

HOMOEOPATHIC MANAGEMENT OF ADOLESCENTS HAVING ALCOHOLIC FATHERS BY UNDERSTANDING THEIR ADAPTIVE MECHANISMS

Abstract

Adolescence is the stage where transition occurs at physical and psychological level that generally occurs during the period from puberty to adulthood. Issues of independence, identity, sexuality, and relationships define this developmental stage. Adolescents face various stressors at home, school due to parents, peers, teachers etc. Many of the stresses are transient in nature and disappears as age advances but some stresses leaves their long lasting impact on individual and more severe on tender mind like of adolescents which are very difficult to understand and manage with. The aim of this study was to understand the adaptive mechanisms of children in the adolescent age group whose fathers are alcoholics and determining the role of these mechanisms in the Homoeopathic management.

30 adolescents have been studied from age group of 12 years to 18 years of both the sexes. The adolescents were selected on basis of the impact in their life due to alcoholic father. A self- made checklist was applied to understand the stressors faced by these adolescents physical, mentally and intellectually due to alcoholic father. 5 (17%) adolescents had stressor due to abusive father, anticipatory anxiety of being abused by father, & interpersonal conflicts amongst parents equally, 4 (13%) abusive behavior of father towards mother. 4 (13%) did not face any stressor. Reactions to stressors were fear of father as prominent factor in 9 cases (30%), hatred towards father in 3 adolescents (10%), 8 adolescents (27%) had anger towards father, 3 (10%) had desire to hit

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father, 3 of them (10%) had no any effect of father's alcoholism. Out of 30 adolescents 12 (40%) adolescents used suppression, escapism along with suppression was also observed in 6 (20%), escapism in 3 (10%) of adolescents, rationalization in 3 (10 %), sublimation in 2 (7%). Homoeopathic similimum was indicated on basis of adaptive mechanisms, and ancillary measures were given to required adolescents.

One of the causes of mental, physical and intellectual difficulties faced by adolescent is parental alcoholism which needs to be studied to understand the mode of adaptation and help them in management of difficulties.

Keywords: Adolescents, Alcoholic Father, Stressors, Adaptive Mechanisms, Homoeopathic Management, Ancillary Mode of Treatment

I. INTRODUCTION

Alcohol addiction is an alarming issue in India. Alcohol consumption not only makes the person sick who consumes alcohol, but also his entire family to suffer along with him. The main care taker of the family when consumes alcohol does not remain the same care taker and support the family sees up to with. Under the influence of alcohol many a times they forget humanity and behave in most inhuman way with their family members.

Father to whom the child looks up as the first Hero of his life, under influence of alcohol becomes the scariest villain of his or her life. The family suffers from verbal as well as physical abuse of the father under influence of alcohol. To an extent that person might go under influence of alcohol that might lead to anti-social behavior in society.

There are many de-addiction centers to treat these alcoholics and medical facilities to treat their illness. Families who have an alcoholic member in their family may seem physically fit but are never mentally healthy. Especially the children staying in such families are the major sufferer. They undergo mental as well as physical stress developed due to parental conflicts, abuse, and financial crisis. They get disturbed not only mentally but also their physical health gets deteriorated. Their academic performance too gets deteriorated due to continuous exposure to stress.

Hence the study deals with understanding how and what adaptive mechanism used by the adolescent age group children to sustain the stress faced due to father's alcoholism. These adaptive mechanisms to be understood in detail and utilizing these adaptive mechanisms to understand the homoeopathic similimum remedy.

II. AIMS & OBJECTIVES

- 1. Aims:** To understand the adaptive mechanisms of children in the adolescent age group whose fathers are alcoholics and determining the role of these mechanisms in the Homoeopathic management.
- 2. Objectives:**
 - To understand the mental and physical state of adolescent children with alcoholic fathers.
 - To understand the various stressors under which these children function.
 - To identify the adaptive mechanisms developed by these children to cope with the situation.
 - To understand the role of the above in determining the similimum remedy.

III. METHODS AND MATERIALS

- 1. Study Setting:** Cases of adolescents having alcoholic father from various OPDs and adolescents of alcoholic Patients admitted in IPD.
- 2. Selection of Sample:** 30 adolescents were selected for the study.

3. Inclusion/ Exclusion Criteria

- **Inclusion Criteria:** Randomly 17 males and 13 females have been included for the study.
- **Exclusion Criteria:** Cases in which data was not obtained

4. Study Design (Type Of Study): Prospective case series method

5. Selection of Tools

- Cases have been recorded Standardized Case Record (SCR)
- Processed through Diagnostic Net
- Self-formulated check list was applied.

6. Brief of Procedure:

- 30 cases had been selected from various OPDs & IPDs with the institute and the child psychiatry OPDs of the hospital (MLDMHI, Palghar).
- Cases were identified with the objective information of the history of Alcoholic fathers.
- After selection of cases self-made check list was applied to identify the stressors and its effects on the patient.
- Assessment of stress was categorized as physical, mental or intellectual for planning an intervention.
- Homoeopathic management and as per requirement ancillary mode of management was given.

7. Data Collection:

- 30 cases of adolescents aged 12 -18 years whose life had been impacted and suffered from illnesses due to fathers' alcoholism.
- Detailed evolutionary history- of all the complaints in LSMC (location, sensation, modality, concomitants) format and detailed evolutionary life space investigations were been taken.
- Detailed case taking focusing on each event in the child's life and what coping mechanism The child has been using for overcoming it was explored in detail.
- The essential data also had been taken from observants like mother and siblings.

8. Outcome Assessment Criteria: Improvement at the level of physical and emotional level was assessed after homeopathic and ancillary mode of management.

9. Data Analysis:

- The complaints of the adolescent were been understood with help of Diagnostic net.
- The diagnostic net was formulated and the adaptive mechanisms developed in the child to overcome his/her stressors were understood to understand the depth of impact.
- Totality was formulated and similimum was selected on the basis of adaptive mechanisms and ancillary mode of management was given in required cases.

IV. OBSERVATION

1. Stressors of Adolescent Due to Fathers Alcoholism:

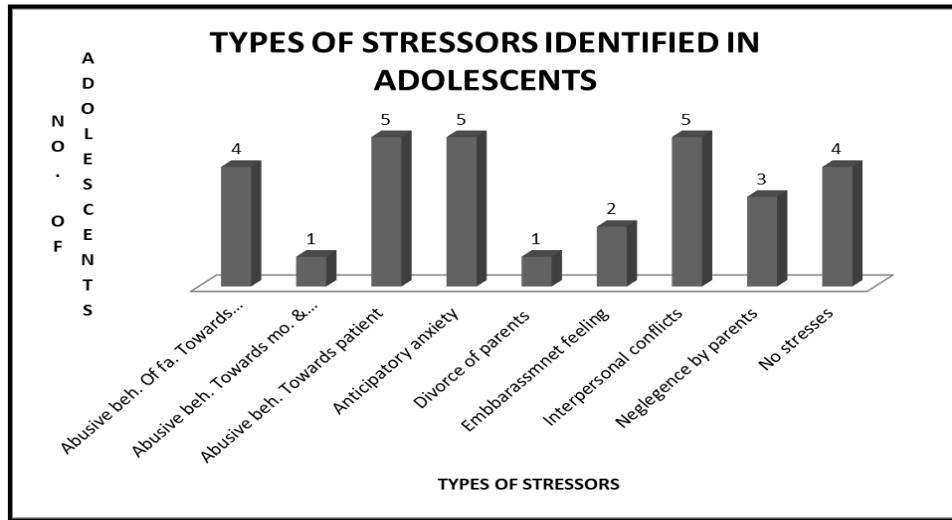


Figure 1: Types of Stressors Identified in Adolescents

5 (17%) adolescents have stressor identified as abusive behavior of father towards them, anticipatory anxiety of being abused by father 5(17%), also the interpersonal conflicts amongst parents due to father’s alcoholism 5(17%) as equally contributed stressor. 4 (13%) of adolescents had stressor of abusive behavior of father towards mother. 4 (13%) of them did not face any stressor due to alcoholism of father. The other stressors observed were neglected feeling by the parents amongst 3 (10%) of them and other were embarrassment feeling observed in 2 (7%), and divorce of parents in 1 (3%) of adolescents.

2. Reaction of Adolescent to Alcoholism of Father

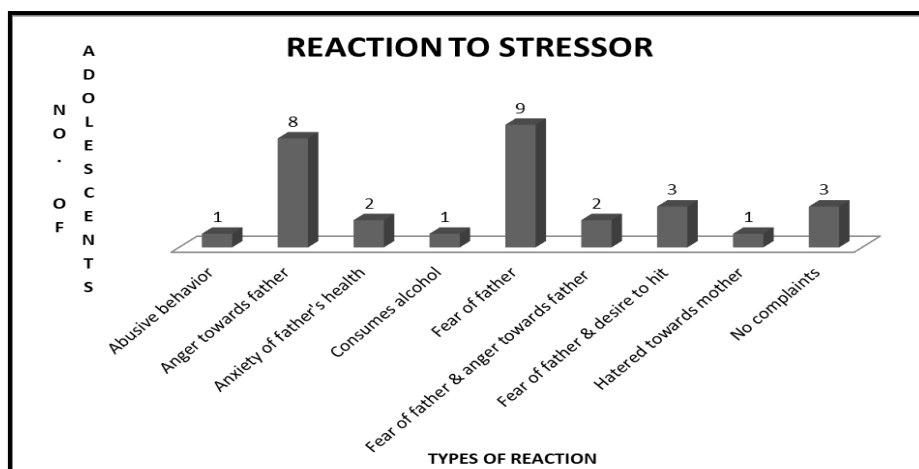


Figure 2: Reaction to Stressor

Amongst stressors produced in adolescents, fear of father was prominent factor in 9 cases (30%) Anger with desire to beat father in 3 adolescents (10%) and progressing towards hatred of father is the second prominent response. Total 8 adolescents (27%) have shown anger towards father, 3 adolescents (10%) had desire to hit father with anger. On the other hand, 3 of them (10%) had no any effect of alcoholism of father on them. 1 (3%) consumed alcohol.

3. Types of Adaptive Mechanisms Observed:

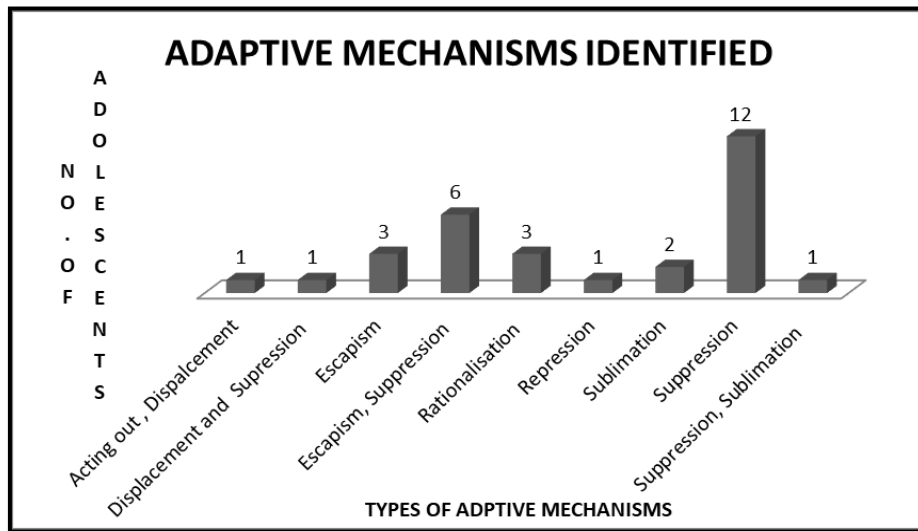


Figure 3: Adaptive Mechanism Identified

Suppression has been the most common adaptive behavior use by adolescents i.e. 12 (40%) adolescents. Escapism along with suppression was also observed in 6 (20%) adolescents to be the adaptive mechanism used under stressful situation by the adolescent. Only Escapism was seen in 3 (10%) of adolescents, the other adaptive mechanisms observed are Rationalization in 3 (10%), Sublimation amongst 2 (7%). Acting out, Displacement and Suppression, Repression and Suppression and Sublimation in 1 (3%) each was observed.

4. Remedy

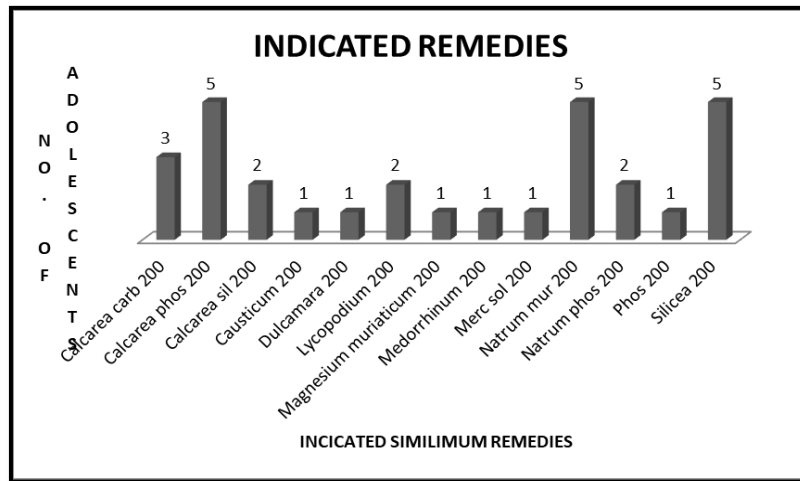


Figure 4: Indicated Remedies

The maximum indicated remedy has been from Calcarea group 10 (35%), Natrum group 7 (23%), Silica 5 (17%), Lycopodium 2 (7%), Causticum, Dulcamara, Magnesium, Medorrhinum, Merc Sol & Phosphorus 1 (3%) each out of 30 adolescents.

V. CONCLUSION:

- As compared to older aged adolescents the younger aged adolescents (12 years – 13 adolescents) are more to be affected by alcoholism of father.
- The commonest found reaction due to alcoholism of father is fear towards father the second common been anger towards and neglected feeling from father.
- The commonest used adaptive mechanism is suppression of emotions and the second most is to escape from the situation.
- The other adaptive mechanisms used are Acting Out, Displacement, Rationalization, Repression, and Sublimation, which was found in few cases.
- These adaptive mechanisms were used to understand the homoeopathic similimum prescription.
- Calcarea group remedies were prescribed to 10 adolescents and Natrum group was prescribed to 7 adolescents after understanding in detail their adaptive mechanisms.
- Adolescents who mainly had fear as their reaction and avoided the situation due to fear i.e. escapism were prescribed remedy from Calcarea group. Adolescents who had anger towards father and had anger towards father and who had suppression of their emotions as their adaptation were prescribed remedies from Natrum group.
- Parental counseling was given to required group of parents; De- addiction treatment was suggested and given to few of the parents.

VI. LIMITATIONS

- Equality in selection of sample on basis of gender lacked hence assessment on basis of gender could not be done.

- Due to lack of follow ups the remedy outcome could not be assessed accurately.
- The academic progress could not be assessed due to in- consistence of follow up.

VII. SUMMARY

The topic of study was “HOMOEOPATHIC MANAGEMENT OF ADOLESCENTS HAVING ALCOHOLIC FATHERS BY UNDERSTANDING THEIR ADAPTIVE MECHANISMS”. The study was to understand the way adolescent adapts oneself from the stress produced by the condition of father’s alcoholic behavior and how these adaptive mechanisms are used to arrive at the similimum.

30 cases of adolescents from age group of 12-18 were selected with known father’s alcoholism. Data was obtained in detail about the father’s alcoholism and the stress the child faces due to it. To these stresses what adaptive mechanisms the adolescent uses were understood.

The adaptive mechanisms were understood in detail by detailed data understanding of the personal background understanding of the adolescent as well as the family background. This helped in understanding the remedy and finalizing the similimum prescription.

Adolescents who required ancillary mode along with remedy were also helped with counseling to parents as well as child. Remediation in order to get help in academics was also taken care of.

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