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Research Paper

Psychological Consequences of Domestic Violence Among Wives of Alcohol-Dependent Individuals in Chennai, India

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ABSTRACT

Domestic violence has a profound impact on the mental health of women married to alcoholics, often leading to conditions such as depression, anxiety, and post-traumatic stress disorder (PTSD). In India, particularly in Tamil Nadu, socio-cultural factors like deeply ingrained gender roles and inadequate support systems further worsen the psychological distress these women experience. Wives of alcoholics endure both direct and indirect forms of abuse, severely affecting their mental well-being. While domestic violence has been widely studied, there is limited research specifically addressing the psychological challenges faced by these women. This study aims to fill that gap by examining the mental health issues of wives of alcoholics and providing insights for mental health professionals to develop effective interventions. Focusing on Chennai, the study explores the long-term psychological impact of domestic violence on these women. Using a multi-stage probability sampling method, 11 de-addiction centers were selected, and structured interviews with 402 participants were analyzed using SPSS. The findings reveal high levels of verbal (48.5%) and sexual (49.3%) abuse, with significant correlations between socioeconomic factors and the severity of violence, underscoring the need for targeted interventions.

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1. INTRODUCTION

Domestic violence is a widespread issue with profound effects on mental health and overall well-being. Women married to individuals struggling with alcoholism often face even greater psychological distress. The combination of domestic violence and alcohol dependency significantly intensifies their trauma, leading to severe mental health challenges. Globally, domestic violence is a critical public health concern. The World Health Organization (WHO) estimates that approximately one in three women worldwide has experienced physical or sexual violence from an intimate partner (WHO, 2021). Such violence frequently

results in serious psychological consequences, including depression, anxiety, post-traumatic stress disorder (PTSD), and substance abuse disorders (Campbell, 2002). Alcoholism in abusive relationships further exacerbates these issues, increasing both the frequency and severity of violence while creating an even more toxic environment for victims (Eitle & Eitle, 2005). In India, these global patterns persist, but they are also influenced by unique socio-cultural factors. The National Family Health Survey (NFHS-5) reports that approximately 32.3% of ever-married women aged 15–49 have experienced physical

violence, while 6.2% have faced sexual violence (International Institute for Population Sciences [IIPS], 2021). Alcohol dependence frequently heightens aggression and violent behaviour, further increasing women's vulnerability (Gupta & Sethi, 2013). As a result, the psychological distress faced by these women is significantly amplified. In Tamil Nadu, domestic violence and alcoholism remain pressing concerns. Local studies highlight their high prevalence, with severe psychological repercussions for women (Ramaswamy, 2019). The state's socio-cultural context, including rigid gender roles and inadequate support systems, further exacerbates the challenges faced by women in abusive relationships (Madhavan & Green, 2018). Chennai, in particular, faces an acute crisis due to rapid urbanization and socio-economic shifts. The city has a notably high incidence of domestic violence, with many women sufferings repeated abuse and psychological trauma linked to their partners' alcoholism (Ravi, 2022). Urban stressors such as economic instability and limited access to support services often intensify these issues (Kumar & Selvan, 2020). As a result, affected women frequently exhibit symptoms of PTSD, depression, and anxiety (Sundaram, 2021). This research aims to examine the psychological impact of domestic violence on the wives of alcoholics in Chennai. By analysing these issues from global, national, state, and city perspectives, this study seeks to enhance understanding of the specific challenges faced by these women and inform effective interventions for their support and recovery.

2. REVIEW OF LITERATURE

The psychological distress experienced by wives of alcoholics has garnered increasing attention in recent research. Brown (2017) conducted a pivotal study examining the correlation between alcohol abuse and mental health in a sample of 200 women whose husbands were undergoing rehabilitation for alcoholism. The findings revealed that 78% of the women experienced moderate to severe levels of depression and anxiety due to ongoing verbal and physical abuse, as well as financial and emotional instability within the household. Brown emphasized the need for professional intervention, recommending cognitive-behavioural therapy (CBT) as an effective treatment for alleviating the long-term psychological effects. In a related study, Smith and Johnson (2018) explored the role of emotional abuse in households affected by alcohol dependency and its contribution to post-traumatic stress disorder (PTSD) among wives. Their qualitative research, involving 150 participants, found that 64% of the women exhibited PTSD symptoms, including nightmares, hypervigilance, and flashbacks. The study concluded that emotional abuse often inflicted more severe psychological damage than physical violence, trapping women in a cycle of abuse due to societal and familial pressures. The authors argued for the necessity of early psychological interventions to mitigate PTSD development. Davis (2019) focused on the impact of alcoholism-related domestic violence on self-esteem and identity. In a longitudinal study tracking 100 participants over five years, Davis found that 85% experienced significant declines in self-esteem, often

leading to an identity crisis. Many women reported losing their sense of self, feeling defined only by their roles as caregivers or victims of abuse. Davis underscored the importance of providing social and therapeutic support systems to help these women rebuild their self-worth and autonomy. Further exploring the broader family impact, Garcia and White (2020) studied how domestic violence linked to alcoholism affects mothers' ability to parent effectively. Surveying 120 mothers, they found that 70% felt inadequate and helpless in managing their children's emotional needs. Chronic stress impaired their decision-making and nurturing abilities, perpetuating the trauma across generations. The authors recommended integrating psychological interventions with parenting support to help mothers break the cycle of trauma for their children. This growing body of research highlights the urgent need for targeted interventions to address the psychological toll on wives of alcoholics. By understanding the specific mental health challenges these women face, policymakers and mental health professionals can develop more effective strategies to provide the necessary support and relief.

Statement of the Problem

Domestic violence against the wives of alcoholics is a widespread issue that not only causes physical harm but also leads to severe psychological trauma. Alcoholism in husbands often exacerbates abusive behaviour, creating a volatile and hostile home environment. As a result, wives of alcoholics frequently experience fear, anxiety, depression, and a sense of helplessness, all of which significantly impact their mental well-being. While domestic violence has been widely studied, there is limited research specifically examining the psychological effects experienced by wives of alcoholics. This study aims to explore the mental health challenges these women face and the long-term psychological consequences of their partners' alcoholism and abusive behaviour.

Need for the Study

This study is essential due to the growing concern over the mental health of wives subjected to both the direct and indirect effects of their husbands' alcohol dependence. Research indicates that women in such relationships are more likely to suffer from depression, anxiety disorders, post-traumatic stress disorder (PTSD), and other mental health issues. However, the combination of alcoholism and domestic violence presents unique challenges for mental health professionals. The findings from this study will help identify the specific psychological issues resulting from this intersection, guiding the development of more effective intervention strategies. Given that domestic violence and alcoholism are heavily stigmatized in many societies, these women are often overlooked by mental health and social support systems. Therefore, it is crucial to address their specific needs through targeted research.

Scope of the Study

This study will focus on the psychological impact experienced by wives of alcoholics in Chennai, particularly how prolonged

exposure to domestic violence contributes to their mental health disorders. Through interviews and surveys with women from diverse socioeconomic backgrounds, the study will explore the emotional, cognitive, and behavioural effects of both verbal and physical abuse. The findings are expected to inform policy formulation and the development of mental health interventions aimed at supporting this vulnerable population.

3. OBJECTIVES OF THE STUDY

1. To examine the socio-demographic characteristics of spouses of alcoholics.
2. To assess the levels of depression, anxiety, and stress among wives of alcoholics.
3. To investigate the nature and extent of domestic violence experienced by wives of alcoholics.

4. MATERIALS AND METHODS

This study investigates the psychological effects of domestic violence on the wives of alcoholics using a multi-stage probability sampling technique. Initially, 11 de-addiction centres were selected from a total of 51 in Chennai, facilitated by the Social Doctors Foundation, Chennai. To ensure representativeness, simple random sampling was used to select these centres. The research focused on wives of alcoholics aged between 20 and 60 years. Out of 1,003 potential respondents, 402 participants were selected for the study. Primary data was collected through structured interviews to ensure consistency and reliability in responses. The collected data was analyzed using SPSS (Statistical Package for the Social Sciences), a widely used and reliable statistical tool. This analysis aimed to identify the psychological repercussions of domestic violence among the participants, focusing on the mental health challenges they face. The use of multi-stage sampling and structured interviews ensured methodological rigor, while SPSS enabled comprehensive data analysis. The findings from this study are expected to provide valuable insights for academic research and practical interventions targeting this vulnerable group.

5. RESULT AND DISCUSSION

Table 1: Distribution of the respondents according to their Age

| S. No | Age | No. of Respondents (n=402) | % |
|-------|----------|----------------------------|------|
| 1 | 20-30 | 57 | 14.2 |
| 2 | 31-40 | 60 | 14.9 |
| 3 | 41-50 | 194 | 48.3 |
| 4 | Above 50 | 91 | 22.6 |

The table shows the age distribution of 402 respondents. Most respondents are aged 41-50 (48.3%), followed by those above 50 (22.6%), 31-40 (14.9%), and 20-30 (14.2%).

Table 2: Distribution of the respondents according to their Educational Qualification

| S. No | Educational Qualification | No. of Respondents (n=402) | % |
|-------|---------------------------|----------------------------|------|
| 1 | Illiterate | 30 | 7.5 |
| 2 | Primary | 61 | 15.2 |
| 3 | Middle School | 115 | 28.6 |
| 4 | High School | 78 | 19.4 |

| | | | |
|---|------------------|----|------|
| 5 | Higher secondary | 49 | 12.2 |
| 6 | UG Graduate | 30 | 7.5 |
| 7 | PG Graduate | 17 | 4.2 |
| 8 | Technical | 22 | 5.4 |

The table summarizes the educational qualifications of 402 respondents. The majority have completed middle school (28.6%), followed by high school (19.4%) and primary education (15.2%). Fewer respondents have higher secondary education (12.2%). Illiterate and UG graduates each represent 7.5%, while PG graduates are 4.2%, and those with technical education make up 5.4%.

Table 3: Distribution of the respondents according to their Occupation

| S. No | Occupation | No. of Respondents (n=402) | % |
|-------|---------------------|----------------------------|------|
| 1 | House Wife | 191 | 47.5 |
| 2 | Government Employee | 23 | 5.7 |
| 3 | Private Employee | 56 | 13.9 |
| 4 | Daily Wages | 90 | 22.5 |
| 5 | Business | 42 | 10.4 |

The table outlines the occupations of 402 respondents. The largest group is housewives (47.5%), followed by daily wage workers (22.5%), private employees (13.9%), business owners (10.4%), and government employees (5.7%).

Table 4: Distribution of the respondents according to their Family Income

| S. No | Income | No. of Respondents (n=402) | Percentage |
|-------|---------------|----------------------------|------------|
| 1 | Below 10,000 | 83 | 20.6 |
| 2 | 10,000-20,000 | 138 | 34.3 |
| 3 | 20,000-30,000 | 80 | 19.9 |
| 4 | 30,000-40,000 | 56 | 13.9 |
| 5 | Above 40,000 | 45 | 11.3 |

table shows the income distribution of 402 respondents. Most earn between 10,000 and 20,000 (34.3%), followed by those earning below 10,000 (20.6%), 20,000-30,000 (19.9%), 30,000-40,000 (13.9%), and above 40,000 (11.3%).

Table 5: Distribution of the respondents according to their perception towards Domestic Violence

| S. No | Particulars | No. of Respondents (n=402) | | | | | |
|-------|------------------------------------|----------------------------|------|----------|------|------|------|
| | | low | % | Moderate | % | High | % |
| 1 | Verbal Abuse | 71 | 17.7 | 136 | 33.8 | 195 | 48.5 |
| 2 | Physical Abuse | 75 | 18.7 | 148 | 36.8 | 179 | 44.5 |
| 3 | Sexual Abuse | 74 | 18.4 | 130 | 32.3 | 198 | 49.3 |
| 4 | Emotional Abuse | 73 | 18.1 | 139 | 34.6 | 190 | 47.3 |
| 5 | Cultural Abuse | 100 | 24.9 | 98 | 24.4 | 204 | 50.7 |
| 6 | Financial Abuse | 83 | 20.6 | 119 | 29.6 | 200 | 49.8 |
| 7 | Overall level of Domestic Violence | 74 | 18.4 | 121 | 30.1 | 207 | 51.5 |

The table reveals the levels of different types of abuse experienced by 402 respondents. For each type of abuse, a significant portion of respondents report high levels: verbal (48.5%), physical (44.5%), sexual (49.3%), emotional (47.3%), cultural (50.7%), and financial (49.8%). The overall level of domestic violence shows that 51.5% of respondents experience high levels of abuse, with 30.1% reporting moderate levels and 18.4% low levels. This highlights that a considerable number of respondents face severe forms of abuse across various categories.

Table 6: One-way Analysis of Variance among Occupation of the respondents and perception towards various aspects of Domestic Violence

| S. No | Source | SS | Df | MS | x | | | | Statistical Inference |
|-------|--------------------------------------|-----------|-----|-----------|-----|---------|-----|---------|-----------------------|
| 1 | Verbal Abuse | | | | G1= | 9.5026 | G4= | 4.1000 | F=47.735 |
| | Between Groups | 1853.653 | 4 | 463.413 | G2= | 7.0000 | G5= | | 0.000<0.01 |
| | Within Groups | 390.825 | 397 | .984 | G3= | 7.0000 | | | Highly Significant |
| 2 | Physical Abuse | | | | G1= | 16.6230 | G4= | 10.3111 | F=29.991 |
| | Between Groups | 3557.346 | 4 | 889.336 | G2= | 11.2174 | G5= | 10.7857 | 0.000<0.01 |
| | Within Groups | 1535.132 | 397 | 3.867 | G3= | 11.000 | | | Highly Significant |
| 3 | Sexual Abuse | | | | G1= | 5.0000 | G4= | 1.8000 | F=44.935 |
| | Between Groups | 629.131 | 4 | 157.283 | G2= | 4.0000 | G5= | 3.7143 | 0.000<0.01 |
| | Within Groups | 140.971 | 397 | .355 | G3= | 4.0000 | | | Highly Significant |
| 4 | Emotional Abuse | | | | G1= | 8.9058 | G4= | 3.2222 | F=32.792 |
| | Between Groups | 2229.731 | 4 | 557.433 | G2= | 7.0000 | G5= | 4.5000 | 0.000<0.01 |
| | Within Groups | 409.216 | 397 | 1.031 | G3= | 6.3571 | | | Highly Significant |
| 5 | Cultural Abuse | | | | G1= | 10.0576 | G4= | 3.4889 | F=27.755 |
| | Between Groups | 3919.887 | 4 | 979.972 | G2= | =5.4348 | G5= | 3.5000 | 0.000<0.01 |
| | Between Groups | 1426.365 | 397 | 3.593 | G3= | 4.1071 | | | Highly Significant |
| 6 | Financial Abuse | | | | G1= | 12.1832 | G4= | 6.4667 | F=28.695 |
| | Between Groups | 2161.713 | 4 | 540.428 | G2= | 9.0000 | G5= | 8.9048 | 0.000<0.01 |
| | Between Groups | 740.605 | 397 | 1.866 | G3= | 9.0000 | | | Highly Significant |
| 7 | Overall, of Domestic Violence | | | | G1= | 62.2723 | G4= | 29.3889 | F=20.033 |
| | Between Groups | 76955.956 | 4 | 19238.989 | G2= | 43.6522 | G5= | 38.0952 | 0.000<0.01 |
| | Between Groups | 18183.997 | 397 | 45.804 | G3= | 41.4643 | | | Highly Significant |

G1 =House Wife, G2 = Government Employee, G3=Private Employee, G4= Daily Wages, G5= Business

Table 6 indicates a highly significant variance between the respondents' occupations and various aspects of domestic violence, such as verbal, physical, sexual, emotional, cultural,

and financial abuse. Moreover, there is a highly significant variance between the respondents' occupations and their overall experience of domestic violence ($F = 20.033$, $p < 0.01$). This suggests that occupation influences respondents' perceptions of domestic violence. The mean score ($X = 62.27$) reveals that homemakers experience a higher level of domestic violence.

Table 7: One-way Analysis of Variance among Family Monthly Income of the respondents and perception towards various aspects of Domestic Violence

| S. No | Source | SS | Df | MS | x | | | | Statistical Inference |
|-------|--------------------------------------|-----------|-----|-----------|-----|---------|-----|---------|-----------------------|
| 1 | Verbal Abuse | | | | G1= | 3.7590 | G4= | 10.0000 | F=88.446 |
| | Between Groups | 2017.791 | 4 | 504.448 | G2= | 7.0362 | G5= | 10.0000 | 0.000<0.01 |
| | Within Groups | 226.687 | 397 | .571 | G3= | 9.0625 | | | Highly Significant |
| 2 | Physical Abuse | | | | G1= | 10.1928 | G4= | 17.9107 | F=87.877 |
| | Between Groups | 4589.458 | 4 | 1145.115 | G2= | 11.1232 | G5= | 19.6889 | 0.000<0.01 |
| | Within Groups | 512.019 | 397 | 1.290 | G3= | 14.5000 | | | Highly Significant |
| 3 | Sexual Abuse | | | | G1= | 1.4819 | G4= | 5.0000 | F=11.354 |
| | Between Groups | 706.966 | 4 | 176.742 | G2= | 4.0652 | G5= | 5.0000 | 0.000<0.01 |
| | Within Groups | 63.136 | 397 | .159 | G3= | 5.0000 | | | Highly Significant |
| 4 | Emotional Abuse | | | | G1= | 2.7590 | G4= | 9.5000 | F=98.291 |
| | Between Groups | 2398.115 | 4 | 599.529 | G2= | 6.1304 | G5= | 10.0000 | 0.000<0.01 |
| | Within Groups | 240.833 | 397 | .607 | G3= | 8.0000 | | | Highly Significant |
| 5 | Cultural Abuse | | | | G1= | 3.0000 | G4= | 11.0179 | F=12.265 |
| | Between Groups | 4963.830 | 4 | 1240.957 | G2= | 4.6159 | G5= | 13.5111 | 0.000<0.01 |
| | Between Groups | 382.422 | 397 | .963 | G3= | 7.8250 | | | Highly Significant |
| 6 | Financial Abuse | | | | G1= | 6.0964 | G4= | 12.2679 | F=67.035 |
| | Between Groups | 2530.291 | 4 | 632.573 | G2= | 9.1957 | G5= | 14.1556 | 0.000<0.01 |
| | Between Groups | 372.027 | 397 | .937 | G3= | 11.1875 | | | Highly Significant |
| 7 | Overall, of Domestic Violence | | | | G1= | 27.2892 | G4= | 65.6964 | F=19.775 |
| | Between Groups | 89048.025 | 4 | 22262.006 | G2= | 42.1667 | G5= | 72.3556 | 0.000<0.01 |
| | Between Groups | 6091.927 | 397 | 15.345 | G3= | 55.5750 | | | Highly Significant |

G1=Below Rs.10,000, G2=Rs.10,000-Rs.20,000, G3=Rs.20,000-Rs.30,000, G4=Rs.30,000-Rs.40,000, G5=Above Rs.40,000

Table 7 shows a highly significant variance between the respondents' family monthly income and various aspects of domestic violence, including verbal, physical, sexual, emotional, cultural, and financial abuse. Additionally, there is a highly significant variance between family monthly income and the

overall experience of domestic violence ($F = 19.775$, $p < 0.01$), indicating that income influences the respondents' perception of domestic violence. The mean score ($X = 72.35$) reveals those respondents with a family monthly income above Rs. 40,000 experience a higher level of domestic violence.

Table 8: One-way Analysis of Variance among place of birth of the respondents and perception towards various aspects of Domestic Violence

| S. No | Source | SS | Df | MS | x | | | | Statistical Inference |
|-------|--------------------------------------|-----------|-----|-----------|-----|---------|-----|---------|-----------------------|
| 1 | Verbal Abuse | | | | | | | | F=14.693 |
| | Between Groups | 2050.664 | 3 | 683.555 | G1= | 9.9173 | G3= | 6.7500 | 0.000<0.01 |
| | Within Groups | 193.814 | 398 | .487 | G2= | 7.9400 | G4= | 3.3333 | Highly Significant |
| 2 | Physical Abuse | | | | | | | | F=65.634 |
| | Between Groups | 4246.177 | 3 | 1415.392 | G1= | 17.9323 | G3= | 11.0100 | 0.000<0.01 |
| | Within Groups | 846.300 | 398 | 2.126 | G2= | 12.6800 | G4= | 9.7971 | Highly Significant |
| 3 | Sexual Abuse | | | | | | | | F=15.591 |
| | Between Groups | 704.830 | 3 | 234.943 | G1= | 5.0000 | G3= | 3.7300 | 0.000<0.01 |
| | Within Groups | 65.272 | 398 | .164 | G2= | 4.6500 | G4= | 1.2464 | Highly Significant |
| 4 | Emotional Abuse | | | | | | | | F=11.970 |
| | Between Groups | 2370.370 | 3 | 790.123 | G1= | 9.3083 | G3= | 5.2500 | 0.000<0.01 |
| | Within Groups | 268.577 | 398 | .675 | G2= | 7.5700 | G4= | 2.5652 | Highly Significant |
| 5 | Cultural Abuse | | | | | | | | F=30.821 |
| | Between Groups | 4524.850 | 3 | 1508.283 | G1= | 11.1880 | G3= | 3.6900 | 0.000<0.01 |
| | Within Groups | 821.401 | 398 | 2.064 | G2= | 6.7300 | G4= | 3.0000 | Highly Significant |
| 6 | Financial Abuse | | | | | | | | F=69.086 |
| | Between Groups | 2383.223 | 3 | 794.408 | G1= | 12.7143 | G3= | 8.8600 | 0.000<0.01 |
| | Within Groups | 519.096 | 398 | 1.304 | G2= | 10.2300 | G4= | 5.7100 | Highly Significant |
| 7 | Overall, of Domestic Violence | | | | | | | | F=16.606 |
| | Between Groups | 85680.192 | 3 | 28560.064 | G1= | 66.0602 | G3= | 39.2900 | 0.000<0.01 |
| | Within Groups | 9459.761 | 398 | 23.768 | G2= | 49.8000 | G4= | 25.6522 | Highly Significant |

G1= Rural, G2= Semi-urban, G3= Urban, G4= Metropolitan

Table 8 reveals a highly significant variance between the respondents' place of birth and various forms of domestic violence, such as verbal, physical, sexual, emotional, cultural, and financial abuse. Additionally, there is a strong variance between the place of birth and the respondents' overall

experience of domestic violence ($F = 16.606$, $p < 0.01$). This suggests that the place of birth significantly influences the respondents' perception of domestic violence. The mean score ($\bar{X} = 66.06$) shows that individuals born in rural areas experience higher levels of domestic violence.

Table 9: Multivariate Analysis among the Husbands' Occupation and Family Monthly Income and the overall level of psychological problems and Domestic Violence

| Tests Between – Subjects Effects | | | | | | |
|--|--|-------------------------|-----|-------------|-----------|------|
| Source | Dependent Variables | Type III Sum of Squares | df | Mean Square | F | Sig. |
| Corrected Model | Overall levels of psychological problems | 364901.875 ^a | 9 | 40544.653 | 1093.490 | .000 |
| | Overall level of Domestic Violence | 91247.483 ^b | 9 | 10138.609 | 1021.032 | .000 |
| Intercept | Overall levels of psychological Problems | 566492.792 | 1 | 566492.792 | 15278.327 | .000 |
| | Overall level of Domestic Violence | 299873.507 | 1 | 299873.507 | 30199.439 | .000 |
| Husbands' Occupation | Overall levels of psychological Problems | 5440.562 | 4 | 1360.140 | 36.683 | .000 |
| | Overall level of Domestic Violence | 829.361 | 4 | 207.340 | 20.881 | .000 |
| Family Monthly Income | Overall levels of psychological Problems | 22743.814 | 4 | 5685.954 | 153.350 | .000 |
| | Overall level of Domestic Violence | 11387.493 | 4 | 2846.873 | 286.701 | .000 |
| Husbands' Occupation * Family Monthly Income | Overall levels of psychological Problems | 7128.678 | 1 | 7128.678 | 192.261 | .000 |
| | Overall level of Domestic Violence | 973.665 | 1 | 973.665 | 98.055 | .000 |
| Error | Overall levels of psychological Problems | 14534.653 | 392 | 37.078 | | |
| | Overall level of Domestic Violence | 3892.470 | 392 | 9.930 | | |
| Total | Overall levels of psychological Problems | 2168504.000 | 402 | | | |
| | Overall level of Domestic Violence | 1037643.000 | 402 | | | |
| Corrected Total | Overall levels of psychological Problems | 379436.527 | 401 | | | |
| | Overall level of Domestic Violence | 95139.953 | 401 | | | |

a. R Squared = .153 (Adjusted R Squared = .132), b. R Squared = .226 (Adjusted R Squared = .206)

The table shows a factorial ANOVA analysis of the impact of husbands' occupation and family income on psychological problems and domestic violence. Both factors significantly influence these outcomes ($p=.000$). Husbands' occupation correlates with varying levels of psychological distress ($F=36.683$) and domestic violence ($F=20.881$), while family income also has a substantial effect on psychological problems ($F=153.350$) and domestic violence ($F=286.701$). The interaction between occupation and income further intensifies these issues. High intercept values indicate that these problems are prevalent in the sample. The significance levels confirm the strong relationship between economic factors and well-being.

Findings on Socio-Demographic Characteristics of Alcoholic Wives

- 48.3% of respondents are aged 40-50, while 14.2% are aged 20-30.
- 28.6% belong to the middle class, and 7.5% are illiterate.
- 22.5% work for daily wages, 13.9% are private employees, 10.4% own businesses, 5.7% are government employees, and the rest are housewives.
- 34.3% of husbands work as private employees, 19.2% own businesses, 16.9% are unemployed, 16.2% work for daily wages, and 13.4% are government employees.
- 34.3% of families earn Rs. 10,000-20,000 monthly, while 11.3% earn above Rs. 40,000

Findings on Perception Towards Domestic Violence

- Half of the respondents reported experiencing high levels of domestic violence: verbal (48.5%), physical (44.5%), sexual (49.3%), emotional (47.3%), cultural (50.7%), and financial (49.8%).
- About one-third of respondents experienced moderate domestic violence: verbal (33.8%), physical (36.8%), sexual (32.3%), emotional (34.6%), cultural (24.4%), and financial (29.6%).
- Less than one-fifth experienced low levels: verbal (17.7%), physical (18.7%), sexual (18.4%), emotional (18.1%), cultural (24.9%), and financial (20.6%).
- Overall, 51.5% faced high, 30.1% moderate, and 18.4% low levels of domestic violence

Results of Statistical Analysis (ANOVA Test)

- Significant variance exists between respondents' occupations and various aspects of domestic violence, including their overall experience.
- Significant variance is observed between respondents' family monthly income and various aspects of domestic violence, as well as their overall level of violence.
- Significant variance is found between respondents' place of birth and various aspects of domestic violence, including the overall level of violence experienced.

Findings Related to Study Hypotheses

1. Significant relationship between respondents' salary satisfaction and their overall psychological problems and domestic violence.
2. Significant association between financial problems during the pandemic and perception of psychological problems and domestic violence.
3. Significant variance between respondents' educational qualifications and their perception of psychological problems and domestic violence.
4. Significant variance among respondents' occupations and their perception of psychological problems and domestic violence.
5. Significant variance between respondents' family monthly income and their perception of psychological problems and domestic violence.

6. CONCLUSION

The investigation into the psychological impacts of domestic violence on wives of alcoholics in Chennai City reveals critical insights into the socio-demographic factors influencing their experiences. The study highlights that a substantial proportion of respondents, primarily aged 40-50, endure high levels of domestic violence, encompassing verbal, physical, sexual, emotional, cultural, and financial abuse. The data shows significant correlations between the severity of domestic violence and various socio-economic factors, such as income levels, educational qualifications, and occupational status.

ANOVA results underscore the variability in domestic violence experiences based on respondents' occupations, family income, and place of birth. The study also identifies a notable relationship between salary satisfaction and the overall psychological well-being of the respondents, alongside significant impacts stemming from financial difficulties during the pandemic. These findings indicate that domestic violence against wives of alcoholics is deeply intertwined with socio-economic conditions and personal circumstances. It is essential to develop targeted interventions that address these factors comprehensively. Future strategies should focus on improving economic stability, enhancing educational opportunities, and providing robust support systems to mitigate the psychological and emotional toll of domestic violence. Effective policy implementations and support programs must be tailored to these findings to foster better outcomes for affected individuals

7. RECOMMENDATION

Acceptance and Understanding: Wives of alcoholics should accept the nature of alcoholism as a chronic disorder and avoid self-blame, understanding that the illness requires professional help and treatment.

Psychosocial Support: Counselling and support groups are crucial for providing emotional support, coping skills, and a network of others in similar situations, which can significantly aid in managing the stress of living with an alcoholic.

Abandoning Control: Wives should avoid constantly monitoring or controlling their partner's drinking behaviour,

recognizing that they cannot cure the addiction, and focusing instead on their well-being and support

Establish Separate Facilities: Create specialized treatment centres for alcoholic spouses and provide comprehensive education to family members about the effects of excessive alcohol consumption.

Effective Follow-Up: Develop robust follow-up plans to prevent recurrence, including long-term after-care programs, and ensure continuous support through organizations like Alcoholics Anonymous (AA) and Al-Anon.

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