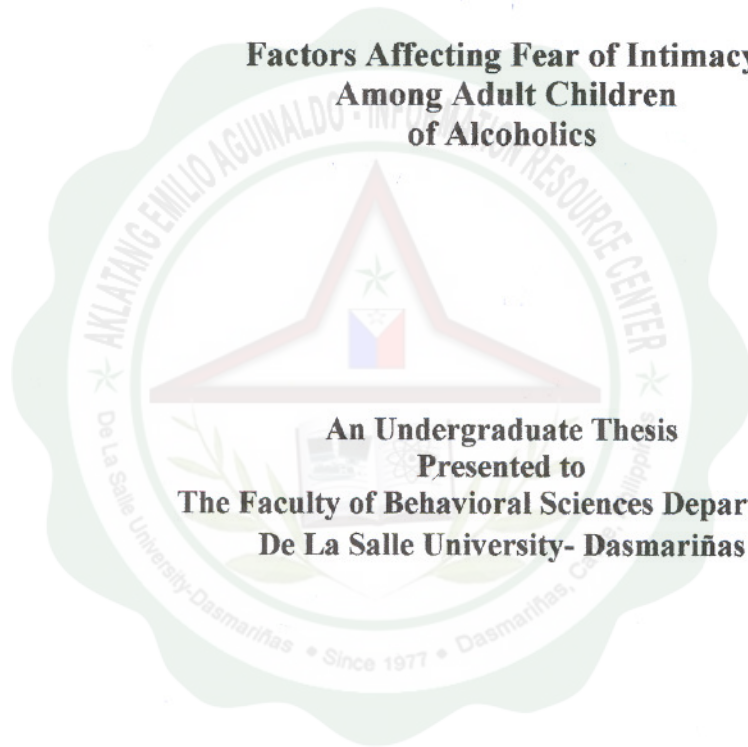




De La Salle University – Dasmariñas

**De La Salle University- Dasmariñas
College of Liberal Arts
Behavioral Sciences Department**

**Factors Affecting Fear of Intimacy
Among Adult Children
of Alcoholics**



**An Undergraduate Thesis
Presented to
The Faculty of Behavioral Sciences Department
De La Salle University- Dasmariñas**

Karmia A. Pakingan

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ABSTRACT

NAME OF INSTITUTION : De La Salle University-Dasmariñas

ADDRESS : Dasmariñas Bagong Bayan – B
Dasmariñas, Cavite

TITLE : Factors Affecting Fear of Intimacy
Among Adult Children of Alcoholics

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OBJECTIVE OF THE STUDY

A. General Objective

The main objective of the study was to come up with the possible factors affecting fear of intimacy among adult children of alcoholics in Bacoor, Cavite.

B. Specific Objectives

1. What is the demographic profile of the respondents in terms of:

- age, sibling position, civil status, and gender of the alcoholic parent?

2. What is the fear of intimacy profile of the respondents?

3. What are the factors affecting fear of intimacy among the respondents?

Scope and Delimitation of the Study

The respondents of this study were 6 adult children of alcoholics of Bacoor, Cavite. The respondents' ages were from 18-24 years of age, identified as having fear of intimacy as measured by the Fear of Intimacy Scale and considered one of their parents as an alcoholic based on the researcher-made Parental Alcoholism Checklist.

The respondents were chosen through purposive sampling technique. The criteria above were the basis for qualification.

This study came up with factors that affect the development of fear of intimacy among the selected respondents. The data on this research were taken from an interview with the respondents.

METHODOLOGY

This study used descriptive research design specifically case study method where the proponent utilized two pen and paper tests and unstructured interview.

CONCLUSIONS

1. Most of the respondents were not involved in a relationship at the time of the study but they had past relationships.
2. Most of the alcoholic parents were males or fathers. This supported the literature that there were more alcoholic males than females.
3. The respondents' fear of intimacy were above average. The respondents found it hard to exchange emotionally charged personal information even to an intimate other. Despite the fact that they had fear of intimacy they still perceived themselves as good partners: sweet and caring.
4. There were six factors drawn from this study that affected fear of intimacy among adult children of alcoholics namely: rejection, poor relationship with parents, shame, fear of commitment, fear of loss of identity and fear that they would end up like their nonalcoholic parent.
5. Among the said factors, rejection was the principal factor. The respondents had experienced rejection from their alcoholic parent and are scared to experience rejection from a partner. This was one of the reasons why they were scared to be intimate.
6. Their poor relationship with their parents was also a significant factor affecting their fear of intimacy. They did not experience to be intimate

with their parents, thus, they do not know how to be intimate to their partners.

7. Shame was also a noteworthy factor. The respondents didn't want their partners to know about their family origin, as a result, they avoided intimacy.
8. Fear of commitment, fear of loss of identity and fear that they would end up like their nonalcoholic parent were the other factors that affect fear of intimacy among the respondents.
9. Hence, alcoholism really affects the fear of intimacy among adult children of alcoholics in Bacoor, Cavite.

RECOMMENDATIONS

The Community. May the information gathered from this study help the community to be aware of the harm that alcoholism may bring about. Therefore, this should make them more vigilant about alcoholism.

People with Fear of Intimacy. May this study lead them to a deeper understanding of oneself. And gradually, to sharing themselves to other people.

The Alcoholics. May they learn from the information gathered from this study. Thus, this serve as an eye-opener to the long term destructive effects of alcohol dependence.

Those in a relationship with Adult Children of Alcoholics. May this study aide you in understanding your partner. Be someone that can be trusted and show them much care and affection.

The Adult Children of Alcoholics. May this study be of assistance to understanding their struggle for intimacy. May the knowledge about the factors of fear of intimacy lead them to overcoming their fear.

Future Researchers. A research to test the factors that was transpired in this study is encouraged. It will be better if a male proponent would interview male respondents so they will be more comfortable. It will also be beneficial if they would study fear of intimacy among the spouses of alcoholics. it is also recommended that they will use a larger sample population.