

Impact of parental alcoholism among adolescent

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Abstract

Parents have a significant influence on adolescent's lives. As the children grow and navigate the challenges of adolescence, parental alcoholism has a direct impact on their behaviour and well-being. Parental alcoholism is psychological or physiological maltreatment and it is a type of child abuse. An adolescents of alcoholic parent may have decrease self-esteem, poor family interaction, poor security feeling, and poor coping. Adolescents need to be educated and trained to cope with the difficulties and to lead a valuable life in society.

Keywords: Adolescent, Drug abuse, Family problems, Parental Alcoholism.

Introduction

Competencies exist in family regarding social and intellectual factors in young children that enables them to achieve their goals more effectively in terms of family expectations and routines. Usually family patterns vary and can alter developmental character in early childhood years. The development enhancing feature of a child are challenged by various factors like environmental and psychosocial stressor or risk factors.¹

Alcohol continues to be our nation's most commonly abused drug. Substance use disorder (SUD) has negative impact on emotional and also behavioural patterns in family causing poor outcomes for the children and adults, thus pose harm to family integrity.²

Substance use disorder is associated with disabling and can co-occur with problems related to physical and psychological problem that show a strong familial pattern.^{3,4}

The association between being a target of physical or sexual abuse during childhood and adolescent substance use may be linked to psychological stress on the brain and, specifically, the amygdala.^{5,6}

Some study by researchers suggested that parents are important factors that influences directly on the risk behaviours that their children decide to engage in and it has observed that greater monitoring by parents leads to adolescents maladaptive behaviours.^{7,8}

Adolescence is the transitional period.^{9,10} One of the study mentions the details of challenges and opportunities in the treatment of adolescents with substance use disorder and suicidal behaviour.¹¹

In terms of social context, there has been a shift during childhood which focus on their peer developmentally and their schools during adolescence. Reflecting this, parental alcohol use seems to exert a greater influence before age 15 and diminishes over time.¹²

Drug and alcohol abuse has been positively correlated factor along with poor impulse control, parents with a history of alcoholism and drug abuse, high levels of family conflict, lack of and/or inconsistent parental discipline, a history of academic failure and a history of antisocial and aggressive behaviour.¹³ Parental substance abuse influences upon the child's life even before the child is born.¹⁴

It is seen that children born to parent of alcoholism might have been abused in their childhood are at increased risk for antisocial behaviour and subsequent alcohol problems.

Therefore, future studies of the link between child abuse and later alcohol abuse need to address the potentially confounding effects of a genetic predisposition for alcohol problems¹⁵. Later substance abuse shows a positive shift from abuse in childhood than their non-abused adult counterparts, even after controlling for family history of substance abuse.^{16,17}

Girls seem to be more influenced by environmental factors in the home. Unkempt, crowded, noisy, disorderly conditions where there is little emphasis on conventions and religion are very potent predictors of later drug use in girls. For boys, family environment had only chance association with later marijuana use.¹⁸

Use of alcohol, tobacco, and marijuana is seen more abused by eighth graders who took care of themselves after school showing higher risk.¹⁹

Models of alcoholism aetiology include dispositional characteristics synonymous with attention deficit hyperkinetic disorder (ADHD) features as key variables that mediate the deleterious effects of parental alcoholism on the later development of offspring drinking.²⁰

A family without alcoholism shows less conflict compared to family affected with alcoholism.

Family disruption is directly linked to drinking problem and children of alcoholic face lack of parenteral concern, deficiency in home management

and communication skill problems which effect children in terms of lack of parenting skill and or family effectiveness.²¹

A non-college adults sample study involving 174 by grouping them in to Adult Children of Alcoholics (ACOA) that constituted 56% and Dysfunctional Family Histories (AIDFH) which constituted 23% with a difference in ACOA group compared to AIDFH group showed that nine of the 28 cases in terms of CPI scales without significance difference between them.²²

There was a change in genetic, environmental, and teratogenic risk factors as seen in one of previous study with a change in family environment of an alcoholic parent. A lack in cognitive and neuropsychological functioning of offspring is seen in children of alcoholics.²³

Alcoholism in parent with abuse history relates to lack of social adjustment and thus exacerbate the emotional abuse.²⁴

For Children of Alcoholics (COA), a good family environment is necessary and must because all children of dysfunctional homes pose equal risk when compared to other vulnerable groups.²⁵

Discussion

Among drug abuse, alcoholism is a major concern of health issue both in society and family showing adverse effect on the integrity and has a negative impact on family integrity.

The characteristics of Adolescents of alcoholics lacks experience in differentiating between normal and abnormal, lack skill to complete a project from beginning to end, they easily tell lie in place of simple truth, lack self-judgement, fails to keep healthy relationships, overreact when out of control, seek approval and affirmation constantly, feel isolated form normal people, show super responsible or super irresponsible, in case of underserved loyalty, they will be extremely loyal and will be impulsive.

Conclusion

One underlying assumption is that not all children of alcoholics exhibit some form of negative behaviours during their adolescence either through internal or external behaviours or the lack of positive social competence. The protective factors such as support, security, peaceful co-existence and opportunities for growth and healthy conflict resolution help them to develop a positive coping and self- esteem the better adjusted they would become as young adults.

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