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# Review of Research

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## A STUDY OF MENAT HEALTH AND DEPRESSION AMONG ALCOHOLIC AND NON-ALCOHOLIC PERSONS



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### ABSTRACT :

The purpose of this study was to find out the mean difference between alcoholic and non-alcoholic people in mental health and depression. The total sample consisted 50 alcoholic and non-alcoholic peoples were taken. The research tool for mental health was measured by Dr. Jagdish and Dr. A.K. Srivastava and for depression were used which made by Dubey L.N. used. For the statistical intrapritation of the data't' test was applied to check the significance level of mental health and depression among alcoholic and non-alcoholic people. Results revealed that significant difference in mental health and depression with respect to both alcoholic and non-alcoholic people on mental health and depression. The alcohoic peoples groups found more depressed and poor mental health than the non-alcoholic people.

**KEY WORDS:** - Mental Health, Depression, Alcoholic, Non-alcoholic Persons.

## INTRODUCTION:

Drinking alcohol is linked to both anxiety and depression. A recent survey found that people suffering from anxiety or depression were twice as likely to be heavy or problem drinkers. Alcohol has also been linked to self-harm, suicide and psychosis. Apart from affecting your mental health, consuming alcohol also affects your memory and brain function. Soon after drinking alcohol, brain processes slow down. For example, the effect on men's driving skills is measurable after the consumption of three to four units. At this level of consumption, alcohol is in the bloodstream at around 50mg per 100ml. Women can reach this same concentration by drinking just two or three units. People often feel rough after a session of heavy drinking, feeling that their memory and thinking is impaired. It's difficult to be sure whether this is a genuine effect; just part of the folklore about hangovers, or because there is still alcohol in the tissues the next day. Some people, even when they no longer have alcohol in the bloodstream, are probably slightly 'slowed' mentally the next day.

Mental health means different things to different people. People may think of control, happiness, contentment, order but good mental health is usually a sign of a positive way of life. Mental ill health is the opposite of this it causes problems and creates barriers to being happy. Your frame of mind may vary between the two as mental health can change. It can be affected by external influences, and one of these is drugs.

Drugs that are psychoactive, such as cannabis, alcohol, ecstasy and heroin, have the ability to affect your mood. They can arouse certain emotions or dampen down others. This may be why you use them. The changes in your mood or behaviour caused by drugs are the result of changes to the brain. Drugs interfere with the chemicals in the brain. This affects the messages those chemicals are trying to send. People need to weigh up both the short-term and long-term effects that drugs can have on your mental health.

The short-term effects may well be something enjoy – but probably only if they happen like people expect them to. That people may also have unwanted short-term drug-induced side effects, such as acting or feeling strange. These are short-term because they pass as the drug leaves your system.

Drugs can have a longer-lasting impact on human mental health too, and people need to think seriously about their own strengths and vulnerabilities. Unwanted effects may stay with that person because they have a pre-existing mental health condition they were not aware of. Or they may get the dose very wrong and permanently disrupt a chemical balance in the brain.

## OBJECTIVE OF THE STUDY

1. To study the mental health between Alcoholic and non-alcoholic People.
2. To study the depression between Alcoholic and non-alcoholic People.

## HYPOTHESIS OF THE STUDY

1. There is significant difference in mental health among Alcoholic and non-alcoholic People.
2. There is significant difference in depression among Alcoholic and non-alcoholic People.

## METHOD

### Sample:

According to the purpose of present study 50 alcoholic and non-alcoholic people has been selected. There were 25 People those have take an alcohol (Alcoholic) and 25 people whos dose not take alcohol (Non-alcoholic) were taken as a sample from Jalna Region. The subject selected in this

study the age arange between 35 to 45 years; most of the subjects belong to midlle class family bacground.

**Tools:**

In the present study following psychological test were used.

**(5)Mental Health Inventory:**

This inventory developed by Dr. Jagdish and Dr. A.K. Srivastava. The preliminary format of the MHI was tried out administered on a sample of 200 subjects belonging to various socio culture, age, and sex and education groups. On the basis of significance out of 72 items, 56 items including 32 'false-keyed and 24 'true keyed have been selected to constituted the final format of the inventory.

The reliability of the inventory was determined by spilt half method using add even procedure the reliability coefficients was .73 found. Construct validity of the inventory is determined by finding coefficients of correlation between scores on mental health inventory and general health questionnaire.

**(B) Mental Depression Scale (MDS)**

This sacle was developed and standaridized by Dubey L.N. The reliability coefficient by test-retest method and Half-Split method was found 0.64 and 0.69 respectively. The validity coefficient was found 0.41 and 0.39 with depression inventory (S.Karim) and Behaviour rating scale and parents respectively.

**Results:**

The sample for statistical analysis consisted of 50 subjects. For the each subjects, initially data of each group were separately tabulated by employing frequency distribution, and descriptive statistics. The statistical analysis was manly consisted of t-test.

**Table No. 1**  
**Mental Health among Alcoholic and Non-Alcoholic**

College students	N	Mean	S.D.	t	Significant
Alcoholic	25	151.12	32.55	5.02*	0.01
Non-Alcoholic	25	183.52	31.89		

In the Table no.1 shows that mean and SD values of mental health among Alcoholic and Non-alcoholic peoples. It indicates that mean value of alcoholic people found M= 151.12 and SD 32.55 is comparatively less than mean value among non-alcoholic poples M= 183.52 and SD 31.89 on Mental health. The results revelved that the people those who are taking alcohol had poor mental health than the pople those who are not take a alcohol. The above table also show the significant difference of both alcoholic and non-alcoholic peoples on the basis of t test, and the results are t = 5.67\* this is significant on 0.01 level. The results revelved, that there is significant difference found on mental depression among alcoholic and non-alcoholic people. Hence hypothesis no.1 "There is significant difference in mental health among Alcoholic and non-alcoholic People" is accepted.

**Table No. 2**  
**Mental Depression among Alcoholic and Non-alcoholic People**

College students	N	Mean	S.D.	T	Significant
Non-alcoholic	25	19.18	8.63	5.67	0.01
Alcoholic	25	35.06	17.80		

Table no. 2 shows mean and SD values of mental depression form alcoholic and Non-alcoholic peoples. The results indicating that mean value of non-alcoholic pople M= 19.18 and SD 8.63 is comparatively less than mean value of alcoholic people M= 35.06. and SD 17.80 on Mental Depression. The above table also show the significant difference of both alcoholic and non-alcoholic peoples  $t = 5.67^*$  this is significant on 0.01 level. The results revelved, that there is significant difference found on mental depression among alcoholic and non-alcoholic people. Hence hypothesis no.2 "There is significant difference in depression among Alcoholic and non-alcoholic People" is accepted.

#### Conclusion:

- There is significant difference of alcoholic and non-alcoholic peoples on Mental Health.
- Non-alcoholic pepoples had better mental health than the alcoholic peoples.
- There is significant difference of alcoholic and non-alcoholic peoples on mental depression.
- Alcoholic peoples had more deressed than the non-alcoholic pople.

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