

Opinie uczniów szkół warszawskich na temat rozpowszechnienia stosowania leków wśród młodzieży

Opinion of Warsaw students' on prevalence of medicine use among adolescents

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Abstract – Introduction. The article refers to the conceptual and empirical framework of theories on social norms focusing on the importance of beliefs related to the prevalence and social approval of substance use. The study aims at (1) the analysis of students' perception of medicine use among their friends and (2) the relation between perceived medicine use among friends and self-reported medicine use by students. **Method.** Data were collected from a random sample of 13–19-years old students attending Warsaw middle and high schools. Quantitative (a self-administered anonymous questionnaire completed during school lessons, n = 1387) and qualitative (individual face-to face interviews, n = 37) methods of data collection were used.

Results. Approximately half of the students were of the opinion that none or only a few of their friends used pain-relievers. Approximately 20% of respondents answered that most or all of their friends use such medicines. Most of the students were of the opinion that nobody or only a few of their peers used medicines for difficulties in getting to sleep, nervousness, depression, bad mood and lack of energy. More girls than boys and more high than middle schools students estimated the prevalence of the use of pain-relievers among their friends as high. There were no differences between boys and girls in their estimations related to medicines for mental health problems (i.e. medicines for difficulties in getting to sleep, nervousness, depression and bad mood).

Results of a logistic regression analysis showed the associations between the estimation of medicine use among students' peers/friends on the one side – more specifically friends' use of pain-relievers, of medicine for mental health problems and lack of energy – and self-reported use of the same medicines among respondents on the other.

Conclusions. The normative approach proves to be promising when studying medicine use among adolescents and will inform the future development of the mental health promotion programs.

Key words: adolescents, medicine use, normative approach

Streszczenie – Wprowadzenie. Artykuł nawiązuje do prac teoretycznych oraz badań odnoszących się do norm społecznych regulujących zachowania. Wskazują one na znaczenie przekonań dotyczących rozpowszechnienia i społecznej aprobaty używania substancji psychoaktywnych.

Celem pracy była odpowiedź na pytanie, jak uczniowie warszawskich gimnazjów i szkół ponadgimnazjalnych oceniają rozpowszechnienie stosowania wśród swoich przyjaciół leków przeciwbólowych,