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## Resilience among wives of alcohol-dependent men in rural southern India: A comparative study

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**Statement of the Problem:** Resilience is a process of adapting well in the face of an adversity and has been studied among victims of disasters/natural calamities, people living with HIV and cancer survivors. Literature lacks evidence on resilience among wives of alcohol-dependent men. This study was undertaken with an objective of comparing the resilience and marital quality of life in wives of alcohol-dependent men and wives of non-alcohol-dependent men.

**Methodology & Theoretical Orientation:** This was a comparative, cross-sectional study undertaken in a rural area of Bangalore district, southern India. The study subjects were randomly selected and included married women living with their husbands who were screened for psychiatric illness. They were studied in two groups namely those living with alcoholic-dependent men and those living with non-alcohol-dependent men (50 in each group). Assessment of resilience by resilience scale for adults and marital quality by marital quality scale was done.

**Findings:** The study found that resilience in wives of alcohol-dependent men [188 (IQR: 172-202)] was less as compared to wives of non-alcohol-dependent men [196 (IQR: 166-210)]. Similarly the quality of marital life among wives of alcohol-dependent men ( $105\pm 8.4$ ) was poor as compared to wives of non-alcohol-dependent men ( $99.1\pm 13.5$ ).

**Conclusion & Significance:** Though not significant, resilience in wives of alcohol-dependent men was lower than that in wives of non-alcohol-dependent men. Marital quality of wives of alcohol-dependent men, were significantly lower than that of wives of non-alcohol-dependent men. Similar studies can be undertaken in various settings to gain insight with reference to resilience among wives of alcohol-dependent men, with the objective of developing interventions targeting them.

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