

Abstract

Background: Addiction affects the whole family and not only the individual dealing with it. The reason being that family is usually closest to the individual. The family is mainly affected by the unpredictable behaviour of the addicted member and this behaviour then affects the whole running of the family and sooner or later other members become co-dependent. There is not much support provided for these people. A suitable alternative can be the self-help group Al-Anon.

Aims: The aim of the research is to analyse the needs of individuals struggling with the problem of alcohol use of their close ones. The second goal is to describe the form and course of the meeting of the self-help group and the characteristics of the participants who attend this meeting. The third goal is to investigate the level of satisfaction of participants with meetings and description of recommendations for expert care.

Methods: To obtain the data, a qualitative method was used by intentional selection through institutions. A total of 12 respondents (10 women and 2 men) participated in the research. The method of searching and marking relations, the method of simple enumeration and the method of contrasts and comparisons were used for the analysis of data.

Results: Although expert care is the first choice of respondents, they often do not stay and prefer to choose a self-help group. Although they come to the meeting without any expectations, they are often very pleasantly surprised and continue participating since then. The meeting helps them to fulfil unfulfilled needs, to become aware of codependent patterns of behaviour, and through the 12-Step Program, literature, and the Prayer for Peace of Mind to gain support in their daily struggles. The main pillars of the group are the experiences of others, spirituality, anonymity, and the absence of authority.

Conclusion: Based on the findings, the Al-Anon self-help group for close to addicts seems to be immensely helpful. Although cooperation is still important, from both self-help groups and professional care and greater awareness of the possibility of assistance for co-dependent persons.

Keyword: Al-Anon – mutual help group – alcohol -family – addiction – analysis of needs – process evaluation – evaluation of satisfaction