

Znaczenie impulsywności dla stopnia zaangażowania młodych mężczyzn w picie alkoholu

Significance of impulsivity for the level of alcohol drinking involvement in young men

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Abstract – Introduction. Impulsivity is one of the most important personality predictors of risky drinking and alcohol addiction. However, this feature is not homogeneous and has complex determinants. Whiteside and Lynam as well as Cyders et al distinguished five facets of impulsivity: negative and positive urgency, lack of premeditation (lack of planning or deliberation), lack of perseverance and sensation seeking. The aim of the study was to determine the importance of all facets of impulsivity for the involvement of young men in drinking alcohol.

Methods. Impulsivity was measured through the use of UPPS-P Impulsive Behavior Scale (Whiteside and Lynam, Cyders et al) and the level of drinking involvement was estimated using the Poprawa's Alcohol Use Scale. The research was conducted on a sample of 603 men aged 16 to 26.

Results. Six types of young men were distinguished with cluster analysis. They differ in the level of impulsivity aspect intensification. It was found that two types of young men are most involved in drinking. Type 1 men were characterised by an extremely high level of urgency, lack of premeditation and perseverance and extremely high level of sensation seeking, motivated to drink mainly to enhance positive mood (antisocial type). Type 2 men were characterised by high level of urgency, lack of premeditation and perseverance but low level of sensation seeking, motivated to drink mainly to escape from negative mood (neurotic type).

Conclusions. High intensity of sensation seeking is not necessary to involve young men in risky alcohol drinking. It is one of the features that can diversify "antisocial" and "neurotic" personality type predisposed to problem drinking, where urgency plays a cardinal role. Also, a type of men who are not impulsive, with high ability of self-control, emotion regulation and ability to cope with stress, capable of being prudent and persistent and moderately seeking sensations was distinguished. These features act as "protection" against risky and harmful involvement in drinking.

Key words: personality, impulsivity, UPPS-P, problem drinking, risk of addiction, protective factors, young men

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