

LEVEL OF SELF ESTEEM AMONG CHILDREN OF ALCOHOLIC AND NON-ALCOHOLIC PARENTS

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Abstract- The National Association of Children of Alcoholics estimates that there are 11 million children of alcoholics under the age of 18 years.

A study was conducted to assess level of self-esteem among children of alcoholic non-alcoholic parents. The objectives were to assess, compare and find out the association between the level of self-esteem and socio personal data. Methodology adopted for the study was descriptive comparative design with multistage sampling. Sample size was 128. Structured questionnaire was used to collect socio personal data of participants and Children of Alcoholics Screening test was used to identify children of alcoholic and non-alcoholic parents. After that the standardized tool State Self Esteem Scale was used to assess the level of self-esteem the study findings revealed that in children of alcoholic parents group, 82.8% (53) were having poor self-esteem and 17.2% (11) were having good self-esteem where as in children of non-alcoholic parents group, 78.1% (50) were having good self-esteem and 21.9% (14) were having poor self-esteem.

Keywords- self-esteem, children, alcoholic parents, non-alcoholic parents.

INTRODUCTION:

Alcoholism not only affects the individual but also the family, hence it is known as a family disease. It disrupts family life and causes harmful effects on the members, which last for a lifetime. Each member of the family is affected differently especially the children. Many children of the alcoholics suffer from low self-esteem, loneliness, helplessness, fear, guilt, and severe depression.¹ Adolescence is a phase characterized by physical, psychological, social, and emotional changes. The good and bad experiences to which the individuals are exposed during this delicate stage of life may influence the person throughout his life.² Self-esteem plays very important role in development of adolescence and fundamental component of self-awareness. It occupies a key place in the structure of adolescent individual because it is related to mental health.³ Low self-esteem is associated with feelings of being weak, hopeless, worthless and incomplete.⁴

Statement of the problem

A comparative study to assess the level of self esteem among children of alcoholic and non-alcoholic parents in selected wards of Thiruvananthapuram Corporation

Objectives of the study

1. Assess the level of self esteem among children of alcoholic parents.
2. Assess the level of self esteem among children of non alcoholic parents
3. Compare the level of self-esteem between children of alcoholic and non alcoholic paren
4. Find out the association between the level of self esteem and socio personal data among children of alcoholic and non alcoholic parents.

Assumptions

Children of alcoholic parents may have low self esteem compared to Children of non alcoholic parents.

Methodology

Quantitative research approach was used to assess the level of self esteem among children of alcoholic and non alcoholic parents.

Research design

Descriptive comparative design

Setting of the study

The study was conducted in Pappanamcode and Estate wards of Thiruvananthapuram Corporation

Population

Population consist of children of alcoholic and non alcoholic parents in Thiruvananthapuram Corporation

Sample

Children in the age group of 11-14 years of alcoholic and non alcoholic parents in Pappanamcode and Estate wards of Thiruvananthapuram Corporation

Sample size

The sample size for the present study was 128

Sampling technique

Multi stage sampling technique was used for the present study

Tool 1: It includes two sections: Section A and B

Section A : Structured questionnaire to assess the socio personal data of children

It consists of 15 questions such as age, gender, number of siblings, religion, education, occupation, income, type of family, use of mass media, overall grade in school, staying status and number of friends.

Section B : Clinical data of alcoholic parent

Tool 2: Children of Alcoholics Screening Test (CAST-6)

The tool consists of 6 structured questions of 'yes' or 'no' options which describes children's feelings, behavior and experiences related to parental alcoholism.⁵

Tool 3: State Self Esteem Scale (SSES)

It consists of 20 items having the domain such as social self esteem, performance self esteem and appearance self esteem and have positive and negative items marked with 5 point likert scale.⁶

Data collection process

The data were collected from 128 subjects following inclusion criteria by door to door survey and participants were seated separately to provide privacy. 15-20 minutes were taken to complete the data collection. Structured questionnaire was used to collect socio personal data of participants, Children of Alcoholics Screening test was used to identify children of alcoholic and non alcoholic parents and State Self Esteem Scale was used to assess the level of self esteem among the children of alcoholic and non alcoholic parents. The data was collected over a period of 1 month.

RESULTS

Table1: Level of self-esteem among children of alcoholic and non-alcoholic parents

	Children of alcoholic Parents group		Children of non alcoholic Parents group		Total	
	n	%	n	%	n	%
Self esteem						
Poor	53	82.8	14	21.9	67	52.3
Good	11	17.2	50	78.1	61	47.7
Total	64	100	64	100	128	100

The results revealed that 82.8% (53) were having poor self esteem and 17.2% (11) were having good self esteem where as in children of non alcoholic parents group, 78.1% (50) were having good self esteem and 21.9% (14) were having poor self esteem.

Table 2

Comparison of the level of self-esteem among children of alcoholic and non-alcoholic parents

category	n	Mean	SD	t	p
Children of alcoholic parents	64	47.14	10.39	6.332	***0.001
Children of non alcoholic Parents	64	61.34	14.63		

***Significant at 0.001 level

Table 2 (a) reveals statistically significant difference in level of self esteem among children of alcoholic and children of non alcoholic parents group.

Table 3: Association between level of self-esteem and socio personal data such as monthly income of family and use of mass media

Socio personal data		Self esteem				x ²	df	p
		Poor		Good				
		n	%	n	%			
Income of family	<5000	5	29.4	12	70.6			
	5001-10000	13	34.2	25	65.8	14.985	2	***0.001

	>10000	49	67.1	24	32.9			
Use of mass media	Any one	27	67.5	13	32.5			
	Any two	24	41.4	34	58.6	6.490	2	*0.039
	More than 2	16	53.3	14	46.7			

***Significant at 0.001 level, *Significant at 0.05 level

Statistically significant association between level of self esteem and use of mass media and income of family is evident as per table 3.

DISCUSSION

The observation made in the study is that, 82.8% (53) of participants were having poor self esteem in children of alcoholic parents group and 78.1% (50) of participants were having good self esteem in children of non alcoholic parents group.

On the basis of comparison between the level of self esteem among children of alcoholic and non alcoholic parents, revealed that there is statistically significant difference between level of self esteem score among children of alcoholic and non alcoholic parents group

LIMITATION

This study has following limitation:

- The study was limited to Thiruvananthapuram corporation hence generalization of the study findings is not possible
- Sample size was less due to covid pandemic

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