

Impact of Social Work Interventions on Reducing Anxiety Among Wives of Chronic Alcoholics in Ranchi, Jharkhand

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Abstract: *The psychological health of spouses of chronic alcoholics is often neglected, resulting in high levels of anxiety, stress, and emotional distress. Social work interventions, including counseling, psychoeducation, support groups, and family therapy, have shown promise in alleviating such psychological burdens. This review critically examines existing literature on the effectiveness of social work interventions in reducing anxiety among wives of chronic alcoholics, with a focus on Ranchi, Jharkhand. The review identifies the types of interventions implemented, their measurable outcomes, and the gaps in research regarding culturally sensitive practices. The findings suggest that structured social work programs significantly reduce anxiety, enhance coping mechanisms, and improve overall psychological well-being.*

Keywords: Social Work Interventions, Chronic Alcoholism, Anxiety