

A Study on Factors Influencing Daily-Wage Men Labourers Leading to Alcoholism in Udupi Taluk

Mr. Vignesh R Nayak, Mr. Roshan D'Souza

Student, Post Graduate Department of Criminology and Forensic Science, School of Social Work, Mangaluru.

Assistant Professor, Post Graduate Department of Criminology and Forensic Science, School of Social Work, Mangaluru.

Abstract: In an individual's life, numerous factors profoundly influence their experiences, opportunities, and overall well-being. Leading to a fulfilling life within society is crucial due to a variety of pressing issues such as corruption, unemployment, obesity, healthcare disparities, inequality, discrimination, environmental pollution, diseases, addiction etc. Addiction, characterized by persistent engagement in a substance or activity despite its harmful consequences on physical or mental health, poses a significant threat. Certain detrimental dependencies, such as substance abuse (like drugs, alcohol), can devastate a person's entire existence. Worldwide there is an increasing tendency to study regarding alcoholism and drug addiction as 'chemical dependency'. Alcoholism is a chronic condition affecting behavior and health, involves habitual consumption beyond customary limits, disrupting health, social interactions, and economic stability. Numerous factors contribute to each individual's reliance on alcohol, and understanding these factors is crucial for developing preventative strategies.

This study aims to find out the factors contributing daily wage men laborers leading addiction towards alcohol consumption. For the purpose 100 alcoholic daily wage men laborers in Udupi Taluk selected as research universe. Primary data collected from these laborers by interview method. Non-random purposive sampling method is used for this study. The present study revealed that majority of the respondents (58%) became an alcoholic due to influence of workload and 34% of the respondents are consuming alcoholic products due to work stress. Some of them are drinking alcohol because of depression and stress. The present study indicates that collaboration of local communities and employers is required to develop awareness programs promoting healthier coping mechanisms and alternatives to alcohol consumption. Provide accessible mental health support to cope with underlying psychological issues contributing to alcohol abuse.

Keywords: Alcoholism, Substance abuse, Daily-wage laborers

Society profoundly shapes individuals by providing structure for values, customs, and social interactions. Social institutions like family, education, religion, and media influence identity, perspectives, and behaviour. Access to resources, justice, and healthcare are also determined by societal factors, impacting overall quality of life. Issues such as corruption, unemployment, obesity, healthcare disparities, inequality, discrimination, pollution, diseases, and addiction significantly affect individuals' lives. Addiction encompasses persistent engagement in harmful substances or activities despite adverse consequences, extending beyond drugs to behaviours like eating disorders or gambling. Alcoholism, a prevalent societal issue, exemplifies how substance abuse can devastate lives. Alcoholism among daily wage men labourers presents a pressing public health issue shaped by intricate interactions of social, psychological, and economic factors. These individuals typically engage in physically demanding and economically precarious work, facing unique challenges that contribute to their vulnerability to alcohol abuse. Understanding these multifaceted influences is crucial for developing effective interventions tailored to their specific needs and by understanding the international factors influencing daily wage male labourers towards alcoholism reveals common threads across diverse contexts.

Social environments significantly influence alcohol consumption patterns among daily wage labourers. Many reside in overcrowded and substandard housing conditions, which amplify stress and limit access to supportive social networks. Peer influence and community norms play pivotal roles, as alcohol may be normalized as a coping mechanism or social lubricant within these circles. Accessibility to alcohol at or near worksites further reinforces its role in daily life, where it can serve as a readily available means of relaxation or socializing after work.

INTRODUCTION

Psychological stressors are pervasive among daily wage labourers and contribute significantly to alcoholism. Many labourers globally face mental health challenges exacerbated by their work conditions and social environment, pushing them towards alcohol use to manage stress and emotional distress. The nature of their work, characterized by irregular hours, job insecurity, and physical strain, creates chronic stress. Economic uncertainties, such as fluctuating income and the pressure to provide for families, drive individuals to seek temporary relief through alcohol consumption. Moreover, untreated mental health disorders, including depression and anxiety, are prevalent in this demographic, often leading to self-medication with alcohol to alleviate symptoms. Personality traits such as impulsivity and sensation-seeking behaviour also increase the likelihood of engaging in problematic drinking behaviours.

Economically, low wages and precarious employment are prevalent globally, exacerbating stress and financial insecurity among labourers. This economic instability often drives individuals to seek solace in alcohol as a coping mechanism. Economic instability exacerbates alcoholism among daily wage labourers. Irregular income and low wages contribute to financial stress, prompting individuals to prioritize short-term relief over long-term financial stability. The affordability and accessibility of alcohol relative to other necessities make it a viable option for coping with economic pressures. Additionally, economic barriers, such as the cost of treatment and lack of health insurance, hinder access to necessary interventions, perpetuating cycles of dependence and marginalization.

Alcoholism among daily wage men labourers is a complex issue influenced by intertwined social, psychological, biological and economic factors. These factors interact dynamically to shape behaviours and community norms regarding alcohol consumption. By comprehensively understanding these influences, stakeholders can develop targeted interventions that address the underlying determinants of alcoholism among labourers.

A study by Prasad Pramod Rane, Prakash Narayanan, et.al (2016) on 'Prevalence of Tobacco and Alcohol Consumption among Fishermen in Udupi Taluk, Karnataka, India: a Cross-Sectional Study' was conducted to detect prevalence of

substance abuse among fishermen. It is well known that stress related to fishing causes fishermen to smoke and drink. The purpose of this study was to determine the incidence of alcohol and tobacco use among fisherman in the Indian state of Karnataka's Udupi Taluk and to investigate any relationships with stress at work and health. Using a two-stage cluster sampling approach, the study was carried out among 825 fishermen in the Udupi Taluk of Karnataka between January and June 2015. Logistic regression models and multivariable analysis were utilized to evaluate associations between variables of interest. Tobacco, alcohol, and any combination of these substance usage rates were 64.2%, 45.6%, and 86.9%, respectively. While there was no correlation found between respondents' job stress and health, there was a positive relationship between alcohol and tobacco use in any form with income. Their study concluded that fishermen with poor health status are seen more among tobacco and alcohol users.

METHODOLOGY

Research methodology encompasses techniques used to find, select, process, and analyse information on a subject. Researchers employ these methods to understand and predict events, aiming to provide a structured approach in conducting and presenting their studies effectively. This study aimed to find out the factors contributing daily wage men laborers leading addiction towards alcohol consumption.

The present study has been taken up with following objectives

- To determine social factors influencing alcoholism among daily wage men laborers.
- To ascertain psychological factors leading to alcoholism among daily wage men laborers
- To assess economic factors bringing out daily wage men laborers to become an alcoholic.

For the purpose of this study 100 alcoholic daily wage men laborers in Udupi Taluk selected as research universe. The method used for research is the qualitative approach of explanatory design and primary data collected from these laborers by interview method. Non-random purposive sampling method was used for this study. Daily wage men laborers who drink alcoholic products in Udupi taluk only included. Individuals other than daily wage laborers and who not drink alcohol are excluded. Women daily wage laborers are excluded. Data coding in the present study involves assigning numerical codes to each sample. For statistical

analysis Microsoft excel and SPSS (Statistical package for social sciences) software was used. The result of data analysis presented in bi-variant tables and bar chart.

DATA INTERPRETATION

Data analysis involves systematically evaluating data using logical methods and presenting unbiased conclusions. The data from bivariate tables has been cross-referenced for interpretation, utilizing techniques such as statistical analysis and inference.

Age refers to the duration of existence or life stage, influencing maturity and productivity among daily wage male labourers. Younger workers are typically more energetic but less experienced, whereas older workers often possess expertise but may struggle physically. Understanding the intersection of age and social factors affecting alcoholism in this demographic is vital for targeted interventions. It enables identification of vulnerable groups, customization of support systems, and implementation of preventive measures to address the complex dynamics of age, socio-economic conditions, and alcohol abuse.

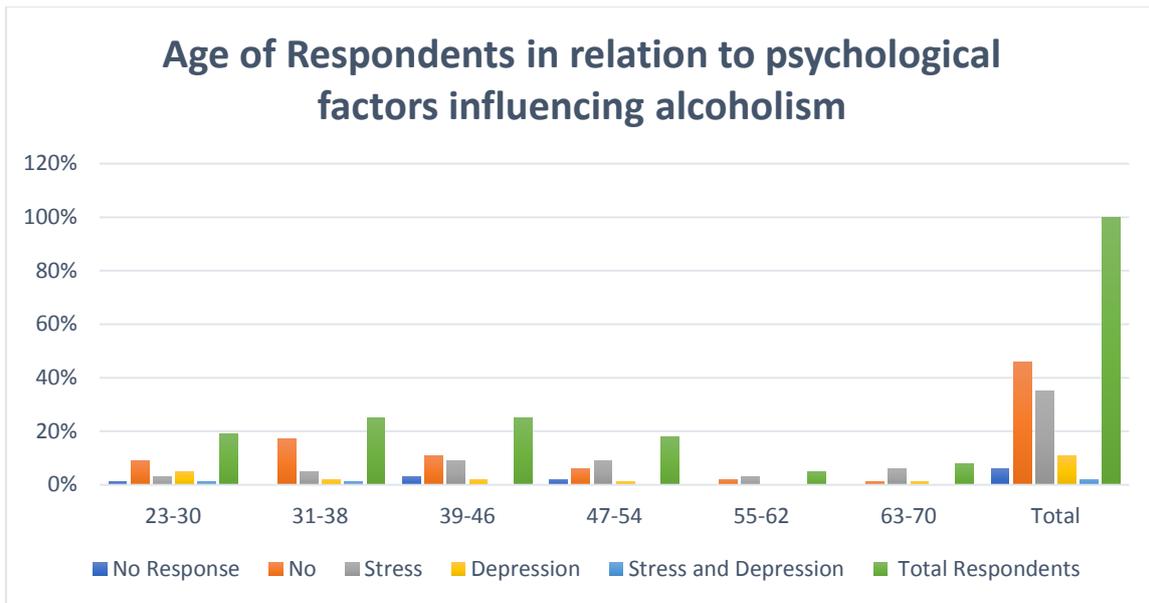
1. Age of respondents in relation to social factors influencing alcoholism among them

			Social factors influencing alcoholism										Total
			Workload		Work Stress		Family		Media		Advertisements		
			Yes	No	Yes	No	Yes	No	Yes	No	Yes	No	
Age	23-30	Count	10%	9%	8%	11%	6%	13%	8%	11%	3%	16%	19%
	31-38	Count	12%	13%	7%	18%	7%	18%	4%	21%	5%	20%	25%
	39-46	Count	16%	9%	11%	14%	7%	18%	5%	20%	2%	23%	25%
	47-54	Count	11%	7%	6%	12%	7%	11%	2%	16%	0%	18%	18%
	55-62	Count	3%	2%	1%	4%	1%	4%	1%	4%	1%	4%	5%
	63-70	Count	6%	2%	1%	7%	6%	2%	1%	7%	0%	8%	8%
Total		Count	58%	42%	34%	66%	34%	66%	21%	79%	11%	89%	100%

The data reveals that 58% of respondents attribute their alcoholism to workload, while 34% cite work stress. Social factors affecting alcohol use vary by age. Among those aged 23-30 years, 10% are influenced by workload, 8% by work stress, and 6% by family issues. In the 31-38 years group, 12% are affected by workload and 7% by work stress. For those aged 39-46 years, 16% cite workload and 11% work stress. In the 47-54 years group, 11% are influenced by workload and 6% by work stress. Economic factors also play a role, with 41% of respondents citing them as a reason for alcoholism. Overall, workload is the most significant factor, followed by work stress, across different age groups.

Age reflects the time someone has lived since birth. Daily wage labourers encompass men of diverse ages, each bringing unique skills and experiences. Psychological factors encompass mental and emotional elements shaping thoughts, behaviours, and responses. These factors significantly influence alcoholism among daily wage men, exacerbated by stress, job insecurity, and socioeconomic pressures. Understanding these dynamics is critical for developing targeted interventions and support systems. Analysing the relationship between age and psychological factors affecting alcoholism aids in identifying at-risk groups, tailoring support programs, and effectively allocating resources to address underlying mental health issues and reduce alcohol-related harm.

2. Age of respondents in relation to psychological factors influencing alcoholism



The data present in above bar chart indicates that 46% of respondents are not influenced by psychological factors in their alcohol use, while 35% attribute their alcoholism to stress. Depression affects 11%, and only 2% report both stress and depression as factors. Among different age groups, 19-30 years old show 1% each for non-response, stress, and depression; 31-38 years old have 17% not influenced, 5% due to stress, and 2% due to depression. In the 39-46 age group, 11% are unaffected by psychological factors, while 9% are influenced by stress and 2% by depression. For the 47-54 age group, 6% are unaffected, and 9% cite stress. The 55-62 and 63-70 age groups show 3% and 6% influenced by stress, respectively. Overall, stress is a significant factor in alcoholism across all age groups.

3. Age of respondents in relation to economic factor influencing alcoholism

Daily wage laborers enter the workforce at varying ages, influenced by economic necessity, cultural norms, and regional disparities. Some start as teenagers, while others begin later due to educational pursuits, family obligations, or job availability. Economic pressures such as low wages, irregular employment, job insecurity, and poverty often drive these laborers towards alcoholism as a way to cope or escape hardships. Understanding the interplay between age and economic factors affecting alcoholism among daily wage laborers enables tailored support programs that address specific age groups and economic challenges, promoting healthier coping mechanisms and enhancing overall well-being in this vulnerable population.

			Economic factor influencing alcoholism		Total
			Yes	No	
Age	23-30	Count	7%	12%	19%
	31-38	Count	9%	16%	25%
	39-46	Count	6%	19%	25%
	47-54	Count	12%	6%	18%
	55-62	Count	2%	3%	5%
	63-70	Count	5%	3%	8%
Total		Count	41%	59%	100%

The data shows that 41% of respondents attribute their alcoholism to economic factors. Age-related analysis reveals varying impacts: 7% of those aged 23-30, 9% of those aged 31-38, and 6% of those aged 39-46 cite economic factors as a reason for their alcohol use. Among respondents aged 47-54, 12% are influenced by economic factors. For the older age groups, 2% of those aged 55-62 and 5% of those aged

63-70 report economic factors as a cause. This highlights that economic pressures significantly contribute to alcoholism, with a notable impact across different age groups, particularly among those aged 47-54.

MAJOR FINDINGS

The present study was focused on the factors influencing daily wage men laborers leading to alcoholism in Udupi taluk. The major findings of the present study are outlined below:

- The present study indicates that majority of the respondents (58%) became an alcoholic due to influence of workload and 34% of the respondents are consuming alcoholic products due to work stress.
- The present study shows that majority of the respondents (46%) are not influenced by psychological factors which lead them to become an alcoholic and 35% of the respondents were became an alcoholic due stress. Among the 25% of the respondents aged between 39 to 46 years, 9 percent of them are consuming alcoholic products due to stress and among 18% of the respondents aged between 47 to 54 years, 9 percent of them said that stress is the reason for them to become an alcoholic.
- The present study reveals that 41% of the respondents became an alcoholic due to influence of economic factors. Among the 18% of the respondents aged between 47 to 54 years 12 percent of them are consuming alcohol due to economic factors.

SUGGESTIONS

The study highlights the necessity of community and employer collaboration to implement awareness programs promoting healthier coping strategies and alternatives to alcohol. Accessible mental health support is crucial for addressing underlying psychological issues contributing to alcohol abuse. Individuals struggling with alcoholism should seek professional help from healthcare providers, addiction specialists, or mental health professionals for tailored assessment, guidance, and treatment options. Interventions should be culturally sensitive, emphasizing family and social support networks to influence drinking behaviours positively.

Additionally, examining psychological factors such as lack of mental health support and effective coping skills is crucial. Policy recommendations should emphasize interventions that improve economic stability, provide mental health resources, and promote healthier social norms to address and mitigate alcoholism in this vulnerable population effectively.

Victims of alcohol abuse require rehabilitation facilities and participation in sports, exercise, and

meditation activities to aid recovery. Advocacy for policies improving working conditions, education, and vocational training can empower individuals economically and socially, thereby reducing alcohol dependency.

Future studies should consider expanding sample size and geographical scope, including women daily wage labourers and caretakers of alcohol abuse victims. Exploring the experiences and opinions of alcohol abuse victims regarding rehabilitation programs, as well as investigating biological and environmental factors influencing alcoholism among specific age groups of daily wage labourers, would further enrich understanding. Additionally, researching factors influencing other habits like tobacco use and smoking among this demographic could provide comprehensive insights.

CONCLUSION

The research highlights the intricate factors influencing alcoholism among daily wage male labourers, emphasizing socio-economic and psychological complexities. Socio-economic stressors such as income instability, job insecurity, and financial strain drive individuals to alcohol as a coping mechanism, exacerbated by limited social safety nets. Psychological factors, including untreated mental health issues like depression and anxiety, lead to self-medication with alcohol, worsening their conditions. It underscores that socioeconomic conditions play a pivotal role, with low wages and irregular employment patterns contributing significantly to stress and anxiety. These factors create a fertile ground for alcohol consumption as a coping mechanism. Moreover, social pressures and peer influence within labour communities exacerbate this behaviour, forming a normative framework where alcohol serves as a means of relaxation and social bonding after strenuous workdays.

Psychologically, the lack of adequate mental health support and coping skills further compounds the issue, perpetuating a cycle where alcohol becomes a default mechanism to alleviate stress. Policy-wise, the findings advocate for targeted interventions that address both economic vulnerabilities and promote healthier coping strategies among labourers. Enhancing access to stable employment, providing mental health resources, and fostering supportive social environments are crucial steps towards mitigating alcoholism in this demographic. Overall,

the study underscores the need for holistic approaches that integrate economic, social, and psychological interventions to effectively combat alcoholism among daily wage labourers.

Cultural norms and peer pressure normalize alcohol consumption within labourer communities, hindering help-seeking behaviours due to stigma. Addressing alcoholism requires a multifaceted approach: improving socio-economic conditions, enhancing mental health services access, challenging drinking norms, and regulating alcohol availability. Community engagement is vital for sustainable behaviour change and reducing alcohol abuse. Effective interventions demand collaboration among policymakers, healthcare providers, communities, and employers to enact meaningful change and support this vulnerable population's well-being. Understanding these intersecting factors is crucial for tackling alcoholism among daily wage labourers comprehensively.

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