

The Prediction of Happiness and Coping Response in Adult peoples with Nature of Drinking

Dr. Sunil Kumar

Abstract

The present study aspired to investigate whether The Prediction of Happiness and Coping Response in Adult peoples With Nature of Drinking. It was hypothesized that Nature of Drinking will be a significant predictor of Happiness and Coping Responses in Adult peoples. A purposive sample of 120 human participants (age range 25-45 years) with balanced number of males and females was selected for the present study. Out of these 120 Human Participants, 40 of them were Alcohol Addicts (20 Males and 20 Females), 40 of them were Social Drinkers (20 Males and 20 Females) and the remaining 40 of them were exclusively Teetotalers (20 Males and 20 Females). The Alcohol Addicts and Social Drinkers were traced from various hotels, bars, pubs and counselling centers in Sriganganagar and Jaipur district of Rajasthan State. Coping response was measured by Ways of Coping Questionnaire (Folkman & Lazarus, 1986) and Happiness was measured by Happiness Scale (Argyle and Hills, 2002). Multiple Regression Analysis was computed through SPSS 17. It was also empirically proved that Nature of Drinking was a significantly positive predictor of Happiness and Coping Responses in Alcohol Addicts, Social Drinking and Teetotalers.

Keywords:- Nature of Drinking, Coping Response, Happiness and Adult People.

Introduction

Drinking is woven into the fabric of many societies - sharing a bottle of wine over a meal, going out for drinks with friends, celebrating special occasions with champagne. But because alcohol is such a common, popular element

in many activities, it can be hard to see when your drinking has crossed the line from moderate or social use to problem drinking. If you consume alcohol simply to feel good, or to avoid feeling bad, your drinking could become problematic. Alcoholism and

alcohol abuse can sneak up on you, so it's important to be aware of the warning signs and take steps to cut back if you recognize them. Understanding the problem is the first step to overcoming it.

Alcoholism and alcohol abuse are due to many interconnected factors, including genetics, how you were raised, your social environment, and your emotional health. Some racial groups, such as American Indians and Native Alaskans, are more at risk than others of developing alcohol addiction. People who have a family history of alcoholism or who associate closely with heavy drinkers are more likely to develop drinking problems. Finally, those who suffer from a mental health problem such as anxiety, depression, or bipolar disorder are also particularly at risk, because alcohol may be used to self-medicate. Since drinking is so common in many cultures and the effects vary so widely from person to person, it's not always easy to figure out where the line is between social drinking and problem drinking. The bottom line is how alcohol affects you. ***If your drinking is causing problems in***

your life, you have a drinking problem.

Studies indicate that treatment techniques which foster coping skills, problem-solving skills, and social support play a pivotal role in successful treatment. In the future, individualized treatment approaches that emphasize stress management strategies in those patients in whom a clear connection between stress and relapse exists will become particularly important.

Denial is one of the biggest obstacles to getting help for alcohol abuse and alcoholism. The desire to drink is so strong that the mind finds many ways to rationalize drinking, even when the consequences are obvious. By keeping you from looking honestly at your behaviour and its negative effects, denial also exacerbates alcohol-related problems with work, finances, and relationships. Alcoholism and alcohol abuse can affect all aspects of your life. Long-term alcohol use can cause serious health complications, affecting virtually every organ in your body, including your brain. Problem drinking can also damage your

emotional stability, finances, career, and your ability to build and sustain satisfying relationships. Alcoholism and alcohol abuse can also have an impact on your family, friends and the people you work with.

Despite the potentially lethal damage that heavy drinking does to the body—including cancer, heart problems, and liver disease—the social consequences can be just as devastating. Alcoholics and alcohol abusers are much more likely to get divorced, have problems with domestic violence, struggle with unemployment, and live in poverty. If you're ready to admit you have a drinking problem, you've already taken the first step. It takes tremendous strength and courage to face alcohol abuse and alcoholism head on.

Happiness is a mental or emotional state of well-being defined by positive or pleasant ranging from contentment to intense joy. A variety of biological psychological, religious and philosophical approaches have striven to define happiness and identify its sources. Psychologist Martin Seligman asserts that

happiness is not solely derived from external, momentary pleasures and provides the acronym PERMA to summarize Positive Psychology's correlational findings: humans seem happiest when they have - Pleasure (tasty food, warm baths, etc.), Engagement (or flow, the absorption of an enjoyed yet challenging activity), Relationships (social ties have turned out to be extremely reliable indicator of happiness), Meaning (a perceived quest or belonging to something bigger) and Accomplishments (having realized tangible goals).

Coping responses are those skills that we use to offset disadvantages in day to day life. Coping responses can be seen as a sort of adaptation. Many mental health practitioners, particularly those who practice cognitive-behavioral theory, teach clients healthier coping skills for dealing with their issues. The ability to adapt to stress and adversity is a central facet of human development. Successful adaptation to stress includes the ways in which individuals manage their emotions, think constructively, regulate and direct

their behavior, control their autonomic arousal and act in the social and nonsocial environments to modify or lessen sources of stress. These processes have all been included to varying degrees within the construct of coping (Compas et al., 2001).

Coping is viewed as an ongoing dynamic process that changes in response to the changing demands of a stressful encounter or event. Coping can be defined as “a response aimed at diminishing the physical, emotional and psychological burden that is linked to stressful life events and daily hassles” (Snyder & Dinoff, 1999). Lazarus and Folkman (1984) defined coping as “constantly changing cognitive and behavioral efforts to manage specific external and/or internal demands that are appraised as taxing or exceeding the resources of the person”. The coping process is complex and generally unfolds over time. The process includes the appraisal of the stressor, the individual’s own capacity to deal with it and the strategies to deal with the stressor. Before a coping strategy is selected, a stressor must be appraised. This cognitive

process of appraisal consists of a continuous, evaluative process of categorizing the encounter (Lazarus & Folkman, 1984).

Objectives

1. To investigate whether Nature of Drinking is a significant predictor of Happiness in Adult peoples.
2. To investigate whether Nature of Drinking is a significant predictor of Coping Responses in Adult peoples.

Hypotheses

1. It was hypothesized that Nature of Drinking will be a significant predictor of Happiness in Adult peoples.
2. It was hypothesized that Nature of Drinking will be a significant predictor of Coping Responses in Adult peoples.

Sample

A purposive sample of 120 human participants (age range 25-45 years) with balanced number of males and females was selected for the present study. Out of these 120 Human Participants, 40 of them were Alcohol Addicts, 40 of them were Social Drinkers and the remaining 40 of them were exclusively Teetotalers. The Alcohol Addicts and Social Drinkers were

traced from various hotels, bars, pubs and counselling centres in Sriganganagar and Jaipur district of Rajasthan State.

Measures

The following measures were administered on the Alcohol Addicts, Social Drinkers and Teetotalers with informed consent and they were duly assured that the results so obtained would be kept confidential and would not be used for any other purpose extraneous to the present research:

1. Happiness Scale (Argyle and Hills, 2002)
2. Ways of Coping Questionnaire (Folkman & Lazarus, 1986)

Research Design

A Correlational Research Design with Multiple Regression Analysis was employed to find out whether Nature of Drinking are significant predictor of Happiness and Coping Responses in Adult peoples.

Independent Variables

- Nature of drinking (Alcohol Addicts, Social Drinkers and Teetotalers)

Dependent Variables

- Happiness
- Coping Response

Results

The results indicate that the constant β coefficient is 76.133 and Standardized β coefficient of Nature of Drinking (ND) is .589 which is significant at 0.01 level of confidence. It is empirically proved that Nature of Drinking is a significant positive predictor of Happiness in Alcohol Addicts, Social Drinkers and Teetotalers. Therefore, as Nature of Drinking increases, Happiness also increases in Alcohol Addicts, Social Drinkers and Teetotalers.

The results indicate that the constant β coefficient is 30.66 and Standardized β coefficient of Nature of Drinking (ND) is .39 which is significant at 0.01 level of confidence. It is empirically proved that Nature of Drinking is a significant positive predictor of Coping Responses in Alcohol Addicts, Social Drinkers and Teetotalers. Therefore, as Nature of Drinking increases, Coping Responses also increases in Alcohol Addicts, Social Drinkers and Teetotalers.

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