

## CZYNNIKI RYZYKA KONTAKTÓW Z NARKOTYKAMI W OKRESIE OD DORASTANIA DO WCZESNEJ DOROSŁOŚCI (BADANIA KATAMNESTYCZNE)<sup>1</sup>

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### **RISK FACTORS FOR DRUGS USE EXPERIENCES FROM ADOLESCENCE TO EARLY ADULTHOOD**

**ABSTRACT** – The main aim of this study was to answer the following questions: which aspects of adolescents' self-characteristics bring drugs use experiences from adolescence to early adulthood and to what extent such characteristics differentiate the intensity of contacts with drugs among young adults.

The data were collected from 316 persons, aged 23-28, who 8-9 years earlier participated (as high-school students) in a primary study, conducted with the use of the "You and Health" questionnaire. In the follow-up study a modified version of this questionnaire – "You and Health 2" – was used.

The data showed that a number of people, who got in contact with drugs between then and now, increase by factor of three. Individuals, who used drugs at least a couple of times, can be distinguished from those without such experiences based on following: 1) they are convinced that drugs do little harm to their health, and that they had an easy access to them; 2) they believe that their peers are generally in favor of drugs and state that most of them had already tried using them; 3) they demonstrate many other problem behaviors. Further data showed also that the frequency of drug use by young adults is determined by the intensity of other problem behaviors during adolescence, together with a rather good immediate self disposition accompanied, however, by a rather decreased optimism towards life and a perception of a weak support from their friends. Observed regularities can prove useful in preventive programs aimed at limiting both starting and continuing drugs use.

**Key words:** drugs, adolescence, early adulthood, risk factors.

### **WSTĘP**

W ostatnich latach obserwuje się wśród młodego pokolenia znaczny wzrost konsumpcji różnych środków psychoaktywnych. Zjawisko to dokumentują zarówno badania europejskie (1,14), jak i prowadzone w Polsce (2,3,8,9). Zmiany w rozpo-

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