

Czynniki sprzyjające odstawianiu konopi we wczesnej dorosłości

Reasons for cannabis cessation among young adults

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Abstract – Introduction. The aim of the study was to analyse factors that help young adults to cease cannabis use without professional intervention.

Method. Data were collected from 202 young adults (24–36 years old), who used cannabis at least once during adolescence period (when they were 14–19 years old). About 63% of respondents used cannabis occasionally during adolescence, 37% reported problematic use. Respondents were chosen by a modified snowball sampling method. During a face-to-face interview respondents filled out a self-report questionnaire and participated in an unstructured in-depth interviews combined with “life line span” projection method. Data were analysed using both quantitative and qualitative methods.

Results. Results show that 56 participants (34%) ceased cannabis use during young adulthood (abstinence during the last year preceding the interview). Among participants who used cannabis in their young adulthood (N = 117) 47% were occasional users and 19% – problem users. Most often they stopped cannabis use when they were 20–23 years old. Women ceased cannabis use more often than men during young adulthood. Socio-demographic characteristics such as gender (higher educated women), occasional use during adolescence, late initiation and a low prevalence of using other drugs and getting drunk as young adults co-varied with cannabis cessation. The chances for quitting cannabis use increase with abstinence from other drugs and with showing symptoms of depression during young adulthood.

Due to the explorative nature of this study, the present study can only suggest possible pathways of quitting cannabis use without professional help.

Key words: cannabis, cannabis cessation, untreated recovery, young adulthood, adolescence

Streszczenie – Wstęp. Celem badań była analiza czynników sprzyjających odstawianiu konopi w okresie wczesnej dorosłości bez interwencji specjalistycznej.

Metoda. Badaniami objęto 202 młodych dorosłych w wieku od 24 do 36 lat. Podstawowym kryterium doboru grupy było posiadanie własnych doświadczeń w używaniu konopi w okresie dorastania, tj. w wieku 14–19 lat. W okresie dorastania około 63% respondentów używało konopi okazjonalnie, a 37% – problemowo. Dobór respondentów opierał się na zmodyfikowanej metodzie kuli śniegowej. Respondenci podczas indywidualnego spotkania z badaczem wypełniali ankietę i brali udział w swobodnym

Badania finansowane przez Krajowe Biuro ds. Przeciwdziałania Narkomanii i Ministerstwo Nauki i Szkolnictwa Wyższego, przeprowadzone w Instytucie Psychiatrii i Neurologii w Warszawie.