

Impact of self-esteem on life satisfaction among alcoholics and non-alcoholics

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Abstract

Background: Human life is like a crystal very beautiful and precious. Starting from the embryo stage to the old age, it gets purified and becomes sparkler through various roles performed. Apart from other factors, the concept self, starts developing from the childhood onwards. Self-esteem of individuals enhances which triggers appropriate behavior pattern from the person concerned. But, in reality the fast moving present day world along with high competitiveness induce number of problem in everyone's life. Most of them choose external methods to either escape or avoid the problems which they faced. In fact, many persons resort to alcohol and to drugs for easy remedy. The alcoholism or drug dependency affects not only the person who is engaging in these types of activities but it affects their family in a narrow sense but the entire society in a larger levels. Alcoholism becomes a threat to the self-esteem of the alcoholics and it shatters the satisfaction of life of the alcoholics. The aim of the current study was to identify the impact of Self-esteem on Life-satisfaction of young and middle adulthood alcoholics and non-alcoholics.

Material and Method: sample consisting of 30 alcoholic and 30 non-alcoholic young and middle adulthood men. Alcoholic samples were collected from IQRAA International Hospital & Research Center, Kozhikode and non-alcoholic samples were collected from different places of Kozhikode district. They were evaluated by using Rosenberg Self-esteem scale and Prameela Singh and George Joseph Life Satisfaction Scale.

Result: The analysis reported that there is significant difference between alcoholic and non-alcoholic young and middle adults with respect to their levels of life satisfaction. The non-alcoholics found to have greater levels of life satisfaction. There is no difference between levels of self-esteem with reference to life satisfaction. And finally there is no interaction effect between levels of self-esteem, alcoholics and non-alcoholics on their life satisfaction.

Conclusion: Alcoholic behavior disturbs and minimize the life satisfaction of individuals. Interestingly self-esteem as not shown any significant impact on life satisfaction of individuals in respective of whether they are alcoholic or non-alcoholic.

Key Words: *Self-esteem, Life satisfaction, Alcoholism*

INTRODUCTION

The positive and negative evaluation people make about themselves has been the subject matter in psychology from the very early period of history. High self-esteem people were more likely to report having this ability if told it was very important than if told it was useless. Feeling good about oneself in a general way, it seems, casts a rosy glow over one's specific self-schemas and possible selves. Self-esteem is the degree to which one perceives themselves positively or negatively, overall attitude towards themselves. It can be measured explicitly or implicitly. An existential perspective on the person begins with the concrete and specific consciousness of a single human being existing at a particular moment in time and space. Existentialists suggest that everyone exist as a being in the world consciously and painfully aware of their existence and eventual nonexistence. A person is either a product of heredity factors or environmental influences, everyone is responsible for who they are and what they become. (Myer-2005)

Diener, (1984) defined Life satisfaction as an overall assessment of feelings and attitudes about one's life at a particular point in time ranging from negative to positive. It is one of three major indicators of well-being: life satisfaction, positive affect, and negative affect. Life-satisfaction is a result of individual's deep examination or evaluation about their own life situations and total outcomes of their life. These evaluations are different from person to person based on their perceptions of their life. These perception and evaluation also consisting the future thought of a person about their life. Life-satisfaction can create in a person life a favorable attitude toward his/her life as a whole. In an individual life there are numbers of certain factors influencing individual life-satisfaction, such as amount of education, experiences, and the people economic and residence as well as many other topics

Alcoholism is a broad term for problems with alcohol, and is generally used to mean compulsive and uncontrolled consumption of alcoholic beverages, usually to the detriment of the drinker's health, personal relationships, and social standing. It is medically considered a disease, specifically an addictive illness. In psychiatry several other terms have been used,

specifically alcohol abuse, alcohol dependence, and alcohol use disorder. The biological mechanisms that cause alcoholism are not well understood. Social environment, stress, mental health, family history, age, ethnic group, and gender all influence the risk for the condition. It is characterized by an increased tolerance of and physical dependence on alcohol, affecting an individual's ability to control alcohol consumption safely. These characteristics are believed to play a role in impeding an alcoholic's ability to stop drinking (Sadocks 2007). The social problems arising from alcoholism are serious, caused by the pathological changes in the brain and the intoxicating effects of alcohol. Alcohol abuse is associated with an increased risk of committing criminal offences.

Objectives of the study

1. To find out the influence of self-esteem on life satisfaction of the young and middle adulthood alcoholics.
2. To find out the impact of self-esteem on life satisfaction of the young and middle adulthood non-alcoholics.

Tools

1. The Rosenberg Self-Esteem Scale (Rosenberg 1965)
2. Life Satisfaction Scale (L-S Scale:Pramila Singh and George Joseph -2009)

The Rosenberg Self-Esteem Scale

The Rosenberg Self-Esteem Scale Is developed by Rosenberg in 1965. The scale is believed to be uni-dimensional and it consists of 10 items. All items are answered using a 4-point Likert-type format ranging from strongly agree to strongly disagree. It measures personal worth, self-confidence, self-satisfaction, self-respect, and self-deprecation. The pattern of functioning of the items was examined with respect to their content, and observations.

Life Satisfaction Scale

Life satisfaction scale was developed by Pramila Singh and George Joseph (2009). The L-S Scale contains has35-items and it is designed to measure five current life satisfaction dimensions, such as, taking pleasure in everyday activities, considering life meaningful, holding a positive self- image, having a happy and optimistic outlook and feeling success in achieving goals. The scale has face and content validity since each item has been judged by the experts in the subject.

Data Collection

The objectives of the study demands that the sample should be both alcoholics and non-alcoholics. The samples are collected from Kozhikode district of Kerala. Using purposive sampling method 30 alcoholics were identified from Iqraa International Hospital Kozhikode and included as alcoholic sample for the study. The sample was the inpatients admitted for the de-addictionprogram. Using the same sampling procedure the investigator approached general public and enquired whether they are non-alcoholic or not. 30 non-alcoholics who accepted to serve as sample for the study were identified and included as sample for the non-alcoholic group. Their aged ranged from 30 to 55 years of age.

Statistical Analysis

The collected date of the present study tabulated and analyzed with the help of Statistical Package for Social Science researchers (SPSS). Two-way ANOVA technique was used in the present study. It is used when the data are classified on the basis of two factors. The ANOVA technique is little different in case of repeated measurements where we also compute the interaction variation.

RESULTS

Table 1 show that the Descriptive statistics of alcoholism and self-esteem with respect to life satisfaction. Sample, mean and standard deviation result in each group like alcoholic, non-alcoholic high and low self-esteem.

Table 1: Descriptive statistics of alcoholism and self-esteem with respect to life satisfaction. Sample, mean and standard deviation result in each group.

Variable	Group	N	Mean	SD
Alcoholism	Alcoholic	27	137.69	16.78
	Non alcoholic	26	151.69	12.90
Self esteem	High	29	148.79	13.46
	Low	24	139.75	18.44

Table 2 shows that Test of normality and homogeneity of variance of life satisfaction. Shapiro-Wilk test enables to test the data is enable to further analysis or not.

Or it checks the level of the normal distribution in current sample. Table 3 shows that Summary of two ways ANOVA of life satisfaction with respect to self-esteem and alcoholism

Table 2: Test of normality and homogeneity of variance of life satisfaction

Variable	Groups	Shapiro-Wilk			Test of Equality of Error Variances			
		W	Df	Sig.	F	df1	df2	Sig.
Self esteem	High	0.974	29	0.684	1.553	3	49	0.213
	Low	0.950	24	0.267				
Alcoholism	Alcoholics	0.941	27	0.131				
	Non alcoholics	0.967	26	0.550				

Table 3: Summary of ANOVA of life satisfaction with respect to self-esteem and alcoholism

Sources of variation	Type III Sum of Squares	Df	Mean Square	F	Sig.
High-Low Self-esteem	5.099	1	5.099	0.022	0.883
Alcoholics Non-alcoholics	1509.461	1	1509.461	6.491	0.014
Self Esteem * Alcoholism	70.099	1	70.099	0.301	0.585
Error	11395.519	49	232.562		
Total	1123669.000	53			

DISCUSSION

The results of the present study lead to interesting findings. The analysis reported that there is significant difference between alcoholic and non-alcoholic young and middle adults with respect to their levels of life satisfaction. The non-alcoholics found to have greater levels of life satisfaction. Life satisfaction refers to the subjective cognitive evaluations that people make with regard to the quality of their overall lives or the quality of specific domains within their lives (Diener et al., 1999; Gilman & Huebner, 2003; Huebner, 1991). There are different factors like family relationships, friendship, job environment, salary and other rewards they get etc. affecting ones' life satisfaction. Alcoholics cannot cope up with their life situations very easily it may leads to their lower level of life satisfaction. Alcoholic behavior is restrain them from positive aspects of life they become unsatisfactory in every aspects in their life.

Society and family neglect their views and ideas by their drinking habit. One of the researches indicates that quartile drinker was negatively associated with satisfaction. (Massin & Kopp, 2014). Another study found that those who reported using alcohol and or other substances had higher levels of depression than those who reported not using substances, (Wise, Miller and Preussler 2003). These all indicates that alcoholics have very low level of satisfaction in their life. Hence there is significant difference; the hypothesis is accepted in this study. Whereas non-alcoholics have higher level of life satisfaction. They could be able to solve their problem in their life and make them happy. They also have so many problems, but they are capable to cope up with those problems and satisfy their next level of need as described by Maslow (1987) in his theory of hierarchy of needs. Hence there is significant difference; the hypothesis is accepted in this study.

The next finding of the study shows that there is no difference between levels of self-esteem with reference to life satisfaction. As discussed above there are different factors influencing ones' life satisfaction. Self-esteem is one of the factors which may or may not influence ones' life satisfaction with other factors. Researches show the high-low self-esteem affect people in different ways. One of the studies indicates that low self-esteem will lead to aggression, anti-social behavior and delinquency (Donnellan et. al. 2005). One research indicates that when unstable high self- esteem people experience failure, their underlying self-doubt is reflected in physiological responses indicative of threat (Seery, Blscovich, Weisbuch, & Vick, 2004). Hence the hypothesis is rejected in this present study.

Statistical analysis result indicates that there is no interaction effect between levels of self-esteem, alcoholics and non-alcoholics on their life satisfaction. As mentioned earlier, self-esteem is one of the factor which influence the life satisfaction. There are lots of other conditions or factors which affect individuals' life satisfaction. The previous researches show that there is an interactive effect between self-esteem and life satisfaction (Raboteg and Marija 2008). But the current study shows that no interaction effect between these two components, it may be due to the difference in demographic variable and culture of the present study samples. Though there is no interaction effect between level of self-esteem and alcoholics and non-alcoholics on their life satisfaction, hypothesis is rejected in this study.

CONCLUSION

Alcoholic behavior disturbs and minimizes the life satisfaction of individuals. Interestingly self-esteem is not shown any significant impact on life satisfaction of individuals in respective of whether they are alcoholic or non-alcoholic. Further study need to be clear these topics.

Limitations of the study

Even though the investigator tried the best to make the study as successful as possible, but there are certain limitations. They are:

- Samples only collected from the Kozhikode district in Kerala.
- Only 60 Samples are collected for this study.
- Study only focused on young and middle adults.

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