

szym zaangażowaniem w naukę, natomiast włoskich – z podejmowaniem zachowań ryzykownych.

Wyniki wskazują, że picie alkoholu powinno być ujmowane nie tylko jako element syndromu zachowań problemowych, ale także w kontekście innych zachowań ważnych dla zdrowia i psychospołecznego rozwoju w tym okresie życia. Zachowania współwystępujące z piciem alkoholu w próbie polskiej stanowią konstelację bardziej ryzykowną dla zdrowia i rozwoju, a także mogą być w większym stopniu sygnałem dezadaptacyjnego funkcjonowania polskich nastolatków pijących alkohol w porównaniu do ich włoskich rówieśników.

**Słowa kluczowe:** młodzież, alkohol, porównania międzykulturowe

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**Alcohol drinking intensity and some aspects of lifestyle in Polish and Italian adolescents**

**SUMMARY**

The aim of the study was twofold: firstly, to find out which of the so-called problem behaviours and other activities of secondary school students and in what constellations would differentiate alcohol drinking intensity in typical teenagers. Secondly, to establish whether the obtained models of relationship between drinking intensity and the behaviours under study would be the same or different in Polish and Italian adolescents. Subjects in the study were secondary school students aged 15-18. Two samples were studied: Polish (614 boys and 620 girls) and Italian (523 boys and 555 girls), using the Polish and Italian versions of the Health Behavior Questionnaire by R. Jessor, J. Donovan and F. Costa. Analysed were responses concerning alcohol drinking intensity, cigarette and marijuana smoking, antisocial and risk behaviours, scholastic achievements and amount of time devoted to study, leisure time activities, frequency of cleaning teeth, and regularity of taking meals.

Obtained data indicate that: 1) irrespective of the country of origin, alcohol drinking intensity is very strongly related to cigarette smoking; 2) intensity of such problem behaviours as smoking "grass" or involvement in risk behaviours is associated with more intense alcohol consumption in adolescents; 3) increased intensity of alcohol drinking is related to a less healthy lifestyle (i.e. less frequent cleaning teeth, irregular meals, and less active ways of spending leisure time) – in boys only, both Polish and Italian; 4) in Polish adolescents alcohol drinking intensity is related to antisocial behaviours and lesser involvement in study, while in Italian teenagers – to risk behaviours.

The findings suggest that alcohol drinking should be considered not only as a constituent of the problem behaviour syndrome, but also in the context of other health-related behaviours and psychosocial development in this stage of life. Behavioural concomitants of alcohol drinking in the Polish sample constitute a constellation