

Abstract

This study sought to determine the self-esteem and anxiety levels of alcoholics in Manila, and their perceptions regarding etiology, consequences, treatment and prognosis of their drinking.

The subjects of this study were 37 alcoholics, who are members of Alcoholics Anonymous (AA) in Manila, belonging to average and above average socio-economic status, with age ranging from 26 to 63.

This study is a significant one because no such study has been conducted here so far and since it wanted to know whether the Philippine values and support system will help the alcoholics to have a good self-esteem and regard for themselves.

Tennessee selfconcept scale and IPAT Anxiety Scale Questionnaire were used to measure their self-esteem and anxiety. A checklist was used to determine the perceptions of the alcoholics regarding etiology, consequence, treatment and prognosis of their drinking.

Self-esteem of the alcoholic subjects of this study was found to be very low, (mean score 274.81 out of 450, and percentile 3.5). The anxiety score on the other hand was found to be high (mean score 43.41 out of 80, and percentile 89).

They consider themselves as persons having the disease of alcoholism, which is the primary cause of their drinking though other factors may have occasioned it. Though alcoholism as a disease is only one of the views, all the subjects had this view, which seem to confirm their experience.

They consider all the areas of their life was affected by drinking, which affected their already low self-esteem, and increased their anxiety.

They consider AA attendance as a form of treatment. Though they cannot be cured of this disease, they consider themselves to be capable of maintaining their sobriety and able to become independent with the help of AA.



It is suggested that this study is conducted by a Filipino over an extended period, and using a larger sample. Establishment of treatment and rehabilitation centres for alcoholics is necessary. Indiscriminate propaganda for alcohol should be discouraged. Self-esteem enhancement programs in educational institutions are seen as useful preventive measure.

