

A QUASI EXPERIMENTAL STUDY TO EVALUATE THE EFFECTIVENESS OF AEROBIC EXERCISE ON WITHDRAWAL SYMPTOMS AMONG ALCOHOL DEPENDENT PATIENT IN SELECTED DE-ADDICTION CENTER MEERUT.

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RESEARCH ABSTRACT: A quasi experimental study to evaluate the effectiveness of aerobic exercise on withdrawal symptoms among alcohol dependents in selected de-addiction centres Meerut.

Alcoholism is an illness characterized by significant impairment in physiological, psychological or social functioning of the individual. There have always been people who were unable to restrict their use of mind and body altering substances to culturally prescribed limits, and who have fallen into the trap we know today as addiction. People who become addicted to alcohol gradually introduced and desensitized to them over a period of time.

OBJECTIVES OF STUDY:

1. To assess the level of withdrawal symptoms among alcohol dependent in control group and experimental group.
2. To evaluate the effectiveness of aerobic exercise on withdrawal symptoms among alcohol dependent patient in experimental group.
3. To compare the post test score of effectiveness of aerobic exercise on withdrawal symptoms among alcohol dependent patient in experimental group and control group.
4. To find out association between the post test score on level of withdrawal symptoms among alcohol dependent in experimental group with their selected demographic variable.

Methods: A quasi experimental study was conducted on 40 de-addiction patients, 20 in experimental group and 20 in control group selected by purposive sampling technique having kept the inclusion and exclusion criteria. Demographic variables and CIWA-Ar Scale were used to collect the data applying one group pre-test and post- test design.

Major findings of the study:

In this study data depicts that in experimental group 3 patient had absence of withdrawal symptoms, 13 patients had medium level of withdrawal symptoms and patients had high level of withdrawal symptoms. But in post test no patient had alcohol withdrawal symptoms. The mean post test score (2.9) was significantly lower than mean pre-test score (6.15) with the mean difference of 3.25. The standard deviation pre-test (5.843) and posttest (3.606). The obtained paired calculated t value was 5.285 which was higher than tabulated value 2.093 at 0.05 level of significance. Thus decrease in mean post test score explains that the aerobic exercise is effective in decreasing the withdrawal symptoms of the alcohol dependent patient in experimental group.

The mean post test score (1.15) is significantly lower than mean pretest score (4.5) with mean difference of 3.35. The standard deviation pretest (4.387) and posttest (3.244). The obtained paired calculated t value was 2.06 which is higher than the table value 2.093 at 0.05 level of significance.

In the experimental posttest mean score 2.9 is significantly higher than the posttest mean score 1.15 of the control group with the mean difference of 1.75, the SD was 3.606 in experimental group and 3.244 in control group. The obtained unpaired t test value was significantly higher i.e. 2.134 than the tabulated value which was 1.684 at df38 at 0.05 level of significance.

There was significant association between post test score with the selected demographic variables (age, gender, weight, educational qualification, type of family, duration of consumption etc.) at 0.05 level of significance.

Conclusion: The study could conclude that aerobic exercise was effective in decreasing alcohol withdrawal symptoms of alcohol dependent patient.