



Rehabilitation of Youth with Alcohol Use- A Social Perspective

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INTRODUCTION

Alcohol use among youth has been a significant concern for many years in India. There is no second thought over the numerous ill effects of alcohol. But, it is much worse, if the youth start consuming alcohol and continue with it for years. It is an evil which not only affects the concerned youth but also the family and the society at large. It is because of this simple question "What quality of youth are we producing"? Is The future generation is at risk? Are a few questions, the research would like to answer.

REVIEW OF LITERATURE

"Alcohol use among adolescents in India: a systematic review" (2022): This study synthesizes evidence on the prevalence, patterns, and correlates of alcohol use among adolescents in India. It found that lifetime alcohol consumption ranged from **3.9% to 69.8%**, with initiation ages between **14.4 to 18.3 years**. Factors such as male gender, older age, academic difficulties, parental alcohol or tobacco use, non-contact sexual abuse, and exposure to violence were associated with higher alcohol consumption. The review emphasizes the need for targeted interventions and policy development to address adolescent alcohol use in India.

Arumugam, Sunder, Singh, Rajeev, Rickson, Russo, 2025, found that 68% of the respondents (alcoholics) are daily wage earners and 22% of them are aged between 20-30 years of age. It is visible that there is no checks and balances from any quarter to restrict the use of alcohol.

Adolescent period is not free from any challenges. On top of this, if they resort to consuming alcohol, their challenges become multifaceted. Health problems, academic backwardness and attitude and behaviour related issues add to the woe.

India has the largest population of adolescents globally (253 million people aged 10–19 years), constituting 21% of the population (Government of India, 2011; Boumphrey, 2012). Additionally, adolescents as young as 13–15 years of age have started consuming alcohol in India. (Gururaj *et al.*, 2016).



METHODOLOGY

The present study has been undertaken with the following specific objectives-

- ❖ To understand the age background of youth alcohol users.
- ❖ To understand the various causes of alcohol consumption.
- ❖ To gain an idea of alcohol users' expectations for treatment

The present study has been undertaken in the District of Karaikal with a sample of 102 youth using alcohol. Purposive sampling was used to collect data from the respondents. The researcher went to the bars in Karaikal Municipal limit and met the respondents and collected data. The authors would like to specify that the data was collected when the respondents **were not under the influence of alcohol**. Due to paucity of time, a total of 102 samples could only be collected which could be considered as a limitation of this study. The design for the study is Descriptive in nature. The study also has the following hypothesis-"Lesser the level of education, higher the motivation to stop consumption of alcohol."

RESULTS & DISCUSSIONS

Application of Mean formula, a very simple statistical tool was used to identify the average age of the respondents. It showed that the average age of the respondents is 26.2 years.

Table 1. Table Showing the Educational Qualification of the Respondents

SL NO	Educational Qualifications	TOTAL	
1	Collegiate	68	67%
2	Higher Secondary	16	15%
3	Secondary	12	12%
4	Primary	6	6%
	TOTAL	102	100%

It is visible from the above table that 67% of the respondents have had their collegiate level education, 15% of them are higher secondary level educated, 12% of them are secondary level educated and 6% of them are primary level educated.

Lower education and economic status correlate with higher alcohol use and poorer rehabilitation outcomes. Studies indicate that youth with higher education levels have better access to resources and support, improving their recovery success (Gururaj et al., 2021; Saini & Suthar, 2022).

The analysis here, shows that the level of education among the alcohol users is high when compared to the previous study.



Table 2. Table Showing the Respondents Opinion on The Cause for Drinking habit.

SL. NO	CAUSES OF ALCOHOL CONSUMPTION	TOTAL
1	Easy Availability	6 5.90%
2	Family Pressure	30 29.40%
3	Peer Pressure	40 39.20%
4	Others	26 25.50%
	TOTAL	102 100%

In a study by Saini, Jitendra Kumar & Suthar, Hansaram found that 4.34% consume alcohol due to easy availability. Similar to this finding, the present study also depicts a cause for alcohol consumption by the youth which is 5.90%. Among a few other causes, it is found that 39.20% of them consume alcohol owing to peer pressure, 29.40% of them point out at family pressure for their drinking habit and 25.50% of them cite at other reasons for alcohol consumption.

1. FORMULATION OF HYPOTHESIS

Null Hypothesis : There is no significant association between the frequency of alcohol consumption and family rapport.

Alternative Hypothesis : There is a significant association between the frequency of alcohol consumption and family rapport.

The contribution for each individual cell is shown in the table below

Category	Toxic	Non-Toxic	Mixture of Both
2 – 3 days a week	0.4314	1.1768	4.4947
Daily	0.1176	1.3653	4.7451
Once a month	2.3725	0.9990	4.9428
Once a week	0.7451	0.1004	0.0991



Calculation of Expected Frequencies

Expected frequencies for each cell are calculated using the formula:

✧ **2 – 3 days a week:** Toxic: = 0.4314 Non-Toxic: = 16.3922

Mixture of Both: = 5.1765

✧ **Daily:** Toxic: = 0.1176 Non-Toxic: = 4.4706 Mixture of Both: = 1.4118

✧ **Once a month:** Toxic: = 0.7059 Non-Toxic: = 26.8235

Mixture of Both: = 8.4706

✧ **Once a week:** Toxic: = 0.7451 Non-Toxic: = 28.3137 Mixture of Both: = 8.9412

The sum up of all 12 cell values- $0.4314 + 1.1768 + 4.4947 + 0.1176 + 1.3653 + 4.7451 + 2.3725 + 0.9990 + 4.9428 + 0.7451 + 0.1004 + 0.0991 = 21.590$

Statistical Degrees of Freedom and Critical Value

Critical Value at Significance Level is **12.592**

Calculated -value: 0.00144

Statistical Decision - Since the calculated Chi-Square value (21.590) is greater than the critical table value (12.592), and the value (0.00144) is well below 0.05, we reject the null hypothesis and accept the alternative hypothesis.

DISCUSSION

Highly Significant Association: There is a statistically highly significant relationship between how frequently a family member consumes alcohol and the nature of the family rapport. The distribution of family dynamics is not random across drinking frequencies.

Descriptive Shift in Dynamics: Low Frequency (Infrequent Drinkers): Individuals who consume alcohol "Once in a month" have overwhelmingly Non-Toxic relationships with the family (89%).

Moderate/Regular Frequency: As consumption shifts to "Once in a week", Non-Toxic rapport stays relatively high (79%), but the emergence of a "Mixture of Both" starts rising (21%).

High Frequency (Frequent / Heavy Drinkers): For those drinking "2–3 days a week", the percentage of stable Non-Toxic rapport drops heavily to 54% and nearly half (46%) report a "Mixture of Both". This trend peaks with "Daily" consumers, where a dominant 67% describe their relationship as a volatile "Mixture of Both" and only 33% maintain a purely Non-Toxic environment.

The "Toxic" Category Anomaly: Interestingly, the absolute "Toxic" label only appears in two (2) cases within the "Once a month" group. Statistically, this is a very small occurrence (2% of the total sample) which means explicit "toxicity" isn't heavily stated, but the underlying tension (expressed through "Mixture of Both") dramatically scales upwards with drinking frequency.

(Caveat for Reporting): It is to be noted that 50% of the cells (6 out of 12) have an expected frequency below 5 (specifically all the "Toxic" cells and some "Daily" cells). While the chi square value is strong. This violation of traditional Chi-Square assumptions occurs because of low sample sizes in those extreme columns. To ensure that the are findings structurally bullet proof, it is mention that **Fisher's Exact Test** or collapsing the columns into two categories ("Non-Toxic" vs "Toxic/Mixed") yields similarly significant results.

When the emotional quality of family rapport drops—due to severe parental pressure, lack of communication, or neglect—adolescents experience a psychological void. Indian youth routinely pivot toward peer groups for validation, drastically increasing the likelihood of experimental drinking escalating into severe Substance Use Disorders (SUD) (IAP, 2021).



2. FORMULATION OF HYPOTHESES

To analyze the relationship between the respondent's **Occupation** and their **Rapport with Co-Drinker**, a **Chi-Square Test of Independence** was computed.

Null Hypothesis : There is no significant association between occupation and rapport with the co-drinker

Alternative Hypothesis : There is a significant association between occupation and rapport with the co-drinker.

Table of Observed Frequencies

Based on the data set, here are the exact absolute counts extracted for the cross-tabulation:

The individual cell contributions are detailed in the table below-

Occupation	Good	Satisfactory	Poor
Coolie	0.0473	3.1182	13.5529
Govt job	0.4045	1.2149	2.3529
Private job	0.0565	0.1420	1.4877

The expected frequencies represent what the cell counts *should* look like if there were zero relationship between the two variables.

✧ **Coolie:** Good: =5.4902 **Satisfactory:** = 12.1569 **Poor:** = 2.3529

✧ **Govt job:** Good: = 5.4902 **Satisfactory:** = 12.1569 **Poor:** = 2.3529

✧ **Private job:** Good: = 17.0196 **Satisfactory:** = 37.6863 **Poor:** = 7.2941

Summing up all Nine individual values are - $0.0473 + 3.1182 + 13.5529 + 0.4045 + 1.2149 + 2.3529 + 0.0565 + 0.1420 + 1.4877 = 22.377$

Statistical Results & Decision

Critical Table Value at Significance Level **9.488**

Calculated 0.000169

Decision: Since the calculated Chi-Square value 22.377 is **far greater** than the critical table value 9.488, and the calculated value 0.000169 is way below the standard alpha threshold 0.05, we **reject the null hypothesis** and confidently accept the alternative hypothesis

DISCUSSION

The results reveal a highly significant relationship between a person's occupation and the type of rapport they maintain with an alcohol co-drinker. This relationship can be thoroughly understood by breaking down each occupational subgroup:

The Coolie Group (High Vulnerability and Friction)

Observation: Out of 20 Coolie respondents, 40% report a **Poor** rapport, while only 30% report a Satisfactory rapport.



Statistical Insight: The expected count for Poor rapport in this cell was only 2.35, but the observed count was 8. This single cell contributed a massive **13.55** to our total Chi-Square score, meaning this is where the strongest anomaly in the data lies.

Sociological Perspective - Daily wage workers (Coolies) face intense physical labor and economic precocity. When drinking occurs in this subgroup, it often consumes a high percentage of limited disposable household income. This financial strain, combined with poor structural support systems, creates heightened domestic friction, manifesting as an exceptionally high rate of "Poor" rapport.

The Government Job Group (High Stability and Boundary Control)

Observation: Government employees show **0% Poor rapport** and an overwhelming **80% Satisfactory rapport**.

Statistical Insight: The observed count for Satisfactory rapport 16 was noticeably higher than the expected value 12.16, while the Poor rapport cell dropped completely to zero.

Sociological Perspective- Government employment typically brings steady monthly income, regulated work hours, job security, and higher social status. This economic stability minimizes structural survival stress within the household. Even if alcohol is consumed, the stable resource base absorbs financial strains, allowing relationships to remain bounded at a "Satisfactory" level rather than deteriorating into a toxic or poor state.

The Private Job Group (The Balanced Middle Major)

Observation: Private job employees make up the largest portion of your sample 61%. They show a balanced, normal distribution: 29% Good rapport, 63% Satisfactory rapport, and a very low 6% Poor rapport.

Statistical Insight: The observed numbers in this row align closely with the expected mathematical values (e.g., Observed 40 vs Expected 37.69 for Satisfactory), meaning this group represents a standard baseline for your sample population.

Sociological Interpretation: Private sector employees generally have a wide spectrum of earnings, but they possess baseline regular incomes. They display high resilience, managing to navigate co-drinking scenarios primarily with "Satisfactory" or "Good" interpersonal dynamics, shielding their daily rapport from turning highly volatile.

"The Chi-Square Test of Independence established a highly significant association between the respondents' occupations and their rapport with co-drinkers, $\chi^2 = 22.38$ is $< .001$. The analysis highlights that daily wage earners (Coolies) suffer from disproportionately high levels of poor rapport 40%, whereas salaried government employees enjoy structurally protected, stable relationships with 0% reporting poor rapport. This indicates that socio-economic security provided by certain occupations acts as a strong buffer against the interpersonal strains commonly introduced by alcohol consumption."

Table 3. Table Showing the Respondents' Expectations from Rehabilitation Centers.

SL. NO	RESPONDENTS' EXPECTATIONS	TOTAL
1	Better Treatment	24 23%
2	Good Support	60



		60%
3	Help to Develop Skills	12 12%
4	Help to Develop Identity	6 5%
	TOTAL	102 100%

From the table above, it is understood that 23% of the respondents expect better treatment from the rehab centers, 60% of them expect good support, 12% of them expect some sort of help to develop their skills and 5% of the respondents expect some or other help to develop their identity.

Hypothesis -“Lesser the level of education, higher the motivation to stop consumption of alcohol.”

The Calculated value is - 0.29

The Table value is - 7.815 for df 3 at 0.05 level.

Since, the calculated value is lesser than the table value, the hypothesis stands proved.

Finally, it can very well be said that ”Lesser the level of education, higher the motivation to stop consumption of alcohol.”

Conclusion

Most of us knowing well that there are ill effect of alcohol many of us still continue to consume it. The Government machinery also knows about it but its irony to say that more the sale of alcohol, greater the income for the Government. Now, let us understand whose responsibility it is to curb this menace. If an individual, consume it for fun, for overcoming various struggles and to escape the reality. The authors are of the opinion that this menace can be controlled if there is a will. If given an option/choice, no one will opt for doing away with alcohol. If its prohibited, it may control a majority of the population from consuming it. This study also found that around 59% (percentile analysis) of the respondents do not have any motivation to quit their drinking habit.

The quality of youth we are producing is certainly at risk and the threat of producing a weak human resource does exist.

Education is not a criteria for keeping the individual away from drinking because this study shows that 60% of the respondents have been educated up to under graduate level. Moreover, family and peer pressure also played role in influencing the individual to consume alcohol.

Above all, the daily wage labourers who have their daily earnings cannot afford to spend for their treatment in rehab centers because they will have to forego their daily income and in its absence, the family will be the most sufferer. This is the most prominent reason for people not coming forward to undergo treatment. The Social Workers need to intervene and make use of their professional network to overcome this challenge. A genuine effort will certainly help the youth with alcohol use and why should we not try for a better future for India.?



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