

**A DESCRIPTIVE STUDY TO ASSESS THE LEVEL OF
ASSERTIVENESS AMONG ALCOHOLICS RESIDING IN SELECTED-
ADDICTION CENTER AND PSYCHIATRIC UNITS OF SANGLI
MIRAJ AND KUPWAD AREAMAHARASHTRA (INDIA).**

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Article Received on
04 Dec. 2017,
Revised on 25 Dec. 2017,
Accepted on 16 Jan. 2018
DOI: 10.20959/wjpr20183-10842

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ABSTRACT

Background Another study examined the relationship of coping and problem drinking to men's abusive behavior towards female partners. An ethnically diverse sample of 147 men in a court-mandated program for domestic violence offenders completed questionnaires at the first session. Path modeling was conducted to test the extent to which coping and problem drinking predicted both physical and psychological abuse. In addition, the relationships of problem drinking and physical abuse to injury of the men's female partners were examined. Results indicated that both the use of avoidance and problem-solving coping to deal with relationship problems were related indirectly to abusive behavior through problem drinking.

Avoidance, but not problem-solving coping also was directly and positively related to physical and psychological abuse.^[1] **Objectives:** To assess the level of assertiveness among alcoholics residing in selected de – addiction centers and psychiatric units. To find out the association between level of assertiveness with selected demographic variables. **Material and methods:** Simple Random technique was used Samples were 60 Alcoholics who are residing in de addiction centers and psychiatric units at sangli miraj kupwad area, Maharashtra (INDIA). **Results** overall determined the assertiveness among alcoholics 7% were found to be less assertive while 45% and 48% fell among moderate and highly assertive. The study was conducted based on various demographic variables, such as age, gender, education, occupation, marital status, type of family. A pilot study was conducted before the actual study to save available resources time and essential motives commodities. A study was

conducted in various de addiction centers and psychiatric units the study reveals the age group of 26-35year to be highly assertive depicting 42% all the samples study are male married person mostly belonging to nuclear family are highly assertive behavior holders ranging 85% and 65% respectively. A study assessing 60 samples widely dividing them into three groups mild assertive, moderate assertive and highly assertive reported 7% mild assertive, 45% moderate assertive, 48% highly assertive. **Conclusion** The present study tries to find out level of assertiveness among alcoholics in the results the mild with 7% moderate 45% and highly assertive 48%. And p value with fisher exact test was 0.133 and no significant association found, so most of the alcoholics patients are having highly assertiveness who all residing in selected-addiction center and psychiatric units of sangli Miraj and kupwad area.

KEYWORDS: Assertiveness, alcoholic patients, De- addiction centers.

INTRODUCTION

The term “social skills” means the compound ability necessary for effective interpersonal functioning. Social skill deficit are similar to assertiveness deficits. The term assertiveness referred to some category of social skill in which the emphasis is on the “ability to express both positive and negative feelings in the interpersonal contexts without suffering consequent loss of social reinforcement”.

Alcoholic deficient in assertiveness would require training to increase their ability to stand up for their rights and express both anger and positive feeling such as appreciation.

Many people just don't like the idea of having to tell the people that they can't do something. Of course, there are times when saying the 'No' word is a necessity. But in our experience, there is so much anxiety around the possible consequences of using it, that people doesn't say anything at all, or agree to things they'd rather not.

Many people recognize they are being taking advantage of or difficulty to saying “No”. Nothing will change until victim recognizes his/her rights are being denied and he/she decides to current situation. We have to stand up for our rights without violating the rights of others. These means tactfully, justify, and effectively expressing our preferences, needs, opinions and feelings. One who is assertive can choose how to act and can achieve goals in effective ways, and embark upon active lives.^[2]

R.E. Alberti and M.L. Emmons; mentioned that assertiveness is an important behavior and skill for each person. It helps them feel good about themselves and increases their self-esteem. They can maintain self-respect and respect for others by treating everyone equally and with human dignity. It also helps to confront difficult situations and people. Developing positive assertiveness can create professional success and make things happen for each individual.

To be assertive is the ability to express one's true feelings openly. It is the ability to declare: who we are, what we think and feel. It is an active rather than a passive approach to others, and to life. Assertiveness in communication and social relationships involves openness, honesty and firmness, all with appropriateness and flexibility. An assertive person is confident in a relaxed way, as well as free and spontaneous in social situations. Human beings have a right and even a responsibility, to assert their rights. Non-assertive individuals seldom feel happy or proud of themselves; in fact, they often put themselves down in a rather destructive way.

Therefore, assertiveness is a very important part of life as each individual needs it to build a relationship, become part of the career world, make decisions for our own and to communicate with friends, family, or co-workers.^[3]

OBJECTIVES OF THE STUDY

- ❖ To assess the level of assertiveness among alcoholics residing in selected de-addiction centers and psychiatric units.
- ❖ To find out the association between level of assertiveness with selected demographic variables.

MATERIALS AND METHODS

RESEARCH APPROACH – Quantitative research approach.

RESEARCH DESIGN – Descriptive research design.

SETTING OF STUDY – The study was conducted in de-addiction centers in Sangli Miraj Kupwad area.

POPULATION: In this study population is taken as alcoholics.

SAMPLE: Alcoholics who are residing in de addiction centers and psychiatric units.

SAMPLING TECHNIQUE – Simple Random technique

SAMPLE SIZE –60.

ANALYSIS OF DATA & RESULTS

SECTION –I

Description of sample alcoholics according to demographic variables characteristics by frequency and percentage.

DEMOGRAPHIC VARIABLES

TABLE 1.

		Frequency	Percentage
Age	16 – 25 yrs	11	18%
	26 – 35yrs	25	42%
	36 – 45 yrs	24	40%
Gender	Male	60	100%
	Female	0	0%
Education	Literate	41	68%
	Illiterate	19	32%
Occupation	Business	4	7%
	Driver	8	13%
	Ex-Army	2	3%
	Farmer	10	17%
	Labor	16	27%
	Painter	3	5%
	Service	17	28%
Marital status	Married	51	85%
	Unmarried	9	15%
Type of family	Joint	21	35%
	Nuclear	39	65%

In age status there are 11 persons from 16 - 25years, 25 persons aged between the ranges of 26-35, 24 persons were within the age group of 36-45. There were no persons aging above 45. There were no any female in this study. Only 60 males were found during study with 100% score. From the above data it is understood that literate persons were 41 with 68% and 19 persons with 32%. During this study occupational person's data was as follow: Person doing business were 4 with 7%, driver were 8 with 13%, ex-army were 2 with 3%, farmers were 10 with 17%, labor were 16 with 27%, painters were 3 with 5% and service persons were 17 with 28%. The following data shows married person were 51 with 85% and unmarried

persons were 9 with 15% This data shows that 21 persons were there in joint family with 35% and 39 persons in nuclear family with 65%.

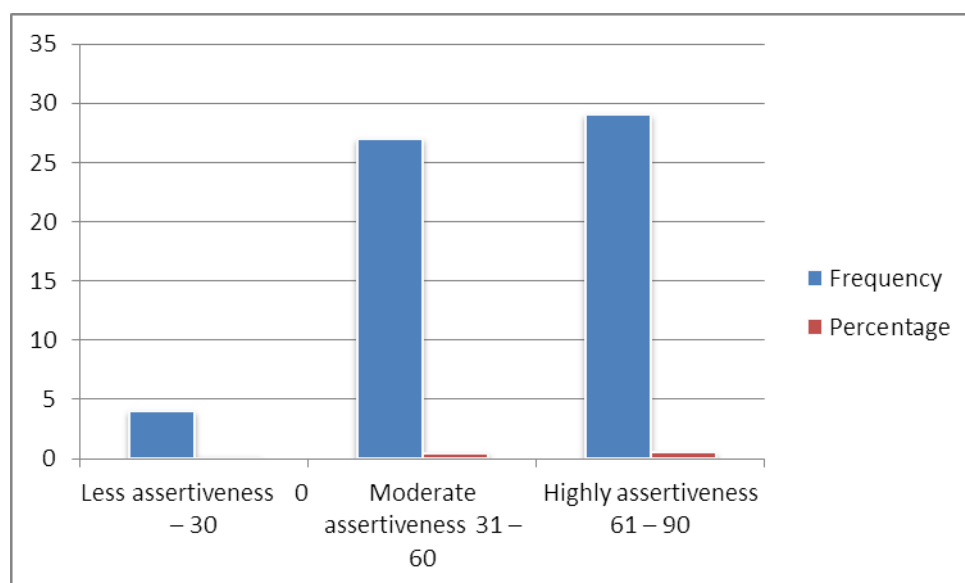
SECTION – II: Modified Rathus assertiveness scale.

Analysis of data related to assess assertiveness level among alcoholics.

Table 2.

	Frequency	Percentage
Less assertiveness 0 – 30	4	7%
Moderate assertiveness 31 – 60	27	45%
Highly assertiveness 61 – 90	29	48%
Total	60	100

n=60



This section deals with analysis of data related to level of assertiveness behavior among alcoholics. Table no 2 shows the majority of the alcohols are highly assertive 48%.

The association between level of assertiveness behavior and demographic variables; the statistical data calculated by doing fishers exact test was found no significant i.e. p value 0.133.

SECTION – III: Find out the association between levels of assertiveness with selected demographic variables.

DISTRIBUTION BASED ON AGE

Table no. 3.

AGE (Year)	Group of Score			Total
	Less assertive	Moderate	Highly assertive	
16-25 year	0	4	7	11
	0.00%	36.40%	63.40%	100.00%
26-35 year	3	11	11	25
	12.00%	44.00%	44.00%	100.00%
36-45 year	1	11	12	24
	4.20%	45.80%	50.00%	100.00%
Total	4	26	30	60
	6.70%	43.30%	50.00%	100.00%

Fisher's Exact Test	2.18
P value	0.746

The score is independent of age, but people are highly assertive from the age group of 16-25 yrs.

DISTRIBUTION BASED ON EDUCATION

Table No. 4.

EDUCATION	Group of Score			Total
	Less assertive	Moderate	Highly assertive	
illliterate	0	9	10	19
	0.00%	47.40%	52.60%	100.00%
Literate	4	17	20	41
	9.80%	41.50%	48.80%	100.00%
Total	4	26	30	60
	6.70%	43.30%	50.00%	100.00%

Fisher's Exact Test	1.596
P value	0.512

The score is independent of education.

DISTRIBUTION BASED ON MARITAL STATUS**Table No. 5.**

MARITAL STATUS	Group of Score			Total
	Less assertive	Moderate	Highly assertive	
Married	4	22	25	51
	7.80%	43.10%	49.00%	100.00%
Unmarried	0	4	5	9
	0.00%	44.40%	55.60%	100.00%
Total	4	26	30	60
	6.70%	43.30%	50.00%	100.00%

Fisher's Exact Test	0.367
P value	1

The score is independent of marital status. Unmarried alcoholics are highly assertive.

DISTRIBUTION BASED ON TYPE OF FAMILY**TABLE NO. 6**

TYPE OF FAMILY	Group of Score			Total
	Less assertive	Moderate	Highly assertive	
Joint Family	4	7	11	22
	18.20%	31.80%	50.00%	100.00%
Nuclear Family	0	19	19	38
	0.00%	50.00%	50.00%	100.00%
Total	4	26	30	60
	6.70%	43.30%	50.00%	100.00%

Fisher's Exact Test	7.245
P value	0.022

Score is significantly dependent on type of family.

I.e. joint family members are significantly less assertive.

SUMMARY

The purpose of study was to assess the level of assertiveness among alcoholics residing in selected de addiction Centre and psychiatric units of sangli Miraj area with Descriptive research design, was the good research design for present study. Sample size, selected for the study was 60, only those who fulfilled the sampling criteria and who expressed the willingness to participate in the study were selected for the study.

Development of tool involved the steps of the receiving literature related to assess the level of assertiveness among the alcoholic in selected area. Various expert validated the tool. The study was done and same tool was used for final study. The present study tries to find out the

assertiveness among alcoholics. Reliability co-efficient was done using split half method and it was found reliable (Rathus Assertiveness Scale) reliability was 0.74. The research design was used descriptive research design. Simple random method was used. The study was based on the fact which was reviewed in the literature. The present study shows that level of assertiveness among alcoholic persons.

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