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Review Article

CALISTHENICS ON PSYCHOLOGICAL PARAMETERS AMONG ALCOHOL DEPENDENT

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ABSTRACT

Alcoholism is the major psychiatric, medical and public health problem and considered to be social and economic problems in developing countries like India. Alcoholism affects physical and mental health, and can cause problems with family, work place, serious impairment in social or occupational functioning. Alcohol misuse represents one of the prime cause of preventable death, illness and injury to individual, family and the society. Alcohol dependence syndrome is a strong desire to take the substance and difficult in cutting of substance taking behavior and creating harm to self, traffic accidents, domestic violence and also psychological parameter changes. The commonness of alcohol dependence got majority increased level of depression, anxiety and stress. Many research reviewed with regard to alcohol dependence syndrome and its prevalence in the society and also those with psychological illness.

Studies revealed that Calisthenics can improve the psychological well-being. The literature search was conducted with the following terms, key words and phrases- 'Calisthenics', 'Prevalence', 'Alcohol Dependence', 'Depression', 'Anxiety', 'Stress'. The search was performed in the following databases-PubMed, Google Scholar, and Medline Plus. Research literature supports the necessity for early identification of psychological changes and appropriate intervention and promotion of psychological well-being among alcohol dependents. The fact that alcohol dependence syndrome is widely prevalent among individuals with psychological illness, and the studies in this part of country are scarce, underscores the need for further research on this topic.

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INTRODUCTION

Substance related disorders are a significant health problems in today's society. Problems associated with abuse of alcohol, tobacco and other drugs to continue to consume major proportions of health care and the most of people, moderate to heavy consumption is associated with euphoria, mood liability, decreased impulse control, and increased social confidence.^{1,2} Alcohol damages body tissues by irritating them directly that occur during its metabolism by aggravating existing disease and intoxication. Alcoholism refers to the use of alcoholic beverages to the point of causing damage to the individual and reduces the life expectancy of a person begins drinking heavily, the greater chance of developing serious illnesses.² A person who is suffering with alcohol dependence syndrome also needs to drink a greater amount to experience the same effect and will experience withdrawal symptoms after stopping alcohol use.³ Diseases in human can occur due to physical, mental or psychological disturbances.⁴ People who suffer from alcohol dependence show elevated psychological parameters changes.

The prevalence of alcohol dependence is greater with the increased level of depression, anxiety and stress.

Depression is the common type of psychiatric disorders and the person will be quiet, restrained, unhappy and pessimistic and also will have a feeling of lassitude, inadequacy, discouragement and hopelessness. Their attention and concentration are also impaired due to ramification.⁵ Anxiety is an unpleasurable reaction to an unreal or imagined danger, uneasiness and apprehensions and also has the altered respiratory rate, increased heart rate, dryness of mouth and feeling of weakness.⁵ Stress is a universal experience and is part of being alive. Stress is a process of adjusting to or dealing with circumstances that disrupt or threaten to disrupt a person's physical or psychological functioning.¹ Day in - day out psychological disorders can be very harmful to our health. We need to make a concentrated effort to decrease psychological problems in order to attain a better quality of life. Calisthenics can promote our brain to release the endorphins, which interact with our receptors and triggers positive feeling.⁶ Calisthenics is powerful and readily available tools for preventing and treating

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psychological disorders. Studies are beginning to show that Calisthenics enhances psychological wellbeing.⁷

Evolution of the Criteria for Calisthenics

In 600-400 B.C from Spartan Era, the Spartan soldiers used Calisthenics exercises for their physical fitness and muscle strength. The ancient Greek word "Calisthenics" which gives meaning of beauty and strength. 'Kalos' means beauty and 'sthenos' means strength. Calisthenics exercises gives an art of physical fitness in our body.⁸ Some of the Calisthenics exercise like Lunges, Squats, Crunches, Pull-ups, and Push-ups were used in training. Culture and civilization of China, Roman gladiators and Indian wrestlers were also using Calisthenics for protecting from enemies, weight maintaining and daily physical fitness training in their camps.⁹ Calisthenics can be done at any time, any place like parks and using of towel, rope can be used to do these exercises at anywhere. Calisthenics exercises are used to balance our body from weight reduction, and giving fuel to our body by burning more calories.⁸

Prevalence of Alcohol Dependents

A community based study conducted among 946 subjects, in Tamil Nadu, India. The data was collected by standard questionnaire, statistical analysis showed the result of probable alcohol dependence 56.2%.¹⁰

Another similar study was conducted with 370 adult males, in Pondicherry. Systematic random sampling method and Alcohol dependence Audit scale used. The result showed 61.9% of them ever alcoholic.¹¹

Prevalence of Psychological Parameters Among Alcohol Dependents

A descriptive study was conducted in Puducherry. Among 100 samples, by using purposive sampling technique. DASS-21 short version scale was used and the result showed 36%, of them were with severe depression, 36% of them with anxiety, and 38% of them with severe stress.¹²

Strategies to Improve Psychological Parameters Among Alcohol Dependents

A literature review was conducted by using the databases PubMed, Medline and Web of Science from 1970 to 2015. among 11 studies only 6 studies had shown the effect of exercise on alcohol consumption have positive impact.¹³

Another study conducted on 11 samples of male with heavy alcohol drinking and exercises and blood samples showed the result of reduced intake of alcohol use, decreased level of gamma-glut amyl transferase and improvement in physical fitness.¹⁴

In a study conducted on rehabilitation programs those who were in rehabilitation centre for alcohol reduction. The psychological clinical profile was assessed on them. The result showed that clinical psychological profile improvement with the residential rehabilitation.¹⁵

Calisthenic exercises increase us to feel overall welfare and has got direct stress- snapping benefits. Calisthenics helps to raise the level of producing the happy endorphins and begins to shed our daily routine with take it easy movements, increasing stamina buoyancy and helps to endure calm and also clear in doing day to day activities. Calisthenics can increase self-

esteem, relaxation, and improve good sleep which is disrupted by stress.¹⁶ The 20 minutes of walking exercises have more benefits on our body merely the absence of disease or infirmity.¹⁷ Walking can make our brain in to calm, and shift to meditative state. Group walking can added benefits of spending time with friends and initiate social bonding. Walking with friends and pet animals will increase the stress resilience and reduce the level of cortisol which is inducing stress.¹⁸ Squat Calisthenics can be performed which helps in muscle strengthening and fitness. Sun-salutation squat can be performed for 5 counts to improve the level of relaxation.¹⁹ Calisthenic exercises ameliorate our body's ability to use oxygen and improves blood flow. Calisthenic exercises promote our body to produce feel-good endorphins and helps our mind free from worries. Regular calisthenics promotes optimum health and moderate the stress levels. Other benefits of Calisthenic exercises can strengthen the muscles, bones, strengthen immunity level, increased blood circulation, improve sleep, and self-image.²⁰ Thus, these reviews implies that this type of interventions will help to improve the psychological parameters among alcohol dependents.

Variables Associated with Alcohol Dependence Syndrome Socio-Demographic Variables

A study conducted with 100 participant of alcohol dependence, aged 30 years in South India. With the modified version of validated questionnaires socio-demographic variables were assessed. The result showed that significant of annual income, education, occupation and work timing ($p < 0.0001$) respectively.²¹

Another study conducted with 50 consecutive samples of male alcoholic patients, individually interviewed, with semi-structured questionnaire. The result showed that from 10,000 rupees of earnings, 42% of subjects spend 2000 rupees for alcohol use monthly and 90% of persons have poor compliance.²²

A study conducted with 187 patients, with male subjects in the age group of 20-49 years. The Prasad scale showed the result of married 82.35% of them married, 45.99% of them had no formal education, 55.08% of them were unskilled laborers and 44.38% of them were socio-economic class-II.²³

A study conducted on socio-demographic factors influencing the habit of drug use with the structured proforma. The result showed that 59.8% of them were in the age group of 15-34 years, 72.1% of them were primary or middle school educated, 53.1% of them were semiskilled subjects, 27.2% of them unemployed, 65.2% of them started to consume alcohol in the age of 15-24 years and the reason for drinking alcohol in males 81% due to peer pressure.²⁴

Another study conducted with the sample of 560 mean age $46.91 \pm$ who were in tailored routine. The Cognitive Behavioral Assessment was done among them. The result showed that socio-demographic variables showed sufficiently great difference in age, sex, level of education, type of intervention and use of poly substance use.¹⁵

Summary of Review & Need for the Further Research

From this review it is apparent that studies on the international front are many, but there relatively less Indian studies on the effectiveness of Calisthenics on alcohol dependence syndrome.

The number of studies found in South Asia over this are especially sparse. The review indicated that, the effectiveness of Calisthenics on alcohol dependents. Based on this review, no Research literature supports the necessity for early identification of alcohol dependence syndrome in people with psychological disturbances and initiation of suitable interventions. It is the paramount importance that guidelines specific to the Indian context are developed for the screening and monitoring alcohol dependents with reference to changes in psychological parameters. Appropriate screening for psychological changes, promotion of psychological well-being among patients with alcohol dependence syndrome is likely to contribute to a better overall outcome. The fact that alcohol dependence is widely prevalent among individuals with psychological changes, and studies in this part of the country are scarce, underscores the need for the further research on this topic.

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