

Tabela 12
Unikanie jako styl radzenia sobie ze stresem a zmienne związane z piciem alkoholu /wyniki analizy wariancji/

	Ilość wypijanego alkoholu	Rodzaj alkoholu	Towarzystwo	Utrata świadomości
Cała grupa	F = 6,46 p < 0,002	F = 3,63 p < 0,027	F = 3,28 p < 0,021	n.i.
Dziewczęta	F = 5,16 p < 0,006	F = 8,25 p < 0,0000	F = 3,90 p < 0,009	F = 3,60 p < 0,014
Chłopcy	F = 5,51 p < 0,004	F = 2,93 p < 0,034	F = 2,67 p < 0,047	n.i.

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Drinking, Sense of Coherence (SOC) and the Stress Coping Styles Among High School Graduates

Summary

Significant interdependencies between sense of coherence, stress handling and drinking were established in the study covering graduates of high vocational schools, coming from five urban neighbourhoods.

The stronger sense of coherence is related to less frequent drinking (statistical tendency) and drinking of smaller quantities of alcohol (statistically significant dependence). Differences regarding gender were also established: in the case of young males strong relations between drinking all SOC scales are present, while among females only the meaning sense level is related to drinking. The distracting of attention is most significantly related to the variables referring to drinking, among all stress coping styles. The study revealed, that the stronger concentration on one's own emotion, the stronger beverages are drunk.

The above summarised results of the study certify that the sense of coherence belongs to factors which determine drinking behaviour of young males.

In case of females, drinking is not related to the life orientation. The relation between the stress coping style and intensity of drinking is of more distinct character.

It is intended to test the relation between the aforementioned variables and behaviour of individuals placed in difficult live situations - entering adult social roles after graduating school during the subsequent stage of the study.

Key words: Alcohol drinking, youth, sense of coherence, stress coping styles.

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