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A community based epidemiological study for developing preventive strategy against alcohol and tobacco use based on wives response

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OBJECTIVES

This study has been carried out to find out perception of wives regarding alcohol and tobacco use in Armed Forces, to assess their knowledge, attitude and practices of alcohol and tobacco use and its effects and to recommend a family based preventive strategy against alcohol and tobacco use.

METHODOLOGY

The study was carried out in Cantonment area of Pune. The study population comprised of wives of Armed Forces personnel. Bilingual questionnaire was administered by interview method. Information collected included KAP on alcohol and tobacco use in Armed Forces and assessment of role of families in dealing with these addictions.

RESULTS

Study found that awareness of women regarding various forms of alcohol ranged from 0.33% to 79% and various forms of tobacco ranged from 10.33% to 81%. Large number of respondents were aware of harmful effects of alcohol like addiction, gastric ulcer, CAD and harmful effects of tobacco like cancer and CAD. Determinants for these addictions were found to be stress and peer pressure. Harmful effects like neglect of family members and setting bad example were highlighted. Measures for decreasing the problem suggested were: increasing awareness, family support and advice and strict vigilance

CONCLUSION

Women to a large extent realize, the pivotal role of positive family support coupled with love and affection in prevention and control of addiction to both Alcohol and Tobacco. However, to be able to harness the positive role that women can play, they need to be armed with correct knowledge. This study brought out the wide gap that exists therein which requires to be bridged with knowledge.