

## Level of Emotional Stability among Alcohol Abusing Youth

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### Abstract

*The study was aimed to assess the level of emotional stability of alcohol abusers with respect to marital status, age, family type, socio economic status, education and duration of alcohol intake. To achieve the objective of the study, the sample of 400 alcohol abusers was selected through snow ball sampling technique. Emotional stability questionnaire by Sanjay Vohraa (2013) was used for the data collection. The data was analyzed by using SPSS 20.0, Statistical techniques used for analyzing data were: Frequencies, Means, and Standard Deviations, were calculated to test the set hypotheses. The findings undercover that majority 61% of respondents reported lower levels of emotional stability.*

**Index terms:** *Alcohol abuse, Emotional Stability, age, occupation, marital status, family type, income education and duration of alcohol intake.*

### Introduction

Emotions are what we feel. They are very ancient, and can be found in all mammals. The word emotion is derived from the Middle French word "emotion" which means a (social) moving, stirring, agitation." Each day we sense many different emotions, including love, fear, happiness, and sorrow, like a physical, moving and agitated movement. Emotion is an affective consciousness in that separated from mental and deliberate consciousness is grief, anxiety, happiness, hatred or the like. Generally, emotional stability means the ability or capacity of a person to remain stable and healthy. Emotional stability usually means the capacity or ability of an individual to remain stable and balanced. It's the aptitude of someone to keep up his emotional balance beneath trying circumstances. According to Smitson (1974), "emotional stability is a process in which the personality continually strives for a greater sense of emotional health, for both intra-physically and intra-personally". It has been emphasized that a person with a high level of emotional stability is capable of withstanding delays in meeting needs, of tolerating an acceptable degree of disappointment, of believing in long-term plans and of delaying or revising its needs. Emotional stability is the key term to maintaining a stable life, career, safety and engagement. It's the most significant and beneficial state of existence. However, with a controlled feeling that still has the flexibility to feel and to understand an explanation for the emotions, there is an influence on things. Alcohol abuse refers to a drinking pattern that damages our health, relationships between people or ability to work. Alcohol consumption is a key risk component of adolescent behaviors (Eaton et al., 2010). Alcohol use makes adolescents vulnerable to ill-suitability, abuse, injuries, emotional instability, depression, and suicide (Griffe, 2007). Alonso and Lepine (2007) said that disorders of alcohol use are more common in unemployed and under-educated individuals. The fact that alcohol is being used at a young age is proved to be more likely to cause negative mental and physical conditions, social issues and alcoholic dependence, was revealed by Bonomo, Bowes, Coffey, Carlin & Patton (2004). Higher SES socioeconomic status was associated with more alcohol use, while lower SES socioeconomic status was related to more tobacco and other illicit drug use (Charitonidi, Studer, Gaume, Gmel, Daepen, & Bertholet 2016). In addition to significant alcohol consumption effects on academic performances ( $R^2=4.47$   $P<.05$ ), Idoko, Sholarin, Agoha & Emerennwa (2015) found association between academic performance and alcoholic drink. Jaffee, Roberts and Bond (2013) have revealed that alcohol consumption and problems are associated with poverty. The significant relationship between

marital pleasure and emotive stability has been achieved by Mehravar, Reza and Reza(2015). It is also found that teens who initiated the consumption of alcohol before the age of 13 were more likely to report school-related problems and to exhibit various delinquent conducts, said Peleg, Jean, Cardenaas (2009). Perez and Vallejo (2014) proved that harmful alcohol consumption, damages to the academic performance, psychological status and sexual condition. Xin et al. (2001) concluded that hypertension is also strongly related to long-term alcohol use.

**Objective**

To assess the level of emotional stability among alcohol abusing youth with respect to marital status, age, family type, employment, income, education, and duration of alcohol intake.

**Hypothesis**

Emotional stability of alcohol abusing youth differs with respect to marital status, age, employment, family type, income, education and duration of alcohol intake.

**Methodology****Participants**

The participants for the present study consisted of four hundred alcohol abusers collected in Kashmir region of J&K state. The sample was divided in terms of variables i.e. age, employment, education, marital status, income and duration of alcohol intake. Out of 400 participants 227(56.8%) were between the age group of 16-25 years, and 173(43.3%) between 26-35 years. 221 (55.5%) were married, and 179(44.8%) unmarried. 187(46.8%) belongs to nuclear family and 213(53.3%) belongs to joint family. 198(49.5) were unemployed and 202 (50.5%) were employed. The majority of sample belongs to families with income Rs 11000-20000 150(37.5%), followed by 118(29.5%) having income upto Rs 10000, followed by 79(19.8%) having income Rs 21000-30000, followed by 53(13.3%) having income above Rs 31000. Simultaneously 162(40.5%) were graduates, followed by 114(28.5%) qualified upto 10<sup>th</sup>, followed by illiterates 67(16.8%), followed by 57(14.2%) above graduates. 210(52.5%) belonging to 2-5 years duration of alcohol intake group, followed by 118(29.5%) belonging to 1 year duration of alcohol intake group, followed by 72(18.0%) belonging to 5 years duration of alcohol intake group.

**Inclusion criteria**

The study included above 15 years old, male alcohol abusers hail from Kashmir region of J&K state. Only those participants were selected about whom we had information.

**Exclusion criteria**

Those participants who are not the citizens of Kashmir region of J&K state were excluded. Also only alcohol abusers were selected rest of the other drug users were excluded.

**Instruments**

Emotional stability questionnaire by Sanjay Vohra (2013) was administrated for the data collection, it contains 60 items and each of these items in this questionnaire has (3) three choices out of which the subject may select one answer. All the items were carefully screened and several criteria were considered in the final selection of items. Apart from the above tool, Biographical Information Blank (IB)/ Personal Data Sheet (PDS) was designed to gather information of various socio-personal factors viz. gender, age, residential area, education, marital status, income, education, employment and duration of alcohol intake of the chosen sample.

**Procedure**

This research took place in the Kashmir. In order to achieve the objectives of the study, the data of the study were collected by snowball sampling process of four hundred alcohol abusers from the Kashmir Division of the state of Jammu and the state of Kashmir, India, and were evaluated by the (ESQ) Emotional Stability Framework (ESQ) designed by Sanjay Vohra. First of all the investigator gets the authorization from the respondents (i.e. Alcohol abusers) to meet them individually and discuss the purpose of the research work. The participants were fully informed that their personal information will be kept highly confidential. After the acceptance from the subject, demographic sheet which includes the personal details like age, gender, marital status, family type, family income, education, occupation, and duration of alcohol intake, were given to the patient and were asked to choose the options according by their choice. After that the ESQ was given to the respondents and they were asked to give their responses according to their choices. Subjects noted down their responses and hand over the scale to the researcher and they were thanked for their support and cooperation.

The time of 8-14 minutes was taken by each subject to note down their responses. Thus, the required data was collect in a very proper way.

**Ethical considerations**

**Confidentiality:** The confidentiality regarding the participation of every participant was assured initially and was taken care of throughout.

**Voluntary Participation:** Every participant was motivated to participate in the study on voluntary basis.

**Withdrawal:** Every participant was informed about their right to withdraw at any time he wishes.

**Analysis:** Different statistical treatments have included information / responses collected from the respondents. The data has been evaluated via Statistical Product and Service Solutions (SPSS 20.0). In order to test the set hypothesis, statistical techniques used were: Frequencies, Means and Standard Deviations.

Table 1: *Research paradigm of the study*

Method of Study		Descriptive Method
Sample of Study		Alcohol Abusers (N=400)
Sampling Technique		Snow ball Sampling technique
Area of Study		Kashmir Division of J&K State, India.
<b>Variables</b>	<b>Tools used</b>	<b>Stastical Techniques used</b>
Emotional Stability	Emotional Stability Framework (ESQ) designed by Sanjay Vohra (Revised 2013)	Descriptive analysis: Mean Standard deviation and Percentage analysis.

**Findings:** The main findings of this study are discussed and shown in the tables given underneath:

Table 2: *Distribution of alcohol abusers with respect to demographic variables*

Variables	Sub-variables
Age	15-25 and 26-35 years
Marital Status	Unmarried and Married
Family Type	Nuclear family and Joint family
Employment	Unemployed and Employed
Education	Illiterate, up to 10 <sup>th</sup> , graduate and above graduate
Income	Up to 10,000, 11,000-20,000, 21,000-30,000 and above 30,000
Duration of intake	Up to 1 year, 2-5 years and above 5 years

**Table: 3** *Percentage level of emotional stability for whole sample and sub samples*

Variables	Sub Samples	Low		Average		High		Total
		N	%	N	%	N	%	
Entire Sample		244	61.0	156	39.0	0	0	400
Age	16-25	219	96.5	8	3.5	0	0	227
	26-35	25	14.5	148	85.5	0	0	173
Marital status	Unmarried	138	77.1	41	22.9	0	0	179
	Married	106	48.0	115	52.0	0	0	221
Family type	Nuclear Family	173	92.5	14	7.5	0	0	187
	Joint Family	71	33.3	142	66.7	0	0	213
Occupation	Unemployed	190	96.0	8	4.0	0	0	198
	Employed	54	26.7	148	73.3	0	0	202
Education	Illiterate	66	98.5	1	1.5	0	0	67
	Up to 10th	97	85.1	17	14.9	0	0	114
	Graduate	62	38.3	100	61.7	0	0	162
	Above Graduate	19	33.3	38	66.7	0	0	57

Income	Up to 10,000	104	88.1	14	11.9	0	0	118
	11,000-20,000	85	56.7	65	43.3	0	0	150
	21,000-30,000	22	27.8	57	72.2	0	0	79
	31,000 Above	33	62.3	20	37.7	0	0	53
Duration of intake	1 Year	65	55.1	53	44.9	0	0	118
	2-5 Years	113	53.8	97	46.2	0	0	210
	5 Years Above	66	91.7	6	8.3	0	0	72

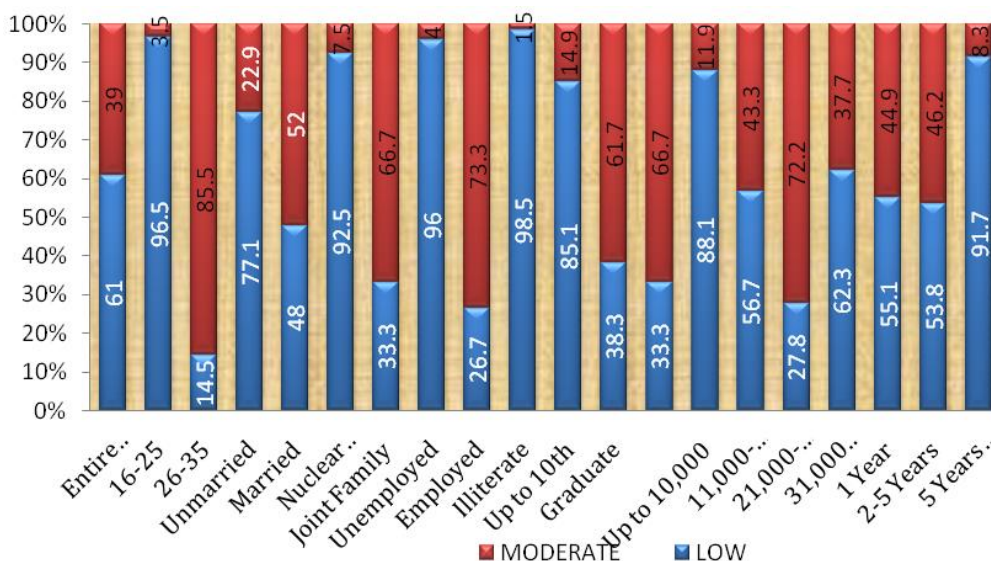
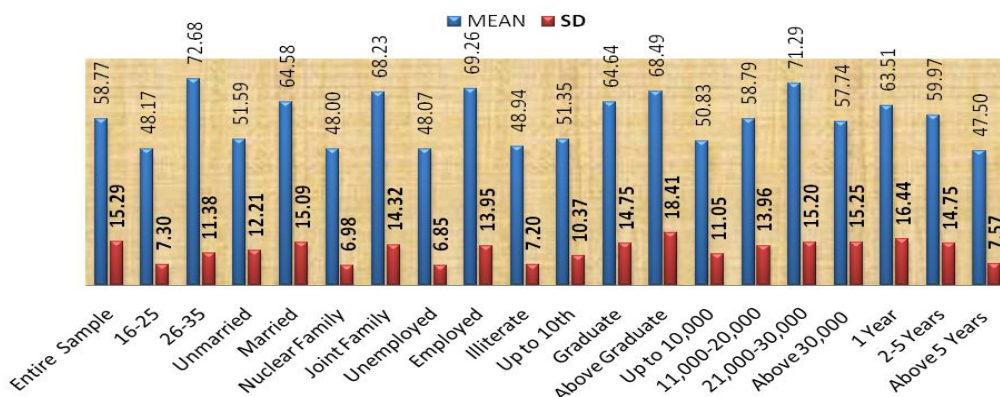


Fig. 1 Percentage level of emotional stability for whole sample and sub samples

Table: 4 Mean and standard deviation of the emotional stability scores for whole sample and sub samples

Variables	Sub-samples	N	Mean	Sd	Level of emotional stability
Entire Sample		<b>400</b>	<b>58.7700</b>	<b>15.28975</b>	<b>Low</b>
Age	16-25	227	48.1718	7.29599	Low
	26-35	173	72.6763	11.38488	Moderate
Marital status	Unmarried	179	51.5922	12.20592	Low
	Married	221	64.5837	15.08547	Moderate
Family type	Nuclear Family	187	48.0000	6.98462	Low
	Joint Family	213	68.2254	14.31933	Moderate
Occupation	Unemployed	198	48.0657	6.85238	Low
	Employed	202	69.2624	13.94750	Moderate
Education	Illiterate	67	48.9403	7.20034	Low
	Up to 10th	114	51.3509	10.36927	Low
	Graduate	162	64.6358	14.74536	Moderate
Income	Above Graduate	57	68.4912	18.41498	Moderate
	Up to 10,000	118	50.8305	11.04792	Low
	11,000-20,000	150	58.7867	13.95515	Low
	21,000-30,000	79	71.2911	15.19544	Moderate
Duration of intake	Above 30,000	53	57.7358	15.24688	Low
	1 Year	118	63.5085	16.44402	Moderate
	2-5 Years	210	59.9714	14.75085	Low
	Above 5 Years	72	47.5000	7.56754	Low

Fig. 2 Mean and sd of emotional stability scores for whole sample and sub samples



**Discussion:** The findings of the study demonstrated that the mean value of emotional stability (ES) for entire sample is found to be 58.77 which falls in the category of low level of ES (0-61). Therefore it can be concluded that the level of ES of alcohol abusers for the entire sample is low. The mean value of 16-25 age groups is 48.1 which fall in the category of low level of ES (0-61) and the mean value of 26-35 years age group is 72.6 which falls in the category of moderate level of emotional stability (62-98). Therefore it can be concluded that the level of ES of alcohol abuser participants for the age group 16-25 years is low and for the age group 26-35 years is moderate. Research by Peleg *et al.*, (2009) supported these findings.

With respect to marital status the mean value of unmarried alcohol abusers is 51.59 which falls in the category of low level of emotional stability (0-61) and the mean value of married alcohol abusers is 64.5 which falls in the category of moderate level of ES (62-98). Therefore it can be concluded that the level of emotional stability for the unmarried alcohol abusers is low and for the married alcohol abusers is moderate. Supported by Javaid *et al.*, (2013) who found significant relationship between marital satisfaction and emotional stability. With respect to family type the mean value of alcohol abusing youth who belongs to nuclear family is 48.0 which falls in the category of low level of ES (0-61) and the mean value of alcohol abusing youth who belongs to the joint family is 68.2 which falls in the category of moderate level of ES (62-98). Therefore it can be concluded that the level of emotional stability for alcohol abusing youth who belongs to the nuclear family is low and for alcohol abusing youth who belongs to the joint family alcohol abusers is moderate. Supported by Periz and Vallijo (2014). With respect to occupation the mean value of unemployed alcohol abusers is 48.0657 which falls in the category of low level of emotional stability (0-61) and the mean value of employed alcohol abusers is 69.2624 which falls in the category of moderate level of emotional stability (62-98). Therefore it can be concluded that the level of ES for the unemployed alcohol abusers is low and for the employed alcohol abusers is moderate. Supported by Mir and Shankar (2017) have found that the mean levels of 15-25 and 25-35 years of age, of employed and unemployed abusers of alcohol, and alcohol abusers with 1-3 years and longer and 3-5 years alcoholic duration differ considerably. With respect to education the mean value of illiterate alcohol abusers is 48.9403 which falls in the category of low level of ES (0-61), the mean value of up to 10<sup>th</sup> qualified alcohol abusers is 51.3509 which falls in the category of low level of ES (0-61), the mean value of graduate alcohol abusers is 64.6358 which falls in the category of moderate level of ES (62-98) and the mean value of above graduate alcohol abusers is 68.4912 which falls in the category of moderate level of emotional stability (62-98). Therefore it can be concluded that the level of ES for illiterate and up to 10<sup>th</sup> qualified alcohol abusers is low. While as the level of ES for graduate and above graduate alcohol abusers is moderate. These findings are supported by Alonso and Lepine (2007) found that disorders of alcohol and other substances are generally more prevalent in lower education and unemployment among people. With respect to income the mean value of alcohol abusers having income up to 10,000 is 50.8305 which falls in the category of low level of ES (0-61), the mean value of alcohol abusers having income 11,000-20,000 is 58.7867 which falls in the category of low level of ES (0-61), the mean value of alcohol abusers having income 21,000-30,000 is 71.2911 which falls in the category of moderate level of ES (62-98) and the mean value of alcohol abusers having income above

30,000 is 57.7358 which falls in the category of low level of emotional stability (0-61). Therefore it can be concluded that the level of ES for alcohol abusers having income up to 10,000, 11,000-20,000 and above 30,000 is low. While as the level of emotional stability level for alcohol abusers having income 21,000-30,000 is moderate. These findings are supported by Jaffe, Roberts, and Bond (2013) who revealed that poverty ratios are related with alcohol use and health related problems.

With respect to duration of intake the average of alcohol abusers with duration of alcohol intake up to 1 year is 63.5085 which falls in the category of moderate level of ES (62-98), the mean value of alcohol abusers with duration of alcohol intake 2-5 years is 59.9714 which falls in the category of low level of ES (0-61) and average value of alcohol abusers with duration of alcohol intake above 5 years is 47.5000 which falls in the category of low level of emotional stability (0-61). Therefore it can be concluded that the level of ES for alcohol abusers with duration of alcohol intake up to 1 year is moderate. While as the level of ES for alcohol abusers with duration of alcohol intake 2-5 years and above 5 years is low. Supported by Xin *et al.*, (2001) concluded that hypertension is also strongly related to long-term alcohol use.

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