

The mental health by alcoholic

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1. Introduction

Drinking alcohol has been formed as healthy and developmental a drinking culture. However various problems related to drinking culture also have been happened as well as it has been grown. The death or accidents caused by drinking is approximately 14,176 counted and about more than 1000 people were killed by drunken driving. In addition, the death rate caused by drinking was three times higher than general drivers. The fact that about 10% of alcoholic ended in committing suicide could mean enormous loss in Korea society[1]. These kinds of mental and physiological problems such as depression and stress could be the main cause of alcoholic[2]. In response of this, this research will identify how influential dirking is.

2. Research Plan

The research was aimed at over than 20s including both male and female and was the research as descriptive and vertical research to measure the level of mental health by a drinking problem. It was also to identify how much the mental health has influence on the drinking problem.

2.1. Subjective and method

The target was 3,880 adults who participated in the KNHANES V-3[3]. It was researched in the self-questionnaire anonymity way.

2.2. Contents of research and the method of analysis

It was analyzed in the demographical character such as gender, marital Status (not married, married, divorced), economic status (high, middle-high, and low-middle, low), and education level (elementary, middle school and high school, college), occupation (employed and unemployed).

In the analysis of mental health, it was conducted for 2 weeks with the main causes such as depression, suicidal idea, sleeping time and stress. Frequency, proportion, χ^2 -t-test and multiple regression analysis were carried out through SPSS 18.0 and analyzed the difference and influential causes.

3. Results

3.1. The general character of the target

In terms of the average age (48.25 ± 16.14), each 49% of males and 51% of female were occupied. In marital status, it was accounted for 72.6% (marriage). Regarding the economic level, 25.8% of total was belong into high level and in the case of occupation, 64.3% of participants was in employed.

3.2. The general feature by alcoholic and mental health

80.4 % of Alcoholic was male and in age, 40s~ 50s group was accounted for 42.8%. In terms of marital status, marriage was occupied 72.4% in total and high school graduated was accounted for 41.9% in the level of education. In the case of occupation, employed was took up by 76.7% in total. There was significant difference among them. In mental health, alcoholic are most likely to be involved in depression and suicidal idea rather than generals. The average of sleeping time in alcoholic was 6.9 hrs and the level of stress was recorded in 2.8 points. There was remarkable difference comparing with generals [Table.1].

3.3. The level of influence

Male was influenced by drinking about 7.4 times as female. 19~39 aged group was 1.8 times as other groups and in marital status, not marriage group was 0.7 times as marriage. In terms of the education level, middle school and

high school graduated were 1.6 times and 1.4 time as other groups respectively. The probability to be problem drinker was 1.4 times higher in employed than in unemployed. In depression, it was 1.2 times higher and it was 1.5 times higher in suicidal idea. Participants with stress were 0.8 times higher than generals

[Table 1] The general character by alcoholic and mental health

Item		<12(3,002/ 77.4)	≥12(878/22.6)	t or F (P)	
Socio-emographic characteristics	Gender	Male	1,194(39.8)	706(80.4)	448.90(.000)*
		Female	1,808(60.2)	172(19.6)	
	Age	19-39	1,007(33.5)	302(34.4)	14.49(.001)*
		40-59	1,126(37.5)	376(42.8)	
		≥60	869(28.9)	200(22.8)	
	Marital status	Not Married	515(17.2)	175(19.9)	7.59(.023)*
		Married	2,181(72.7)	636(72.4)	
		Divorced et al	306(10.2)	67(7.6)	
	Economic status	Low	693(23.1)	229(26.1)	3.53(.316)
		Low-Middle	769(25.6)	211(24.0)	
Middle-High		760(25.3)	218(24.8)		
High		780(26.0)	220(25.1)		
Education level	≤ Elementary	621(20.7)	126(14.4)	23.24 (.000)*	
	Middle	291(0.7)	103(11.7)		
	High	1,087(36.2)	368(41.9)		
	≥ College	1,003(33.4)	281(32.0)		
Occupation	Yes	1,821(60.7)	673(76.7)	75.66(.000)*	
	No	1,181(39.3)	205(23.3)		
Mental health	Depress	Yes	358(11.9)	138(15.7)	8.762(.004)*
		No	2,644(88.1)	740(84.3)	
	Suicidal idea	Yes	380(12.7)	140(15.9)	6.324(.013)*
		No	2,622(87.3)	738(84.1)	
	Sleeping time		6.82 ± 1.37	6.84±1.38	-.321(.748)
	Stress		2.86 ± .70	2.75± .73	3.966(.000)*

*p<.05

4. Conclusion

The difference between male and female was huge since, in Korea society, the stereo type of role toward male and female was still strict[4]. The fact could mean that male could be exposed to more opportunities of drinking through the entire of social activity. The long term point of view, the abuse of Alcohol in 30s and 40s could influence extremely bad in maintaining healthy life and the quality of life. In response of that, a nursing intervention should be encouraged to set up the right consciousness toward drinking behavior and the promotion of health. Thus, if various causes which could have a huge influence on alcohol abuse was analyzed first and approached in depth, it might help making a plan regarding the solution for alcoholic.

5. References

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