiction centres in Kerala and wives of non-alcoholics were selected in different homes in Kerala. Those who are residents of Kerala, participants were wives of alcoholics and non-alcoholics, and those who can provide consent are only included in the study. Those who have any psychological illness and neurological illness are also excluded from the study.

Measures used

Personal data sheet

Assertiveness Inventory Scale, (Naqvi,1988) is a five-point scale, which consist of 35 questions, the scale ranges from 0 to 4.

General self-efficacy scales Self-efficacy scale is developed by Schwarzer and Jerusalem (1995) and adapted to Malayalam by Ninu Margaret and Jolly P Mathew. General self-efficacy scale is a 10-item scale.

Hopelessness scale, Beck (1961) and adapted to Malayalam by Ninu Margaret and Jolly. P. Mathew. Self-report inventory one of the most widely used instrument for measuring the severity of depression.

Research design

Comparative and quantitative design

Present research has a comparative research design because the study aims to compare the assertiveness, self-efficacy and hopelessness among wives of alcoholics and non-alcoholics. The research is quantitative in nature, as the study made use of questionnaire survey methods.

Procedure

A quantitative research design was used in this research study to prove some of the Hypotheses that were initially set as part of this study. First, the population required for the Research was selected. The population included 60 wives of alcoholics and 60 wives of non-alcoholic. The researcher approached the various de-addiction centres and got permission from the authority of the institution for getting the data of wives of alcoholics, for getting information from wives of non-alcoholic researchers and approaches to different houses. All the participants' rapport was established. The subjects were asked to read each statement carefully and tick marks in any of the response modes to indicate their level of agreement with the particular content of the statements. They were instructed not to think too much while answering and indicate whatever you may feel like. But ordinarily it can take 15 to 25 minute's time in completing the test.

Statistical Analysis

The software Statistical Package for the Social Sciences (SPSS) used for data Analysis.

The following are the tests used in the SPSS for data analysis: Spearman's Rank Correlation and the t-test used to determine significant difference.

Ethical consideration

Participants who are agreeable are considered for the research. Privacy of result is guaranteed to the participants. Participants' withdrawal from study at

any given point of time is acceptable. Informed consent from the participants is taken.

Result and Discussion

The present study is aimed to find out the Assertiveness, Self-efficacy, and Hopelessness between

wives of alcoholics and wives of non-alcoholics. The t test is used to study the significant difference between variables and correlation analysis is used to understand the relationship between the same variables. The result and discussion are given below.

Table 1: The correlation matrix among Assertiveness, Self- efficacy, and Hopelessness.

Variables	Assertiveness	Self-efficacy	Hopelessness
Assertiveness			
Self-efficacy	-. 434**		
Hopelessness	-.629**	.299**	

**P < 0.01

Table 1 indicates that there is a significant negative relationship between assertiveness and self-efficacy, which shows that the increase in one is followed by the decrease in other. (434, P<0.01). It can be concluded that in assertiveness is increased, the self-efficacy is decreased because some time the assertive people are not efficacy in life management. Any discouragement is life is more effective at decreasing a person's self-efficacy. So, the hypothesis 1 accepted. With the result is consistent with the finding of researchers (Ilkhchi, poursbariti and Alilo 2011) conducted a study on self-efficacy and non-assertiveness have basic role in creating anxiety. The result indicated that the participant had a significant decrease in anxiety and increase in self-efficacy and assertiveness. In the present study assertiveness and self-efficacy is negative relationship, self-efficacy is to perform a specific task successfully, but most of the time people are not efficacy with completing our task, people are assertive but self-efficacy is decreased.

There is a negative relationship between Assertiveness and Hopelessness (.629, <0.01>). That means, when assertiveness is increased the hopelessness is decreased. Hopelessness, to be related to negative views of oneself and the world is leading to various stressful situation and psychological problems mainly anxiety, isolation, depression, suicidal tendency etc. But it is over come in different way, the people are more assertiveness in all life situations it is overcomes

the all-negative concept, the individuals are able to manage positive view of thinking, its help to reduce hopelessness, depression and suicidal tendency etc. Avcibasi, Korkmaz and Ozkan (2015) conducted a study on comparing the assertiveness and hopelessness levels of nursing and translation and interpretation graduate student. As a result, it is clear that the assertiveness of the both student is above than mean score. Since the assertiveness score of nursing students who do not have concerns in finding a job. So, the hypothesis 2 has accepted.

There is a positive relationship between Self-efficacy and Hopelessness (299 P<0.01). This shows that the increase in one is followed by the increase in other. It can be concluded that self-efficacy is increased, hopelessness is also increased. Young et al. (1996) argued that hopelessness does not change from person to person but changes in the same person in time and it is not static. Failures and some major changes in the living conditions arouse negative feelings in the individual. These negative feelings also affect one self. The present study explained that self-efficacy increased hopelessness is increased, in life situation the people are more efficacies with various tasks, in day-to-day life the individuals are face failure, and this situation is leading to the hopelessness and depression. So, the Hypothesis 3 self-efficacy, and hopelessness has a significant relation is accepted.

Table 2: The difference between wives of alcoholic's and non-alcoholics on Assertiveness.

Variables	Wives of alcoholics		Wives of non-alcoholics		t value
	Mean	SD	Mean	SD	
Assertiveness	24.72	4.160	54.40	13.106	15.263***

***Significant at 0.001 level

From the table 2 it can be seen that the mean value and standard deviation in wives of alcoholics 24.72 and 4.160 and mean and standard deviation in wives

of non-alcoholics in 54.40 and 13.106. The t' value is 15.263 and significant at 0.001 levels. Which show

that the assertiveness in wives of alcoholics is less than in wives of non-alcoholics.

Table 3: The difference between self-efficacy of wives of alcoholic's and non-alcoholics.

Variables	Wives of alcoholics	Wives of non Alcoholics	t value
Self - efficacy	Mean 40.34 SD 8.223	Mean 32.34 SD 4.029	6.178***

***Significant at 0.001 level.

From the table 3 it can be seen that the mean and standards deviation in wives of alcoholic's is 40.34 and 8. 223.The wives of non-alcoholics in mean value and standards deviation is 32.34 and 4.029. The t value is 6.178, and significant at 0.001 levels, which shows that the self- efficacy in wives of alcoholic is greater than in wives of non-alcoholics. In these study

wives of alcoholic is showed high self-efficacy, because the individuals are taking family responsibilities and managing the financial problems. Self-efficacy helps individuals deal with challenges in reaching their goals. Self-efficacy expectations have a positive relationship with positive attitude, Stress reducing strategies. So, the hypothesis 5 is accepted.

Table 4: Difference between wives of alcoholics and non-alcoholics on hopelessness.

Variables	Wives of alcoholic's	Wives of non-alcoholics	t value
Hopelessness	Mean 12.22 SD 3.352	Mean 5.72 SD 3.546	9.419***

***Significant at 0.001 level

From the table 4 it can be seen that the mean value and standard deviation in wives of alcoholic is 12.22 and 3.352. The mean value and standard deviation in wives of non-alcoholic is 5.72 and 3.546. The t value is 9.419 which are significant is 0.001 level, which shows that the hopelessness in alcoholic wives is greater than in wives non-alcoholic. In this study the wives of alcoholics face high hopelessness because they have not support in family situation, so many problematic conditions is arise, there are many other issues that are faced and must be dealt with, by the women who are the wives of alcoholics. For example, some women may blame themselves for their husband drinking. They may worry enough to make their husbands happy or that something they have done (or didn't do) led to their husbands drinking. These feeling of guilt may cause wives to feel stressed, anxious, or depressed. Today the incompatibility between financial resources of a family and the aspirational level of the spouses regarding their economic status is a source of financial maladjustment. Both the partners have either to reshape their life style according to the financial means or indulge in resentment, dispute, conflict etc. Financial adjustment is also a dynamic adjustment pattern. The other reason is misunderstanding of sexual life; these factors are leading to hopelessness. So, the hypothesis 6 is accepted.

The present study shows that there is negative correlation between variables of assertiveness and self-efficacy. While assertiveness and hopelessness is negatively correlated, and self-efficacy and hopelessness is positively correlated. The t test shows that the assertiveness is low in wives of alcoholics and high in wives of non-alcoholic. The self-efficacy is high in wives of alcoholics and low in wives of non-alcoholic. In hopelessness the high in wives of alcoholics and low indicates the wives of non-alcoholics. When a family member becomes addicted to alcohol, the entire family system is affected, is leading to negative consequences, spouse or parent alcoholism is associated with other family members' depression. This finding emphasizes the need to look in to ensure the mental health of the family members of alcoholics. The alcoholic having serious physical problems, psychologically dependent, less confident, irritable, and adjustment problems in almost all areas of life. Thus, the characteristic of the situation to which the spouse has to cope is highly challenging. Many things affect the quality of the relationship within a marriage. The personality traits of the husband and wife and their family back grounds are major factors. A successful marriage will provide a healthy emotional climate for any child who is born to the couple. Through children, martial happiness is extended and perpetuated. Marriage provides one

with a sense of identity, a source of self-esteem, and a companion to share activities, all of which should promote a positive psychological state, but in wives of alcoholics care not given proper to family support and peace full life.

Summary and Conclusion

Alcoholism is a wide and increasing social and physical problem in the world. The number of the wives of Alcoholic is getting increased in the population of India. Alcoholism is often termed the family illness, referring to the tremendous impact an active alcoholic has on those around him. The alcoholism is an economic drain on family resources, threatens job security, interrupts normal family tasks, and causes conflicts, demands adjectives and adaptive responses from family members who do not know how to respond appropriately. This situation will increase tension and stress, which may make the family members, especially wives and children desperate, angry, frustrated, nervous, afraid, and guilty and hopelessness.

Assertiveness is the ability to state positively. In wives of alcoholics faced different problem in day-to-day life, mainly unhealthy marital life, stressful conditions, and over responsibilities etc. Assertiveness is helping to control negative attitude and increased to feel more confident. It also helping to identify our own needs, rights, avoids labelling and judgments. Assertiveness is to give more peaceful situation. Self- efficacy is ability to succeed in specific situations. Persons with high self-efficacy they believe that they can perform well and to perform a specific task successfully by organizing necessary activities. Hopelessness is a negative way of thinking and pessimistic expectations for the future. Hopelessness is lead to depression and suicidal temptation. Hopelessness is leading to the various psychological risk factors and problematic condition. Hopelessness is mainly change with behaviours, emotions, and cognitive functions etc.

Wives of alcoholics needs the family support, healthy marital life, well financial security and peaceful life situation, really, they desire it. But the life conditions is very difficult and very stressful experience, the spouses taking over responsibility and control as a way of the unpredictable behaviours of the alcoholic family members. When family member become addicted to alcohol, the entire family system will be affected and it is leading to the hopelessness and depression. Alcohol is a family disease it drawn effects on the person who is drinker and whole the family

but the mostly affected person is the spouses of the drinker. Alcoholism affects emotionally, physically, socially and psychologically. Spouses feel difficult to manage her married life and feel stress.

The wives of alcoholic's are having low quality of life and required the family interventions for stress, the wives of alcoholics face the problem of verbal abuse, communication difficulties, low self-esteem which affects the behavior and personality pattern of the wives of alcoholics. Due to lower marital adjustments their quality of life is not adequate. This study helps to develop assertiveness, self-esteem and level of family adjustment among the wives of alcoholics.

Major Findings

1. Assertiveness is negatively related with self-efficacy.
2. Assertiveness is negatively related with hopelessness
3. Self-efficacy is positively related with hopelessness.
4. Assertiveness in wives of alcoholics is less than in wives of non-alcoholics.
5. Self-efficacy in wives of alcoholic is greater than in wives of non-alcoholics.
6. Hopelessness in alcoholic wives is greater than in wives of non-alcoholics.

Implication of the study

The present study aimed to understand that assertiveness, self-efficacy and hopelessness is affected in wives of alcoholics and wives of non-alcoholics. Wives of alcoholics face various problems in day-to-day life. Most of the people are not satisfied with their married life, family issues, financial problems, sexual problems, lack of social, family support, lack of assertiveness, depression, hopelessness, anxiety, and issues in parent child relationship etc. Most of the people not respond with assertive, there for people are think about she is helpless. This study may help to understanding these threats and problems and how they could overcome these and so on. To provide them proper training to assertiveness, individual, family counselling etc. In present situation the de-addiction centres play the important role mainly family education, family counselling, and group counselling, appropriate training, mainly focus on assertiveness training, social skill development, job related training etc. This may help to them coping with positive attitude with better life.

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