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## An Empirical Study of Alcoholic versus Nonalcoholic Person

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### Abstract

Psychological studies of the alcoholics have been primarily from the psychiatric and psychoanalytic points of view. These studies have been clinical in nature and, except in a few instances, have not represented research. They have been instead the reflections of physicians or psychiatrists upon their cases, rather than any systematic analysis of case records. Analysis of variance (ANOVA) was employed to examine whether or not occasional and habitual alcohol users and non-users differ in terms of their personality factors.

**Keywords:** Alcoholic, Nonalcoholic, Personality Factors, ANOVA.

### Introduction

Alcoholism is characterized by an elevated tolerance to physical dependency on alcohol, which affects the individual's ability to regulate alcohol intake safely. These traits are thought to play a part in hindering the willingness of an addict to avoid drinking. Alcoholism may have adverse effects on mental health, cause psychological conditions to evolve and raise the risk of suicide. Depression is a common symptom. Common conceptions of alcohol problems do not come from a particular origin, but rather from a composite of views originating from Alcoholics Anonymous (AA), a disorder concept of alcoholism formulated by E. M. Jellinek, phenomenological struggles of people with alcohol issues, and public perceptions of these theories. In general, traditional concepts "folk science" (Ravetz, 1971) theory of alcohol disorders. They are an accretion of ideas, principles and philosophies a body of purported and generally recognized expertise, established to address humanitarian and socio-political needs rather than synthesize scientific results [1].

Alcoholics anonymous are known by both practitioners and laymen to be the most valuable recovery resource for trouble drinkers. Reference to A.A. It's routine in some programs, and regular presence at A.A. meetings are needed in some. A variety of important treatment programme are entirely focused on the A.A. Philosophy, among many others, have integrated components of it into their practices [2]. The conflict between the moral and medical approaches to alcoholism is being revived. The newest champion of the moral cause is The conflict between ethical and medical approaches to alcohol is being revived. The newest champion of moral reason is Herbert Fingreg, who has argued in the public interest (Spring 1988) that "the idea that alcohol is a disease" is a "myth", being imposed on a sluggish public

by the coalition's public. Reckless doctors provide ineffective "treatment", public officials eager to save their duties and millions of alcoholics who refrain from taking personal responsibility for their actions [3].

Social drinking problems can be described as deviations from cultural standards that are "noticeable" and identified as alcohol-related. Drinking norms can enforce heavy drinking as well as prohibit it. Many drinking norms are directed to behaviour during or after drinking rather than to the amount of drinking. The normative analysis refers to the role of societal responses as well as individual behaviour in identifying the social issues of drinking [4].

Among the few exceptions are the studies of Wall [5] of one hundred male and female and fifty female alcoholics, Wittman's [6] study of one hundred alcoholics and Knight's [7] study of thirty cases. This is not to deny, however, the value of other studies characterized more as reflections upon clinical experience than as research, the most recent of which is that of Strecker and Chambers. [8]

Abraham developed a psychological relationship between sexuality and alcoholism in 1908, stating that drinking alcohol is an alcoholic's sexual activity [9]. Juliusberger in 1913 stressed unconscious homosexuality as the cause of alcoholism [10].

Social issues resulting from intoxication are severe due to the pathological alterations in the brain and the intoxicating effects of alcohol. Alcohol abuse is associated with an increased risk of criminal crimes, including child abuse, sexual harassment, robbery, theft and attack. Alcoholism is correlated with loss of employment, which can lead to financial difficulties. Drinking at unsafe hours and actions triggered by reduced judgement will lead to legal repercussions, such as felony prosecution for drunk driving or public disturbance, or civil fines for tortuous conduct, and can lead to a criminal convictions.

Alcoholics Anonymous was one of the self-help movements (Cantril, 1941) that were very active during the post-Depression period when human rights issues were promoted. Part of its creation can be traced to the general lack of interaction of practitioners in people suffering from alcohol issues. That is, AA filled a vacuum marked by lack of involvement and verbal antipathy on the part of health care providers.

## **Review of Literature**

The rate of alcohol addiction, undoubted, has been increasing in Indian masses, particularly in youth. In fact, to control and empower the menace of alcohol abuse. There is a need for multidimensional approach. While the law enforcing agencies and policy makers are doing their job in controlling trafficking in India, sociologists, psychiatrists and psychologists, are making contributions in their respective fields by identifying the etiological factors in alcohol addiction and also developing the preventive and therapeutic measures.

Although in western societies this area has been vastly researched, the findings are, however, said to be conflicting and inconclusive. Also, in the Indian socio-cultural context, a good number of attempts have been to identify personality which would differentiate addicts from the non addicts (Khan, 1978; Tripathi, 1978; Chatteraj and others, 1979; Dhillon and Pawah, 1981; Lather, 1993). A few attempts have also been made with a view to identify a research gap as well as to indicate policy direction so as to combat the problem in a more effective manner (Khan and Krishna, 1982; Krishna and Khan, 1984). As would be seen from the foregoing account, most of the studies (a) have an ex-post-factor research design, and (b) are based on small samples, at times, too small for valid generalizations. Quite a few studies have utilized elaborate techniques in data collection, yet they have made a little or no effort to highlight the emerging policy implications. As alcohol is metabolised, many compounds (which are the residue of adrenaline, dopamine, and acetaldehyde condensation) known as condensation products are released through the brain. These substances target the same receptors as opioids. The brain regions in which these substances reside regulate and monitor mood and psychological comfort.

## Method of the Study

Analysis of variance (ANOVA) was employed to examine whether or not occasional and habitual alcohol users and non-users differ in terms of their personality factors. To compare occasional users versus habitual users, habitual users versus non-users and occasional users versus non-users in terms of their personality factors (16 PF), t-test was used.

## Results and Discussion

### Expediant Vs. Conscientious

It was hypothesized that habitual and occasional alcohol users would be more conscientious as compared to non-users. In order to verify this hypothesis, the mean scores of the three groups have been statistically compared. The findings have been displayed in table 1 and 2.

**Table 1. Analysis of variance of scores of the Three Groups**

Source	Df	SS	MS	F	p-value
Between	02	216.32	108.16	26.06	.01
Within	297	1233.15	4.15		
<b>Total</b>	<b>299</b>	<b>1449.47</b>			

It is evident from table 1 that the three groups differ statistically in terms of their scores ( $F=26.06$ ,  $df=2/297$ ,  $p$  less than .01). This indicates that expedient vs conscientious trait of personality contributes substantially in making differentiation between habitual and occasional alcohol users as well as non-users. The findings of ANOVA encourage us for further comparison of mean scores across the three groups. The statistical comparison displayed in table 2.

**Table 2. Comparison of Habitual users, Occasional users and Non-users in terms of their Mean scores (N=100 in each group)**

Groups	Mean	SD	t-matrix		
			a	b	c
a) Habitual	5.11	2.11	-	3.88*	4.96*
b) Occasional	4.10	1.60		-	1.46
c) Non-users	3.72	2.10			-

\* p less than .01

An observation of table 2 would reveal that habitual alcohol users ( $X=5.11$ ) have scored significantly higher (showing conscientious trait) than occasional alcohol users ( $X=4.10$ ) and non-users ( $X=3.72$ ). The comparison of habitual users vs occasional users as well as habitual users vs non-users has yielded t-values of 3.88 and 4.96, respectively which are significant at .01 level of confidence. Although occasional drug users have scored higher than non-users, the mean difference is found to be statistically insignificant ( $t=1.46$ ,  $df=198$ ,  $p$  greater than .05). Since high scores indicate stronger superego strength or conscientious and low score weaker superego strength or expedient, it can be said that habitual and occasional alcohol users have stronger superego strength and non-users have weaker ego strength. Thus, the findings are in hypothesized direction. Needless to mention, the present study is based on student alcohol users only. Therefore, further studies on general population are needed before drawing any conclusive result. The generalization of the findings also necessitates the comparison of habitual, occasional and non-users across the cultures.

### Shy Vs. Venturesome

The person who scores high is generally sociable bold, ready to try new things, spontaneous, ready to face wear and tear in dealing with people and grueling emotional situations without fatigue. He takes active interests in the opposite sex. He does not care for details, ignores danger signals, and consumes much time in talking. Thus the basic characteristics of the high scorers resemble extraversion. Keeping this fact in view, it was hypothesized that habitual and occasional alcohol users would be more venturesome as compared with non-users. To examine this expectation, one way ANOVA and t-test have been employed. Findings are embodied in table 3 and 4.

**Table 3. Analysis of Variance of Scores of the Three Groups**

Source	Df	SS	MS	F	p-value
Between	02	102.17	51.08	13.37	.01
Within	297	1135.14	3.82		
<b>Total</b>	<b>299</b>	<b>1237.31</b>			

It is evident that shy vs venturesome trait of personality succeeds in differentiating between habitual and occasional alcohol users and non-users ( $F=13.37$ ,  $df=2/297$ ,  $p$  less than .01). The

result necessitates further comparison across the three groups. The findings as employed in table 4 show that habitual alcohol users ( $X=6.51$ ) have scored significantly higher (indicative of venturesome) than occasional users ( $X=5.40$ ) and non-users ( $X=4.24$ ). The mean comparison of habitual users vs occasional users ( $t=3.47$ ,  $df=198$ ,  $p$  less than .01) and habitual vs non-users ( $t=7.09$ ,  $df=198$ ,  $p$  less than .01) yields statistics which are significant beyond chance.

**Table 4. Comparison of Habitual users, Occasional users and non-users in terms of their Mean Scores (N=100 in each group)**

Groups	Mean	SD	t-matrix		
			a	b	c
a) Habitual	6.51	2.39	-	3.47*	7.09*
b) Occasional	5.40	2.10		-	4.14*
c) Non-users	4.24	2.12			-

\*  $p$  less than .01

Similarly, the difference between mean scores of occasional alcohol users and non-users is found to be statistically significant ( $t=4.14$ ,  $df=198$ ,  $p$  less than .01). Since high scores indicates 'venturesome' and low scores 'shy', it can be said that habitual as well as occasional alcohol users are venturesome and non-users are shy. Thus our conjecture that habitual and occasional alcohol users would be more venturesome as compared to non-users has been upheld by the present analysis. The present findings can also be interpreted on the basis of our day to day observation. It is often observed in our society that persons of shy nature possess introversion and they are cautious and have very limited friends. These traits are hardly conducive to drug use. On the other hand, high scorers are bold and courageous. They ignore danger signals and do not care for consequences and health hazards. Obviously, these traits are more conducive to indulgence in alcohol use. However, cross-cultural studies are needed in this area to arrive at dependable results and generalize the findings across the cultures.

## Conclusion

The criterion for selection of subjects for the groups of users was the taking of alcohol/drugs in a time-interval. Those who had been taking one or more substances of alcohol about once a month or less often were considered as occasional alcohol users. Habitual alcohol users were those persons who indicated their inability to stay without using one or more substances. The control group (non-users) consisted of those subjects who had not been taking any alcohol in any form.

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