

EXAMINING THE RISK BEHAVIOUROF YOUNG PEOPLE

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OBJECTIVES

The aim of our study was to assess how sociodemographic characteristics (gender, type of school, place of residence, parental education, family structure) influence risk behaviours (smoking, energy drink and alcohol consumption, drug use) among young people (18-25 years old).

METHODS

We conducted a cross-sectional, quantitative, descriptive questionnaire survey. Data collection was carried out using a self-designed demographic questionnaire and questions adapted from the HBSC (Health Behaviour in School-Aged Children) survey (smoking, energy drink consumption, alcohol consumption, drug use), as well as the Hungarian version of the Perceived Stress (PSS) questionnaire. Surveyed young people aged 18 and over in secondary school or university, using non-random expert sampling (N=172). Exclusion criteria were if the person was over 25 or has filled in the questionnaire incompletely. Descriptive statistical analysis and χ^2 test were applied using Microsoft Excel 2010 ($p<0,05$).

RESULTS

The results showed that boys were more likely to drink alcohol, drink energy drinks and smoke ($p<0.05$). Those whose parents also smoked were more likely to smoke ($p<0.05$). Type of school also affected smoking, alcohol and drug use ($p<0.05$). Those with higher levels of stress had a higher prevalence of risk behaviour ($p<0.05$).

CONCLUSIONS

Our research has also shown that smoking, alcohol and drug use are present in young people's lives. The earlier someone starts using tobacco, alcohol or drugs, the higher the chances of developing problematic use or dependence later on, and the more negative physical and psychological effects they can have. School- and family-centred interventions are needed to increase students' knowledge about alcohol, drugs and smoking, strengthen their decision-making skills, develop their self-esteem and increase their ability to resist peer pressure. Prevention activities focused to above mentioned problems can reduce the chances of trying these substances.

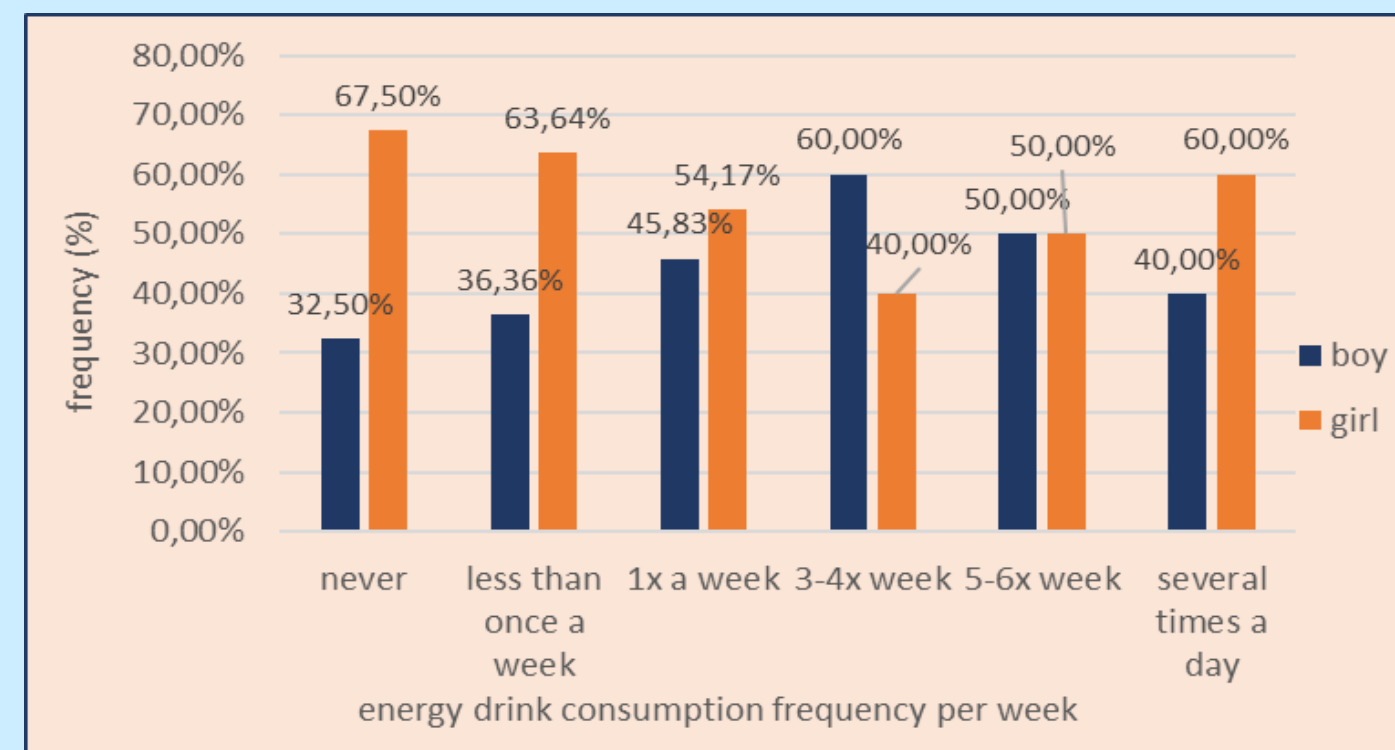


Figure 1 Frequency of alcohol consumption by gender (N=172)

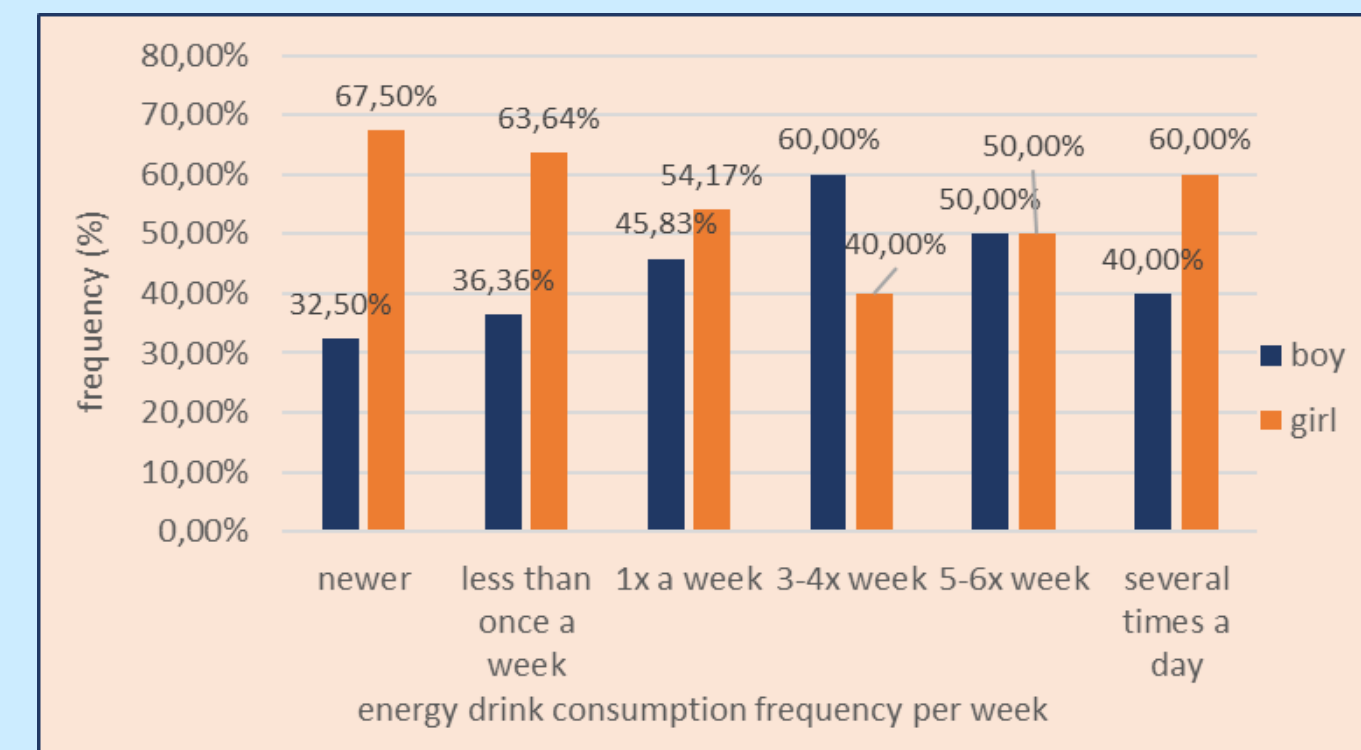


Figure 2. Frequency of energy drink consumption by gender (N=172)

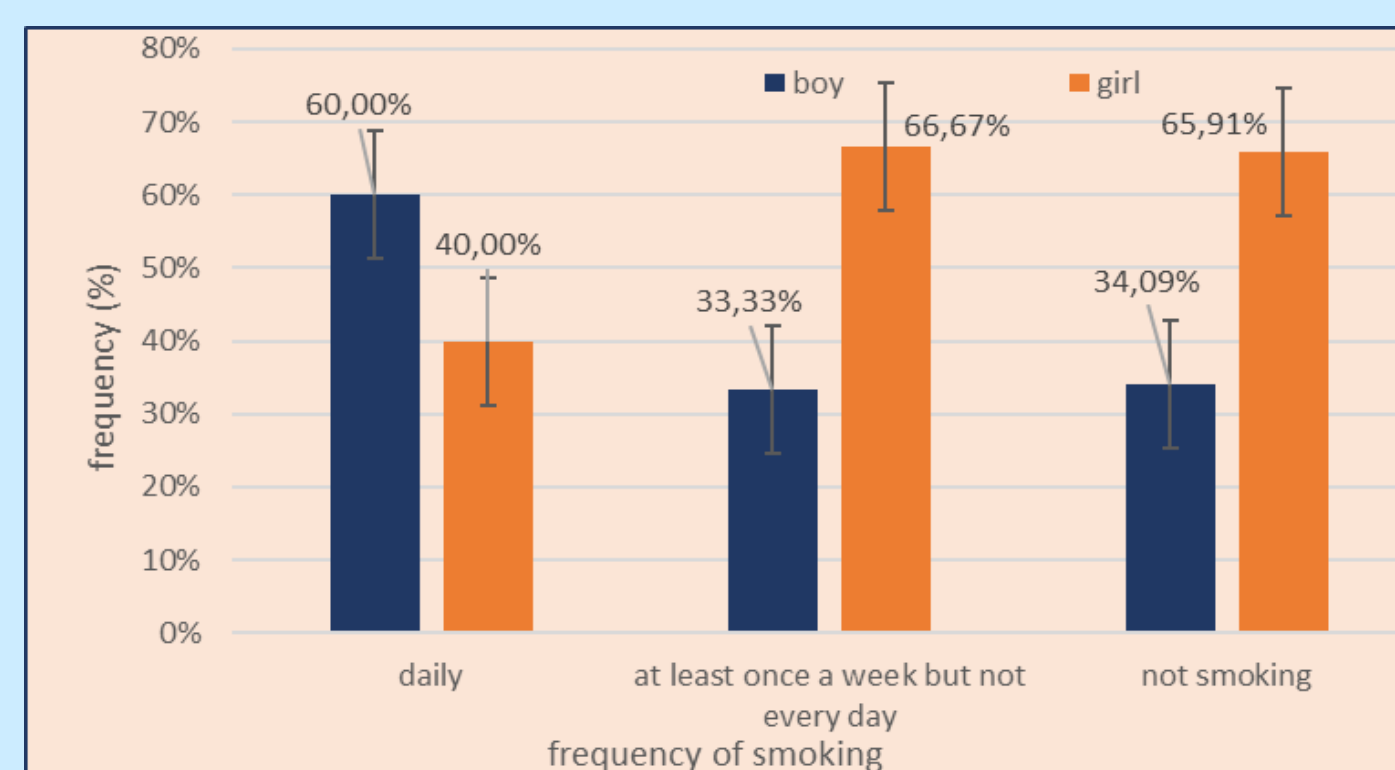


Figure 3. Frequency of smoking by gender (N=172)

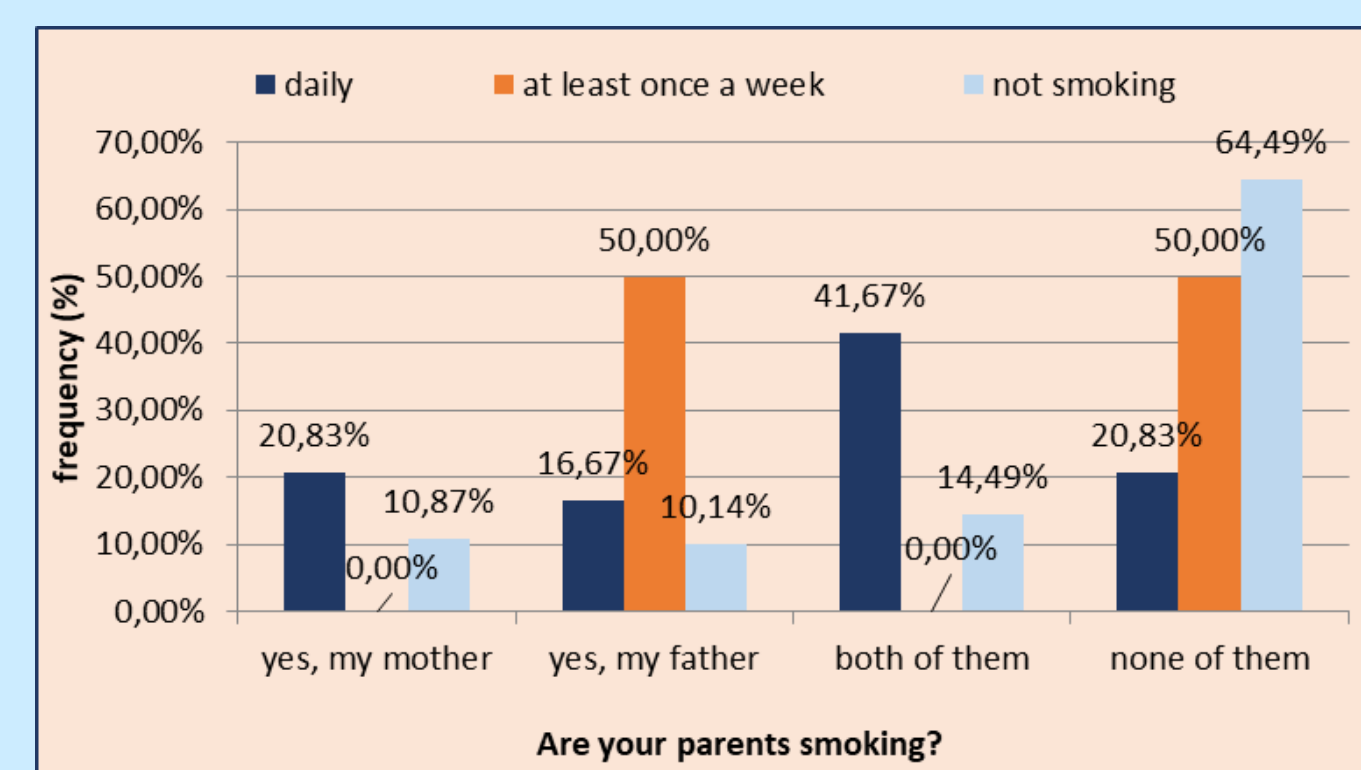


Figure 4. Association between parental smoking and smoking prevalence(N=172)

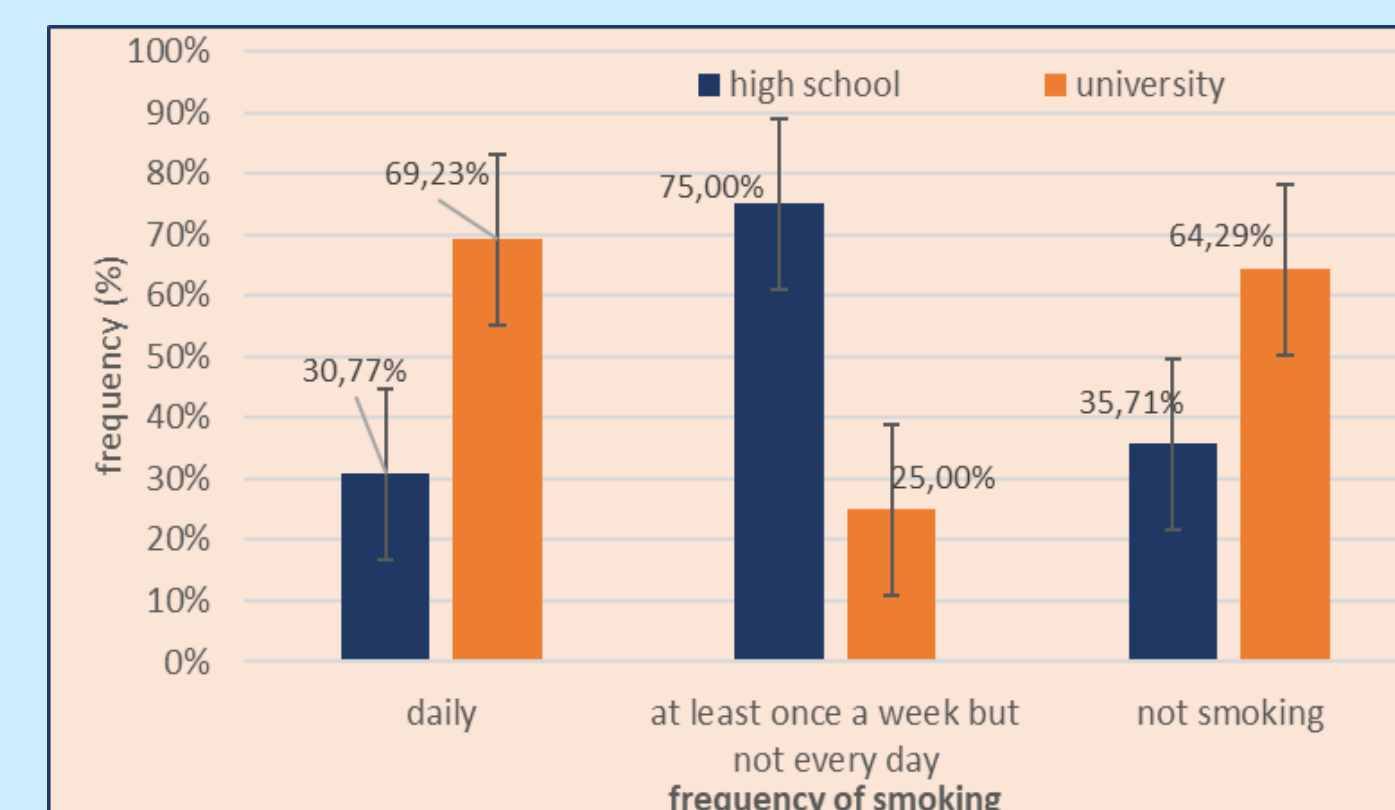


Figure 5. Association of smoking prevalence with school type (N=172)

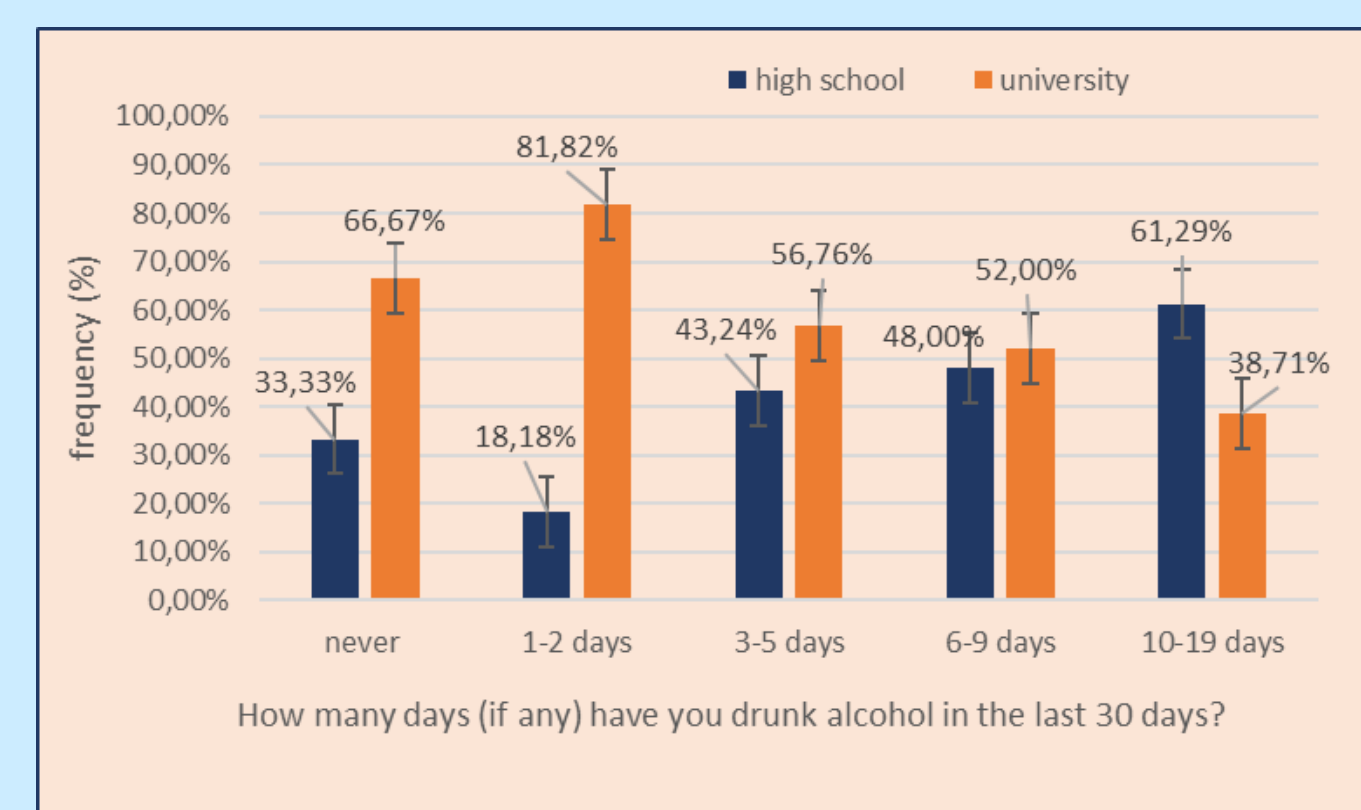


Figure 6. Frequency of alcohol consumption by type of school (N=172)

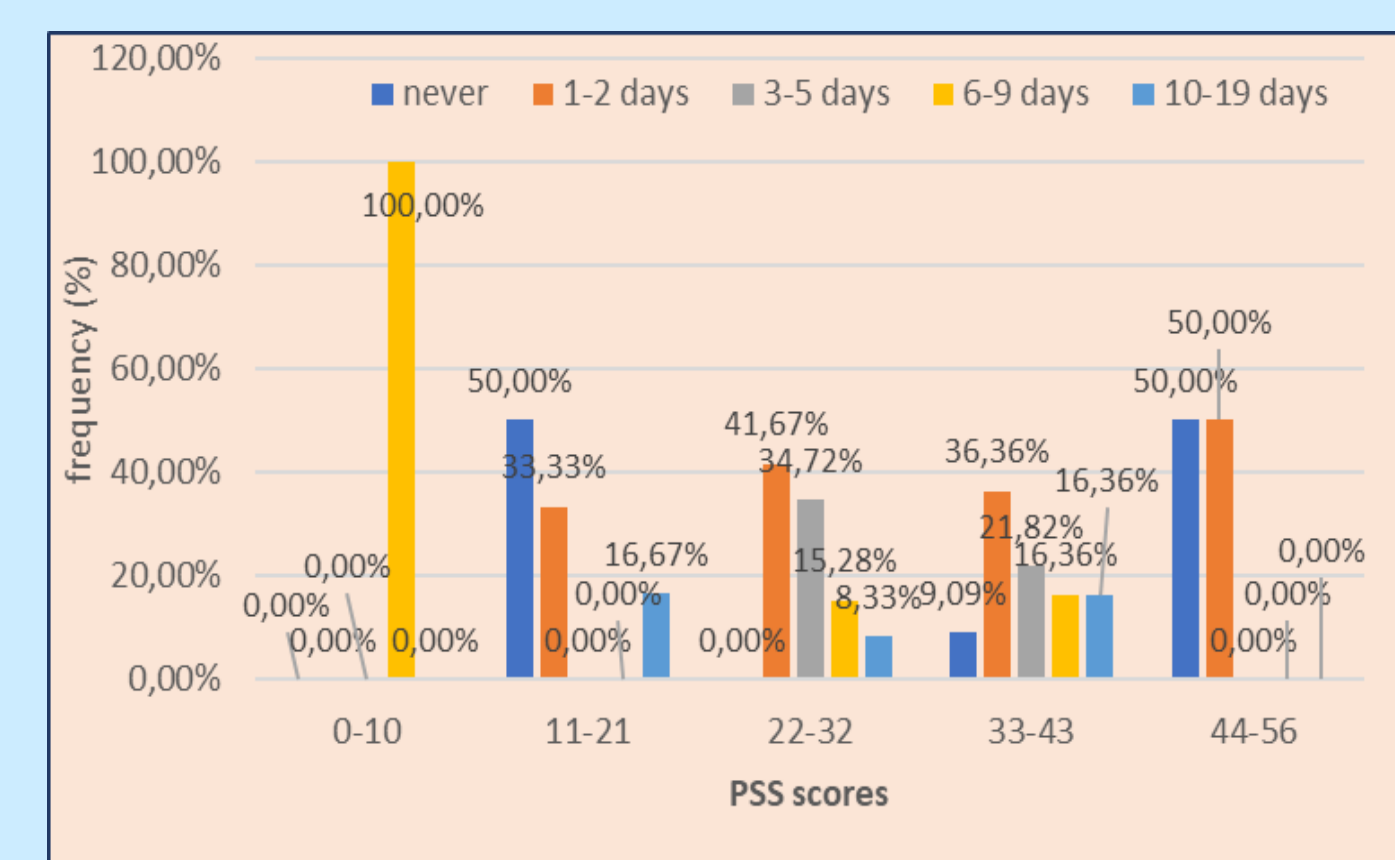


Figure 7. Association between stress levels and alcohol consumption (N=172)

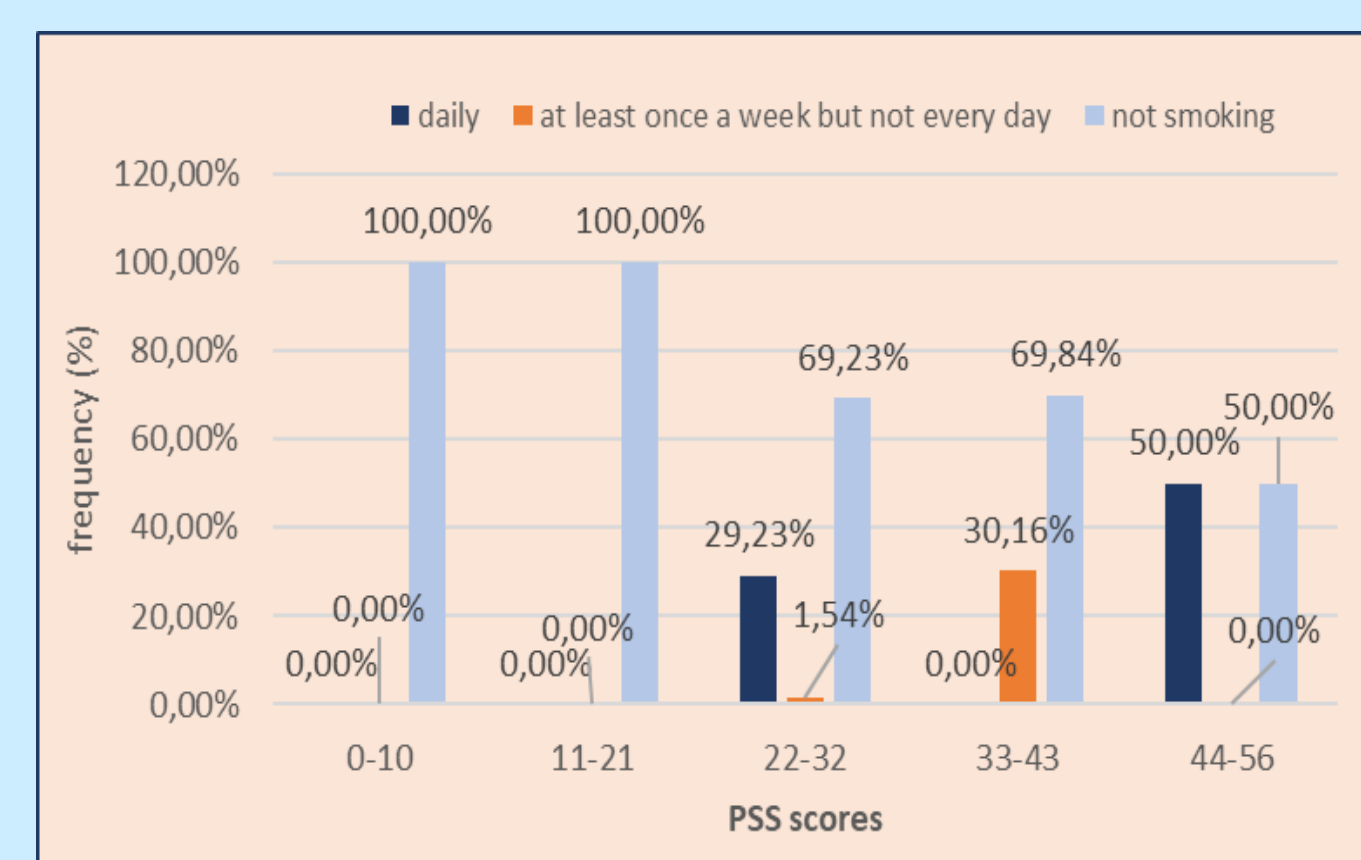


Figure 8. Association between stress levels and smoking (N=172)

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