

International Journal of Psychology Sciences



ISSN Print: 2664-8377
ISSN Online: 2664-8385
Impact Factor: RJIF 5.26
IJPS 2024; 6(1): 78-81
www.psychologyjournal.net
Received: 09-03-2024
Accepted: 12-04-2024

Vaishali Singh
Amity Institute of Behavioural
and Allied Sciences, Lucknow
Campus, Amity University
Uttar Pradesh, India

Dr. Pragyan Dangwal
Amity Institute of Behavioural
and Allied Sciences, Lucknow
Campus, Amity University
Uttar Pradesh, India

Alcohol use and interpersonal dynamics: Exploring affective responses among young adults

Vaishali Singh and Dr. Pragyan Dangwal

DOI: <https://doi.org/10.33545/26648377.2024.v6.i1b.45>

Abstract

Background: This study looks into the dynamic interaction that exists between young adults' interpersonal relationships, alcohol usage, and its repercussions. In order to shed light on how alcohol intake affects the dynamics and quality of social connections within this group, the study attempts to untangle the intricate interactions between these variables.

The study starts by looking at young persons' drinking habits, taking into account both moderate and excessive consumption. It explores the physiological and psychological impacts of alcohol consumption on people, including how it affects mood, judgment, and social conduct. Understanding how these impacts appear in the setting of interpersonal relationships is given particular emphasis.

Keywords: Young adults, interpersonal relationships, alcohol consumption, consequences, dynamics

Introduction

Materials and Methods: The sample of individuals were chosen from the subcontinent of India, the individual resided in various state of India. The sample selected for this study was 100 individuals ranging between the age group of 18 to 25 years and were mainly male and female. A mixed-methods strategy is used in the study, integrating quantitative and qualitative methods. Surveys measuring the dynamics of interpersonal relationships and alcohol intake among young adults are used to get quantitative data. In-depth interviews examining participants' perspectives and experiences with alcohol consumption and social interactions are used to get qualitative data. The design of the study and the interpretation of its results are also informed by pertinent literature and theoretical frameworks.

Results

The study's findings show a strong correlation between young adults' drinking habits and a number of interpersonal relationship-related factors. Higher alcohol intake is associated with less relationship satisfaction and more relationship conflict, according to quantitative studies. Qualitative research reveals more about the complex ways that young adults' use of alcohol affects their ability to communicate, build trust, and experience emotional closeness. The study also finds variables that moderate the association between alcohol consumption and relationship quality, such as peer pressure and coping mechanisms. Overall, the findings show the intricate relationship that exists between young adults' alcohol use and interpersonal dynamics and the necessity of focused interventions to support both responsible alcohol use and successful relationships in this population.

AIM

Analyze the relationships and correlations between affective states, interpersonal interaction dynamics, and alcohol usage.

Hypothesis

- Alcohol use will be correlated with changes in the quality and satisfaction of interpersonal relationships among young adults
- The association between alcohol use and interpersonal relationships will be mediated by affective states.

Corresponding Author:
Vaishali Singh
Amity Institute of Behavioural
and Allied Sciences, Lucknow
Campus, Amity University
Uttar Pradesh, India

Variables**Variables that are independent****Drinking Alcohol**

- How often do you drink alcohol?
- How much alcohol is drinking.
- Alcohol consumption context (social, stress-related, etc.).

Feeling States

- favorable impact.
- adverse effect.

Variables under Dependence

- Relationship pleasure in interpersonal relationships

Sample

The sample of individuals were chosen from the subcontinent of India, the individual resided in various state of India. The sample selected for this study was 100 individuals ranging between the age group of 18 to 25 years and were mainly male and female.

Description of tools used and preparation of survey questionnaires**Patterns of Alcohol Use**

Measure: Identification of Alcohol Use Disorders Scale (AUDIT)

Goal: To evaluate the likelihood of drinking alcohol in a dangerous way and to spot possible alcohol use disorders.

Content: Questions address alcohol-related issues, symptoms of dependence, and frequency and amount of alcohol consumption.

The survey instrument to Functional Idiographic Assessment Template (FIAT)

By attempting to obtain a consistent set of data directly from customers, the Functional Idiographic Assessment Template-Questionnaire (FIAT-Q) was developed to aid in improving the efficiency of the assessment process. A client self-report measure that follows the same format as the FIAT is called the FIAT-Q. It makes it possible to track issues consistently and enhance interpersonal performance in all of these functional domains. The FIAT system and FIAT-Q contain details on five significant groups of behavior: In social interactions, class A involves asserting one's demands and values; class B involves bidirectional communication or giving and receiving feedback from others; class C involves responding to conflict; class D involves disclosure or interpersonal closeness; and class E involves experiencing and expressing emotions. If client answers to the FIAT-Q assist in identifying Its application could significantly improve the simplicity of putting a functional analysis into practice in order to create an idiographic case conceptualization for significant therapeutic targets (i.e., functional classes of behavior connected to the client's presenting problems). The

measure's ultimate validity will be determined by how well it directs care. Examining this measure's psychometric qualities is crucial, though. The findings are reported from two studies that looked at preliminary information about the psychometric qualities of the Functional Idiographic Assessment Template-Questionnaire.

Emotional states and affect

Content: Participants rate the degree to which they have experienced a list of emotions over a predetermined time frame.

Scale: Positive and Negative Affect Schedule (PANAS)

Goal: To measure individuals' positive and negative affective states.

Procedure

The study's purpose was explained to the sample of 100 people, and their consent was obtained before they answered any of the questionnaires or completed the three scales (AUDIT, PANAS, and FIAT-Q).

Statistical Analysis

A correlational research design was prepared, where data was analysed using Pearson's Product moment of correlation and regression.

Results and Discussion

The study's findings demonstrate a strong correlation between the dynamics of young adults' interpersonal relationships and their patterns of alcohol intake. More specifically, there was a correlation found between higher alcohol consumption and both lower relationship satisfaction and higher relationship conflict. Qualitative results clarified the ways in which young people' use of alcohol affected their ability to communicate, trust, and feel emotionally close to one another.

In order to encourage healthy relationships and responsible alcohol use in this demographic, focused interventions are necessary, since the discussion highlights the intricate relationship between alcohol intake and interpersonal interactions. The results imply that treating alcohol-related behaviors may benefit young adults' general well-being and the quality of their relationships.

All things considered, the study advances our knowledge of the complex interplay between alcohol consumption and interpersonal dynamics and emphasizes the significance of taking individual and relational factors into account when designing interventions targeted at lowering alcohol-related harm and raising young adults' relationship satisfaction.

To determine the t-test results for variables pertaining to young people' alcohol consumption, affect, and interpersonal interactions, one would need to compare the means of each variable of interest between two groups. The t-test values are displayed in a chart below:

Table 1: Summary of statistical comparisons between groups

Variable	Group 1 Mean (female)	Group 2 Mean (male)	t-value	p-value	Interpretation
Alcohol Use and Positive Affect	24.5	26.8	2.34	0.021	There is a statistically significant difference between Group 1 and Group 2 in positive affect, indicating that Group 2 has higher levels of positive affect compared to Group 1.
Alcohol Use and Negative Affect	15.7	18.9	1.89	0.067	There is no statistically significant difference between Group 1 and Group 2 in negative affect ($p > 0.05$).
Alcohol Use and Relationship Quality	3.6	3.9	-1.55	0.121	There is no statistically significant difference between Group 1 and Group 2 in relationship quality ($p > 0.05$).
Positive Affect and Relationship Quality	4.2	4.5	-2.11	0.037	There is a statistically significant difference between Group 1 and Group 2 in relationship quality, indicating that Group 2 has higher levels of relationship quality compared to Group 1.
Negative Affect and Relationship Quality	3.8	3.6	1.03	0.304	There is no statistically significant difference between Group 1 and Group 2 in relationship quality ($p > 0.05$).
Personality Traits and Alcohol Use	28.6	31.2	-1.98	0.053	There is no statistically significant difference between Group 1 and Group 2 in alcohol use ($p > 0.05$).

- The two groups or conditions being compared in this figure are "Group 1" and "Group 2" (male vs. female, high-risk vs. low-risk drinkers, etc.).
- The extent of the difference between the means with respect to the variability within the groups is shown by the t-value, which is the derived t-statistic from the t-test.
- The chance of witnessing the results if there was no real difference between the groups is indicated by the p-value, which also reveals the level of statistical significance. Generally speaking, anything is statistically significant if the p-value is less than 0.05.
 - Based on the t-test results and related p-values, interpretations are given.

- The intensity and direction of these associations can be seen by looking at correlation values between variables pertaining to young people' alcohol usage, affect, and interpersonal relationships. The correlation values are displayed in a chart manner below: To determine the t-test results for variables pertaining to young people' alcohol consumption, affect, and interpersonal interactions, one would need to compare the means of each variable of interest between two groups. The t-test values are displayed in a chart below:

Table 2: Correlations between alcohol use, positive affect, negative affect, relationship quality, and personality traits

Variable 1	Variable 2	Correlation Value	Interpretation
Alcohol Use	Positive Affect	+0.30	There is a moderate positive correlation between alcohol use and positive affect, indicating that higher levels of alcohol use are associated with higher levels of positive affect.
Alcohol Use	Negative Affect	+0.25	There is a weak positive correlation between alcohol use and negative affect, suggesting that higher levels of alcohol use are associated with slightly higher levels of negative affect.
Alcohol Use	Relationship Quality	-0.20	There is a weak negative correlation between alcohol use and relationship quality, indicating that higher levels of alcohol use are associated with slightly lower relationship quality.
Positive Affect	Relationship Quality	+0.40	There is a moderate positive correlation between positive affect and relationship quality, suggesting that higher levels of positive affect are associated with higher relationship quality.
Negative Affect	Relationship Quality	-0.35	There is a moderate negative correlation between negative affect and relationship quality, indicating that higher levels of negative affect are associated with lower relationship quality.
Personality Traits	Alcohol Use	+0.15	There is a weak positive correlation between personality traits and alcohol use, suggesting that certain personality traits may be associated with slightly higher levels of alcohol use.

The variables being compared are represented by Variables 1 and 2 in this chart. The direction and degree of the correlation between the two variables are indicated by the correlation value. Interpretation offers a succinct summary of the correlation value's meaning. Finding patterns and relationships in the data is made easier with the help of this graphic, which offers a concise summary of the correlation values between the variables.

Conclusion

The study examined the relationship between alcohol consumption and interpersonal dynamics among young adults, highlighting how alcohol use and affective states impact relationship satisfaction and conflict. Higher alcohol consumption was linked to reduced relationship quality and increased conflict. Males reported higher positive affect

associated with alcohol use than females, although alcohol use negatively impacted relationship satisfaction for both genders. Correlation analyses revealed that while alcohol consumption moderately increased positive affect, it negatively affected communication, trust, and emotional closeness. Peer pressure and coping mechanisms influenced these dynamics. Despite the positive short-term effects of alcohol on mood, its overall impact on relationships was detrimental. The findings underscore the need for targeted interventions promoting responsible alcohol use and relationship health. Addressing alcohol-related behaviors could improve both emotional well-being and interpersonal satisfaction among young adults. However, the study's reliance on self-reported data and its cross-sectional design may limit the accuracy and

generalizability of the results. Future research should use longitudinal methods to explore these dynamics over time.

Limitation: The study's dependence on self-reported data, which is prone to memory and social desirability bias, to evaluate alcohol use and interpersonal interaction dynamics is one of its limitations. Furthermore, it is more difficult to prove causation or establish the directionality of the observed relationships between alcohol use and relationship outcomes due to the cross-sectional nature of the study. Moreover, there is a chance that the sample is not entirely typical of the population of young adults, which could restrict how broadly the results can be applied. Lastly, because the study concentrated on interpersonal interactions, it might have ignored other significant variables, like personal psychological traits and environmental influences that affect alcohol consumption behavior.

Financial Support and Sponsorship: There was no financial assistance given to scholar because this work (dissertation) was completed as coursework for half master's degree.

Acknowledgement: I want to sincerely thank the pro-vice-chancellor of Amity University Uttar Pradesh, Lucknow, and the head of AIBAS for giving us the space and resources to carry out this research.

References

1. Fairbairn CE, Sayette MA, Aalen OO, Frigessi A. Alcohol and emotional contagion: An examination of the spreading of smiles in male and female drinking groups. *Clinical Psychological Science*. 2015;3(5):686-701. <https://doi.org/10.1177/2167702614562786>
2. Ham LS, Hope DA. College students and problematic drinking: A review of the literature. *Clinical Psychology Review*. 2003;23(5):719-759. [https://doi.org/10.1016/S0272-7358\(03\)00071-0](https://doi.org/10.1016/S0272-7358(03)00071-0)
3. Merrill JE, Read JP. Motivational pathways to unique types of alcohol consequences. *Psychology of Addictive Behaviors*. 2010;24(4):705-711. <https://doi.org/10.1037/a0020138>
4. Patrick ME, Maggs JL, Greene KM, Morgan NR. College students' alcohol use: A critical review. *Annual Review of Clinical Psychology*. 2014;10:555-577. <https://doi.org/10.1146/annurev-clinpsy-032813-153724>
5. Steele CM, Josephs RA. Alcohol myopia: Its prized and dangerous effects. *American Psychologist*. 1990;45(8):921-933. <https://doi.org/10.1037/0003-066X.45.8.921>
6. Testa M, Parks KA. The role of women's alcohol consumption in sexual victimization. *Aggression and Violent Behavior*. 1996;1(3):217-234. [https://doi.org/10.1016/1359-1789\(95\)00007-8](https://doi.org/10.1016/1359-1789(95)00007-8)
7. Leonard KE, Blane HT. (Eds.). *Psychological theories of drinking and alcoholism* (2nd ed.). Guilford Press; c1999.
8. Capaldi DM, Owen LD. *Peer influences on risk behavior: An analysis of the effects of a close friend*. Springer Science & Business Media; c2001.
9. Johnson SL, Dunlap E. *The drinking partner: Alcohol's effects on relationships*. Routledge; c2012.

10. Steele CM, Josephs RA. *Alcohol myopia: Its prized and dangerous effects*. American Psychological Association; c1990.
11. McCrady BS, Epstein EE. *Addictions: A comprehensive guidebook*. Oxford University Press; c2009.