

1 **Effectiveness Of Alcoholic Anonymous(AA) In Maintaining Abstinence Among**
2 **Individuals Attending Alcoholic Anonymous Meetings In Selected Groups At**
3 **Coimbatore:**

4 **ABSTRACT**

5 Alcohol dependence is a major public health issue that require effective interventions to
6 support abstinence. Alcoholics Anonymous (AA) is a widely recognized peer-support
7 program designedd to help individuals maintain sobriety. This study aims to assess the
8 effectiveness of Alcoholics Anonymous (AA) in maintaining abstinence among individuals
9 attending (AA)meetings in selected grouos at coimbatore. For this study quantitative
10 research design was used. Study conducted among 60 samples who attended alcoholics
11 anonymous group meetings participants were selected using a non-probability purposive
12 sampling technique. The socrates 8A questionnaire was used to assess the level of alcohol
13 dependence. Pre-test scores were obtained before the intervention.participants attended
14 Alcoholic Anonymous (AA) group sessions for 90 minutes daily in the eveningfor 30
15 consecutive days.post-test was conducted on the 31st day using the same tool. Result: The
16 pre-test mean score was 68.6[sd=14.7] and the post-test mean score was 13.5. The mean
17 difference was 55.1. The paired t-test value was 26*, which wasstastically significant at
18 $p<0.05$. The study find outs he alcoholics anonymous was found to be effective in
19 maintaining abstinence among individuals with alcohol dependence.

20 **KEYWORDS**

21 Alcoholics anonymous, alcohol dependence,abstinence ,socrates 8A, quasi-experimental
22 study.

23 **INTRODUCTION**

24 Alcohol dependence is a major global health concern affecting individuals, families, and
25 communities. Excessive alcoholconsumption contributes to various physical,psychological,
26 psychological,and social problem.Effective interventions are essential to support individuals
27 in achieving and maintaining abstinence.

28 Alcoholics anonymous (AA) is a widely recognized peer-support program that helps
29 individuals recover from alcohol dependence through mutual support, shared experience , and
30 structured meetings. The program focuses on abstinence, personal resposibility, and social
31 support among individuals withh similar experiences.

32 Despite the widespread use of alcoholics anonymous programs,evaluating their effectiveness
33 in maintaining abstinence remains important for evidence –based practice, particularly in
34 community settings.

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37 **STATEMENT OF THE PROBLEM**

38 A study to assess the effectiveness of alcoholics anonymous (AA) in maintaining abstinence
39 among individual attending Alcoholics Anonymous (AA) meeting in selected groups, at
40 coimbatore.

41 **OBJECTIVES OF THE STUDY**

42 1.To assess the pre-test and post test level of maintaining abstinence among individuals
43 attending alcoholics anonymous (AA) meetings in selected groups.

44 2. To assess the effectiveness of alcoholics anonymous (AA) in maintaining abstinence
45 among individuals attending alcoholics anonymous (AA) meetings in selected groups.

46 3.To find out association between the post-test level of maintaining abstinence among
47 individuals attending alcoholics anonymous (AA) meetings in selected groups with their
48 selected demographic variables.

49 **HYPOTHESIS:**

50 H₁:- there will be a significant difference between pre-test and post-test level of maintaining
51 abstinence among individuals attending alcoholics anonymous meeting in selected groups.

52 H₂:- there will be a significant association between post-test levels of maintaining abstinence
53 among individuals attending alcoholics anonymous meeting in selected groups with their
54 selected demographic variables.

55 **MATERIALS AND METHOD :**

56 A quantitative quasi experimental research design was used. 60 alcoholic anonymous group
57 members were selected by using a non-probability purposive sampling technique. The
58 socrates 8A questionnaire was used to assess the level of alcohol dependence. Pre-test scores
59 were obtained before the intervention. followed by data collection participants attended
60 Alcoholics Anonymous (AA) group sessions for 90 minutes daily in the evening for 30
61 consecutive days.post-test was conducted on the 31st day using the same tool.

62 **RESULTS AND DISCUSSION:**

63 Table No.1 shows the demographic characteristics of individuals attending Alcoholics
64 Anonymous meetings in selected groups related to the level of maintaining abstinence.
65 Among the participants, 11 (18%) were aged <20 years, 15 (25%) were between 21–40 years,
66 24 (40%) were between 41–60 years, and 10 (17%) were above 60 years. With regard to sex,
67 43 (72%) were males and 17 (28%) were females. In terms of educational status, 18 (30%)
68 were illiterate, 12 (20%) had primary education, 14 (23%) had secondary education, and 16
69 (27%) were graduates. Regarding occupation, 14 (23%) were unemployed, 18 (30%) were
70 self-employed, 16 (27%) were privately employed, and 12 (20%) were government
71 employees. Based on monthly income, 6 (10%) earned below ₹5000, 11 (18%) earned
72 ₹5001–₹10,000, 27 (45%) earned ₹10,001–₹20,000, and 16 (27%) earned above ₹20,001. In
73 relation to religion, 29 (48%) were Hindus, 14 (24%) were Muslims, and 17 (28%) were
74 Christians. Regarding marital status, 38 (63%) were married, 7 (12%) were unmarried, 6
75 (10%) were divorced, and 9 (15%) were separated. Concerning family history of alcoholism,

76 47 (78%) reported a positive history, while 13 (22%) reported no such history. The majority
77 of participants, 51 (85%), reported daily alcohol consumption, whereas 9 (15%) did not.
78 Regarding the duration of alcohol consumption, 12 (20%) had consumed alcohol for more
79 than 5 years, 25 (42%) for 6–10 years, 13 (22%) for 11–15 years, and 10 (16%) for more than
80 16 years.

81 Table No 2 shows that level of maintaining abstinence during pre test, none of them had mild
82 alcohol dependence, 25(42%) had moderate alcohol dependence and 35(58%) had severe
83 alcohol dependence. In post test 41(68%) had mild alcohol dependence, 19(32%) had
84 moderate alcohol dependence and none of them had severe alcohol dependence.

85 Table No.3 represents the level of maintaining abstinence in pretest mean score was 68.6,
86 standard deviation of 14.7. In post test mean score was 13.5 and standard deviation of 55.1.
87 The mean difference was 55.1. The estimated paired‘t’ value was 26* which is significant at
88 $p<0.05$. It shows that alcoholics anonymous (AA) was very effective for maintaining
89 abstinence among of individual attending alcoholic anonymous meeting in selected group.
90

91 Table No.4 shows that there was a significant association of religion, family history of
92 alcoholism and duration of consumption of alcohol. The calculated value is less than table
93 value, which indicates there is no significant association between age, sex, education,
94 occupation, income per month, marital status, have you consume alcohol daily.

95 **DISCUSSION**

96 This main aim of the study to assess the effectiveness of Alcoholics Anonymous (AA) in
97 maintaining abstinence among individuals attending Alcoholics anonymous (AA) group
98 meetings. The study was conducted among 60 samples. The level of alcohol dependence was
99 assessed by socrates 8A questionnaire . the response was analyzed through mean, standard
100 deviation, paired t-test . the results were arranged based on objectives of the study.

101 The first objective was to assess the pre test and post test level of maintaining abstinence
102 among individual attending alcoholic anonymous meeting in selected groups. The level of
103 maintaining abstinence during pre test, none of them had mild alcohol dependence, 25(42%)
104 had moderate alcohol dependence and 35(58%) had severe alcohol dependence. In post test
105 41(68%) had mild alcohol dependence, 19(32%) had moderate alcohol dependence and none
106 of them had severe alcohol dependence.

107 The second objective was to assess the effectiveness of Alcoholics Anonymous (AA) in
108 maintaining abstinence among individual attending alcoholic anonymous meeting in selected
109 groups. The level of maintaining abstinence in pretest mean score was 68.6, standard
110 deviation of 14.7. In post test mean score was 13.5 and standard deviation of 55.1. The
111 mean difference was 55.1. The estimated paired‘t’ value was 26* which is significant at
112 $p<0.05$. It shows that alcoholics anonymous (AA) was very effective for maintaining
113 abstinence among of individual attending alcoholic anonymous meeting in selected group.

114 The third objective was to find out the association between the post test level of maintaining
115 abstinence among individual attending alcoholic anonymous meeting in selected groups with

116 their selected demographic variables. There was a significant association of religion, family
 117 history of alcoholism and duration of consumption of alcohol. The calculated value is less
 118 than table value, which indicates there is no significant association between age, sex,
 119 education, occupation, income per month, marital status, have you consume alcohol daily .

120

121 **TABLE NO 1: DISTRIBUTION OF SAMPLES ACCORDING TO DEMOGRAPHIC**
 122 **VARIABLES AMONG INDIVIDUALS ATTENDING ALCOHOLICS ANONYMOUS**
 123 **MEETING IN SELECTED GROUPS**

124

S.No	Demographic Variables	F	%
1.	Age		
	a) < 20 years	11	18
	b) 21 – 40 years	15	25
	c) 41 – 60 years	24	40
	d) > 60 years	10	17
2.	Sex		
	a) Male	43	72
	b) Female	17	28
3.	Education		
	a) Illiterate	18	30
	b) primary	12	20
	c) Secondary	14	23
	d) Graduate	16	27
4.	Occupation		
	a) Unemployed	14	23
	b) Self employed	18	30
	c) Private employed	16	27
	d) Government employed	12	20
5.	Income per month		

	a) Below Rs.5000	6	10
	b) Rs.5001-Rs.10000	11	18
	c) Rs.10001-Rs.20000	27	45
	d) Above Rs. 20001	16	27
6.	Religion		
	a) Hindu	29	48
	b) Muslim	14	24
	c) Christian	17	28
7.	Marital status		
	a) Married	38	63
	b) Unmarried	7	12
	c) Divorce	6	10
	d) Separated	9	15
8.	Family history of alcoholism		
	a) Yes	47	78
	b) No	13	22
9.	Have you consume alcohol daily		
	a) Yes	51	85
	b) No	9	15
10.	Duration of consumption of alcohol (in years)		
	a) > 5	12	20
	b) 6-10	25	42
	c) 11-15	13	22
	d) <16	10	16

127 **Table No.2: Frequency and percentage distribution of individual attending alcoholic**
 128 **anonymous meeting according to pre-test and post test level of maintaining abstinence.**
 129

S.No	Maintaining abstinence	Pre test		Post test	
		f	%	f	%
1.	Mild alcohol dependence	0	0	41	68
2.	Moderate alcohol dependence	25	42	19	32
3.	Severe alcohol dependence	35	58	0	0

130

131 **Table No.3: Comparison of mean, standard deviation, mean differences and paired 't'**
 132 **value on level of maintaining abstinence among individual attending alcoholic**
 133 **anonymous meeting in selected groups**

134

S.No	Level of maintaining abstinence	Mean	SD	Mean difference	Paired 't' value
1	Pretest	68.6	14.7	55.1	26*
2	Post test	13.5	8.1		

* significant at $p < 0.05$

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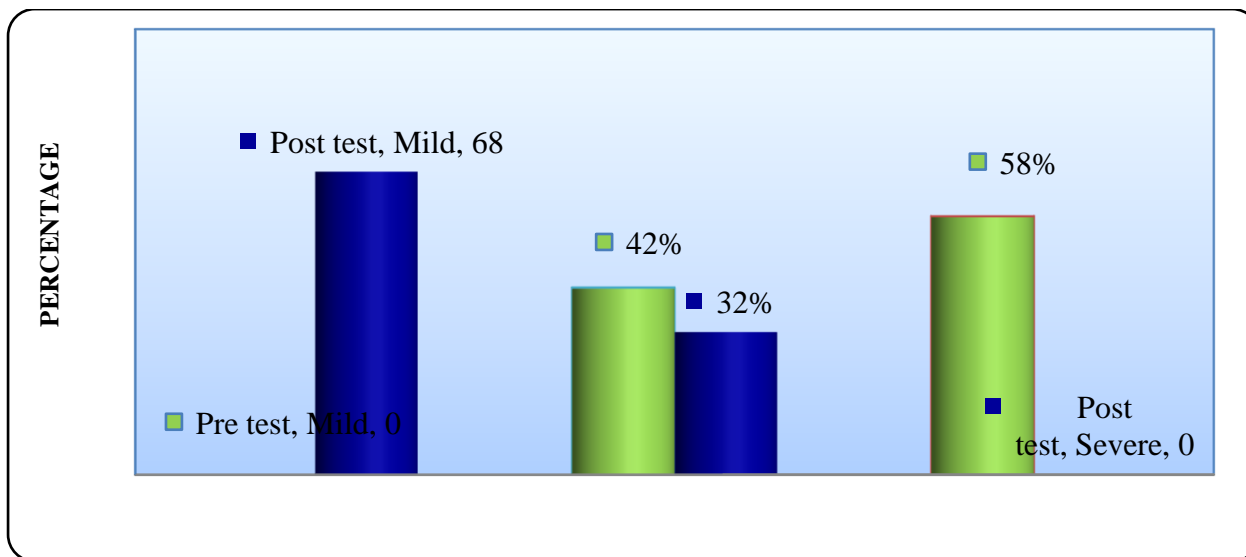
140

141 **Table No.4: Association between the post test levels of maintaining abstinence among**
 142 **individual attending alcoholic anonymous meeting in selected groups with their selected**
 143 **demographic variables.**

S.No	Demographic Variables	Level of maintaining abstinence		χ^2	Table value (df)
		Mild	Moderate		
1.	Age a) < 20 years b) 21 – 40 years c) 41 – 60 years d) > 60 years	5 11 19 6	6 4 5 4	6.017	7.815 (3)
2.	Sex a) Male b) Female	31 10	12 7	1.816	3.841 (1)
3.	Education a) Illiterate b) primary c) Secondary d) Graduate	12 9 9 11	6 3 5 5	4.36	7.815 (3)
4.	Occupation a) Unemployed b) Self employed c) Private employed d) Government employed	8 11 13 9	6 7 3 3	0.438	7.815 (3)
5.	Income per month a) Below Rs.5000 b) Rs.5001-Rs.10000 c) Rs.10001-Rs.20000 d) Above Rs. 20001	4 8 19	2 3 8	1.275	7.815 (3)

		10	6		
6.	Religion				
	a) Hindu	21	8		5.99
	b) Muslim	8	6	7.965*	(2)
	c) Christian	12	5		
7.	Marital status				
	a) Married	29	9		
	b) Unmarried	5	2	3.15	7.815
	c) Divorce	2	4		(3)
	d) Separated	5	4		
8.	Family history of alcoholism				
	a) Yes			10.06*	3.841
	b) No	35	12		(1)
		6	7		
9.	Have you consume alcohol daily				
	a) Yes			0.037	3.841
	b) No	38	13		(1)
		3	6		
10.	Duration of consumption of alcohol (in years)				
	a) > 5	9	3		7.815
	b) 6-10	18	7	13.59*	(3)
	c) 11-15	8	5		
	d) <16	6	4		

146 **Fig.4.2: Frequency and percentage distribution of samples according to the pre**
 147 **test and post test level of maintaining abstinence among individual attending**
 148 **alcoholic anonymous meeting**



149

150 **CONCLUSION**

151 The study find outs he alcoholics anonymous was found to be effective in maintaining
 152 abstinence among individuals with alcohol dependence.

153 **ACKNOWLEDGEMENT**

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 155 Holy trinity group members at coimbatore for providing the permission to carry out this
 156 research work.

157 **CONFLICT OF INTEREST**

158 We declare that we have no conflict of interest.

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