

# Role of mindfulness meditation for enhancement of self- efficacy in alcoholism

Nirmala N.<sup>1\*</sup>, Hemavathy V.<sup>2</sup>

<sup>1</sup>Research Scholar, Sree Balaji College of Nursing, Bharath Institute of Higher Education and Research, Chennai, Tamil Nadu India.

<sup>2</sup>Supervisor and Principal Sree Balaji College of Nursing, Bharath Institute of Higher Education and Research, Chennai, Tamil Nadu, India.

\*Corresponding author:  
nirmalavika@gmail.com

## Abstract

Mindfulness meditation is an effective tool to create mental awareness and has been used in meditation practice for many decades. Mindfulness meditation is the practice that bringing clear awareness to the present not on the past or future without evaluation. Many research studies have proved the benefits of mindfulness meditation in psychological and bodily health. Mindfulness meditation interventions is highly effective in reducing the level of anxiety, and depression, prevention of alcohol relapse, controlling of craving and enhancement of self efficacy. Mindfulness meditation technique helps to awareness of once self-efficacy. The connection between mindfulness meditation and self-efficacy helps to focus on set goals and performance. People with high self-efficacy approach obstacles in life as challenges. They set challenging goals for themselves and work hard to achieve them. People with low self- efficacy view life obstacle as life threats and instead to overcome they will focus on their own deficiencies. They rarely set goals and do not commit for that. Self-efficacy is defined as a person's conviction in his or her ability to carry out the behaviours required to achieve certain performance goals. A self-efficacy is a reflection of once confidence in the ability to control own motivation, behaviour, and responses to the environment.. High level of self-efficacy often has high motivation. In alcoholism It refers to the strength to stop or minimize addiction and manage craving, temptation and maintain behavioural changes. These changes might be the strongest predictors of recovery from alcoholism.

## Keywords

Enhancement, Efficacy, Mindfulness, Meditation, Alcoholism

## Imprint

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## 1 Introduction

There has been growing interest in the role of mindfulness meditation and the enhancement of self efficacy among number of domains including substance use disorders [1]. Numerous research about substance abuse treatment with mindfulness meditation and improvement of Self- efficacy has emerged as an important predictor of outcome or treatment effect and coping behaviour, level of performance, rate of relapse and perseverance in facing difficult problems been positively proved [2]. Prolonged using of alcohol will lead to reduce self efficacy. Many continue their addictive behaviour because it's the best strategy worked out for navigating life's difficult terrain. The key trait that protects them from addiction and the way to manage the problem is to improve the self- efficacy [3]. According to a study of University College London Practicing 11 minutes of mindfulness meditation like paying attention to own breathing helped heavy drinkers cut back showed this technique were more effective than the golden standard behavioural treatment [4]. This present paper provides a review of the inter relation between mindfulness meditation and enhancement of self-efficacy in the field of alcohol addiction [5].

## 2 What Is Mindfulness Meditation

It is a type of meditation in which, focus on being intensely aware of present moment like what you are sensing and feeling without interpretation or judgement by practicing breathing methods, guided meditation is the practices to relax fully [6]. It is a mental training practice that teaches us to slow down racing thoughts remove negativity, and calm both mind and body.

## 3 What is Self Efficacy

Albert Bandura describes self-efficacy as people's beliefs in their efficacy to influence events that affects their lives [7]. Human inspiration, motivation, per-

formance successes, and emotional well-being are all built on this basis. It is a strong sense of trust in him. It strongly influences a person to take up challenges and complete it as his wish. Rounds-Bryant, Flynn et al (1997) identified that self efficacy and performance enhancement depends on one another. Increasing levels of self-efficacy pave the way to rise in higher performance [8].

#### 4 Mindfulness Meditation In Alcoholism

Many studies found that mindfulness meditation can help drinkers cut back and the benefits can be seen quite quickly said author Sunjeev Kamboj, University College, London. Alcoholism is a social burden and treating this addictive behaviour is a great challenge. Among many effective therapies mindfulness meditation training is the most preferred method which shown the best results in the reduction of mental problems and enhanced level of self efficacy [9]. Mindfulness meditation makes a person aware his urges, and heavy drinkers consumed less over a short period of time.

##### 4.1. How Mindfulness Meditation Help Alcoholics Recovery

Mindfulness meditation creates changes in the following aspects

##### 4.2. Increasing Self-awareness of an individual

Increase in Self-awareness will make the person to understand the addiction behaviour and reasons for alcoholism, by understanding these roots of behaviour and its sufferings help to develop inner strength [10]. The impulsivity of addiction behaviour will be slowly decreased and the person keeps himself away from addiction. By development of self awareness due to mindfulness meditation he can learn to create new ways to overcome this abusing behaviour also avoid relapsing situations [11].

##### 4.3. Enhance the level of self- efficacy

Self-efficacy is a person's confidence to achieve his goal in a particular situation. It includes a person's attitudes, abilities and cognitive skills According to Bandura. He also said the person's ability to think and work positively and achieved success in all his attempts is fully based on the level of self efficacy he possessed [12].

##### 4.4. Improvement itself-actualization

Self-actualization is the greatest power can enjoy after mindfulness meditation. This power helps to realize one's full potential [13]. Self-actualization includes skills used for life success. It allows you to feel motivated by growth. This can be achieved through mindfulness meditation using own breathing and body [14].

##### 4.5. Skills Involves In Mindfulness Meditation

**4.5.1. Observation:** paying close attention to what is going on around.

**4.5.2. Description:** Being able to say what happened and how felt in words.

**4.5.3. Participation:** Becoming involved in an activity without being self-conscious about it.

**4.5.4. Taking a non-judgemental stance:** Accepting things as they are rather than judging them.

**4.5.5. Focusing on one thing in the moment:** Without distraction from other ideas or events.

**4.5.6. Effectiveness:** Doing what works rather than second-guessing.

##### 4.6. Why Self Efficacy Is Important To Treat Alcoholism

In recent decades there has been number of researches on addiction field, self-efficacy involved as an important factor of outcome or treatment effects. It is having great effect in different areas of human health and treating behavioural problems like alcoholism, it also helps the patient's confidence to minimize or control alcohol addiction, overcome craving temptation and maintains sobriety and it is the strong predictor for post treatment in alcohol addiction abstinence and recovery [15].

##### 4.7. Correlation between Self Efficacy and Mindfulness Meditation in Alcoholism

There are number of evidence reviled by conducting studies in the area of practice of mindfulness meditation will produce higher self-efficacy than who do not practice. Bandura 1997 stated regular practice of mindful meditation will enhance more optimistic thinking since it leads to overcome their negative thoughts. A study involved 60 people receiving mindful meditation learn to redirect their attention, manage their emotions and impulses and increases their understanding of the causes behind their addiction.

#### 4.8. Comparison between Strong and Weak Sense of Self Efficacy

##### 4.8.1. *People with strong self-efficacy:*

4.8.1.1. Have stronger sense of commitment

4.8.1.2. Interested in personal and professional activities.

4.8.1.3. Easily overcome disappointments.

4.8.1.4. Handling challenges with confidence.

4.8.1.5. Optimistic in their ability

##### 4.8.2. *People with sense of low self- efficacy:*

4.8.2.1. Worrying about personal loss and negative feelings.

4.8.2.2. Avoid challenging tasks and goals

4.8.2.3. Lack of confidence in personal abilities.

4.8.2.4. Pessimistic

4.8.2.5. Low levels of commitments.

#### 4.9. Common Obstacles for Development of Self Efficacy and the Role of Mindfulness Meditation

4.9.1. *Lack of motivation:* It is easy to lose motivation during challenging times. This mindful meditation can help ensure that to stay motivated, encouraged for recovery.

4.9.2. *Financial difficulties:* Financial difficulties can be challenging to overcome. But as gain and practice the skill of mindfulness gradually improve more confidence can solve the problem.

4.9.3. *Lack of participation:* Not participating in the recovery programmes, skipping meditation sessions and isolating from others will drive away from gaining of self- efficacy. Develop the attitude of stay committed is the solution to overcome this problem.

4.9.4. *Lack of commitment:* For gaining self-efficacy a daily commitment and hard work are the key elements. Lack of commitment can destroy sober life style. Staying committed will help get through the obstacles.

#### 4.10. How to Overcome the Obstacles

Prioritize the emotional and psychological wellness

Practice daily mindfulness meditation

Healthy daily routine

Maintain relationship with peers in recovery

Do an activity or hobby which were enjoyed

Watching others do great things

Meet therapist regularly

## 5 Conclusion

There is promising evidence by many studies that mindfulness meditation is an effective therapy to enhance self-efficacy for alcohol addiction. The self efficacy usually developed by mastery of experiences. The effect of mindfulness meditation on alcohol use disorder brings lower drinking motivation, better alcohol management, and greater improvement in self-efficacy will bring down the temptation of using alcohol consumption. According to piece in the New York Times, people with a low sense of self efficacy will be pessimistic, have low self-esteem, feel helplessness, not interested, hopeless in future are more likely go to drugs to overcome these negative feelings. A person with high level of self-efficacy helps to focus on ones performance and goals. Mindfulness meditation provide long term therapeutic effects in treating addictive behaviour and development of strong self-efficacy. Develop more research programme about the way to improve self efficacy in the area of addiction. Construction of new measurement tools for statistical solutions. New studies are required to analyse the effectiveness of different interventions for improve self-efficacy and the duration of persistence of the effect lost for treat alcohol addiction.

#### Statement on ethical issues

Research involving people and/or animals is in full compliance with current national and international ethical standards.

#### Conflict of interest

None declared.

#### Author contributions

The authors read the ICMJE criteria for authorship and approved the final manuscript.

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