



Alcohol Use and Interpersonal Dynamics: Exploring Affective Responses among Young Adults

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ABSTRACT

Background: The study investigates the dynamic interaction that exists between young adults' interpersonal relationships, alcohol usage, and its repercussions. 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, considering 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.

Material and Method: 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.

Result: The study's findings show a strong correlation between young adults' drinking habits and several 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.

Keywords: *Young adults, Interpersonal relationships, Alcohol consumption, Consequences, Dynamics*

INTRDOUCTION

Alcohol can be a great social lubricant when consumed in moderation. It can help one feel good and connect with others. However, it can also inhibit one's judgment, making one feel worse about themselves and leading to conflict in the relationship. It is important to understand how alcohol interacts with one's affect and relationships to understand the complexities. However, when one considers how alcohol can impair judgement, heighten bad emotions, and ignite arguments in relationships, one can see how it can be a double-edged blade. Beyond the immediate social context, the interaction affects young people's communication styles, emotional expression, and level of happiness in relationships.

Personality traits and coping methods play crucial roles in this complex dynamic, with individual differences adding even more complexity. The effect that alcohol has on young adults' emotional states becomes significant in determining the nature and stability of their relationships as they struggle with identity formation and interpersonal dynamics. The goal of this investigation is to clarify the complex aspects of alcohol consumption in young people by considering both the immediate and long-term impacts on affect and interpersonal interactions. Researchers, practitioners, and educators can learn a great deal about the difficulties young adults encounter by exploring the nuances of this interaction. This knowledge can then be used to develop treatments

that support responsible alcohol use and healthy relationships during this crucial time in young adults' lives.

REVIEW OF LITERATURE

To assess the effects of parental divorce and a family history of alcoholism (FH+) on the outcomes of offspring drinking issues, marijuana use, and interpersonal connections with parents, prospective data from 706 young adults were employed in the study. These results show how some of these more complex interactions may be moderated by sex (Windle & Windle, 2017).

It has been demonstrated that abstinent alcoholics have poorer perception of emotional facial expressions (EFEs). The current study investigated the connection between interpersonal challenges and impairments in EFE recognition in recently detoxified alcoholics. Alcoholism and issues with EFE accuracy are mediated by interpersonal problems. Reduced ability to identify EFE may contribute to RA's interpersonal challenges and may function as a trigger for relapse (Korenreich & Philippot, 2019).

Examining the association between attachment anxiety, avoidance, and alcohol problems, the current study examined a model of alcohol problems in EA that takes emotion dysregulation and interpersonal difficulties into account as mediators. In addition to providing skill training in adaptive techniques for emotion regulation and interpersonal functioning, interventions for alcohol problems in emerging adults should consider anxious and avoidant attachment as predisposing factors to alcohol problems (Goldstien & Haller, 2011).

The researchers looked at drinking from a variety of angles, arguing that drinking in social settings and alone is a different activity that is connected to different experiences—positive and unpleasant, respectively. Additionally, they looked at how people with higher levels of neuroticism drank more in solitary settings on days when they had more unpleasant interpersonal experiences than people with lower levels of neuroticism. These results provide credence to theories that link context-dependent drinking behavior and daily drinking motivation (Mohr & Amreli, 2023).

METHDOLOGY

AIM

The aim of the study is to 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.

VARIABLES

Independent Variables

Drinking Alcohol

- How often do you drink alcohol?

- How much alcohol one is drinking?
- Alcohol consumption context (social, stress-related, etc.)

Feeling States

- favorable impact
- adverse effect

Dependent Variables

- 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

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 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 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 analyzed using Pearson's Product moment of correlation and regression.

RESULT 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's use of alcohol affected their ability to communicate, trust, and feel emotionally close to one another.

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

t-test between genders

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. 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 t-test findings for each variable are succinctly summarized in this graphic, making it easier to understand how each variable of interest differs between groups.

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*t-test values*

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.
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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.

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 the work 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.

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