

## “Quality of Life of Children of Alcoholic Parents and Children of Non Alcoholic Parents studying at selected B.V.V. Sangha’s Degree Colleges of Bagalkot, Karnataka”

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### **ABSTRACT**

A study to compare Quality of Life of Children of Alcoholic Parents and Children of Non Alcoholic Parents studying at selected B.V. V. Sangha’s Degree Colleges of Bagalkot”. This was a cross-sectional comparative study with a random sample of 100 students (50 Children of Alcoholic Parents and 50 Children of Non-Alcoholic Parents) selected from B.V.V. Sangha’s Degree Colleges of Bagalkot. Children of Alcoholic Parents were identified by using the CAST (Children of Alcoholics Screening Test). Socio demographic information of Children of Alcoholic Parents was gathered using structured socio demographic profile and Quality of Life were assessed using WHOQOL-Bref scale. Data analyzed in terms of objectives of the study. Findings of the study shows that 66% of Children of Alcoholic Parents had good quality of life in comparison with the 80% of Children of Non Alcoholic Parents had good quality of life. There was a significant association found between QoL of Children of Alcoholic Parents and socio-demographic variables like gender, stream of study, father education status, mother education status, father occupation, family income and history of academic failure at  $p < 0.05$ . The findings also showed an association between QoL of Children of Non-Alcoholic Parents with demographic variables like religion and history of academic failure at  $p < 0.05$ .

**Conclusion:** Intervention should be developed aiming at improvement of Quality of Life of Children of Alcoholic Parents.

**Keywords:** Children of Alcoholics Parents, Children of Non-Alcoholics Parents, Quality of life.

## Introduction

The family environment of alcoholics is typically marked by a significant degree of chaos. Alcoholic families tend to be driven by a system of rigidity, such as **lack of flexibility and arbitrary rules** that predispose children to develop a sense of devastation or confusion<sup>1</sup>. Children of alcoholics Parents (COAPs) are children who have grown up in families in which either one or both parents are alcoholic<sup>2</sup>. Families of alcoholics have lower levels of family cohesion, expressiveness, independence, and intellectual orientation and higher levels of conflict compared with Children of Non-Alcoholic families.<sup>3</sup>

Children of alcoholics Parents are at an increased risk for a wide variety of negative outcomes such as anxiety, depression, antisocial behavior, relationship difficulties, behavioral problems, and/or alcohol abuse.<sup>4</sup>

### Background of the Study:

An estimated four million people in Western Europe and more than sixty million worldwide have alcohol use disorder (AUD). Millions of children, including approximately 4–10% of children in western countries grow up with at least one parent with harmful alcohol use.<sup>5</sup>

An estimated 6.6 million children under the age of 18 years live in households with at least one alcoholic parent.<sup>6</sup> There are 28 million Children of Alcoholics in the United States--1 of every 8 Americans.<sup>7</sup> It has been estimated that approximately 1 in 4 children under the age of 18 in the United States is exposed to alcohol abuse or dependence in the family.<sup>8</sup>

Children of Alcoholic Parents can experience a wide range of cognitive, behavioral, psychosocial, and emotional consequences.<sup>9</sup> Alcohol use and misuse account for 3.3 million deaths every year, or 6 percent of all deaths worldwide.<sup>10</sup> In 2012, approximately 3.3 million deaths worldwide were due to the harmful use of alcohol.<sup>11</sup>

### Methodology:

**Study Design and Participants:** This was cross sectional comparative study with a random sample of 100 students (50 Children of Alcoholic Parents and 50 Children of Non-Alcoholic Parents) were selected. The data was collected during the period of 16-20 Jul 2022. Children of Alcoholic Parents were identified by using the CAST (Children of Alcoholics Screening Test).

### Instruments:

**WHOQOL-BREF Scale:** QoL index was measured using the 26-item WHO QOL-BREF questionnaire to assess the Quality of Life among Children of Alcoholic Parents and Children of Non Alcoholic Parents.

**Modified Children of Alcoholic Screening Test (CAST-6):** Subsample of questions appearing on the Children of Alcoholics Screening Test (CAST-6), developed by Jones and Pilat (1981), and has been used to screen for Children of Alcoholics. There are 6 items in the scale, 3 or more yes answer probably indicates that they are Children of Alcoholic Parents. **Socio-demographic Profile:** It includes subject characteristics such as age, gender, religion, year of study, parents education and occupation, birth order, monthly

family income, history of academic failure, past experiences psychological disturbances, past history of seeking mental health assistance.

### **Data collection procedures:**

Prior permission was taken from relevant colleges before the beginning of data collection procedure. The study participants were identified during the study period at selected B.V.V.Sangha's degree colleges of Bagalkot. Every Child of Alcoholic Parents who fulfilled the inclusion criteria was approached for data collection. Consent was obtained by researcher before enrolment of study participants. All the information collected was based on the patient's self report. Children of Alcoholic were screened using Children of Alcoholics Screening Test (CAST-6). Quality of Life of Children of Alcoholic Parents and Children of Non-alcoholic Parents was assessed using 26-item WHO QoL-BREF questionnaire.

**Data Analysis:** Data analyzed using SPSS v25. Description of sample characteristics was done using frequency and percentages. Paired t- test used to assess the QoL of Children of Alcoholic Parents and Children of Non-Children of Alcoholic Parents. Fisher's exact test was used to assess the association between Quality of Life of Children of Alcoholic Parents and Children of Non-Alcoholic Parents with their socio demographic variables.

## **RESULTS**

### **Descriptive analysis of sample characteristics:**

Percentage wise distribution of Children of Alcoholics Parents according to their age reveals that, majority of Children of Alcoholic Parents (68%) belongs to age 18-20 years. Majority of Children of Non Alcoholic Parents (80%) were belongs to age group between 18-20 years. Majority of Children of Alcoholic Parents (54%) are male gender. Majority of Children of Non Alcoholic (58%) were belongs to male gender.

Percentage wise distribution of Children of Alcoholic Parents reveals that majority (98%) belongs to Hindu religion. Majority of children of non alcoholic Parents (86%) were belongs to Hindu religion. Majority of children of alcoholic Parents qualification (58%) belongs to B.A. Majority of children of non alcoholic Parents (82%) were belongs B.A. education qualification. Majority of children of alcoholic (42%) belongs to First year. Majority of children of non alcoholic (62%) were belongs to year of study first year.

Percentage wise distribution of Children of Alcoholic Parents reveals that majority of father education status belongs to no formal education (30%). Majority of the children of non alcoholic parents are having no formal education (28%). Majority of children of alcoholic Parents mother belongs to primary education (42%). Majority of the children of non alcoholic parents are having no formal education (36%). Majority of children of alcoholic father occupation belongs to Agriculture (44%). Majority of the children of non alcoholic parents are having Agriculture (58%).

## Assessment of Quality of Life among Children of Alcoholic Parents and Children of Non Alcoholic Parents.

**Table 1:** Comparison of levels of Quality of life of children of alcoholic and Non-Alcoholic Parents. **n=50+50**

Level of QoL	Range of Score	Children of Alcoholic Parents		Children of Non-Alcoholic Parents	
		Freq.	%	Freq.	%
Poor	Less than 60	0	0%	0	0%
Average	60-90	17	34%	10	20%
Good	Above 90	33	66%	40	80%

Table 1 shows that, majority of Children of Alcoholic Parents (66%) and majority of Children of Non-Alcoholic Parents (80%) had good quality of Life.

### Comparison between Mean, SD and Mean Percentage of total Quality of Life scores of Children of alcoholic and Non-Alcoholic Parents.

**Table 2:** Comparison between Mean, SD and Mean Percentage **n=50+50**

Quality of Life	Mean	SD	T value	P value
Children of Alcoholic parents	80.30	9.41	8.96	<b>0.000***</b>
Children of Non-Alcoholic parents	95.04	6.84		

**\*\*\*P<0.001 Significant**

Hence, it is concluded that there is statistically significant difference found between the Quality of Life of Children of Alcoholic and Children of Non-Alcoholic Parents.

**Association between Quality of Life of Children of Alcoholic Parents and their socio-demographic variable.**

**Table 3: Association between Quality of Life of Children of Alcoholic Parents and their socio-demographic variable.**

n=50

Sl.No.	Socio demographic variables	Df	Fisher's exact P value
1	Age in Years	1	0.084
2	Gender	1	<b>0.00270*</b>
3	Religion	1	1.000
4	Stream of study	1	<b>0.000*</b>
5	Year of Study	1	0.395
6	Father Education Status	1	<b>0.001*</b>
7	Mother Education Status	1	<b>0.026*</b>
8	Father Occupation	1	<b>0.0381*</b>
9	Mother Occupation	1	0.059
10	Birth Order	1	0.0897
11	Family Income	1	<b>0.0381*</b>
12	History of Academic Failure	1	<b>0.0247*</b>
13	Psychological disturbance	1	0.724
14	Mental Health assistance	1	1.000

**\*P<0.05 [Significant]**

Table 3: Shows findings related to association between Quality of Life of Children of Alcoholic with their selected socio-demographic variables. There is a significant association between Quality of Life of Children of Alcoholic Parents with Gender, Stream of study, Father Education Status, Mother Education Status, Father Occupation, Family Income, and History of Academic Failure. Hence, there is a significant impact of Gender, Stream of study, Father Education Status, Mother Education Status, Father Occupation, Family Income, and History of Academic Failure on Quality of Life of Children of Alcoholic Parents.

**Association between Quality of Life of Children of Non-Alcoholic Parents and their socio-demographic variable.**

**Table 4: Association between Quality of Life of Children of Non-Alcoholic Parents and their socio-demographic variable.**

n=50

Sl.No.	Socio demographic variables	df	Fisher's exact P value
1	Age in Years	1	0.416
2	Gender	1	0.051
3	Religion	1	<b>0.048*</b>
4	Stream of study	1	0.218
5	Year of Study	1	0.123
6	Father Education Status	1	0.240
7	Mother Education Status	1	0.929
8	Father Occupation	1	0.639
9	Mother Occupation	1	0.799
10	Birth Order	1	1.000
11	Family Income	1	0.284
12	History of Academic Failure	1	<b>0.048*</b>
13	Psychological disturbance	1	0.082
14	Mental Health assistance	1	0.426

**P<0.05 [Significant]**

Table 4: Shows findings related to association between Quality of Life of Children of Non-Alcoholic Parents with their selected socio-demographic variables revealed that, there is a significant association among Quality of Life of Children of Non-Alcoholic Parents with Religion and History of Academic Failure. Hence, Religion and History of Academic Failure has significant impact of Quality of Life of Children of Non-Alcoholic Parents.

## Discussion:

The main objective of the present study was to assess the Quality of Life of Children of Alcoholic Parents and Children of Non-Alcoholic Parents studying at selected B.V.V.Sangha's degree colleges of Bagalkot Karnataka. Findings of study show that majority of Children of Alcoholic Parents (66%) and majority of Children of Non-Alcoholic Parents (80%) had good quality of Life. The result of the present study are supported by the similar study conducted by **Naik N. (2018)** on Quality of Life (QoL) among Children of Alcoholics versus Non-Alcoholics. The result showed that 76% Children of Alcoholics Parents had poor QOL and 72% Children of Non-Alcoholic Parents had good QOL life.<sup>12</sup>

The result of the present study are supported by the similar study conducted by **Hebbani S. et al.** in the year 2018 on Influence of socio-cultural factors on the emotional problems among college going Young-Adult Children of Parents with alcoholism: A study from South India. The result shows that Quality of life was significantly lower among Young-Adult Children of Alcoholics Parents with emotional psychopathology.<sup>13</sup>

The result of the present study are supported by the similar study conducted by **Kuppens S. on (2020)** on the Enduring Effects of Parental Alcohol, Tobacco, and Drug Use on Child Well-being: A Multilevel Meta-Analysis found that children exposed to parents who consume alcohol (both dependent and non-dependent), tobacco, or other psychoactive drugs experience a detrimental long-term effect on their well-being.<sup>14</sup>

There is statistically significant difference found between the Quality of Life

of Children of Alcoholic and Children of Non-Alcoholic Parents. Findings related to association between Quality of Life of Children of Alcoholic with their selected socio-demographic variables revealed that, there is a significant association between Quality of Life of Children of Alcoholic with Gender, Stream of study, Father Education Status, Mother Education Status, Father Occupation, Family Income, and History of Academic Failure.

Findings related to association between Quality of Life of Children of Non-Alcoholic Parents with their selected socio-demographic variables revealed that, there is a significant association among Quality of Life of Children of Non-Alcoholic Parents with Religion and History of Academic Failure.

The result of the present study are supported by the similar study conducted by **Naik N. in the year 2018.** on Quality of Life (QoL) among Children of Alcoholics versus Non-Alcoholics revealed that there is an association found between QOL of Children of Alcoholics Parents and demographic variables like age, religion, academic performance, type of family, personality at  $p < 0.05$ . The findings also showed an association between QOL of Children of Non-Alcoholics and with all demographic variables like age, gender, birth order, religion, academic performance, type of family, support, personality, attitude towards life and health status at  $p < 0.05$ .<sup>12</sup>

The result of the present study are supported by the similar study conducted by **Omkarappa DB et al, in the year 2019.** On Anxiety, depression, self-esteem among Children of Alcoholic and Nonalcoholic Parents. The results shows that there is statistically significant difference between Children of Alcoholic Parents and Children of Non-Children of Alcoholic Parents group with

regard to anxiety, depression, self-esteem, separation anxiety, social phobia, obsessive compulsive problems, and physical injury and overall Quality of Life.<sup>15</sup>

### Limitations:

The sample size was limited to 100, which makes the generalization less possible. Limited variables were included in this study, other variables/problems like internalizing behaviour, sleep disturbances, self esteem, physical problems etc. could also affect Children of Alcoholic Parents.

### Recommendation:

Similar study can be replicated on a large sample size to generalize the findings. A comparative study can be conducted among rural and urban Children of Alcoholic Parents. An interventional study can also be conducted to assess the effectiveness of psychosocial intervention like JPMR, meditation, Yoga, Breathing Exercise among Children of Alcoholic Parents.

### Conclusion:

The study was helpful in comparing the Quality of Life of Children of Alcoholic Parents and Children of Non-Alcoholic parents studying at selected B.V.V.Sangha's degree colleges of Bagalkot Karnataka and suggests that assessing the Quality of Life of these children would help to select the psychological intervention to improve their Quality of Life. Recommends, future researchers to identify, the effect of various psychological measures on the psychological problems with an aim of improving their overall Quality of Life.

### Ethical Clearance:

Ethical clearance was obtained from the institutional ethical committee of BVVS Sajjalashree Institute of Nursing Sciences, Bagalkot.

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Nil

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