

## A comparative study to assess self-esteem and coping strategy among adolescence of alcoholic and non-alcoholic parents in selected schools of Mangaluru

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### Abstract

The study compared self-esteem and coping strategies among adolescents from alcoholic and non-alcoholic parents in Mangaluru schools using a comparative survey design. 320 adolescents were screened using the Children of Alcoholic Screening Test (CAST), Demographic Preforma, Rosenberg Self-Esteem Scale, and coping checklist. The study result was shown that The study analyzed 320 adolescents from alcoholic and non-alcoholic parents. The majority of adolescents had low self-esteem (48%), with 43% having normal self-esteem (43%), and 9% having high self-esteem (9%). The majority of adolescents had maladaptive coping (68%), with 32% having adoptive coping (32%). The self-esteem and coping strategies of adolescents of alcoholic parents were weakly negative ( $r = -0.0459$ ) and weakly positive ( $r = 0.0496$ ), respectively. The study found significant associations between self-esteem scores of adolescents of alcoholic parents and demographic variables such as religion, father's occupation, family income per month, alcohol use patterns, and drinking habit duration. However, no association was found between self-esteem scores of adolescents of non-alcoholic parents and demographic variables like gender. The study also found significant associations between coping scores of adolescents of alcoholic parents and demographic variables like religion, occupation of mother, family income per month, alcohol use patterns, and drinking habit duration. The null hypothesis was accepted and the research hypothesis rejected the study found significant associations between coping scores of adolescents of alcoholic and non-alcoholic parents, as well as between demographic variables such as religion, mother's occupation, and family income. The study was concluded that the present study would help to understand the Level of self-esteem, coping strategy of alcoholic and nonalcoholic parents. Findings of the study showed there is difference in self-esteem and coping strategy among adolescence of alcoholic and nonalcoholic parents in selected schools of Mangaluru.

**Keywords:** Self-esteem; Coping strategy; Adolescents; Alcoholic; Nonalcoholic; Parents

### 1. Introduction

Child health and mental health are major public health and social concerns worldwide, with 40% of the general population in developing countries affected by persistent disorders. Rapid social and economic changes in these countries have increased psycho-social stresses and exacerbating mental health problems.<sup>1</sup> Adolescent psychological wellbeing and self-esteem are crucial for emotional regulation and psychological distress, and if these indicators are diminished, it can lead to issues like depression, suicide, and substance abuse.<sup>2</sup> Alcoholism is a global health and social issue, affecting family members and those close to those affected. It is characterized by behavioral, cognitive, and physiological symptoms such as strong desire, difficulty controlling use, higher priority, increased tolerance, and physical withdrawal.<sup>3</sup> Alcohol consumption disrupts the family, as wives rely on husbands in Indian culture. Dependence can lead to neglect, social, psychological, and economic problems, and ineffective coping strategies can worsen the situation.<sup>4</sup> Problem drinking by parents increases health risks for children and adolescents, including diminished intellectual capacity, neuroticism, and psychological disorders. Excessive drinking can lead to long-term negative consequences, including criminality, suicide, depression, and personality disorders.<sup>5</sup> Adolescence significantly

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impacts the child-parent relationship, leading to personality development changes, increased autonomy, and restraint. The Indian family faces structural and functional modifications, impacting socialization and parent-adolescent relations. Different values, competencies, and coping styles between parents and adolescents cause anxiety and stress.<sup>6</sup> Alcohol misuse affects individuals and families, affecting 1 in 5 UK children. It leads to financial issues, conflict, violence, mood swings, fear, anxiety, loneliness, guilt, shame, low self-esteem, depression, suicidal thoughts, and substance abuse.<sup>7</sup> Adolescent self-esteem development is significantly influenced by the home environment, with alcoholic parents often causing confusion and ambivalence, negatively impacting emotional development and preventing consistent acquisition of healthy self-esteem.<sup>8</sup> Adolescent behavior is influenced by alcoholic parents, leading to avoidance of confrontation and social development issues like refusal of invitations and allowing friends to see the alcoholic parent.<sup>9</sup>

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## 2. Materials and methods

- **Research Approach:** descriptive approach was considered as appropriate research approach for this present study.
- **Research Design:** comparative survey design was used to compare the self-esteem and coping strategy among adolescence of alcoholic and Non-Alcoholic parents in selected schools of Mangaluru
- **Sample and sample size:** The sample of this study would be adolescents studying in 8th to 10th standards of selected schools, Mangaluru.
- **Sampling technique:** Purposive sampling technique to select the schools and Simple Random sampling technique is used to select the subjects.
- **Data Collection and Procedure:** A formal permission was obtained from the concerned BEO and head of the schools and data collection was carried out from 27-01-2020 to 29-02-2020. The Children of alcoholic screening test (CAST) was administered to adolescents and was screened for alcoholic parent's children. The Based on inclusion criteria, the samples were selected by random sampling technique. Hundred alcoholic parents' children and hundred Non-Alcoholic parents children were selected. After a brief introduction, the investigator explained the purpose of the study and obtained informed consent from the subjects. Both the groups were administered Rosenberg self-esteem scale and Coping checklist and data were collected. The investigator expressed her sincere gratitude for their co-operation.
- **Plan of Data Analysis:** The data obtained was planned to be analyzed by both descriptive and inferential statistics, on the basis of objective of the study. To compute the data, a master data sheet was prepared by the investigator. Frequency and percentage of data would be calculated for describing demographic variables. Un Paired't' test to be used to compare the self-esteem and coping strategy among adolescents of alcoholic and Non-Alcoholic parents. Chi square test and fisher exact test to be used to find out the association between knowledge, attitude and practice with their selected demographic variables. Pictorial and graphic format would be used.

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## 3. Result

### 3.1. Organization of findings

- Section I: Assessing adolescents of alcoholic and nonalcoholic parents
- Section II: Demographic characteristics of adolescents of alcoholic and Non-Alcoholic parents.
- Section III: levels of self-esteem among the adolescents of alcoholic and non-alcoholic parents.
- Section IV: coping strategies among the adolescents of alcoholic and nonalcoholic parents.
- Section V: compare the levels of self-esteem among the adolescents of alcoholic and nonalcoholic parents.
- Section VI: compare the levels of coping among the adolescents of alcoholic and nonalcoholic parents.
- Section VII: correlation between the self-esteem and coping strategies among adolescents of alcoholic and nonalcoholic parents.
- Section VIII: association between the self-esteem scores with selected demographic variables of adolescents of alcoholic and non-alcoholic parents.
- Section IX: association between the coping scores with selected demographic variables of adolescents of alcoholic and non-alcoholic parents.

### 3.2. Section I: Assessing adolescents of alcoholic and Non-Alcoholic parents

This section deals with the frequency and percentage distribution of adolescents according to their parents status of alcohol consumption or not. The data obtained were summarized using frequency and percentage.

**Table 1** Frequency and percentage distribution of subjects according to parent's habit of alcohol consumption n=320

Parameters	Frequency (f)	Percentage (%)
Adolescents of Alcoholic parents	109	34
Adolescents of Non-Alcoholic parents	211	66

In table 1, out of 320 adolescents screened 109 (34%) of the adolescents parents were alcoholic and 211 (66%) of the adolescents parents were of Non-Alcoholic.

### 3.3. Section II: Demographic characteristics of postgraduate students

This section deals with the frequency and percentage distribution of subjects according to selected socio-demographic variables. The data obtained were summarized using frequency and percentage

**Table 2** Frequency and percentage distribution of subjects according to selected socio-demographic variables n=100+100

S. No	Demographic variables	Adolescents of Alcoholic parents		Adolescents of Non-Alcoholic Parents	
		Frequency (f)	Percentage (%)	Frequency (f)	Percentage (%)
<b>Age in years</b>					
a	12	26	26	24	24
b	13	22	22	25	25
c	14	30	30	35	35
d.	15	22	22	16	16
<b>Gender</b>					
a.	Male	43	43	32	32
b.	Female	57	57	68	68
<b>Religion</b>					
a.	Hindu	42	42	33	33
b.	Christian	58	58	52	52
c.	Muslim.	0	0	15	15
d.	Any other	0	0	0	0
<b>Type of family</b>					
a.	Nuclear	65	65	76	76
b.	Joint	13	13	10	10
c	Any other	22	22	14	14
<b>Education of father</b>					
a.	No formal education	15	15	0	0
b.	Primary education	30	30	29	29
c.	Middle school	25	25	21	21
d.	High school	20	20	15	15
e.	PUC/ Diploma	0	0	14	14
f.	Graduate	4	4	12	12

g.	Post graduate and above	6	6	9	9
<b>Education of mother</b>					
a	No formal education	0	0	0	0
b	Primary education	27	27	16	16
c	Middle school	21	21	19	19
d	High school	20	20	20	20
g.	Post graduate and above	0	0	13	13
<b>Occupation of father</b>					
a.	Unemployed	10	10	2	2
b.	Skilled worker	55	55	57	57
c.	Semiskilled worker	35	35	41	41
<b>Occupation of mother</b>					
a.	Unemployed	32	32	27	27
b.	Skilled worker	41	41	50	50
c.	Semiskilled worker	27	27	23	23
<b>Family Income per month</b>					
a.	<5000	9	9	0	0
b.	5001-10000	24	24	16	16
c.	10001-15000	51	51	61	61
D	>15000	16	16	23	23
<b>Habit of drinking alcohol by parents</b>					
a.	Yes	100	100	0	0
b.	No	0	0	00	100
<b>Among parents who uses alcohol</b>					
A	Father	98	98	0	0
b.	Mother	0	0	0	0
c.	Both	2	2	0	0
<b>Pattern of alcohol use by parents</b>					
a.	Daily drinker	90	90	0	0
b.	Weekend drinker	10	10	0	0
c.	Occasional drinker	0	0	0	0
	Social drinker	0	0	0	0
<b>Duration of drinking habit of your parent</b>					
a.	<1 year	0	0	0	0
B	1 to 2 year	10	10	0	0
c.	More than 2 years	90	90	0	0

Data presented in Table 1 shows that:

Regarding age in adolescents of alcoholic parents most 30 (30%) were in the age group of 14 years, 26 (26%) were in the age group of 12 years and equal number 22 (22%) of samples were in the age group of 13 and 15 years. There is somewhat similar characteristics in adolescents of Non-Alcoholic parents, where most 35 (35%) were in the age group

of 14 years, 25(25%) were in the age group of 13years, 24 (24%) were in the age group of 12 years and 16 (16%) of samples were in the age group of 15 years.

In referring to the gender majority 57 (57%) and 68 (68%) were girls and rest 43 (43%) and 32 (32%) were boys among adolescents of alcoholic and Non-Alcoholic parents respectively.

Regarding religion majority 58 (58%) and 52 (52%) were Christians and 42 (42%) and 33 (33%) were Hindus among adolescents of alcoholic and Non-Alcoholic parents respectively. Whereas none were Muslim among adolescents of alcoholic parents and 15 (15%) were Muslims among adolescent's Non-Alcoholic parents.

In referring to the type of family, it is evident that most 65 (65%) and 76 (76%) of them belonged to nuclear family, 22(22%) and 14 (14%) belong to other type of family, and only 13 (13%) and 10 (10%) belong to joint family among adolescents of alcoholic and Non-Alcoholic parents respectively.

Regarding educational status of the father among adolescents of alcoholic parents, most 30 (30%) of them had primary education, 25 (25%) had middle school education, 20 (20%) had high school education, 15 (15%) had no formal education, 6 (6%) were post graduates and 4(4%) were graduates. Among adolescent's Non-Alcoholic parents most 29 (29%) of them had primary education, 21 (21%) had middle school education, 15 (15%) had high school education, 14 (14%) had done their PUC/ diploma, 12(12%) were graduates, 9 (9%) were post graduates and none had no formal education.

Regarding educational status of the mother among adolescents of alcoholic parents, most 27 (27%) of them had primary education, 21 (21%) had middle school education, 20 (20%) had high school education, 19 (19%) had done their PUC/diploma, 13 (13%) were post graduates and none had no formal education and were graduates. Among adolescent's Non-Alcoholic parents most 20 (20%) of them had high school education, equal number 19(19%) of samples had middle school primary education and the PUC/ diploma education, 16 (16 %) had primary school education, equal number 13 (13%) were graduates and post graduates and none had no formal education.

Regarding occupation of the father most 55 (55%) and 57 (57%) were skilled worker, 35 (35%) and 57 (57%) were semiskilled and 10 (10%) and 2(2%) were unemployed among adolescents of alcoholic and Non-Alcoholic parents respectively.

Regarding occupation of the mother most 41 (41%) and 50 (50%) were skilledworker, 32 (32%) and 27 (27%) were homemaker and 27 (27%) and 23(23%) were semiskilled worker among adolescents of alcoholic and Non-Alcoholic parents respectively.

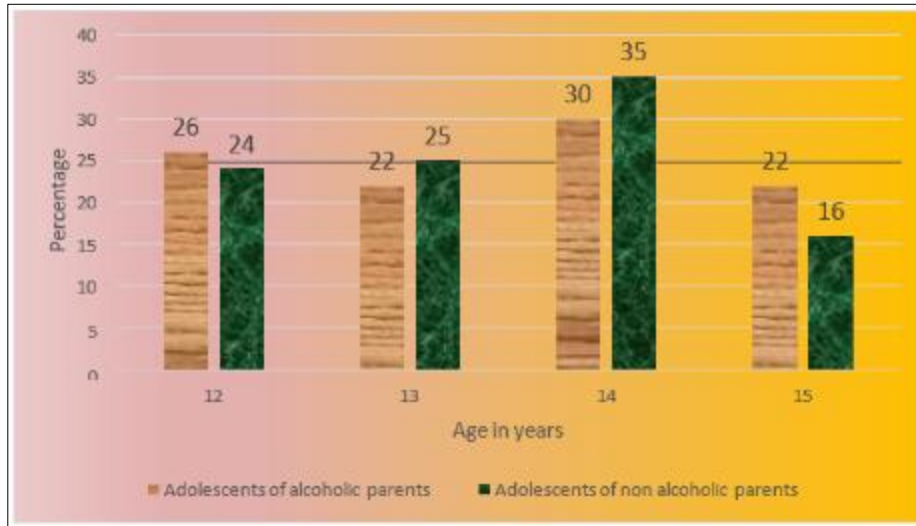
Regarding income of the family, it is observed that most 51 (51%) and 61 (61%) were with range of 10001-15000 among adolescents of alcoholic and Non-Alcoholic parents respectively. Among adolescents of alcoholic parents 24 (24%) were with range of 5001-10000, 16 (16%) were with range of more than 15000 and 9 ((%)of them had family income < 5000. Among adolescents of Non-Alcoholic parents 23 (23%) were with range of more than 15000, 16 (16%) were with range of 5001-10000 and none of them had family income < 5000.

Regarding habit of drinking among parents 100 (100%) of parents among adolescents of alcoholic were alcoholic whereas among adolescents of Non-Alcoholic parents 100 (100%) were not drinking alcohol.

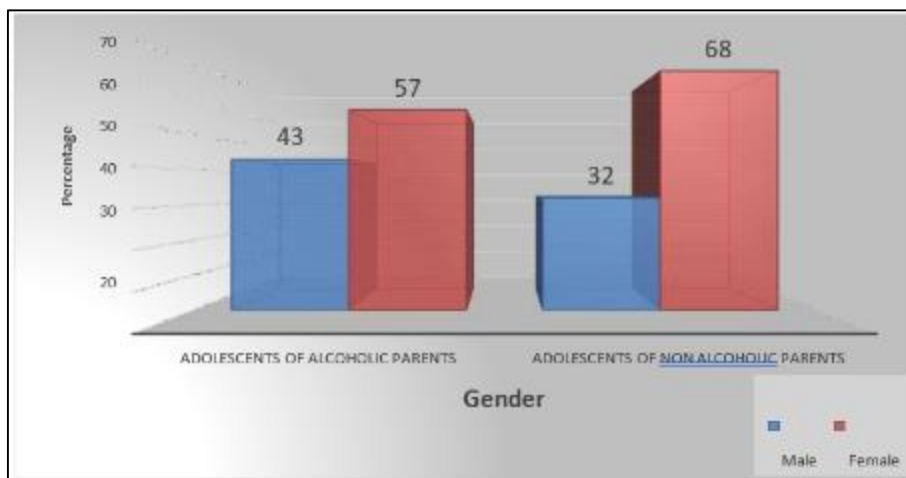
Regarding parents using alcohol among adolescents of alcoholic parents, most 98 (98%) were father, none were mother and 2(2%) both parents were alcoholic.

Regarding parent's pattern of using alcohol among adolescents of alcoholic parents, majority 90 (90%) were daily drinkers and only 10(10%) were weekend end.

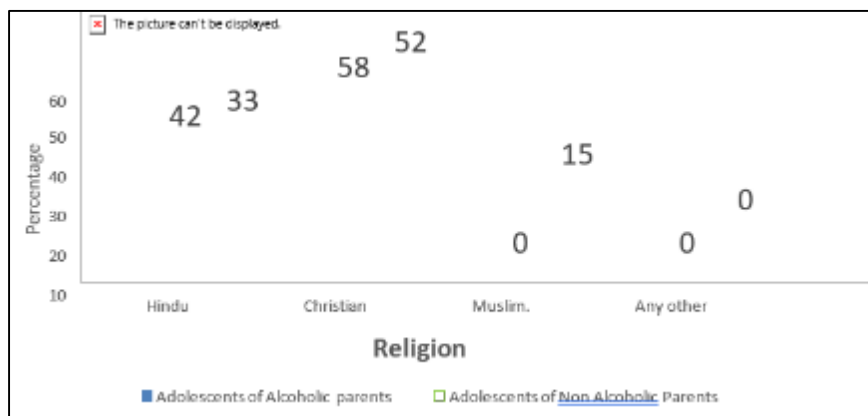
Regarding parents duration of using alcohol among adolescents of alcoholic parents, majority 90 (90%) had a habit of drinking for more than 2 years and only 10 (10%) were drinking for 1 to 2 years.



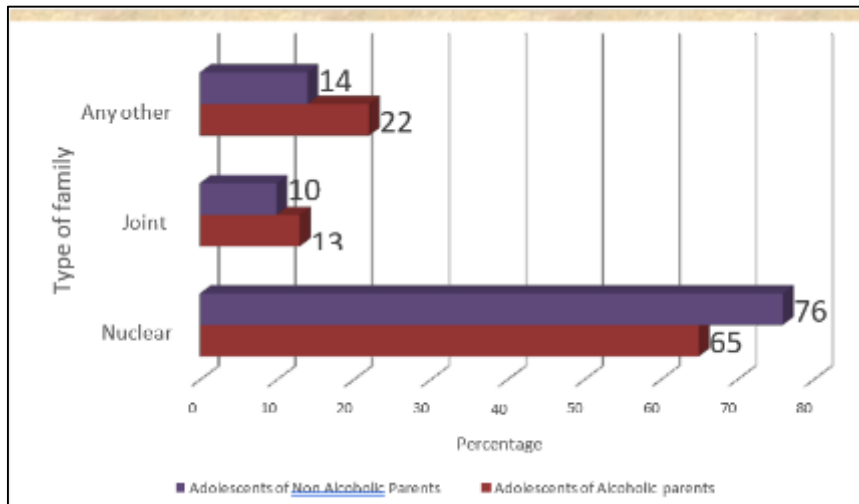
**Figure 3** Percentage wise distribution of the samples according to their age



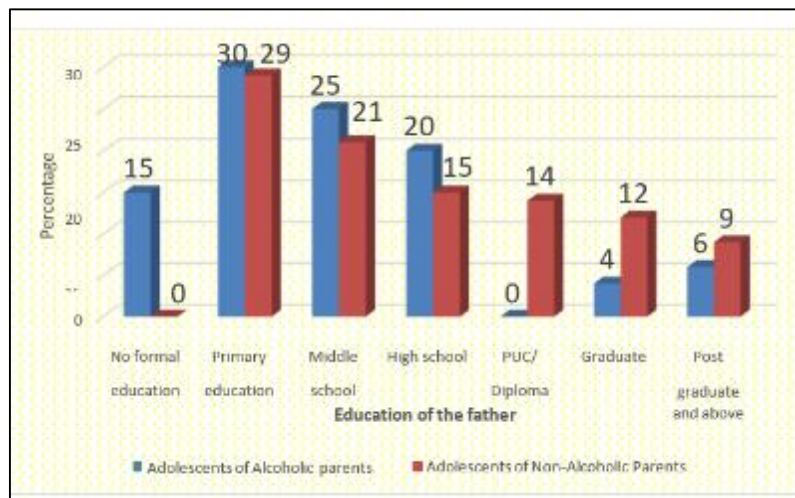
**Figure 4** Percentage wise distribution of the samples according to their gender



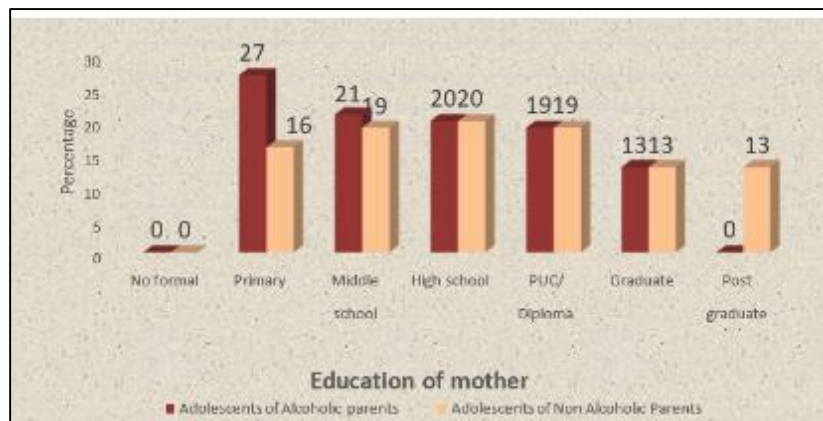
**Figure 5** Percentage wise distribution of the samples according to their religion



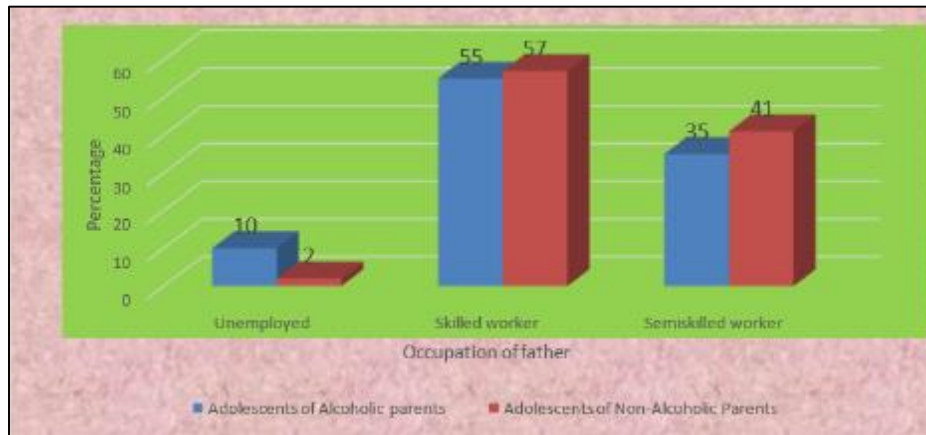
**Figure 6** Percentage wise distribution of the samples according tototype of family



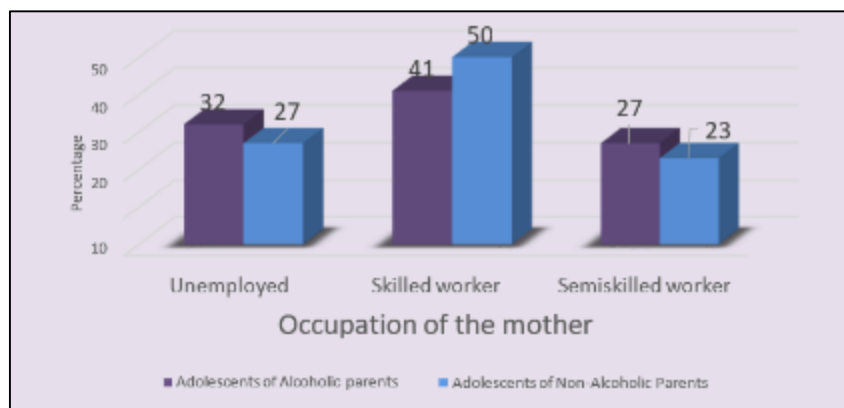
**Figure 7** Percentage wise distribution of the samples according to education of the father



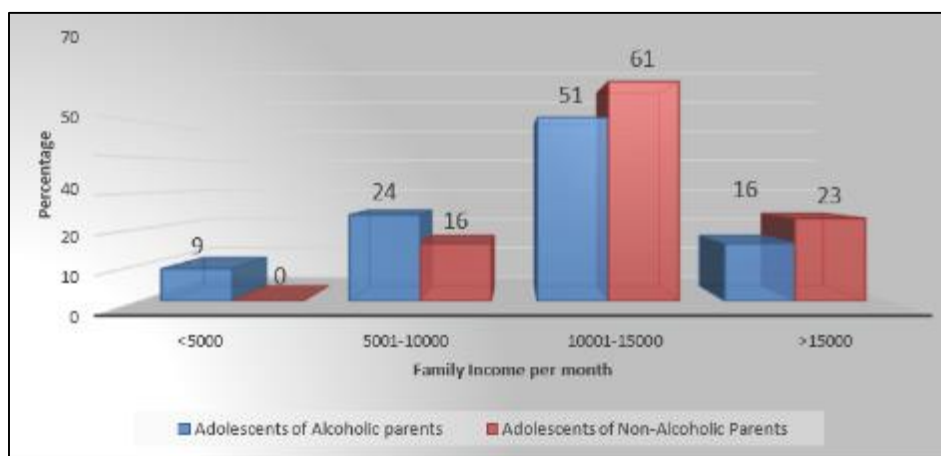
**Figure 8** Percentage wise distribution of the samples according to education of the mother



**Figure 9** Percentage wise distribution of the samples according to occupation of the father



**Figure 10** Percentage wise distribution of the samples according to Occupation of the mother

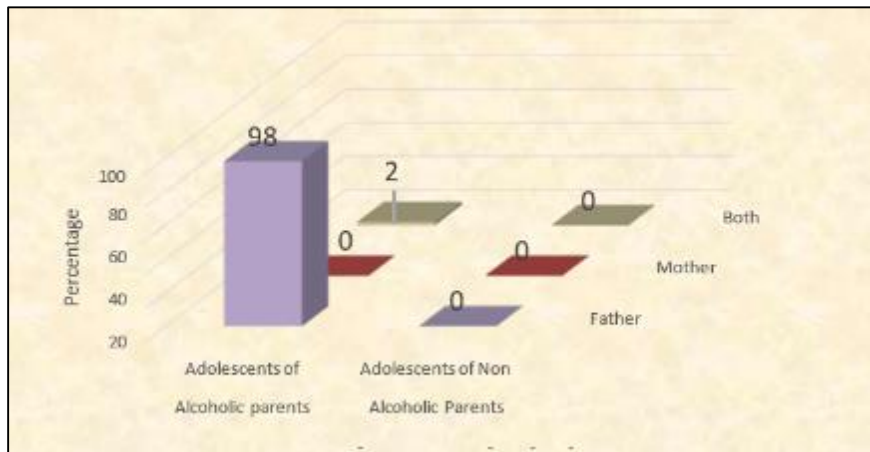


**Figure 11** Percentage wise distribution of the samples according to Family income per month.

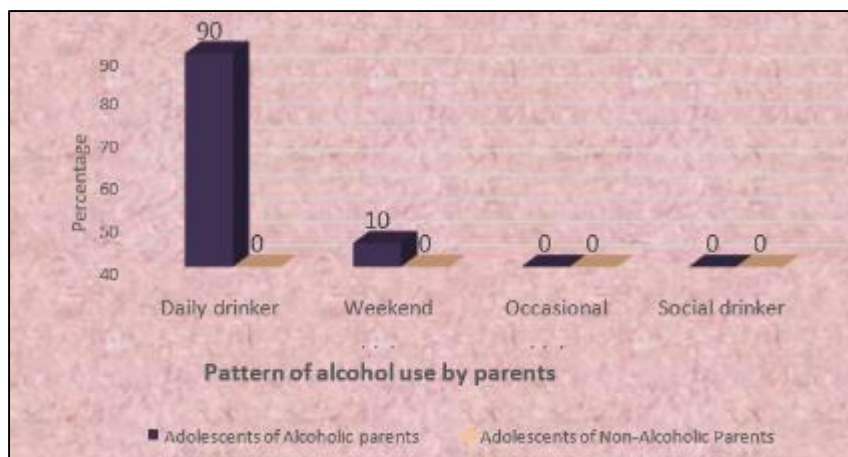




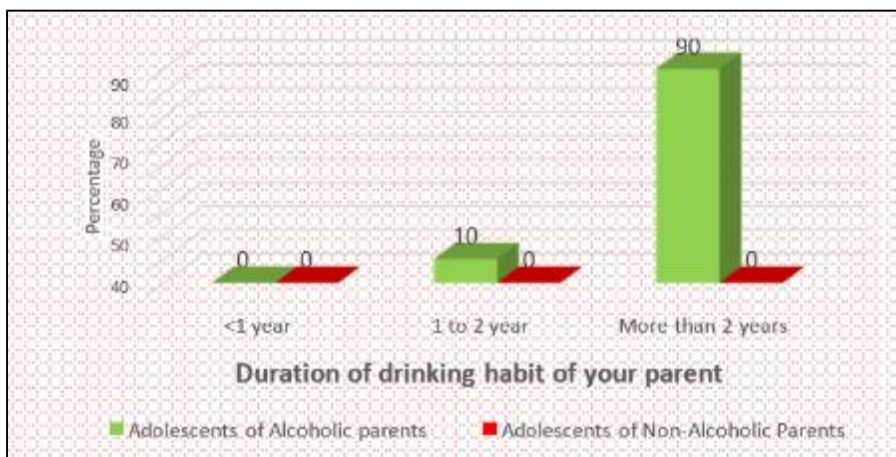
**Figure 12** Percentage wise distribution of the samples according to habit of alcohol among parents



**Figure 13** Bar diagram showing percentage wise distribution of the samples according to their parents using alcohol



**Figure 14** Percentage wise distribution of the samples according to their parent's pattern of using alcohol

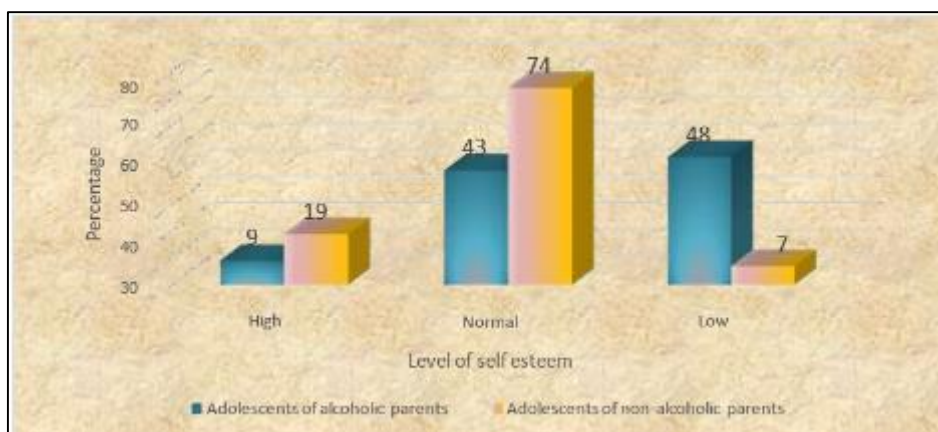


**Figure 15** Percentage wise distribution of the samples according to their parent’s duration of alcohol habit

**3.4. Section III: Levels of self-esteem among the adolescents of alcoholic and non-alcoholic parents.**

**Table 3** Frequency and Percentage distribution of levels of self-esteem among the adolescents of alcoholic and non-alcoholic parents.

Level of self esteem	Range of scores	Adolescents of Alcoholic parents		Adolescents of Non-Alcoholic parents	
		Frequency	Percentage	Frequency	Percentage
		(f)	(%)	(f)	(%)
High	26 – 30	9	9	19	19
Normal	15 – 25	43	43	74	74
Low	<15	48	48	7	7



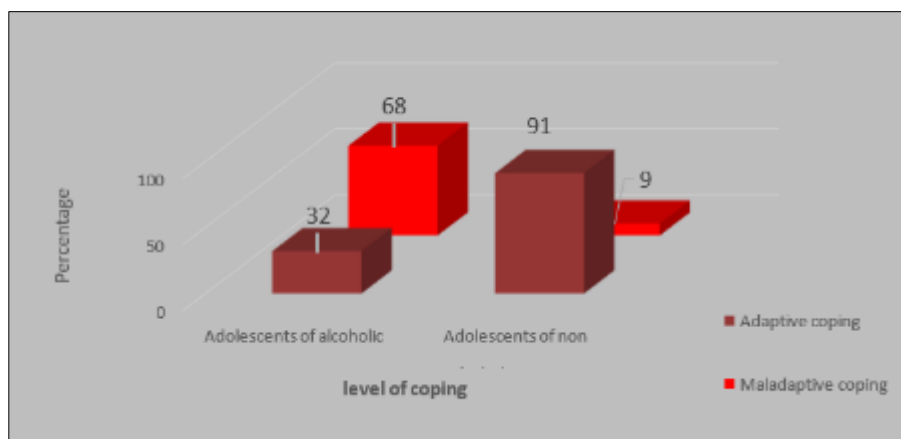
**Figure 16** Levels of self-esteem among the adolescents of alcoholic and non-alcoholic parents

The data in Table 3 and Figure 12 reveals that among adolescents of alcoholic parents, majority 48(48%) were having low self-esteem, 43 (43%) had normal level of self-esteem and only 9 (9%) had high level of self-esteem, whereas among adolescents of Non-Alcoholic parents, majority 74 (74%) were having normal level of self-esteem, 19 (19%) had high level of self-esteem and only 7 (7%) had low level of self-esteem.

**3.5. Section IV: Coping strategy among the adolescents of alcoholic and nonalcoholic parents.**

**Table 4** Frequency and Percentage distribution level of coping among the adolescents of alcoholic and nonalcoholic parents n=100+100

Level Of Coping	Range Of scores	Adolescents of Alcoholic parents		Adolescents of Non-Alcoholic parents	
		Frequency	Percentage	Frequency	Percentage
		(f)	(%)	(f)	(%)
Adaptive coping	9 -16	32	32	91	91
Maladaptive coping	0 -8	68	68	9	9



**Figure 17** Level of coping among the adolescents of alcoholic and nonalcoholic parents

The data in Table 4 and Figure 13 reveals that among adolescents of alcoholic parents, majority 68 (68%) were having maladaptive coping and only 32 (32%) had adoptive coping, whereas among adolescents of Non-Alcoholic parents, majority 91 (91%) were having adoptive coping and 9 (9%) had maladaptive coping.

**3.6. Section V: Compare the levels of self-esteem among the adolescents of alcoholic and nonalcoholic parents.**

*3.6.1. Testing of Hypothesis*

The following hypothesis was tested using unpaired ‘t’ test. The t-value was calculated to analyse the differences in levels of self-esteem among the adolescents of alcoholic and nonalcoholic parents.

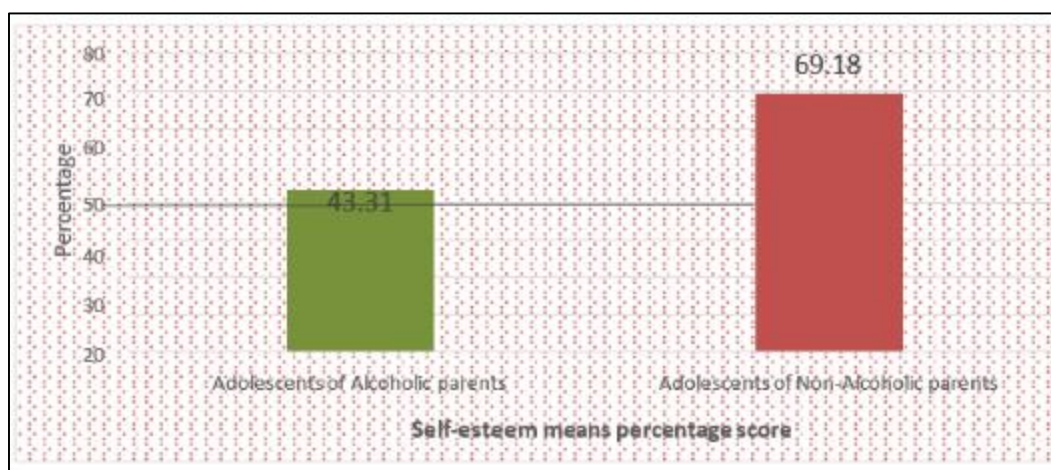
The following null hypotheses is framed

H01: There will be no significant difference in levels of self-esteem scores of the adolescents of alcoholic and nonalcoholic parent.

**Table 5** Mean, Standard deviation, Mean percentage, Mean difference, unpaired t value and p value of self-esteem among the adolescents of alcoholic and nonalcoholic parents n=100+100

Self-esteem	Mean	Standard deviation	Mean percentage	Mean difference	t value	p value
Adolescents of Alcoholic parents	14.41	5.05	36.03			
Adolescents of Non-Alcoholic parents	21.44	4.01	53.6	-7.03	10.907	<0.0001*

t<sub>198</sub> = 1.98 at 0.05 level of significance



**Figure 18** Mean percentage of self-esteem among the adolescents of alcoholic and non-alcoholic parents

The above table 5 and Figure 14 revealed that calculated 't' value was 10.907 which is greater than the tabled value at 0.05 level of significance ( $p < 0.001$ ). Mean and SD of self-esteem among Adolescents of Alcoholic parents was  $14.41 \pm 5.05$  which was lesser than the self-esteem among Adolescents of Non-Alcoholic parents were  $21.44 \pm 4.01$ . Hence, the null hypothesis was rejected  $H_0$  and research hypothesis was accepted indicating that difference in self-esteem among Adolescents of Alcoholic parents and Adolescents of Non-Alcoholic parents was not by chance. Therefore, it is concluded that the self-esteem among Adolescents of Non-Alcoholic parents were greater than Adolescents of Alcoholic parents.

### 3.7. Section VI: Compare the coping strategy among the adolescents of alcoholic and nonalcoholic parents

#### 3.7.1. Testing of Hypothesis

The following hypothesis was tested using unpaired 't' test. The t-value was calculated to analyse the differences in coping strategy among the adolescents of alcoholic and nonalcoholic parents

The following null hypotheses is framed

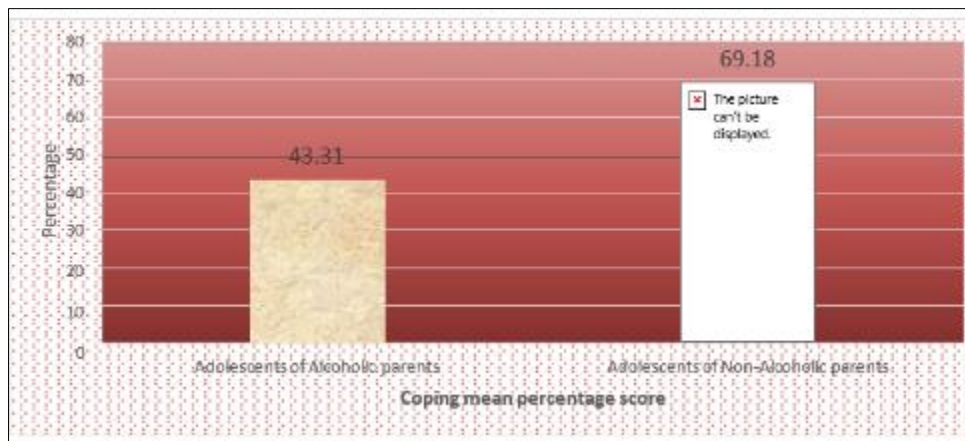
H<sub>02</sub>: There will be no significant difference in the coping strategies among alcoholic and nonalcoholic parent.

**Table 6** Mean, Standard deviation, Mean percentage, Mean difference, unpaired t value and p value of coping among the adolescents of alcoholic and nonalcoholic parents n=100+100

Coping	Mean	Standard deviation	Mean percentage	Mean difference	t value	p value
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Adolescents of Alcoholic parents	6.93	2.92	43.312			
Adolescents of Non-Alcoholic parents	11.07	2.04	69.186	-4.14	11.618	<0.0001*

t98= 2.011 at 0.05 level of significance; \*Significant



**Figure 19** Bar diagram showing of mean percentage of coping strategy among the adolescents of alcoholic and nonalcoholic parents

The above table 6 and Figure 15 revealed that calculated 't' value was 11.618 which is greater than the tabled value at 0.05 level of significance ( $p < 0.001$ ). Mean and SD of coping among Adolescents of Alcoholic parents was  $6.93 \pm 2.92$  which was lesser than the coping among Adolescents of Non-Alcoholic parents were  $11.07 \pm 2.04$ . Hence, the null hypothesis was rejected  $H_0$  and research hypothesis was accepted indicating that difference in coping among Adolescents of Alcoholic parents and Adolescents of Non-Alcoholic parents was not by chance. Therefore, it is concluded that the coping among Adolescents of Non-Alcoholic parents were greater than Adolescents of Alcoholic parents.

### 3.8. Section VII: Correlation between the self-esteem and coping strategies among adolescents of alcoholic and nonalcoholic parents.

#### 3.8.1. Testing of Hypothesis

The following hypothesis was tested using Karl Pearson correlation coefficient to analyse the correlation between the self-esteem and coping strategies among adolescents of alcoholic and nonalcoholic parents.

The following null hypotheses is framed

$H_0$ : There will be no significant relationship between self-esteem and coping strategies among adolescents of alcoholic and nonalcoholic parent.

**Table 7** Correlation between the self-esteem and coping strategies among adolescents of alcoholic parents  $n=100+100$

Parameters	Mean $\pm$ SD	Coefficient of correlation (r)	Inference
Self-esteem	14.41 $\pm$ 5.05	-0.0459	Weak negative
Coping	6.93 $\pm$ 2.92		correlation

The above table 7 revealed that the correlation of coefficient between self-esteem and coping was weak negative ( $r = -0.0459$ ) indicating that as decrease in self-esteem among adolescents of alcoholic parents their coping ability increases

or vice versa. Hence, the null hypothesis was rejected H03 and research hypothesis was accepted indicating that there is significant relationship between self-esteem and coping strategies among adolescents of alcoholic parents.

**Table 8** Correlation between the self-esteem and coping among adolescents of Nonalcoholic parents n=100+100

Parameters	Mean ±SD	Coefficient of correlation (r)	Inference
Self-esteem	21.44±4.01	0.0496	Weak positive correlation
Coping	11.07± 2.04		

The above table 8 revealed that the correlation of coefficient between self-esteem and coping was weakly positive ( $r = 0.0496$ ) indicating that as there is increase in self-esteem among adolescents of Non-Alcoholic parents their coping ability also increases. Hence, the null hypothesis was rejected H03 and research hypothesis was accepted indicating that there is significant relationship between self-esteem and coping strategies among adolescents of Non-Alcoholic parents.

### 3.9. Section VIII: Association between the self-esteem scores with selected demographic variables of adolescents of alcoholic and non-alcoholic parents.

This section deals with the findings of association between the self-esteem scores with selected demographic variables of adolescents of alcoholic and non-alcoholic parents.

To test this association following hypothesis was formulated:

H04: There will be no significant association between self-esteem scores of adolescents of alcoholic and nonalcoholic parent with their selected demographic variables.

Chi square test and Fisher exact test is computed to test the hypothesis.

**Table 9** Association between self-esteem scores and their demographic variables of adolescents of alcoholic and nonalcoholic parent with their selected demographic variables n=100+100

S.No	Self-esteem	Adolescents of alcoholic parents			Adolescents of Non-Alcoholic parents		
	Demographic variables	$\chi^2$	df	P value	$\chi^2$	df	P value
1.	Age in years	4.56	3	p>0.05	2.64	3	p>0.05
2.	Gender	0.07	1	p>0.05	5.87*	1	P<0.05
3.	Religion	10.95 *	1	P<0.05	3.13	1	p>0.05
4.	Type of family	0.04	1	p>0.05	0.06	1	p>0.05
5.	Education offather	0.61	3	p>0.05	4.14	3	p>0.05
6.	Education ofmother	2.99	3	p>0.05	1.06	3	p>0.05
7.	Occupation offather	8.73*	2	P<0.05	0.89	1	p>0.05
8	Occupation of mother	0.20	2	p>0.05	3.13	1	p>0.05
9.	Family Income per month	6.88*	1	P<0.05	5.69	2	p>0.05
10.	Among parents	18.02	1	P<0.05	-	-	-
11	who uses alcohol Pattern of alcohol use by parents	* 7.40*	1	P<0.05	-	-	
12	Duration of drinking habit of your parent	7.50*	1	P<0.05	-	-	-

df 1 = 3.84; df 2 = 5.99; df 3=7.82; \* Significant

Data in table 9 shows that there was significant association between self-esteem scores of adolescents of alcoholic parents and demographic variables like religion ( $\chi^2 - 10.95$ ,  $p < 0.05$ ), occupation of father ( $\chi^2 - 8.73$ ,  $p < 0.05$ ), family Income per month ( $\chi^2 - 6.88$ ,  $p < 0.05$ ), among parents who uses alcohol ( $\chi^2 - 18.02$ ,  $p < 0.05$ ), pattern of alcohol use by parents ( $\chi^2 - 7.40$ ,  $p < 0.05$ ) and duration of drinking habit of your parent ( $\chi^2 - 7.50$ ,  $p < 0.05$ ). Hence the research hypothesis was accepted among all these variables and null hypothesis rejected in this variable. Whereas no association between self-esteem scores of adolescents of alcoholic parents and demographic variables like age, gender, type of family, education of father, mother and occupation of mother, hence the null hypothesis was accepted and research hypothesis rejected in these demographic variables.

The data in table 9 also shows that there was significant association between self-esteem scores of adolescents of Non-Alcoholic parents and demographic variables like gender ( $\chi^2 - 5.87$ ,  $p < 0.05$ ). Hence the research hypothesis was accepted among this variable and null hypothesis rejected in this variable. Whereas no association between self-esteem scores of adolescents of Non-Alcoholic parents and other demographic variables, hence the null hypothesis was accepted and research hypothesis rejected.

### 3.10. Section IX: Association between the coping strategy scores with selected demographic variables of adolescents of alcoholic and non-alcoholic parents.

This section deals with the findings of association between the coping strategy scores with selected demographic variables of adolescents of alcoholic and non-alcoholic parents.

To test this association following hypothesis was formulated:

H05: There will be significant association between the coping strategy scores of adolescents of alcoholic and nonalcoholic parent with their selected demographic variables.

Chi square test and Fisher exact test is computed to test the hypothesis.

**Table 10** Association between coping strategy scores and their demographic variables of adolescents of alcoholic and nonalcoholic parent with their selected demographic variables  $n=100+100$

S.No	Coping level	Adolescents of alcoholic parents			Adolescents of Non-Alcoholic parents		
		$\chi^2$	df	P value	$\chi^2$	df	P value
	<b>Demographic variables</b>						
1.	Age in years	1.07	3	$p > 0.05$	0.42	3	$p > 0.05$
2.	Gender	0.008	1	$p > 0.05$	5.822	1	$P < 0.05$
3.	Religion	11.64*	1	$P < 0.05$	12.45*	1	$P < 0.05$
4.	Type of family	1.40	2	$p > 0.05$	0.008	1	$p > 0.05$
5.	Education offather	5.61	3	$p > 0.05$	5.77	2	$p > 0.05$
6.	Education ofmother	3.95	3	$p > 0.05$	1.18	3	$p > 0.05$
7.	Occupation offather	2.61	1	$p > 0.05$	0.40	1	$p > 0.05$
8	Occupation ofmother	8.21*	2	$P < 0.05$	5.71	2	$p > 0.05$
9.	Family Income per month	4.83*	1	$P < 0.05$	7.28*	2	$P < 0.05$
10.	Among parents who usesalcohol	7.45*	1	$P < 0.05$	-	-	-
11.	Pattern of alcohol use by parents	7.47*	1	$P < 0.05$	-	-	-
12	Duration of drinking habit of your parent	8.69*	1	$P < 0.05$	-	-	-

df 1 = 3.84df 2 = 5.99\* Significant

Data in table 10 shows that there was significant association between coping scores of adolescents of alcoholic parents and demographic variables like religion ( $\chi^2 - 11.64$ ,  $p < 0.05$ ), occupation of mother ( $\chi^2 - 8.21$ ,  $p < 0.05$ ), family Income

per month ( $\chi^2 = 4.83$ ,  $p < 0.05$ ), among parents who uses alcohol ( $\chi^2 = 7.45$ ,  $p < 0.05$ ), pattern of alcohol use by parents ( $\chi^2 = 7.47$ ,  $p < 0.05$ ) and duration of drinking habit of your parent ( $\chi^2 = 8.69$ ,  $p < 0.05$ ). Hence the research hypothesis was accepted among all these variables and null hypothesis rejected in this variable. Whereas no association between coping scores of adolescents of alcoholic parents and other demographic variables, hence the null hypothesis was accepted and research hypothesis rejected. The data in table 10 also shows that there was significant association between coping scores of adolescents of Non-Alcoholic parents and demographic variables like gender ( $\chi^2 = 5.82$ ,  $p < 0.05$ ), religion ( $\chi^2 = 12.45$ ,  $p < 0.05$ ) and family Income per month ( $\chi^2 = 7.28$ ,  $p < 0.05$ ). Hence the research hypothesis was accepted among this variable and null hypothesis rejected in this variable. Whereas no association between coping scores of adolescents of Non-Alcoholic parents and other demographic variables, hence the null hypothesis was accepted and research hypothesis rejected.

## 4. Discussion

### 4.1. Section I: Assessing adolescents of alcoholic and Non-Alcoholic parents

- Out of 320 adolescents 109 (34%) of the adolescents parents were alcoholic and 211 (66%) of the adolescents parents were of Non-Alcoholic.

### 4.2. Section II: Demographic characteristics of postgraduate students

- Regarding age there is somewhat similar characteristics in adolescents of alcoholic parents and adolescents of Non-Alcoholic parents most 30 (30%) and 35 (35%) were in the age group of 14 years respectively.
- In referring to the gender majority 57 (57%) and 68 (68%) were girls and rest 43 (43%) and 32 (32%) were boys among adolescents of alcoholic and Non-Alcoholic parents respectively.
- Regarding religion majority 58 (58%) and 52 (52%) were among adolescents of alcoholic and Non-Alcoholic parents respectively.
- In referring to the type of family, it is evident that most 65 (65%) and 76 (76%) of them belonged to nuclear family among adolescents of alcoholic and Non-Alcoholic parents respectively.
- Regarding educational status of the father among adolescents of alcoholic parents and Non-Alcoholic parents were most 30 (30%) and 29 (29%) of them had primary education respectively.
- Regarding educational status of the mother among adolescents of alcoholic parents, most 27 (27%) of them had primary education whereas among adolescent's Non-Alcoholic parents most 20 (20%) of them had high school education.
- Regarding occupation of the father most 55 (55%) and 57 (57%) were skilled worker among adolescents of alcoholic and Non-Alcoholic parents respectively.
- Regarding occupation of the mother most 41 (41%) and 50 (50%) were skilled worker, 32 (32%) and 27 (27%) were homemaker and 27 (27%) and 23 (23%) were semiskilled worker among adolescents of alcoholic and Non-Alcoholic parents respectively.
- Regarding income of the family, it is observed that most 51 (51%) and 61 (61%) were with range of 10001-15000 among adolescents of alcoholic and Non-Alcoholic parents respectively.
- Regarding habit of drinking among parents 100 (100%) of parents among adolescents of alcoholic were alcoholic whereas among adolescents of Non-Alcoholic parents 100 (100%) were not drinking alcohol.
- Regarding parents using alcohol among adolescents of alcoholic parents, most 98 (98%) were father, none were mother and 2 (2%) both parents were alcoholic.
- Regarding parent's pattern of using alcohol among adolescents of alcoholic parents, majority 90 (90%) were daily drinkers and only 10 (10%) were weekend end.
- Regarding parents duration of using alcohol among adolescents of alcoholic parents, majority 90 (90%) had a habit of drinking for more than 2 years and only 10 (10%) were drinking for 1 to 2 years.

### 4.3. Section III: Levels of self-esteem among the adolescents of alcoholic and non- alcoholic parents

- Regarding level of self-esteem, among adolescents of alcoholic parents, majority 48 (48%) were having low self-esteem, 43 (43%) had normal level of self-esteem and only 9 (9%) had high level of self-esteem, whereas among adolescents of Non-Alcoholic parents, majority 74 (74%) were having normal level of self-esteem, 19 (19%) had high level of self-esteem and only 7 (7%) had low level of self-esteem.



#### 4.4. Section IV: Coping strategy among the adolescents of alcoholic and nonalcoholic parents

- Regarding level of coping, among adolescents of alcoholic parents, majority 68 (68%) were having maladaptive coping and only 32 (32%) had adoptive coping, whereas among adolescents of Non-Alcoholic parents, majority 91 (91%) were having adoptive coping and 9 (9%) had maladaptive coping.

#### 4.5. Section V: Compare the levels of self-esteem among the adolescents of alcoholic and nonalcoholic parents

- Calculated 't' value was 10.907 which is greater than the tabled value at 0.05 level of significance ( $p < 0.001$ ). Mean and SD of self-esteem among Adolescents of Alcoholic parents was  $14.41 \pm 5.05$  which was lesser than the self-esteem among Adolescents of Non-Alcoholic parents were  $21.44 \pm 4.01$ . Hence, the null hypothesis was rejected H01 and research hypothesis was accepted indicating that difference in self-esteem among Adolescents of Alcoholic parents and Adolescents of Non-Alcoholic parents was not by chance. Therefore, it is concluded that the self-esteem among Adolescents of Non-Alcoholic parents were greater than Adolescents of Alcoholic parents.

#### 4.6. Section VI: Compare the coping strategy among the adolescents of alcoholic and nonalcoholic parents

- Calculated 't' value was 11.618 which is greater than the tabled value at 0.05 level of significance ( $p < 0.001$ ). Mean and SD of coping among Adolescents of Alcoholic parents was  $6.93 \pm 2.92$  which was lesser than the coping among Adolescents of Non-Alcoholic parents were  $11.07 \pm 2.04$ . Hence, the null hypothesis was rejected H02 and research hypothesis was accepted indicating that difference in coping among Adolescents of Alcoholic parents and Adolescents of Non-Alcoholic parents was not by chance. Therefore, it is concluded that the coping among Adolescents of Non-Alcoholic parents were greater than Adolescents of Alcoholic parents.

#### 4.7. Section VII: Correlation between the self-esteem and coping strategies among adolescents of alcoholic and nonalcoholic parents

- Correlation between self-esteem and coping among adolescents of alcoholic parents was weak negative ( $r = -0.0459$ ) indicating that as there is decrease in self-esteem among adolescents of alcoholic parents their coping ability increases or vice versa. Hence, the null hypothesis was rejected H03 and research hypothesis was accepted indicating that there is significant relationship between self-esteem and coping strategies among adolescents of alcoholic parents.

#### 4.8. Section VIII: Association between the self-esteem scores with selected demographic variables of adolescents of alcoholic and non-alcoholic parents

- There was significant association between self-esteem scores of adolescents of alcoholic parents and demographic variables like religion ( $\chi^2 - 10.95, p < 0.05$ ), occupation of father ( $\chi^2 - 8.73, p < 0.05$ ), family Income per month ( $\chi^2 - 6.88, p < 0.05$ ), among parents who uses alcohol ( $\chi^2 - 18.02, p < 0.05$ ), pattern of alcohol use by parents ( $\chi^2 - 7.40, p < 0.05$ ) and duration of drinking habit of your parent ( $\chi^2 - 7.50, p < 0.05$ ). Hence the research hypothesis was accepted among all these variables and null hypothesis rejected in this variable. Whereas no association between self-esteem scores of adolescents of alcoholic parents and demographic variables, hence the null hypothesis was accepted and research hypothesis rejected.

#### 4.9. Section IX: Association between the coping strategy scores with selected demographic variables of adolescents of alcoholic and non-alcoholic parents

- There was significant association between coping scores of adolescents of alcoholic parents and demographic variables like religion ( $\chi^2 - 11.64, p < 0.05$ ), occupation of mother ( $\chi^2 - 8.21, p < 0.05$ ), family Income per month ( $\chi^2 - 4.83, p < 0.05$ ), among parents who uses alcohol ( $\chi^2 - 7.45, p < 0.05$ ), pattern of alcohol use by parents ( $\chi^2 - 7.47, p < 0.05$ ) and duration of drinking habit of your parent ( $\chi^2 - 8.69, p < 0.05$ ). Hence the research hypothesis was accepted among all these variables and null hypothesis rejected in this variable. Whereas no association between coping scores of adolescents of alcoholic parents and demographic variables, hence the null hypothesis was accepted and research hypothesis rejected.

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## 5. Conclusion

A study of 320 adolescents found that 48% of adolescents of alcoholic parents had low self-esteem, while 74% of non-alcoholic parents had normal self-esteem. The majority of adolescents of alcoholic parents had maladaptive coping, while 91% of non-alcoholic parents had adoptive coping. Self-esteem and coping strategies were weakly negative and

positive, respectively. Demographic variables such as religion, father's occupation, family income per month, alcohol use patterns, and drinking habits were significant in determining self-esteem and coping. The study also found significant associations between self-esteem scores of alcoholic parents and demographic variables like gender, religion, and family income per month.

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## Compliance with ethical standards

### *Statement of informed consent*

Informed consent was obtained from all individual participants included in the study.

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