

Zasoby szczęścia a motywacja do picia i ryzyko problemów alkoholowych wśród studentów

Resources of happiness and motivation for drinking and risk of alcohol problems in student sample

Ryszard Poprawa

Instytut Psychologii Uniwersytetu Wrocławskiego

Abstract – Introduction. The study examines the relationship between the resources of happiness, drinking motivation and degree of alcohol involvement (risk of alcohol problems). The resources of happiness are not only conceptualised as generalised life satisfaction and psychological well-being but also as a combination of personality dispositions such as: self-esteem, self-acceptance, perceived self-control and self-efficacy, optimism, openness, positive affectivity, extraversion. According to the Cox and Klinger’s motivational model of alcohol use, the following four drinking motives can be distinguished: social motives, enhancement, conformity and coping. Experimentally, avoidance of boredom was included in the model as another motive for drinking. In accordance with cognitive-behavioural models of addictions, it was assumed that a lack of happiness related resources motivate people to drink alcohol in order to cope better and for emotion management, thereby creating the risk of addiction.

Methods. The sample consisted of 351 students. The degree of alcohol involvement was measured by the Poprawa’s Scale of Alcohol Use, on the basis of a cumulative indicator of 11 weighted criteria. Students were also asked about the intensity of drinking at the last drinking occasion. Motivation of drinking was measured by the Cooper’s Drinking Motive Scales. Resources of happiness were measured by Hills and Argyle’s the Oxford Happiness Questionnaire.

Results. The main hypothesis that deficits in the resources of happiness increase the degree of alcohol involvement and the risk of alcohol problems has been supported by the data. These deficits create the risks of alcohol problems by intensifying the motivation to drinking order to cope better and for mood enhancement.

Conclusions. When people lack the resources of happiness and use alcohol as “the tool for happiness” to cope better and to enhance mood, an increased risk of addiction can be assumed.

Key words: functions of alcohol drinking, well-being, resources of happiness, motivation for drinking, drinking to cope, risk of alcohol addiction

Streszczenie – Wprowadzenie. Celem pracy było zbadanie relacji między zasobami szczęścia a motywacją do picia i stopniem zaangażowania w używanie alkoholu (ryzykiem problemów alkoholowych). Zasoby szczęścia ujęto nie tylko jako ogólną satysfakcję z życia i dobrostan psychiczny, ale jako warunkujące je osobowościowe dyspozycje, tj. poczucie własnej wartości, samoakceptacja, poczucie kontroli, samoskuteczności, optymizm, otwartość, pozytywna afektywność, ekstrawersja, itd.

Finansowano ze środków na badania własne nr 2033/W/IPs/2008.