

A Sociological Analysis of Alcohol & Tobacco Impact on Family: Case Studies Conducted on Labour Residing In an Industrial Area of Baddi, Himachal Pradesh

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Abstract: This sociological research analysis was conducted during the year 2017 in the month of August to December. This study explored some factors in relation to alcohol & tobacco use among labourer class (from 18 years – below 50) age group. The present case study has been done on labour class working in the organized & unorganized sector and was carried out in an industrial town of Baddi, Himachal Pradesh which is known as the pharmaceutical capital of India. This study was focused on the socio-economic implication of alcohol & tobacco on the life of industrial worker’s family. The purposive sampling was used to decide the samples and three case studies were carried out with the help of some focused group discussion conducted with the community members. The target population was the user (both alcohol & tobacco) & one of the family members residing with him/her. This involved purposively chosen families who narrated the stories about alcohol & tobacco and it’s harmful impacts on them. These families helped the researcher to observe some qualitative findings based on these two intoxicants. The present result suggested that socio-cultural, religion-custom, beliefs factors played an important role in context with alcohol & tobacco consumption. This affects the marriage stability, emotional well-being of the child, user’s behaviour, misuse of these two intoxicants.

Keywords: Tobacco & Alcohol Use, Socio-economic impact, labourer’s family.

ABOUT THE CASE STUDIES

The present research is mainly based on some case studies based on alcohol & tobacco use impact on the family of the labourer. All the names of the actual cases have been changed and maintained the principle of confidentiality. The specific objectives were to a) Study the socio-economic status of the household. b) Identify the causes of alcohol and tobacco use by the families involved. c) Capture the effects of alcoholism and tobacco on the families involved.

LITERATURE REVIEW

A Study conducted by Gabriele Schäfer *et al.* [1] titled with “Family Functioning in Families with Alcohol and Other Drug Addiction” highlighted the impact of alcohol on the family functioning and the results found that through in-depth interviews; 12 participants were interviewed. Results found that All participants families had suffered from a variety of forms of disruption, such as loss of custody of their children, loss of employment, marital breakdown, physical and psychological abuse, depression and ill health. This also affected their relationships with their families [1]. Another research conducted with entitled Alcohol Abuse and the Family: A Case Study of the Nandi Community of Kenya done by Birech, J. *et al.*[2]

explored that inconsiderate financial situation has put in to alcohol abuse; socio-cultural beliefs, changes have played a role in this consumption, whereby religious and traditional system that used to safeguard the mistreatment of alcohol has broken down; marriage stability and emotional wellbeing of the children have been unfavorably affected and, lastly, the family use changaa & bussa as a coping mechanism to cope with theses problem [2]. Another case study conducted by Douglas Sociologist, 2006 investigated some results that the social factors contributing to use and abuse of alcohol like social stereotyping of alcohol, traditional customs and beliefs; home influence; peer pressure; economic condition; religion and other social demographic factors such as sex and gender, class, education and region[3]. A Study was done by Gopinath, G., Sudheer, S, V. [3] titled “Case studies on the effect of Alcoholism on the familial educational, psychological, and social areas in children lives” also examined some facts that trauma faced are mostly faced by children in alcoholic families.

Case study of Arvind’s family

Arvind Kumar is 29 years young men working in a small scale industry (Unorganized) as a car painter, living with his wife and two children’s. He is residing

in a semi-constructed colony on rent and paid Rs 1800 for his accommodation. His salary is nearly Rs 8500 per month, he has been staying in Baddi for last three years, but the family is residing with him for last one year only. Out of two children, one of his daughters nearly six years old going to school but faced some academic failures, and another girl which was four years old didn't attend the school. During discussion with Arvind's wife, it was noted that the children's faced some negligence from father side the reasons were evaluated later. Her wife was only primary educated and her husband was middle class passed he believes that education will not be going any help to her daughters they have to stay in his native village (rural area of Uttar Pradesh). Arvind is a smoker and also consumes alcohol both with his friends within the house or sometimes outside his home with friends. He often uses to drink and smoke in front of his daughters and wife. His wife told us that she is not having a good marital relationship with his partner because of his alcohol & tobacco consumption practices. Because in her earlier family she did not saw such kind of practices and never faced any unsocial practices in her father's house. She said as her husband came back from his work he often goes out for such practices with his friend (nearly 3-4 days within a week). Whenever she asked her husband about the reason behind these practices, he always answers "main bhut thak jata hu isleye pita hu, ise mujhse aram milta hai aur meri thakan dur hoti hai" "I felt tired so I take to drink, it gives me a great relief" But when we talk to Arvind about this habit, he said that his wife is non-corporative and always argue him. When we tried to explore the reasons behind this marital disturbance Arvind Kumar didn't want to talk about these issues and expressed his ignorance in every visit. He always said that he is not a chronic alcoholic or smoker, at the first visit he was refused to accept that he is smoker or drinker. The researcher tried hard to approach him many times at his home or even at his workplace. After four to five visits he finally convinced about our research purpose and study aims. When the researcher talks with his wife she said that many times he comes late at night because of his alcoholic practices, sometimes he was unconscious even at home after drinking. Arvind Kumar accepted that he spends nearly Rs 400 on his smoking & chewable tobacco practices and nearly spend Rs 1500 on alcohol. The researcher analyses that he spends nearly 20% of his salary on both the practices. He always said that due to his heavy work, he perceived that both alcohol & tobacco give him a kind of relaxation & energy to him to do this work, which he feels that he deserves. He put in the picture us that he started his smoking practices when he was just 19 and drinking at the age of 26 years. We perceived that in somehow these two practices affect his family economically. He always said that he is not a chronic drinker or smoker he is not habitual of these practices. However with a continuous inquiring, that why should he use or started these kinds of

practices neither is not habitual of this. Finally, he accepted that smoking and drinking both ease his depression, loneliness, fatigue and give some company to his co-workers, friends who offer him and also would like to return back from him the same. It was analyzed that the main reason for disturbance within the family was due to his addiction, he spoils his future and other family members future especially his two children and he ignores his work, carelessness towards children growth, neglect her partner. It was also expected that these problems in future may lead to more venerable and complex problems of domestic violence, abuse of children or exploitation to the family members. Here researcher tried to provide some family-based intervention with the family members, and tried to educate the user and another family member by providing health information about the consumption of alcohol & tobacco through self-made power point presentation or by providing IEC material to the family; which covers its effects, awareness, health promotion & tobacco/alcohol cessation information. Further, the researcher also enables the user and members through available resources nearby their residing area and tried to link with the DDTC (Drug De-Addiction Centre) & Tobacco cessation center's nearby by the area. The researcher also educates the community through Focused group discussion, where the researcher can enable the maximum members the user & non-user both and provided the impact of these practices on user & its family members, and also provided that problem-solving approach to deal with it.

Case study of Ram sevak's family

Ram Sevak is 38 years labourer, middle school educated, working as an mechanic in small- scale factory and residing with his family & younger brother in a pucca house in industrial town of Baddi. His family includes her wife 33 years old middle pass, three children's; one boy (14years) & two daughters (9; 12 years old). He earned nearly Rs 8000 per month, he originated belongs to Bihar state and residing in Baddi from last five years on a rented accommodation and pay nearly Rs 1700 for this. Her both daughters going to school but her boy is a drop out student, and her brother is also working as auto rickshaw driver in same the community. He is much more concern to his girl child but question is about his drop out boy; the reason about not going to school. The reason will evaluate later, why we chosen this family because this family includes two smoker but one alcoholic user within the family. Ram Sevak is a smoker & drinker but drink occasionally and his younger brother is a tobacco user (consumed smoke & smokeless tobacco), this practices was noted while interviewing her wife. He & his younger brother did not identify themselves as smoker & alcoholic publically. His brother (28 years) earning Rs 7000 by his occupation, he was pampered by both ram Sevak himself & by her wife. There are six members in the family and only two earning members are there in the

family. Ram Sevak frequently goes to Bihar every month to meet his parents. He also takes a loan of Rs 15000 from his company to help his brother and paying Rs 700 per month for this. As far as alcohol & smoking concerns, ram Sevak started consuming alcohol at the age of 25 years & smoking at the age of 19 years. His brother was practicing only smoking, which was started at the age of 21 years. His wife told the researcher that initially he smokes daily but consumed alcohol casually but nowadays from last one year he started consuming alcohol almost four times in a week with his co-workers. As per his brother concerned he mostly consumed bidi within the household in the presence of household children. When researcher tried to talk with ram Sewak he admitted that he is an alcoholic, he drinks not only the Indian made liquor but also consumed local brands available locally in the town. He spends normally Rs 2000-2500 on both smoking & alcoholic practices. On the other hand his brother normally spends approx Rs 500-700 on smoking practices. Earlier his wife did not know about his alcoholic practices but she ignored, because she did not know about the perceived impact of smoking & drinking on user, non user both. This all answer was recorded while interviewing his wife separately. She did not bother about her husband alcoholic practices. Ram Sevak gives a small amount of money to her wife for household expenditure & for the children. His carelessness and noncooperation with his family & spouse is increasing. Both the husband & wife, ignored about their boy about his future all the time he was out the house, Researcher tried to interview him but due to non-availability and refused to talk. Researcher analyses that this alcohol & smoking practices affects the behavior of his younger brother in his influence, he started smoking at early ages. But now his boy also at this stage, not going to school, watching his father & his uncle behavior towards smoking & drinking which influence the child and also affects the behavior in context with smoking/drinking practices. The reason researcher analyzed that he can easily afford these two practices & there is no opposition from his wife on this practices, she easily accepted this. Here we can examined the trends of smoking/drinking consumption from Ram Sevak to his younger brother, now predicted that this consumption trends will be followed by his son later on. Here the researcher tried to put some intervention process to solve the problem of the respondent, he educated the entire family about the consequences of the smoking/drinking which was not aware earlier. Further the researcher also educated them by providing some information on Secondhand smoke, which has been practicing by ram Sevak's younger brother within the household.

Case study' of Suresh's family

Suresh ram about 41 year's old men, educated Sr. Secondary schooling from Utrakhnad residing in Baddi. He works in an organized sector as labourer and

draws a salary about Rs 10,000. He is residing with his family, his wife (38 years); one boy (18years) one girl (16 years) and his father (nearly 69 years) stay with him in a pucca house. His mother was expired when was about 30 years old she was afflicted by some kidney diseases. Her father was also sometimes feeling upset with this. Suresh ram is the eldest brother of two brothers; he was disturbed by his brother's wife behavior under these circumstances he decided to leave his native place. He got married at the age of 21 years and has two children's. Suresh ram wants to provide good education to his children's for which he is doing extra work in factory and undergo economic hardships. When we interviewed him he never accepted that he is a smoker and drinker, this is all information was got from his wife. He told us that he is a daily smoker and consumed alcohol one-two times in a week. But he never consumed drinking at the front of his father but smokes at front of him. According to her smoking practices is normal & acceptable to her & to her father in law. He normally comes home after drinking with his co-worker or friends. She finds herself helpless about it. Because she and her children's afraid of him, as he loses his temper after drinking and became violent by his behavior. But of all this he loves her, father and the children. He normally spends Rs 2000 approx on his smoking/drinking practices. She also searching for some administrative job nearby her accommodation, she is also matric educated having experience of administrative office work, she wants to save money for daughters marriage. Now a days Suresh's wife told us that he has been suffering from choric cough infection which is nor curing even he has showed it to the doctor, from a couple of months a large amount of money is spending on his heath treatment from a salary. Doctors advised him to not to consume any tobacco product especially smoked products but he is continuing this smoking practice even within the household. Now because of Suresh health problem, his father & children are worried that this practice must be stopped within the household even they are trying to do this. Suresh's wife is very upset and searching for job in order to contribute in household and especially for the health treatment of her husband. His wife tried her best to stop his smoking & drinking practices and often visit traditional faith healers like ojahas and also start fasting, so that her husband free from this evil. Researcher from social work field gives assistance to the children of the family that if the parents with harmful alcohol & tobacco consumption dependence should be given proper psycho-social care, socially not be neglected. Further the researcher attaches this family with the local health worker for primary care as an initial support.

CONCLUSION

Concluding this study sought to find the impact of alcohol & tobacco use on the family. It focused on the reasons that make people use alcohol, the consequences of alcohol use and tobacco affects the

marital stability as well as the emotional well-being of the children.

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