

Original Article

**Effectiveness of Motivational Therapy on Enhancing Self-esteem, to maintain Abstinence among Alcohol Dependent Patients in Sri Sai Foundation psychiatric hospital, Tamaka, Kolar.**

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**Abstract**

**Background:** Motivational therapy is very important among alcohol dependent patients to increase the self-esteem to bring the changes in the level of confidence, positive health, problem solving abilities, maintaining abstinence from the alcohol.<sup>1</sup>

Hence the researcher felt the need to improve the self-esteem level of alcohol dependent patients to maintain abstinence from alcohol in selected de-addiction centres, kolar.

**Objective:** To find out the effectiveness of motivational therapy on enhancing self-esteem to maintain abstinence among alcohol dependent patients.

**Materials and Methods:** An evaluative approach with Pre experimental one group pre-test, post-test design was adopted. Rosenberg self-esteem scale was used to collect the data. The main study was conducted at Sri Sai Foundation and Life Care Centre Kolar with the sample size of 80 alcohol dependent patients, by using Non-probability, convenient sampling technique and the collected data were analyzed and interpreted by using descriptive and inferential statistics.

**Results:** The findings of the study revealed that 100% (80) of alcohol dependent patients had low self-esteem level before Motivational therapy. Whereas after Motivational therapy 100% (80) of the alcohol dependent patients had reached to normal self-esteem level. Further study revealed that after Motivational therapy mean scores of self-esteem level i.e 18.75 with SD of 2.14 was higher than before Motivational therapy mean score i.e 9.51 with SD of 1.58 .The obtained t value 32.2 was greater than the table value (1.960) at 0.05 level of significance which indicates that Motivational therapy was effective on enhancing self-esteem levels of alcohol dependent patients.

**Conclusion:** The self-esteem level of alcohol dependent patients was low before Motivational therapy whereas after Motivational therapy all the patients had reached to normal self-esteem level. Hence Motivational therapy is effective in improving self-esteem level of alcohol dependent patients.

**Key words-** Effectiveness, Motivational therapy, Self-esteem, Abstinence, Alcohol Dependent patients.

**Introduction**

Alcoholism is one of the major health problem and social problem seen all over the World,<sup>2</sup> globally

there are 140 million alcohol dependents and 787 of them are not treated.<sup>4</sup> It is a primary disorder and not a symptom of other disease or emotional problems. The chemistry of alcohol allows it to effect nearly every type of Cell in the body, including those in the central nervous system.<sup>3</sup>

Self-esteem is a subjective value that people apply themselves. It is closely related to self-worth. The self-worth and self-esteem are interchangeable. Although such individuals may be described as lacking self-esteem, it would be more accurate to characterize them as having a weak sense of self, which is revealed through shifts in self-esteem.

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There is a clear, multi-faceted connection between self-esteem and alcohol abuse. A healthy life requires emotional and physical wellness that a poor sense of self and drugs will compromise. It is almost impossible for a person with a significant emotional disorder to end alcoholism if his/her self-esteem issues are not addressed.<sup>5</sup>

Low self-esteem can also cause alcohol abuse and addiction. Drinking may be associated with good times and parties early on, but once a person becomes addicted his life becomes a nightmare. Even someone who had once enjoyed healthy self-esteem will struggle with many consequences of alcoholism, which has caused the following problems such as Marriage failure, suffering performances at work or school, deteriorating physical health, financial struggles.<sup>6</sup>

Depending on the scope of the program, motivational therapy refers to the medical, psychotherapeutic, educational, and or social treatment processes required for alcoholism recovery.<sup>7</sup>

Motivational Therapy (MT) attempts to enhance a patient's desire to change by asking about the pros and cons of the patient's behaviors, by considering the patient's goals and the ambivalence associated with reaching those goals, and by attentively listening to the patient. As would be expected, this form of treatment may be of benefit primarily to patients who are not already highly motivated to change.<sup>8</sup>

Motivational therapy uses reflective listening techniques and a non-judgmental stance, both of which facilitate an empathetic environment for therapy.

Motivational therapy is usually a relatively short-term intervention; one that is gaining in popularity partly because it can be tailored to the needs of the recipient, it can be readily learned, and it is widely thought to be efficacious.

#### Objectives:

1. To assess the self-esteem level among alcohol dependent patients to maintain abstinence as measured by Rosenberg self-esteem scale.
2. To evaluate the effectiveness of motivational therapy on enhancing self-esteem to maintain abstinence among alcohol dependent patients by comparing pre and post test scores of self-esteem level.
3. To determine the association between post test scores of self-esteem level with selected socio-demographic variables.

#### Settings and Design:

Study was conducted on 02/03/2017 to 04/03/2017 at Sri Sai foundation psychiatric hospital (Alcohol and drug abuse treatment rehabilitation), tamaka, kolar.

**Table-1: Setting of the study in Sri Sai foundation, kolar.**

Date	Time		Pre-test	Sessions	Post-test
	Group-1	Group-2			
2/3/2017	2 pm-3.15pm	3.30-4.45pm	2/3/2017	Key elements of Motivational therapy.	-
3/3/2017	2pm-3pm	3pm-4pm	-	Tips to improve the self-esteem.	-
4/3/2017	2 pm-3.15pm	3.30-4.45pm	-	Increasing self-esteem in addiction recovery	19/3/2017

**Design:** Pre-experimental one group pre-test, post-test design was adopted.

**Table-2:**

DAY-1 O <sub>1</sub> PRE-TEST	DAY-1, DAY-2, DAY-3 X	DAY-15 O <sub>2</sub> POST-TEST
<ol style="list-style-type: none"> <li>1. Assessment of socio-demographic data.</li> <li>2. Assessment of self-esteem level of alcohol dependent patients.</li> </ol>	<ol style="list-style-type: none"> <li>1. SESSION-1: key elements of Motivational therapy.</li> <li>2. SESSION-2: Tips to improve the self-esteem.</li> <li>3. SESSION-3: Increasing self-esteem in addiction recovery</li> </ol>	<ol style="list-style-type: none"> <li>1. Assessment of self-esteem level of Alcohol dependent Patients.</li> </ol>

**Table-3 : Self-esteem level of alcohol dependent patients**

N=80

Level of self-esteem	Score	Pre test		Post test	
		Frequency	Percentage	Frequency	Percentage
Low self-esteem	(<15)	80	100	-	-
Normal self-esteem	(15-25)	--	-	80	100

**Tabel-4: Comparison of before and after intervention of mean scores of self-esteem level among alcohol dependent patients.**

N=80

Total no of items	Maximum score	Pre test		Post test		T value	'p' value	Inference
		Mean	SD	Mean	SD			
10	25	9.51	1.58	18.75	2.14	32.2	1.960	SS

SS- Statistical Significant

#### Methods and Material:

In the present study, an evaluative approach was selected and Pre experimental one group pre-test, post-test design was adopted. Rosenberg self-esteem a standardised scale was used to collect the data.

**Statistical analysis used:** analysis was done by using the descriptive and inferential statistics

#### Results:

The findings of the study also revealed that 100% (80) of alcohol dependent patients had low self-esteem level before Motivational therapy. Whereas after Motivational therapy 100% (80) of the alcohol dependent patients had reached to normal self-esteem level.

The findings of the study further revealed that after Motivational therapy mean scores of self-esteem level i.e 18.75 with SD of 2.14 was higher than before Motivational therapy mean score i.e 9.51with SD of 1.58 .The obtained t value 32.2 was greater than the table value (1.960) at 0.05 level of significance which indicates that Motivational therapy was effective on enhancing self-esteem levels of alcohol dependent patients. Hence the null hypothesis  $H_{01}$  is rejected.

#### Discussion:

The findings of the study revealed that majority i.e. 100% (80) of alcohol dependent patients had low self-esteem level (>15) before Motivational therapy, whereas after Motivational therapy 100% (80) of the alcohol dependent patients had reached to normal self-

esteem level (15-25).

Study findings are supported by study conducted at de-addiction centres, Delhi. The present study assessed the mediating effect of self-esteem in the relationship between stress and substance abuse among adolescents. Self-esteem was measured with the Rosenberg self-esteem scale. Self-esteem partially mediated the relationship between stress and substance abuse. Recommendations of the study highlighted that there was low self-esteem particularly the adolescents of substance abusers.<sup>7</sup>

The findings of the study revealed that after Motivational therapy mean scores of self-esteem level i.e 18.75 with SD of 2.14 was higher than before Motivational therapy mean score i.e 9.51with SD of 1.58 .The obtained t value 32.2 was greater than the table value (1.960) at 0.05 level of significance which indicates that Motivational therapy on enhancing self-esteem to maintain abstinence among alcohol dependent patients was effective.

Study findings are supported by the study was conducted in India. The sample was drawn from a state college and a public elementary school. The result indicated that Alcoholic parents on self-esteem  $p < .05$  ,Children of alcoholics 2.57% children of non-alcoholics 1.12% the study concluded that Children of alcoholics 1.44 % points lower in self-esteem than children of non alcoholic<sup>8</sup>

The chi-square test and fisher's exact test com-

puted between after Motivational therapy of self-esteem level and selected socio-demographic data showed that there was no significant association between the after Motivational therapy of self-esteem level and selected socio-demographic data like place of residence, monthly income, marital status, type of family, religion, duration of alcohol dependence, family history of alcohol dependence, suffering from any medical disorders, and previous exposure to Motivational therapy since the calculated  $X^2$  value was lesser than the table value at 0.05 level of significance, hence the null hypothesis  $H_0$  was accepted to those variables and there is a significant association between the after Motivational therapy of self-esteem level and selected socio-demographic data like age, education and occupation since the calculated value is  $X^2$  value was more than the table value at 0.05 level of significance hence the null hypothesis  $H_0$  was rejected to those variables.

Study findings are supported by longitudinal study on the relationship of self-esteem and self-efficacy on motivational therapy to treatment outcomes of alcohol-dependent men and women, in Christchurch School of Medicine, New Zealand investigates whether self-esteem is associated with clinical and demographic characteristics and post-treatment drinking outcomes. This study results shows that different perceptions of the self-esteem is low among alcohol use disorders.<sup>9</sup>

### Conclusions

Findings revealed that the self-esteem level of alcohol dependent patients was low before Motivational therapy whereas after Motivational therapy all the patients had reached to normal self-esteem level which indicates that the Motivational therapy was effective on enhancing self-esteem level to maintain ab-

stinence among alcohol dependent patients. Hence Motivational therapy is effective in improving self-esteem level of alcohol dependent patients.

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