

**LESSONS LEARNED FROM THE 12 STEPS LISTED BY ALCOHOLICS
ANONYMOUS REHABILITATION PROGRAM**



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ABSTRACT

Alcohol, which is available in liquid form, is a drug that is both sedative and intoxicating. In its unaltered form, it may be ignited by heat or flame. It is good in low amounts due to the fact that it activates cells and hormones, but it is dangerous in high levels since it is beyond what the human body is able to digest at one time. In the most severe cases, it may possibly lead to death or a coma. People in

every part of the world partake in the use of alcoholic beverages. Alcoholism is a popular form of self-medication and an improvement approach for those who suffer from mental disease and sadness (Gunderson 1997). Between the years 1992 and 2012, India had a tremendous rise of over 55% in the per capita rate of the proportion of people who were alcoholics.

Keyword: Self-Medication, Alcoholism, Hormones, Human Body.

INTRODUCTION

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This rise occurred in the country as a whole. Alcoholism is the sixth leading cause of death and disability throughout the whole world. The World Health Organization reports that thirty percent of Indians join in the consumption of alcoholic drinks, of which four to thirteen percent partake on a regular basis. Fifty percent of these persons engage in dangerous drinking as a result of their drinking. Driving under the influence of alcohol is the cause of around one quarter of all traffic accidents in India (Jellinek 1960). In the 1980s, the legal age to buy and drink alcohol was set at 28 years, but in 2007, that limit was dropped to 17.

Only a few of India's states have implemented complete bans on the purchase and use of alcoholic beverages. On the other hand, there are a handful of states in which its use for recreational purposes is legal. Alcoholism is being combated on a national scale by coordinated efforts on the part of the federal government of India as well as a number of the country's state governments. When the last few decades are considered, the proportion of people who drink alcohol has increased from one in three hundred to one in twenty. This is a significant rise in alcohol use. Some people drink alcohol no more than once or twice a week, while others consume it multiple times per week (Johnson 1990). On the other hand, the rate of consumption is rather high. When someone maintains this pattern of drinking, they soon acquire an addiction to alcoholic drinks, which eventually leads to alcoholism. Alcoholism is the end result of this practise of drinking. Alcoholism may cause a wide range of health problems inside the body of the alcoholic. Drinking an excessive amount of alcoholic beverages may cause damage to the liver, and in the most severe cases, it can even lead to death. People often see alcohol as a gateway drug that may lead them to more harmful drugs.

The major objective of cognitive behaviour therapy is to aid patients in overcoming illnesses such as anxiety and depression by analysing their thought processes and determining the underlying causes of their mental health problems (CBT). The method known as "Motivational Enhancement" consists of doing nothing more than encouraging alcoholics to think positively and speak positively to themselves in order to strengthen their willpower and encourage them to quit drinking.

The goal of this practise is to motivate alcoholics to stop drinking. 12 steps The key components of the facilitation method, which is a structured approach designed to hasten or speed up the process of early or quicker recovery from alcoholism, are acknowledging that addiction is an illness, submitting oneself to a power that is greater than oneself, and actively

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participating in a recovery programme that incorporates both behavioural and spiritual tenets. These are the three pillars of the facilitation method. Accepting that addiction is an illness, submitting oneself to a power that is greater than one Community reinforcement is a behavioural therapy method for drug use. When we speak about community reinforcement, we are referring to this programme. The concept that varied components of one's environment may either encourage or discourage the use of drugs is the primary principle that underpins this strategy. The word "contingency management" refers to nothing more than the practise of simply encouraging alcoholics by offering them with monetary rewards or other gifts in return for their participation in the programme. This is the only thing that the term "contingency management" refers to. The use of behaviour analysis is at the core of behaviour marital therapy, which also makes a contribution to the provision of support for abstinence in an alcohol-dependent person (Mercadante 1996).

The researchers have a strong conviction that by continually applying this sort of therapy to alcoholics, they will be able to help alcoholics overcome the pain and concern that they are feeling, and they will be able to persuade alcoholics to think about the consequences of their drinking. After they have successfully kicked their drinking habit, alcoholics often have a more positive attitude about life. Because of this, we need to support the development of programmes and initiatives of this kind in order to eliminate alcoholism from our society (Morgan & Oliver 1998). It is exceedingly difficult for an individual to stop drinking on their own when they have developed an addiction to alcohol. Researchers have been putting in a lot of effort to come up with a range of potential solutions that may be implemented in order to completely eliminate the threat that alcoholism represents to society. Because even if a person alters their behaviour or contemplates giving up alcohol, they will continue to retain internal memories connected with drinking, which may continue to trigger them to the point where they start drinking again. Even if they consider giving up alcohol. It is believed that even practises like as yoga and ayurveda might be helpful in assisting individuals in overcoming their addiction to alcohol.

Yoga is a practise that may help bring one's mind under greater control on a spiritual level. Alterations to one's diet as well as massage therapy, aromatherapy, herbal treatments, and other forms of treatment are all part of the Ayurvedic twelve-step programme for addiction recovery. Yoga therapy incorporates practises such as meditation, yoga postures (asanas), pranayama (breathing exercises), colour therapy, sound therapy, colour therapy,

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detoxification, relaxation, and positive thinking. However, the execution of these 12 stages won't be possible unless drug users actively participate in the process (Nelson 2004). Diet treatment includes both the modification of an addict's regular eating patterns as well as the provision of nutritious alternatives to the meals that are typically consumed by the addict. The process of eliminating toxic compounds that have accumulated in the body via the use of herbs is known as detoxification. Drug abusers get a full-body massage with the application of herbal oils to help them relax as part of the massage therapy treatment. The massage has to be carried out in the appropriate manner. Meditation is one of the most useful tools for recovering from an addiction, and it should be practised regularly. It has a sedative impact on the mind in addition to its relaxing effect on the body, and it has a fortifying influence on the soul. The way to happiness is in the development of one's spiritual power. Meditation gives alcoholics a greater chance of regaining control of their thoughts and behaviours (Waruta et al 1994).

NEED FOR REHAB PROGRAM

An addiction to alcohol is a dreadful disease that may change a normal human being into an abnormal one. It does this by wrecking havoc on the person's personality and the way they behave themselves. Addiction is a disease that has to be addressed in order to be cured; one cannot ignore or escape the problems and repercussions that it causes. Even though treatment for addiction might be harsh and rushed at times, it is still possible to win the battle against the illness (Ogot 2003). Each and every alcoholic has, during the course of their life, been put through a substantial amount of mental suffering and pressure. Because it affects not just the alcoholic but also his family, friends, and the greater community as a whole, alcoholism is the disease that presents the greatest threat to people and their communities. Over the course of the last 15 years, there has been a 171% rise in the consumption of alcoholic drinks in the country of India. Addiction is a disease that causes irreversible harm not only to a person's behaviour but also to their physical health, and as a result, treatment is required for those who suffer from it (Verdery 1951). A dependency on alcohol is something that might develop as a result of consuming it more often. It is essential to get treatment at the proper time for alcoholism, despite the fact that at first it could seem to be harmless. It's possible that alcoholics who take part in recovery programmes and get counselling have a higher chance of defeating their addiction and getting their lives back on track after alcoholism. Consuming

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large amounts of alcoholic drinks on a regular basis is linked to an increased risk of developing major physical conditions.

The only way to cure alcoholism is through the use of a rehabilitation programme, which consists of detoxification, behavioural counselling, medication, evaluating and treating mental health issues such as depression and anxiety, and keeping long-term follow-ups on alcoholics in order to prevent relapse. These are the components that are included in a rehabilitation programme (Ramshaw 2000). The rehabilitation programme is not something that can be finished in a single day; rather, the amount of time it takes to cure a patient is reliant on the patient's level of alcohol addiction and how severely they are addicted to alcohol. Depending on their individual needs, many individuals will undergo a variety of treatments at different times.

CHALLENGES ENCOUNTERED BY THE ADDICTS IN RECOVERY PROCESS

It takes time for someone to acquire an alcohol dependence and it does not happen suddenly. In a same vein, recovering from alcoholism does not take place in a single day. The length and pace of a successful recovery programme will be determined by the degree of the patient's addiction, and the particular stages that make up the programme will differ from patient to patient. Alcoholics who are currently undergoing treatment face a substantial number of challenges at this phase of their recovery. Having to adapt to a new way of life in which they no longer use alcoholic beverages or illegal narcotics may seem completely strange to them (Smith & James 2000). Because alcoholism has been their world for a considerable amount of time, and because everything in their day-to-day lives has probably revolved around drugs and alcohol, it is essential for alcoholics who are participating in a rehabilitation programme to find a new goal to work toward in their lives. This is because alcoholism has been their world for a considerable amount of time. In the early stages of recovery, an addict will work to rebuild the relationships with family and friends that were damaged during active addiction. It is conceivable that the people in the addict's life are not yet ready to trust him or forgive him for the things he has done in the past, despite the fact that this may seem to be a beneficial step for the addict. This results in the newly sober born person experiencing a great deal of anguish. The person who is clean would have stopped partying with friends and spending time with individuals who use alcohol, which means that boredom might serve as a trigger for them to start drinking again if they don't find anything to do with their time. It's possible that people in recovery won't be able to realise their full

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potential, but it shouldn't stop them from always working to improve themselves (Titelmann 1998). Because forgetting about alcohol and refraining from drinking is not an easy feat, recovering alcoholics face a great number of challenges during the process of recovering from their addiction.

This is because forgetting about alcohol and refraining from drinking is not an easy effort. They have to find a way to bring harmony to both their mental and bodily states. There are many different methods and tactics that may be used in order to successfully eliminate alcoholism. Having said that, it is not an easy undertaking. It is not difficult to get dependent on alcoholic drinks and to develop an addiction to consuming liquor once this dependence has set in. There are a significant number of rehabilitation centres in India that are specifically geared at aiding alcoholics in breaking their addiction to alcohol. The underlying problems that cause a person to consume alcohol or use drugs are targeted in treatment programmes that are meant to be carried out in an inpatient setting. Friends and family members of alcoholics are often the ones that bring them to treatment centres in order to overcome their addiction. They are not obliged to stay in treatment facilities for a certain amount of time; rather, patients participate in therapy to assist them in overcoming the emotions of depression and anxiety that they are experiencing (Udo et al 2001). During the course of the counselling session, we will talk about how severe alcoholism is, as well as the dreadful diseases that might result from having the condition. Nevertheless, the efficacy of any tactics or processes is wholly contingent on the drug addicts themselves and the decisions that they make. Either the process of rehabilitation or the 12-step alcohol recovery programme would not be successful without his participation and cooperation.

PROBLEM IDENTIFIED

In many regions of the world, addictive disorders are recognised as severe threats to the general population's health, and they are the primary reason for a large number of deaths (Horgan et al, 2001). Self-help groups are the ones that provide care and counselling for those who are battling with addiction. People who are battling addiction have access to a wide variety of self-help organisations that specialise in a variety of different areas. Alcoholics Anonymous (AA), Rational Recovery, Moderation Management, and Narcotics Anonymous are just a few examples of the types of organisations that fall under this category. It's possible that each of these organisations has its own unique focus, ideology, and range of activities. Programs that emphasise self-management and the 12-step recovery technique may be

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beneficial for those whose lives have been badly influenced by alcohol. Alcoholics Anonymous promotes healthier coping mechanisms, increased levels of motivation, and a heightened awareness of one's own capacity for self-sufficiency among its members. According to Kaskutas and colleagues (2002), Alcoholics Anonymous has been shown to have a beneficial impact in terms of reducing the number of circumstances that encourage drinking. In addition to these advantages, AA also enhances the quality of friendships and offers examples of sober people who may serve as role models. According to Kelly et al. (2009), membership in a support group like Alcoholics Anonymous may also have an effect on a person's social network.

LITERATURE REVIEW

Empirical Findings, a study article published in 2014, investigates the Alcoholics Anonymous participation programme that was carried out for alcoholic people over the age of fifty. These sessions are held in order to satisfy the fundamental need of the psychologically affected individuals in the therapeutic perspective to increase the abstinence from alcohol and also aims in the direction of minimising the drinking issues to which they are hooked for the long term. The requirement for this therapy may be shown by the results, which are in agreement with the abundant source of possible causes for the intreatment and monitoring the follow-up data. These data are reasonably associated to the social networks and self-efficiency merely after exposure. Twelve Step Facilitation, Motivational Enhancement Therapy, and Behavior Therapy are the three psychological therapies that make up the multi-randomized part of the clinical data modelling methodologies. The Twelve Step Program is an Exception in Alcoholic Adult Recovery with Instrumental Development in Multi-Dimensional Measurement of Mutual Activities, the General Alcoholics Anonymous Tool of Recovery, the Service Others in Sobriety Questionnaire, and the Self-Report of Promises Questionnaire.

Trimpey, (2009) conducted research on the fundamentals of the addiction treatment sector, in which experts are risking the accomplishments they've worked so hard for throughout their lives. The 12-step programme of Alcoholics Anonymous is adhered to by professionals who, in exchange for keeping their licences as doctors, ship captains, pilots, and operators of heavy load equipment's, lose the public's confidence and their identity. The programme encourages people who are alcoholics to stop drinking by giving them the unusual choice of doing so one day at a time. This is done to prevent people from becoming drunk on themselves and to

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facilitate autonomous recovery. It might be embarrassing for an alcoholic who has battled addiction to drink again, and doing so can elicit a sense of scepticism in others around them. Literally speaking, there are two primary perspectives on drug addiction: those who are addicted to drugs because they are motivated by a need for pleasure, and those who are addicted to drugs chronically and run the danger of developing illnesses such as cancer, diabetes, and multiple sclerosis. The first step of the programme is for participants to acknowledge that they are helpless in relation to alcohol and that their lives have become unmanageable; consequently, it is necessary for drinkers to cultivate an attitude of self-difficulties in order to serve as the foundation for the control of fatally progressive drinking. People who are addicted to alcohol suffer excruciating withdrawal symptoms when they try to quit drinking permanently because they are unable to experience the relief and pleasure that alcohol first provided for them.

Sandoz (2014) offered solace via the 12 step programme of alcoholics anonymous by pointing them in the direction of spirituality as the way to discover god. After 75 years of alcoholism, the person now has access to a road to recovery, which brings them much-needed respite. The spirituality-based concentrating that brings about a shift in psyche and behaviour as a direct consequence of doing the work that the disciples recommend for treating the condition is the primary component that underpins the 12-step recovery programme. The 12 step programme in the way of god is a viewpoint offered to people of several faiths on the traditional route of services, understanding, meditation, and devotion. One of the most important aspects of being sober is learning how to forgive others and lessen the amount of anger you feel against them. The primary goal of the treatment programme for alcoholics is to help patients concentrate on their own behaviours and those of other aspects of their lives, such as their employment, food, gambling, compulsive shopping, sexuality, and hoarding behaviours. The establishment of boundaries among family members in a manner that is damaging in action, demoralising in behaviour, and obsessive in character is a further harmful method. In theoretical approaches, genetics, environment, learning, behavioural frequency, and stress are the components that determine an individual's propensity to become addicted to alcohol.

RESEARCH METHALOGY

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INTRODUCTION

The component of the study that will assess both the study itself and the parts that are employed in the investigation is the research method section. In this part of the study, we will delve into the examination paradigm, research plan, types of data, testing outline, information investigation, gathering, and elucidation systems adapted for this investigation, as well as clarify the moral considerations and restrictions that are necessary for this investigation. Similar to how speech may refer to a desire for knowledge, research can do the same. One further way to define research is as an organised and methodical search for pertinent information on a certain topic. In point of fact, experimental exploration is a subfield within the field of exploration. The Advanced Learner's Dictionary of Current English identifies the significance of examination as one of the most important aspects of education "a careful investigation or specific inquiry that is motivated by the pursuit of undiscovered truths in any area of expertise. Research is defined as an activity by Redman and Mory "a concerted effort to acquire more cutting-edge information. Research is seen as an advancement by some people, however it is seen as an advancement from the known rather than the unknown. It is more of a journey of discovery than anything else. The researchers as a whole have a strong sense of curiosity, which is essential given that, when confronted with obscurity, they muse over it, and this leads to experimentation that ultimately leads to a more complete and comprehensive understanding of the obscurity. Curiosity is the seed from which all learning grows, and exploration is the method that a researcher does in order to get knowledge on anything that is mysterious.

The purpose of exploration is to discover the answers to the questions posed via the use of exploratory research techniques. The primary objective of exploration is to uncover aspects of reality that have been hidden up to this point and that have not been discovered. Despite the fact that each investigation study has its own unique purpose, the researcher may regard research goals as falling into one of the following common categories: 1. To develop a sense of familiarity with a situation or to get fresh insights into it (research focuses on that are related to this article are referred to as exploratory or formulative research focuses on); 2. To reflect accurately the characteristics of a particular person, situation, or group (questions that focus on this item in particular are called as illuminating examination questions); 3. to determine the frequency with which something occurs or the degree to which it is associated with something else (questions with this item in focus are referred to as analytic examination

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focuses on); 4. To put a hypothesis about a causal link between several variables to the test (such studies are known as theory testing research considers).

RESEARCH PARADIGM AND TYPES

According to Cooper and Schindler (2010), the term "exploration" refers to a conventional expression that highlights a collection of facts. Anyone is capable of doing research in the form of a specialised and effective investigation of essential facts on a point-by-point subject. It is claimed that exploration is a craft for the purpose of conducting an intellectual investigation. A rigorous review or request, in particular one that is made via investigations, for new certainties in any division of information is an example of exploration. An exploration paradigm is an element deliberate works technique that incorporates their clear standards by co-researchers and is ruled by connected reference and continuance and inalienable researcher values. An exploration paradigm is an element deliberate works technique that incorporates their clear standards by co-researchers. As a consequence of the complexity and size used, tolerating a growing examination display and evaluating the judgements made inside an event paradigm was a demanding movement. This was due to the fact that both of these elements were utilised.

According to Johnson and Christensen (2010), an examination model is a knowledge about the exploration that was taken by the investigator's gathering of persons and is dependent on an assemblage of common concepts, theory, practises, and principles. This information was obtained by the investigator. As a matter of reality, it is a method of accepting about and conducting investigation. The term "research" refers to a methodical process that is used to track down genuine people and organisations that are focused primarily on the dissemination of their knowledge via published works that cover a wide range of social factors and standards. The form of encounter analysis that enables one to communicate a proposal inside the company is called an encounter analysis. In general, research may be defined as the pursuit of knowledge via the use of a focused objective and an effective method for the purpose of finding a solution to a problem. An investigation is also known as a rational and organised application of the fundamentals of control to the extensive and all-encompassing inquiries of an investigation, and specialised procedures that offer exact devices, accurate procedure, and mechanical means that are out of hypothetical thing and requesting the data prior to their reliable and abuse. The way of being and being conscious is the system that constitutes a standard. Foucault (1972) asserts control over the research paradigm as a centre

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of the assembly of specialists, which will assist in the collection of ideas and outlines as well as shared suspicions. It is to think about it and do the investigation.

DATA ANALYSIS

INTRODUCTION:

The primary purpose of the research is to investigate the efficacy of the self-management programme and 12 step alcoholic anonymous in lowering the prevalence of alcoholism in the general population. Surveys are carried out throughout India, with a particular focus on the city of Mumbai, in order to collect the necessary information. A survey was carried out at ten different alcoholic addiction treatment centres in Mumbai. Each alcohol rehabilitation clinic chose 12 clients at random to participate in the study. The influence of the self-management programme and the 12-step programme on the overall prevalence of alcoholism in society has been evaluated by 120 individuals who have participated in alcoholism treatment facilities. The conclusion was drawn on the basis of the responses received from the respondents, and a discussion of those responses can be found below.

DISCUSSION ON QUANTITATIVE SURVEY:

The following categories of demographic information were investigated for this study: age, gender, marital status, education, location, current employment, and alcoholic de-addiction facility. The following observations were made based on the information that was obtained from the main data that was used in the study. Within the scope of this particular investigation, age was the first aspect that was evaluated. One point seven one percent of the people who took part in this study were between the ages of 18 and 20. Twenty-five point five percent of the people who took part in this study were in their twenties or thirties. The participants in this study had an average age of between 30 and 40 years old, making up 45.0 percent of the total. The participants in this study had an average age of 40 years or more, which made up 30.8 percent of the total. A significant number of responders in this age range (30–40 years old). In addition to age, the gender of the people who responded was taken into account. The research was carried out with the participation of both male and female volunteers. The participants included almost entirely of guys (93.3%). There were 6.7 percent of females among the responders. There are more men than women among the participants. Following that, respondents were questioned on their current marital status. 39.2 percent of those who participated in the survey are single. The participants in this study had an overall

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marriage rate of 58.3 percent. Only 2.5 percent of the participants had previously been married.

The number of married respondents exceeded fifty percent of the total. In addition, the respondents' levels of educational attainment were taken into account. It was found that 92.5% of the people who took part in this study had some level of educational attainment. 7.5% of those that participated in the survey. Following that, respondents were queried on the greatest degree of education that they had attained by the time the survey was finished. 14.2 percent of the participants have achieved the level of education equivalent to a high school diploma. 11.7 percent of those who participated had a high school diploma or equivalent. Only 31.7% of those who responded had finished their undergraduate education. 34.2% of the participants have completed some level of postgraduate education. Only 8.3 percent of the participants have earned their doctoral degrees. The vast majority of responders have at least some college education and some even have postgraduate degrees. A question on the location of the respondent's primary residence was posed. Andheri is now home to 23,33% of the respondents that took the survey. 5.8 percent of the respondents make their home in the CBD at the moment. 13.3 percent of those who participated in the survey presently call Chembur home. 17.5 percent of the respondents call the city of Mumbai their present home. The city of Nerul is now home to 28.3 percent of survey respondents. 5.8 percent of those who participated in the survey presently call Sanpada and Uran home. The city of Nerul is home to a significant proportion of alcoholically dependent people. The participant's current employment was the second component that was looked at for this investigation. Following that, respondents were questioned about the profession that they had at the time. There are 13.3 percent of students among the participants. One quarter of the respondents are independent business owners. Only 16.7 percentage points of the respondents earn a living wage. 5.8 percent of those polled are considered to be housewives. 11.7 percent of those surveyed are employed by private companies or organisations. 15 percent of the participants have jobs in the public sector. 12.5% of the people who filled out the survey are retired. The majority of those who are self-employed struggle with alcoholism. The next question that was asked of the respondents was about the name of their alcohol rehabilitation programmes. It was found that 10% of the respondents came from a total of 10 different alcohol rehabilitation programmes.

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SELF-MANAGEMENT PROGRAM:

The first question that is posed to alcoholics who are addicted to self-management programmes is whether or not they are helpful in the process of recovering from alcoholism. 91.7 percent of the people who took part in this study were of the opinion that participating in a self-management programme assisted them in recovering from an addiction to alcohol, while 8.3 percent of the respondents were of the opinion that participating in a self-management programme did not assist them in recovering from an addiction to alcohol. As a result, it is clear that a significant proportion of the respondents believed that participating in a self-management programme was beneficial to their recovery from alcoholism. According to Schilbach (2015), the intake of alcohol has a direct correlation to issues with self-management. This is due to the fact that there are fewer breathalysers, less incentive to abstain from drinking, and lower levels of intoxication. Therefore, a programme of self-management is required in order to reduce the amount of alcoholics in society. The following question that was posed to respondents was on whether or not self-management programmes contribute to the reduction of alcoholism in society. Eighty percent of the people who took part in this study came to the conclusion that self-management programmes contribute to the overall decrease in alcoholism in society.

CONCLUSION

This chapter presents an in-depth discussion on the summary of results, followed by a conclusion to the study on the influence of self-management programmes and 12-step alcoholic anonymous programmes on the reduction of alcoholism in society, as well as suggestions for further research. In addition, the chapter offers ideas for how this topic could be explored further in the future.

The results of this poll indicate that there has been an increase in the amount of alcohol that is consumed on a regular basis by young people in their day-to-day life. Recent trends toward drinking of this type have brought up considerable problems for society. Alcohol is consumed by the vast majority of people for a variety of reasons, the most common of which include age, unique cultural participation, socioeconomic grouping, religious observance, relaxation, pleasure, peer influence, intoxication, mood alternation, to drown sorrows, to improve creativity, and to relieve boredom. Alcohol is consumed by the vast majority of people for these reasons and more. Even while an individual's decision to drink alcohol may be influenced by a number of different reasons, this does not change the reality that doing so has

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negative consequences for that person. An rise in blood pressure, the danger of arrhythmias, an increase in shortness of breath, an influence on the cardiovascular system, and the possibility for a hemorrhagic stroke are some of the adverse consequences that may result from drinking alcohol. Other adverse effects include: In addition to that, it causes various kinds of failure in the liver, heart, pharynx, larynx, and colorectum, in addition to other circulatory difficulties. Because of this, it is clearly clear that hazardous use of alcohol results in a range of health problems that are irrespective of the cultural background and social status of the person experiencing them. Because of this, it is more vital than it has ever been to provide treatment for those who are addicted to alcohol, particularly those who are in their younger years.

A variety of medical specialists, such as psychiatrists, social workers, and physicians, have acknowledged that self-management programmes have the potential to be an effective therapy for alcoholism. The findings of this study led the researchers to the conclusion that the 12-step programme is one of the self-management methods that alcoholics may use to aid in their own recovery from the disease of alcoholism. The 12-step programme places an emphasis on the requirement of acknowledging addiction as one of the diseases that can be treated. At the same time, the programme seeks to minimise self-centeredness, promotes spiritual growth and individual maturity, and offers assistance to individuals who are addicted to substances. The findings of this study make it clearly clear that self-management programmes help alcoholics improve their mental stability and confidence, both of which, in turn, lead to a successful recovery from addiction to alcohol. Furthermore, there is a huge need for educational and awareness programmes that are associated with the use of alcoholic drinks. At the same time, there was an insufficient amount of specialised training that was associated with the use of alcohol, which functioned as a barrier to both the assessment and the identification procedures. The results of this study suggest that educational and awareness programmes may be able to bring about a reduction in the overall prevalence of alcoholism in society.

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