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The Effects of Alcoholism within Family’s

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Abstract

Employing qualitative study with purposive sampling methods, we want to study family mechanism exposed alcoholic consumption. Testing the effects of alcoholism within family structures, we examined whether children and the spouse of the alcoholic displayed any signs of emotional or physical abuse after treatment had been in place. The number of years post treatment varied upon different individuals. We also tested whether the different treatment options such as AA or in patient treatment had longer lasting affects. The sample size included 10 white, males from different backgrounds. Family sample size includes 5 white individuals, 5 males and 1 female. Outcomes were measured by personal experience, treatment options, and the different stress levels of the individuals in said trial. Research questions for the alcoholic include, How do you think being an alcoholic affected your family, and do you still get the urge to drink. Questions for the family include, How do you think your loved one being affected by alcoholism affected you. The Outcomes will be discussed in implication of the paper.

Background

Alcoholism is a disease that affects many individuals throughout the United States; its also depicted as a family disease, this is because it typically runs in families. The effects of alcoholism do not solely rely on the individual with the addiction. The families and children of individuals with said addiction face a greater risk of emotional trauma, throughout their childhood. Families that are often affected by alcoholism often times experience a lack of communication with the individual affected (The Recovery Village). Alcoholics display many different types of behaviors. These often include aggression, dishonesty, and violence. They are often reported to be difficult to get along with (The Recovery Village). Furthermore, family members can be affected by the disease through the financial situations. In the United States a staggering 43% of adults have a family member whom is an alcoholic or is married to an individual that is an alcoholic. 6.6 million Children under the age of eighteen live in a home with at least one alcoholic parent. Children who are exposed to an alcoholic parent are at a greater risk for cognitive, emotional, and behavioral problems throughout their adolescence. (http://www.alcoholism-statistics.com/family-statistics/) Alcoholism has a genetic risk factor, meaning the children of an alcoholic have a greater risk to become an alcoholic. There are many different

types of alcohol treatment.

Methodologies

This study uses the qualitative study and sampling methods to analyze interviews of five middle aged white males and one middle aged white female and there families whom have all overcome the addiction to alcohol.

Procedure:

The semi-structured interview questions were conducted with the purpose of purposive sampling. The six interviews were conducted at the individuals house for their convince. Time spent interviewing was less than thirty minutes for every individual.

Sampling:

The five middle aged white male participants are all from rural areas within the four state area. All of which have suffered from alcoholism within there lifetime.

The one middle aged white female lives within the same geographical region. The individual has also suffered from alcoholism within her lifetime.

Results

The perspective of the Alcoholic:
How it affected their family:
Participant A- “It added more stress to the family and made it hard to not have marriage problems.”
Participant B- “I am not married so it has never affected a spouse. However, it turned my children into alcoholics.”
Participant C- “ I am not married and do not have children. However, it affected my parents and brothers. It caused increased stress and worry.”
How it affected their life in a positive or negative way:
Participant A- “Negative affect at the time then positive affect now.”
Participant B- “For me it has been a positive affect through my 21 years of sobriety. However, before it was extremely negative.”
Participant C- “Alcoholism has had a negative affect on my life.”
Outcome the same without family support:
Participant A- “No, the outcome would not have been the same. My family made me seek treatment.”
Participant B- “Yes, because my family did not support me through treatment. So for me the outcome would be the same.”
Participant C- “ No, without family support during treatment I would not have quit.”
Feelings while consuming alcohol:
Participant A- “I felt depressed and not in control of my emotions.”
Participant B- “Alcohol kept me from feeling.”
Participant C- “I felt depressed.”

The perspective of the family:
Affect on them:
Participant D- Made her ban alcohol from her home
Participant E- Made her block out her child hood.
Participant F- Troubled her marriage. Recovery strenghted marriage.
Participant G- No long term affect. At the time worried and stressed.
Participant B- Made her angry
How support helped loved one:
Participant D- Helped her husband know she was behind him
Participant E- Helped both parents (the alcoholic and the spouse) know they had love to look forward to.
Participant F- Helped her husband seek treatment.
Participant G- Relied on her for encouragement.
Participant B- For her it did not.
Stress level during this time:
Participant D- Very high
Participant E- Was only two so she did not experience stress.
Participant F- Very high
Participant G- High
Participant B- Very high
Feelings during this time:
Participant D- She did not know how to feel.
Participant E- Fear
Participant F- Stress and worry
Participant G-stress and worry
Participant B- Anger
Feelings of Resentment:
Participant D- Yes at the time. Not after treatment.
Participant E- No she never resented her father.
Participant F- No
Participant G- No, strengthened her love.
Participant B- Yes at the time.

Conclusions

Overall, we found that Alcoholism effects family structures in a negative way. This is due to the increased amount of stress that the individual places upon the family structure. The individuals that the study was based upon all agreed that Alcoholism has a negative impact within family structures. No significant findings were present as to weather abuse both verbal or physical abuse happened after treatment was over.

However, it should be noticeable that the study was only conducted upon six individuals. All of which were middle aged and lived in different rural areas. Therefore, the outcome cannot be widely generalizable and transferable to other alcoholics living within the same regions.

However, our study gives a few implications that social workers in the rural community should help the physical and psychological well-being of Alcoholics families. In addition, they need to offer several different emotional support groups for both the individual and the families.

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