

# Psychological Wellbeing of The Adolescent Children of Alcohol Addicted Parents of Coastal and Non-Coastal Areas of Kerala

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## Abstract

Researchers have shown the detrimental effects of alcohol use by an individual are widespread and noticeable in all spheres (physical, psychological, social, and economical) of an individual's life. Further, the collective and long-term effects are felt by all sectors of the society we live in. Since every person is part of society and a family, it impacts society and other family members as well. The poor quality of life and alcoholic dependency of these coastal people of Kerala, mostly male, disturbs family atmosphere and education of the children. As studies say most of the evenings in the family of alcoholic dependents have quarrels and disturbance in the family atmosphere. This badly affects the children born and brought up in those families. Stress and anxiety, alcoholic and drug addictions, behaviour disorders are often identified in those children living under the care and protection of alcoholic parents whether they are coastal or non-coastal. Psychological wellbeing of the children of alcoholic dependents is often at question and often challenging. Researcher attempted to study psychological wellbeing of children of Alcoholic Parents using descriptive research design and proportionate random sampling by which 50% from Thrissur district and 50% from Ernakulam District irrespective of their gender to collect data. The result shows psychological wellbeing of the adolescent children of alcoholic addicted parents based on their geographical area- coastal and non- coastal- and gender- male and female- which is distributed equally is found with moderate level. Children of such parents face stress, anxiety, low self esteem and poor goal orientation in the life. A boost in this can facilitate improve their orientation in life, purpose in life, personal growth experience and thereby experience mastery over their life with autonomy. Creative and constructive interventions by social workers and psychologists can be catalyst to this and thereby generate individual with integral growth and positive personality which can build the nation.

**Keywords:** Alcohol Addiction, drugs, family