

Poczucie koherencji (SOC) a zdrowie psychiczne i picie alkoholu przez młodzież

będą związki między zmiennymi niezależnymi (poczucie koherencji i style radzenia sobie ze stresem) lub pośredniczącymi (zmienne socjodemograficzne) a zmienną zależną - piciem alkoholu.

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Sense of coherence (SOC) in relation to mental health and alcohol drinking in senior adolescents. Rationale and outline of a research program.

Summary

The presented research program on the relationship between the sense of coherence (SOC) and mental health and alcohol drinking is situated within the theoretical framework of an interactional stress model, including the following elements: cognitive appraisal of the stressful situation and of the individual's resistance resources, his/her coping style, and - as a central construct - the sense of coherence. The design of the longitudinal study was outlined: in stage I 1006 students of vocational secondary schools were examined with a set of self-report questionnaires. In stage II, at 12-months follow-up 220 subjects selected from the original cohort on the grounds of their SOC level (representing either the upper or the lower quartile) were re-examined. The main areas of the analysis were discussed (i.e. relations between the SOC and cognitive appraisal, SOC and coping style, SOC and health and alcohol drinking, as well as factors related to the SOC formation and dynamics). Tools used in the study and their psychometric properties, determined in a pilot study, were presented.

Key words: sense of coherence\ mental health\ coping\ alcohol drinking

Podziękowania

Za pomoc w przeprowadzeniu badań terenowych serdecznie dziękujemy kolegom: pani mgr Marii Czerniejewskiej (Oświęcim), paniom mgr Danucie Olszaneckiej i mgr Małgorzacie Jakubowskiej (Kołobrzeg), panu mgr Bohdanowi Iglickiemu (Ełk) oraz mgr Stanisławowi i mgr Tomaszowi Wójtowiczom (Kraśnik).

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