HELPING STUDENTS WITH ALCOHOLIC PARENTS

by:
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As school nurses, our tasks does not end with providing health care and health teachings to personnel and students. Health is a holistic matter in which nurses look after the people they are serving. Health is more than the physical.

Children and teen agers are vulnerable to many kinds of physical ailments as well as psychological and emotional burdens. They are actually sensitive to the many things that happen around them. They are in constant look out for love and caring from their surroundings. Thus, if they grow up in homes filled with love and affection, they tend to become healthier emotionally. This is speaking in general. If it is the opposite, then, they also become desolate individuals who longs for attention, love, and care.

From among these young ones, those who grew up in homes with alcoholic parents increases the risk for dating violence among them. Aggressive behaviour, according to a study from the University at Buffalo Research Institute on Addictions, even roots from the earlier stages of the teen ager’s life, specifically, infancy. This results to abusive dating relationships in the adolescent period of the teenagers who has fathers with alcohol use disorder.

These situations can inhibit with children's abilities to control their own behaviour. This results to increased levels of aggression in early and middle childhood. More aggressive children are more likely to be aggressive with their romantic dates during their teen years.

How do we help these children and teen agers? Involvement of the parents is crucial. It is more important to help them understand the situation of the children and to
help them realize that warmth and sensitivity in their interactions with the children can
decrease the risk for aggression and violence.

As school health personnel, we can also encourage family health day to be
included in the school calendar. Conducting symposium for teachers, parents, and
students about alcohol use and abuse, behaviour modification, and fostering good family
relations is crucial to help prevent, lessen, if not altogether stop violent behaviors among
students especially those who belong to alcoholic families.

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