

# QUALITY OF LIFE IN YOUNG ADULTS AND THEIR ALCOHOL CONSUMPTION INTENSITY IN ADOLESCENCE AND EARLY ADULTHOOD. (A FOLLOW-UP STUDY)<sup>1</sup>

**Ewa Stępień**

Zakład Psychologii i Promocji Zdrowia Psychicznego  
Instytutu Psychiatrii i Neurologii w Warszawie

**ABSTRACT** – The aim of the study was to establish the relationship between young adults' quality of life and 1) their alcohol consumption level both in adolescence (i.e. 8-9 years earlier) and at present (i.e. in early adulthood); and 2) changes in the alcohol consumption level from adolescence to adulthood. Quality of life was defined as a complex psychological variable including some aspects of well-being, personal competences, and social support.

Analyzed were data obtained from 185 participants examined twice using the questionnaires „You and Health” for adolescents and „You and Health 2” for young adults.

Drinking intensity was found to be modestly related to the aspects of quality of life under study. Namely, alcohol consumption level in adolescence turned out to differentiate the level of self-efficacy a few years later, while alcohol drinking intensity assessed in the same period of life was related only to perceived social support. On the other hand, changes in drinking intensity differentiated not only the aspects of young adults' well-being under study, but also their self-efficacy. Moreover, in comparison to the remaining respondents, those who had reduced their drinking at the threshold of adulthood turned out to have the highest ratings of their quality of life.

**Key words:** alcohol drinking, adolescence, early adulthood, quality of life.