

# Self Efficacy, Self-Esteem and Resilience in Children of Alcoholic Parents

## Key words :

*Self-efficacy, Self-esteem, Resilience, Children of Alcoholic.*

Children of alcoholics (COAS) and addicts can have deep-seated psychological and emotional reactions to growing up with an alcoholic parent. In a present situation, The aim of the present study is to analyze and compare the self-efficacy, self-esteem and resilience in adolescents' children of alcoholics (COAS) and those of children of non-alcoholics (nCOAS). Sample of the study consisted of 120 adolescents' children of alcoholic and non-alcoholic parents. I have taken 60 adolescents' children from alcoholic parents on the other side 60 adolescents' children of non-alcoholic parents with same socio-economic statuses. Purposive sampling method has been used for data collection. General Self-Efficacy Scale, Rosenberg Self-Esteem Scale and Connor-Davidson Resilience Scale were used for data collection. Means, standard deviation, t-test and correlation technique were used to analyze the data. Result revealed that there is significant difference in self-efficacy, self-esteem and resilience between the adolescents of alcoholic parents and non-alcoholic parents. Self-efficacy, self-esteem and resilience were lower in the group of children of alcoholic parents in comparison to children of non-alcoholic parents. Self-efficacy and self-esteem was positively correlated with each other. It is clear that children of alcoholics have more emotional and psychological problems than children of non-alcoholics. Through the cognitive behavioural intervention it was observed that self-efficacy, self-esteem and resilience could be enhanced among children of alcoholics.

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# Self Efficacy, Self-Esteem and Resilience in Children of Alcoholic Parents

In the changing scenario of India we have achieved a marked development in science, technology and education. In India's growing economy people are earning handsome amount of money. They spend lavishly to show their status. In the modern society alcohol consumption has become fashion and a status symbol. In India Alcohol addiction is increasing very fast. It is a serious problem of society. Alcoholic parents are a major risk factor for their children, because, children are very impressionable and vulnerable. If a child sees violence, conflict and abusing, definitely it is plausible he would experience fear and the exposure of abuse and violence may have several other negative psychological outcomes. Current study that parental monitoring and discipline play an important role in raising or increasing the number of constructive coping strategies in their children's development. (Lease 2002, Maggs et al, 2006, O'Connor, Kogan & Findlay 2002; Werner & Johnson, 2004). Inconsistent discipline resulted in higher levels of depressive symptoms (Roosa, Tein, Grappenhacher, Michaels & Dumka, 1993).

Positive parenting style, which especially influences children's perception of positive relationship with their parents (Haase, 2004a, Werner, 1993). Jones (1981) revealed in his research that children of alcoholics have lack of empathy for other persons, decreased social adequacy and interpersonal adaptability, low self esteem, and lack of control over the environment. Rew and Horner, 2003, reported that children of alcoholics who perceive their relationship with their parents to be poor are more pessimistic, have lower self-esteem and have more depressive symptoms than those who perceive their relationships with their parents to be good. COAs (children with alcoholics) who experienced traumatic events in childhood, such as domestic violence, can suffer severe depressive symptoms in their later life (Agaibi & Wilson,

2005, Farrell, 2005). Verduym and Calam (1999) inferred that among various types of violence, emotional abuse is one of the most common types in alcoholic families and is associated with aggression, emotional instability, dependency, social difficulties or negative self-evaluation. Self-efficacy determines an individual's resiliency to adversity and his/her vulnerability to stress and depression (Bandura, Caprara, Barbaranelli, Gerbino & Pastorelli, 2003).

COAs may also diminish their self esteem, because of increasing social isolation and increasing feeling of exclusion, According to Joubert (1990) self-esteem can be defined as a "Person's judgments of general self worth that is a product of an implicit evaluation of self approval or self-disapproval made by the individual. The National Association of Self Esteem (NASE) defines self-esteem as the experience of being capable of meeting life's challenges and being worthy of happiness".

Resilience as a process has been defined as positive adjustment in the face of adversity (Hoase, 2005b; Luthar, Cicchetti & Becker 2000, Masten et al, 1999). Resilience as a personal characteristic has been defined as the capacity to cope successfully with significant change adversity or risk. (Agaibi & Wilson, 2005; Rubin Salzberger, 2006) Having an alcoholic parent increases a child's risk for multiple negative behavioural and developmental outcomes. COAs affect their surroundings and may develop dysfunctional coping mechanisms. Some COAs may grow up into health coping mechanisms it all depends to their supportive parenting and other factors working in that particular environment. Wernen and Johnson (2000) stated that most of the resilient COAs in their study enjoyed school. Children of addicted parents are the highest risk group of children to become alcohol and drug abusers because of both genetic and family environment (Kumpfer, 1999) factors (Woodside, Coughley &

Cohylen, (1993). Sometimes children affected by an alcoholic family member may lead successful life but most of the time COAs experience mental, emotional and physical problems in their life. (Werner, 1992, Werner & Smith, 1977, 1982)

#### Objectives:

1. To analyze and compare the self-efficacy self-esteem and resilience in children of alcoholics (COAs) and those of children of non-alcoholics (nCOAs).

2. To find out the relationship in self efficacy, self esteem and resilience among children of alcoholics (COAs) and non-alcoholics (nCOAs).

#### Hypotheses:

**H1:** Children of non-alcoholic (nCOA) parents would have better self efficacy, self esteem and resiliency in comparison to children of alcoholic (COAs) parents.

**H2:** There would be positive relationship between self-efficacy, self esteem and resiliency among the COAs and nCOAs.

#### Method

##### Sample:

The total respondents were 184 children. 102 COAs 82 nCOAs, in the age range of 14-18. Their education was high school to intermediate. Data were collect from different schools of Kanpur city. Purposive sampling technique is used for data collection.

- 1- Children of Alcoholic Parents
2. Children of Non-Alcoholic parents.

##### Variable:

- I.V. Alcoholism two levels COAs  
D.V. Self-efficacy, self esteem and resilience.

##### Tools:

A child of Alcoholic Screening Test (CAST) originally this test was developed by Jones (1983). It contains 30 items and the items ask about children's feeling, attitudes, perceptions and experience as the relate to their parents' drinking behaviour. Presently CAST which is used is developed by researchers to screen out the children of alcoholics. CAST was measure a

on a 20 item scales with dichotomous responses (0 and 1). The maximum possible score on the scale was 20. For each respondent CAST was re-specified as a categorical variable CT with values 1 (for CAST score >2) and 2 (for CAST score equal to 2 or more). Missing responses were not considered important for this recertification they did not affect the categorization. More than 2 it perceived the child is an alcoholic parent.

General self-efficacy scale into Hindi by Sonali Sud (2002) was used in the present study. It contains ten question and these are four alternative scores were given were 1, 2, 3 and 4 respectively. Rosenberg self esteem scale (1965) developed by Morris Rosenberg was applied, it has 10 item scale assesses an individual's feeling of self-worth. Resilience scale developed by Conroy and Davidson (2003) was applied. It comprises of 25 items each rated on 5 point scale (0-4) with higher score reflecting greater resilience.

#### Result and discussion

Data was analyzed using descriptive statistics to calculate scores. M ANOVA was calculated to examine the significance difference between the group and relationship among variables. Multiple analysis of variance (M ANOVA) and analysis of Variance (ANOVA) were computed to comparing the group of COAs and nCOAs on self efficacy, self esteem and resilience. The National Association of Children of Alcoholics (NACOA) estimates that these are 11 million COAs under 18 years of age. Alcoholic parents have a negative impact on their children because the effects of alcohol undermine their capacity to use their parenting skills in a number of ways.

There is a significant difference on this variable of COAs and NCOAs.  $P < .05$  means children of Non-Alcoholics have more self-efficacy in comparison to children of alcoholics. Self-esteem is also significant at .001 level. It means children of Non-Alcoholics have better self-esteem the children of alcoholics. Resilience is also significant at .001 level. It means children of non alcoholic group

have better resilience than children of alcoholics.

**Table 1:**

**Showing the mean, SD, F and p value of self-efficacy, self-esteem and resilience between children of alcoholic and children of non-alcoholic.**

Variables		n	Mean	SD	F	p
Self-efficacy	Children of Alcoholic Parents	102	2.99	0.55	4.34	<.05
	Children of Non-Alcoholics Parents	82	3.15	0.51		
Self-esteem	Children of Alcoholic Parents	102	1.76	0.38	8.16	<.001
	Children of Non-Alcoholics Parents	82	1.92	0.39		
Resilience	Children of Alcoholic Parents	102	2.1	0.91	27.52	<.001
	Children of Non-Alcoholics Parents	82	2.73	0.65		

From the Table-1 it can be observed that the mean of self-efficacy, self esteem and resilience is higher in the group of children of non alcoholic which indicates that self-efficacy, self esteem and resilience is better in, Children of non alcoholic group than children of alcoholic group. This present findings are being supported by many researchers.

Bodkin and Leonard (2008) reported that children raised in alcoholic families may carry the problematic effects of their early family environment into their adult relationships. Billing et al. (1979) revealed that impaired problem-solving ability and hostile communication are observed both in alcoholic families and in families

with problems other than alcohol. Studies comparing children of alcoholics with those of non-alcoholics have also found that parental alcoholism is linked to a number of psychological disorders in children. Schuckit and Chiles (1978) also found the negative effect of parental alcoholism on children, emotional functioning.

**Table 2:** showing the correlation value among self-efficacy, self-esteem and resilience between children of alcoholic and non-children of alcoholic

	Self-efficacy	Self-esteem	Resilience
Self-efficacy		0.22**	0.17**
Self-esteem			0.06 <sup>NS</sup>
Resilience			

\* p < .05; \*\* p < .05; <sup>NS</sup>= Not Significant

Table 2 showing the correlation among variable between groups. It indicates that self efficacy and self esteem self efficacy and Resilience are significantly correlated to each other. Whereas self esteem and resilience are not significantly correlated.

The studies have reported differences in resilience resulting from different culture or social environments. Children of Alcoholics are more likely to overcome adverse life consequence even after having been exposed to cumulative stressful situations in their families. (Emshoff & Price, 1999, Harter, 2000; Palmer 1997). Lee, personal communication (May 15, 2008) reported that COAs have high level of Stigma about having alcoholic parents which affect their self esteem, self efficacy and resilience.

Rew & Horner (2003) said that COAs who perceive their relationship with their parents to be poor are more pessimistic have lower self esteem, and have more depressive symptoms than those who perceive their relationship with their parents to be good. Current studies on alcoholic families

show that parental monitoring and discipline play an important role in raising or increasing the number of constructive coping strategies their children development and inhibiting early initiation of alcohol use. (Lease 2002, Maggs et al. 2006, O. Connor, Kogan & Findlay 2002, Werner and Johnson 2004).

COAs risk for depression may be traced to a stressful childhood and could be aggravated by their lower level of self esteem (Lease, 2002). Major negative consequence related to having alcoholic parents, which in turn may increase the probability or susceptibility of other mental health problems as well.

#### CONCLUSION :

It can be concluded that children of alcoholics have lower self esteem, lower self efficacy and resilience in comparison to children of non alcoholics. Parental alcoholism and their problems may have stronger impact on children's negative consequences such as lower self esteem and lower self efficacy among children of alcoholics has been seen in present findings. Results also indicated that self efficacy and resilience are significantly correlated to each- other and self esteem and resilience are not significantly correlated. Thus it can be summarized that parental alcoholism negatively influences the children Intervention programmers may reduce the problem of alcoholics parents to change their ability to monitor and supervise their children in proper way. Counseling and timely intervention may surely contribute a lot, to improve the mental health of children of alcoholic parents.

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