

POCZUCIE WŁASNEJ SKUTECZNOŚCI A UŻYWANIE SUBSTANCJI PSYCHOAKTYWNYCH PRZEZ MŁODZIEŻ. BADANIA PILOTAŻOWE.

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SELF-EFFICACY AND SUBSTANCE USE BY ADOLESCENTS. A PILOT STUDY.

ABSTRACT – The aim of this study was to analyze the relationship between perception of self-efficacy of adolescents, treated as a positive indicator of mental health, and the use of psychoactive substances, treated as a negative indicator.

This pilot study was conducted in conjunction with recurrent epidemiological studies. It encompassed 1240 15-year-old pupils of first grade classes in the Warsaw area high schools. Anonymous questionnaire, containing questions pertaining to psychoactive substance use and a scale for measurement of self-efficacy perception, was used.

Five groups were defined, according to the number and the kind of substances used: (1) abstainers, (2) drinkers of weaker (beer, wine) alcoholic beverages, (3) drinkers of all kinds of alcoholic beverages, (4) alcohol drinkers and cigarette smokers, (5) drinkers and smokers, also reaching for illegal psychoactive substances. The results suggest a weak, curvilinear relationship between perception of self-efficacy and the use of psychoactive substances. The highest perception of self-efficacy was found among beer and wine drinking teenagers and the lowest among abstainers and those, who reach for all of the substances in question. The relationship is different for the boys and for the girls. Cumulation of psychoactive substance use is related to a perception of low self-efficacy among the girls, and high self-efficacy among the boys. Further studies are required to explain this phenomenon.

The results suggest that the perception of self-efficacy is a promising “positive” indicator of a mental health among adolescents. While beer and wine drinking, if not accompanied by abuse or other problem behaviors, is not useful as a “negative” indicator of their mental condition. Occasional use of weak alcoholic beverages should be treated rather as a behavior, which allows a fulfillment of some developmental needs of adolescents.

Key words: substance use, adolescence, self-efficacy.

WSTĘP

Poczucie skuteczności jako pozytywny wymiar zdrowia

Jedna z definicji zdrowia psychicznego, mówi że jest ono „częścią ogólnego zdrowia i oznacza nie tylko stan niewystępowania zaburzeń czy chorób psychicznych, lecz posiadanie potencjału psychicznego – umiejętności oraz postaw osobistych i społecz-