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The use of psychoactive substances by high school students

Abstract: The paper presents partial results of the study on the incidence of risky behavior among high school students, focusing on the aspect of diagnosing the use of psychoactive substances by the youth of Częstochowa high schools. The research utilized a diagnostic survey method, and the technique employed was a questionnaire. A proprietary survey questionnaire aimed at high school students was used as a tool. The research was supported by the researchers' personal experiences. Psychoactive substances, through their availability, pose a major threat to the health and lives of young people. The use of psychoactive substances is a daily phenomenon occurring among students on a large scale. The surveys carried out approximated and indicated what substances are used by young people and showed the type and frequency of stimulants used.
Key words: risky behavior, adolescents, psychoactive substances, school.

Introduction

Risky behavior occurring among adolescents is not a new phenomenon. Numerous articles, videos, and scholarly books provide insight into the subject matter. Over the years, attitudes toward risk behaviors occurring in adolescents have systematically

changed. Contributing to this has been greater attentiveness to the problems of the younger generation, and consequently, knowledge of the causes and determinants of behavior considered risky (Sierosławski, 2020, pp. 10–22). Conducting the study made it possible to identify appropriate educational and legislative measures. This knowledge has also influenced preventive and rehabilitative measures against the risky behaviors that occur. The occurrence of risky behaviors among young people is often determined by cultural, social and economic factors. These factors, nowadays, are constantly changing (Dzielska, Kowalewska, 2014, pp. 139–168; Jędrzejko, Kowalski, Rosik 2014; Kowalski, Kania, Śliwa, 2018, pp. 19–28).

The concept of "problem behaviors" is most closely associated with the "problem behavior theory" proposed by Richard and Shirley Jessor, who define it as behaviors that are inconsistent with social norms and evoke disapproval from the surrounding environment. The term "problem behavior" was introduced by Richard and Shirley Jessor, creators of "problem behavior theory." The propensity to engage in these behaviors was, according to the authors, the resultant of psychosocial factors affecting the personality and the system of perceived environment and behavior. In their view, the interrelationship between protective factors and risk factors affecting different systems of human functioning can affect the engagement and adoption of conventional or health-risk behaviors (Jessor, 1977, p. 33). Problem behaviors are various behaviors undertaken by adolescents that threaten their physical and mental health and are incompatible with the norms of social life, which arouse opposition among significant individuals, and become troublesome for both individuals and society (Jessor, 1977, p. 34). Later, behaviors that threaten the health and proper development of children and adolescents were also included in the area of this definition, which resulted in the change of the term to "risky behavior." The creators of the theory of risky behavior (Albert Bandura, Icek Ajzen, Robert K. Merton, Marvin Zuckerman, Charles Irwin) believed that the propensity to engage in risky behavior is a product of psychosocial factors affecting personality, perception of the environment, behavioral system and values (Kwiatkowski, Siudem, 2012, p. 10).

The decision to take risks may be based on a desire for potential benefits, such as achieving a specific goal, manifesting dissenting views, reducing feelings of anxiety or frustration, or satisfying a sense of social solidarity or identity (Kwiatkowski, Siudem, 2012, p. 215; Jędrzejko, Kowalski, Rosik, 2015).

The rapid development of civilization has led to an increase in the number of threats that individuals must face, requiring them to make difficult decisions without being able to predict the consequences of their actions. Risk has become an integral part of modern life. The result of such a situation is the crisis manifested in the realities of daily life, as well as individual lifestyles. The decision to take risks may stem from the desire to achieve potential benefits, such as reaching a specific goal, expressing different views, reducing feelings of fear or frustration, or satisfying the need for social solidarity (Kwiatkowski, Siudem, 2012, p. 10).

Risky behaviors are considered to be those whose favorable outcomes to the individual are not certain, and engaging in them exposes a person to the risk of losing important values such as life, health, material possessions, or social status. Risk-taking can be a serious constraint on human development and well-being (Stawiarska-Lietzan et al., 2009). Marek Konopczyński links risky behaviors with social maladjustment, which is largely attributed to disrupted socialization processes that hinder proper functioning in social and life roles, impede the development of individual potential and resources, and trigger processes of stigmatization and the preference for socially unacceptable norms and means of satisfying needs (Konopczyński, 2014, p. 16).

Own research. The results presented in this study are part of broader research aimed at understanding risky behaviors among high school students in Częstochowa. The subject of the present study was risk behaviors exhibited by adolescents. The subjects were high school students. In order to seek answers to the research problem regarding the diagnosis of psychoactive substance use among the study group, empirical research was conducted in high schools in Częstochowa. For this purpose, a proprietary survey questionnaire was used. A total of 1,029 male and female students aged 15 to 19 participated in the survey. The research was supported by the researchers' personal experiences.

Alcohol consumption by adolescents. The phenomenon of consuming alcoholic beverages is ubiquitous in everyday life. On the other hand, alcohol addiction is one of the more serious threats of our time. It affects different social groups and people of different ages. In our society, alcohol is an integral part of socializing and is socially accepted. Its consumption is evident on a daily basis. Various reports indicate that younger and younger children start consuming alcohol. The paper undertook an analysis of risk behavior regarding alcohol consumption. The research focused on the dynamics of the phenomenon and analyzed the presence or absence of relationships between alcohol consumption and socio-demographic data such as age, gender, family structure, and place of residence.

Below is data on the occurrence of correlations between students' gender and alcohol consumption and its type.

Table 1. Values of correlation coefficients between gender of students and consumption of alcohol and its type

Action/type of alcohol	Gender	Answer		M		
		don't drink	drink	$\chi 2$	φ	p
I drink	K	240	228	8.61	0.092	0.003
	M	231	318			
Beer	K	309	159	3.13	0.055	0.077
	M	333	216			

Action/type of alcohol	Gender	Answer		M		
		don't drink	drink	$\chi 2$	φ	p
Wine	K	363	105	58.114	-0.239	0.001
	M	516	33			
Vodka	K	396	72	8.033	0.089	0.005
	M	426	123			

Source: own study based on results of a survey conducted among students.

Previous studies have shown that boys are more likely to engage in alcohol consumption, and they start at increasingly younger ages. In this part, it was decided to examine whether there is also a correlation between the gender of students and their alcohol consumption in the surveyed schools. The analyses found an association between gender and alcohol consumption and confirmed a statistically significant correlation between gender and alcohol consumption ($\chi^2 = 8.61$, $\varphi = 0.092$; $p = 0.003$) – men are more likely to drink alcohol. The analyses found that women were significantly more likely to drink wine ($\chi^2 = 58.114$, $\varphi = -0.239$; $p < 0.001$) and men to drink vodka ($\chi^2 = 8.033$, $\varphi = 0.089$; $p = 0.005$). Gender had no effect only on the frequency of beer consumption. It appears that beer, due to its lower alcohol content, is equally popular among both girls and boys.

Another independent variable taken into account was the age of the students surveyed. This allowed us to determine several issues: first and foremost, whether the frequency of drinking increases with age, and whether preferences for the type of alcohol change with age. The results are presented in Table 2.

Table 2. Values of correlation coefficients between the age of adolescents and consumption of alcohol and its type

Action/type of alcohol	Age	Answer		Measure		
		don't drink	drink	χ 2	φ	p
I drink	up to 17 years old	291	174	86.509	0.292	0.000
	18 and more	183	366			
Beer	up to 17 years old	342	123	36.651	0.190	0.000
	18 and more	303	246			
Wine	up to 17 years old	423	42	15.304	0.123	0.000
	18 and more	453	96			
Vodka	up to 17 years old	405	60	20.356	0.142	0.000
	18 and more	417	132			

Source: own study based on results of a survey conducted among students.

The sale to, and consumption of alcohol by persons under 18 is prohibited by law. Learning about the dynamics of alcohol consumption by age has primarily made it possible to determine the age at which intensive prevention efforts should take place, and secondly, it will make it possible to take measures related to increasing control over who is sold alcohol. The conducted analyses also allow for determining whether preferences for the type of alcohol change with age, and thus whether young people engage more in binge drinking. Statistical analyses confirm the existence of a relationship between age and adolescent alcohol consumption. Indeed, a statistically significant correlation was found between age and consumption of alcohol ($\chi^2 = 86.509$, $\varphi = 0.292$; $p < 0.000$) in all forms. Older persons (senior students) drink significantly more often, and they opt for a variety of alcoholic beverages. From the perspective of the research undertaken, this means that intensive prevention activities should take place in high schools to prevent alcohol consumption.

Table 3. Values of correlation coefficients between place of residence of adolescents and type of alcoholic beverage consumed

Action/type of alcohol	Place of residence	Answer		Measure		
		don't drink	drink	χ 2	φ	p
I drink	city	234	282	0.500	-0.022	0.480
	village	234	258			
Beer	city	318	198	1.432	-0.038	0.231
	village	321	171			
Wine	city	432	84	6.049	-0.077	0.014
	village	438	54			
Vodka	city	402	114	6.415	-0.079	0.011
	village	414	78			

Source: own study based on results of a survey conducted among students.

The statistical analyses assumed that living in a city would not correlate with more frequent drinking than in rural areas (if only because most people know each other and watch each other). However, the analyses confirmed the existence of a relationship between place of residence and type of alcohol consumed. Those living in the city are significantly more likely to drink wine ($\chi^2 = 6.049$, $\varphi = -0.077$; $p = 0.014$) and vodka ($\chi^2 = 6.415$, $\varphi = -0.079$; $p = 0.011$). The statistical survey further shows that the place of residence did not affect only the frequency of beer consumption.

The study also attempted to test the existence of a relationship between the family structure of the subjects and their consumption of alcohol. This is because

it is believed that a full, properly functioning family will be a protective factor against alcohol consumption. The results are presented in Table 4.

Table 4. Values of correlation coefficients between students' family structure and type of alcoholic beverage consumed

Action/type of alcohol	Family structure	Answer		M		
		don't drink	drink	$\chi 2$	φ	p
I drink	full	336	381	67.553	-0.259	0.000
	other than full	399	150			
Beer	full	462	255	32.778	-0.181	0.000
	other than full	444	105			
Wine	full	621	96	10.236	-0.101	0.001
	other than full	510	39			
Vodka	full	573	144	30.444	-0.174	0.000
	other than full	507	42			

Source: own study based on results of a survey conducted among students.

The results presented above indicate a statistically significant correlation between age and consumption of alcohol ($\chi^2 = 67.553$, $\varphi = -0.259$; $p < 0.000$) in all forms. Persons from single-parent families are significantly more likely to consume alcohol. The literature repeatedly stresses the importance of raising children in a properly functioning family. In broken, conflicted, incomplete families, for various reasons, certain functions are disrupted, so it is important to take into account what kind of families young people come from when planning preventive activities to counter addiction.

Another part of the statistical analyses involved learning about the existence of a correlation between gender and place of consumption. This is because it seems that there will be a difference between where girls drink alcohol and where boys drink alcohol. The results are presented in Table 5.

Table 5. Values of correlation coefficients between students' gender and place of alcoholic beverage consumption

Place	Gender	Answer		M		
		no indications	indication	$\chi 2$	φ	p
On a school trip	K	462	6	8.423	0.091	0.004
	M	525	24			
At home	K	405	63	0.178	-0.013	0.673
	M	480	69			

Place	Gender	Answer		M		
		no indications	indication	χ2	φ	p
At a colleague's	K	375	93	0.09	-0.009	0.765
	M	444	105			
Outdoors	K	363	105	0.187	-0.014	0.665
	M	432	117			
At a party	K	336	132	6.195	0.078	0.013
	M	354	195			

Source: own study based on results of a survey conducted among students.

Studies on the dynamics of alcohol consumption among adolescents mention distinctive locations, which are also included in this research. This is because the study assumes that the place of drinking alcohol will differ according to gender. The analyses confirmed a statistically significant correlation between gender and different places of alcohol consumption. Men drink significantly more often on school trips ($\chi^2 = 8{,}423$, $\varphi = 0.091$; $p = 0.004$) and at parties ($\chi^2 = 6{,}195$, $\varphi = 0.078$; $p = 0.013$). Therefore, this is an important indication to pay closer attention to young people during organized trips. Preventive measures, on the other hand, should take into account behavior during various forms of play.

The next variables considered in the statistical analyses were age and place of alcohol consumption. This is because it has been recognized that as young people get older, they drink alcohol without hiding from adults. The results are presented in Table 6.

Table 6. Values of correlation coefficients between students' age and place of alcoholic beverage consumption

Place	Age	Answer		M		
		no indications	indication	χ2	φ	p
On a school trip	up to 17 years old	462	3	16.01	0.126	0
	18 and more	522	27			
At home	up to 17 years old	444	21	54.822	0.233	0
	18 and more	438	111			
At a colleague's	up to 17 years old	417	48	43.879	0.208	0
	18 and more	402	147			
Outdoors	up to 17 years old	384	81	7.722	0.087	0.005
	18 and more	414	135			
At a party	up to 17 years old	369	96	48.135	0.218	0
	18 and more	324	225			

Source: own study based on results of a survey conducted among students.

As for age and alcohol consumption, it was assumed that as young people get older, they opt for alcohol and drink more openly, in public places such as a disco. However, it turned out that the correlation was not so much that alcohol was consumed more often in public, but that it was consumed more often in general and in different places. A statistically significant correlation between age and different places of alcohol consumption was confirmed. Older persons (senior students) drink significantly more often in each of the indicated places. This means that prevention efforts should be more inclusive of older adolescents.

It was further examined whether there was any correlation between the place of residence of the students surveyed and where they consumed alcohol. This is because it seems that the availability of various places where alcohol can be obtained is greater in cities, in addition to the fact that a person in the city is more anonymous compared to the countryside. The results are presented in Table 7.

Table 7. Values of correlation coefficients between place of residence of students and place of alcoholic beverage consumption

Place	Place of residence	Answer		M		
		no indications	indication	$\chi 2$	φ	p
On a school trip	city	498	18	0.969	-0.031	0.325
	village	480	12			
At home	city	459	57	3.934	0.062	0.047
	village	417	75			
At a colleague's	city	420	96	0.728	0.027	0.393
	village	390	102			
Outdoors	city	393	123	2.795	-0.052	0.095
	village	396	96			
At a party	city	327	189	11.241	-0.105	0.001
	village	360	132			

Source: own study based on results of a survey conducted among students.

The assumptions made turned out to be accurate. A statistically significant correlation was confirmed between place of residence and various places of alcohol consumption. Those living in rural areas drink significantly more often at home ($\chi^2 = 3.934$, $\varphi = 0.062$; $p = 0.047$), while those living in urban areas drink at parties $\chi^2 = 11.241$, $\varphi = -0.105$; $p = 0.001$). Such a result means, firstly, that in rural areas there are far fewer places where alcohol is served, and secondly, it means that in preventive work, parents should be more involved to be more vigilant, especially if it turns out that young people drink at home.

Table 8. Values of correlation coefficients between students' family structure and place of alcoholic beverage consumption

Place	Family structure	Answer		M		
		no indications	indication	$\chi 2$	φ	p
On a school trip	full	532	6	11.057	-0.105	0.001
	other than full	546	3			
At home	full	627	90	12.04	-0.109	0.001
	other than full	516	33			
At a colleague's	full	564	153	35.494	-0.188	0.000
	other than full	507	42			
Outdoors	full	567	150	15.735	-0.125	0.000
	other than full	486	63			
At a party	full	477	240	45.695	-0.213	0.000
	other than full	468	81			

Source: own study based on results of a survey conducted among students.

The statistical study confirmed a statistically significant correlation between family structure and different places of alcohol consumption. People from single-parent families drink significantly more often in all surveyed locations. The obtained results can likely be explained by the fact that a single parent is responsible for supervising the child while also needing to work and maintain the household, which results in weakened supervision. Thus, preventive measures should especially include students brought up in single-parent families.

Table 9. Values of correlation coefficients between students' gender and reason for drinking alcoholic beverages

Reason	Gender	Answer		M		
		no indications	indication	$\chi 2$	φ	p
Because that's how I unwind	K	381	87	0,472	-0,022	0,492
	M	456	93			
Because I feel better	K	330	138	0,896	0,03	0,344
	M	372	177			
Because I forget about the problems at school	K	435	33	0,097	-0,01	0,755
	M	513	36			
Because I forget about the problems at home	K	423	45	21,56	-0,146	0
	M	534	15			

Reason	Gender	Answer		M		
		no indications	indication	$\chi 2$	φ	p
Because everyone drinks	K	426	42	6,648	0,081	0,01
	M	471	78			

Source: own study based on results of a survey conducted among students.

The section also includes variables such as gender versus reasons (motives) for drinking alcohol. A significant relationship was confirmed between gender and reasons for alcohol consumption in two cases. Women are significantly more likely to drink to forget problems at home ($\chi^2 = 21.56$, $\varphi = -0.146$; $p < 0.001$), and men – "because everyone drinks" ($\chi^2 = 6.648$, $\varphi = 0.081$; $p = 0.010$). The result shows us the different motives of girls and boys for consuming alcohol. When organizing prevention activities, it is worth taking into account the confirmed relationship and include youth in appropriate activities.

The next independent variable taken into account was the age of the respondents. This is because it is believed that as people age, their motives for consuming alcohol change – younger persons will be driven by different motives than older persons. The results are presented in Table 10.

Table 10. Values of correlation coefficients between students' age and the reason for consuming alcoholic beverages

Reason	Age	Answer		M		
		no indications	indication	$\chi 2$	φ	p
Because that's how I unwind	up to 17 years old	390	75	2,137	0,046	0,144
	18 and more	441	108			
Because I feel better	up to 17 years old	357	108	21,293	0,145	0
	18 and more	348	201			
Because I forget about the problems at school	up to 17 years old	450	15	17,347	0,131	0
	18 and more	495	54			
Because I forget about the problems at home	up to 17 years old	438	27	0,019	0,004	0,891
	18 and more	516	33			
Because everyone drinks	up to 17 years old	402	63	2,418	-0,049	0,12
	18 and more	492	57			

Source: own study based on results of a survey conducted among students.

It should be noted that two reasons for consuming alcohol predominate among older students – to forget about school problems and to improve their well-being. A significant correlation was confirmed between age and reasons for consuming alcohol, particularly in terms of improved well-being ($\chi^2 = 21.293$, $\varphi = 0.145$; $p < 0.001$) and forgetting about school problems ($\chi^2 = 17.347$, $\varphi = 0.131$; $p < 0.001$). From this data, two important pieces of information emerge that are relevant to prevention efforts. Firstly, it would be worthwhile to conduct a deeper analysis of the specific school-related problems that students want to forget – whether it is solely academic difficulties or also peer relationships. The second issue is improving well-being. Perhaps it would be worth considering placing more emphasis on teaching students in schools about engaging in active and enjoyable pastimes and promoting acceptable ways of taking care of their well-being.

Table 11. Values of correlation coefficients between place of residence of students and reason for consumption of alcoholic beverages

Reason	Place of residence	Answer		M		
		no indications	indication	$\chi2$	φ	p
Because that's how I unwind	city	405	111	8.089	-0.089	0.004
	village	420	72			
Because I feel better	city	369	147	2.355	0.048	0.125
	village	330	162			
Because I forget about the problems at school	city	471	45	5.885	-0.076	0.015
	village	468	24			
Because I forget about the problems at home	city	480	36	1.999	-0.044	0.157
	village	468	24			
Because everyone drinks	city	462	54	1.356	0.037	0.244
	village	429	63			

Source: own study based on results of a survey conducted among students.

Also, place of residence and motives for consuming alcohol became the subject of statistical analysis. This is because it was recognized that urban youth consume alcohol for different reasons (for example, "*because it's popular*") compared to rural youth. Analysis between place of residence and reasons for alcohol consumption confirmed a significant relationship in two cases. Urbanites are more likely to drink to unwind ($\chi^2 = 8.089$, $\varphi = -0.089$; $p = 0.004$) and forget about problems at school ($\chi^2 = 5.885$, $\varphi = -0.076$; $p = 0.015$). In contrast, for rural youth, no statistically significant relationship was revealed. Once again, school problems are emerging as a significant factor in the consumption of alcohol. In addition, it is

important to note how the surveyed students unwind their emotions and stresses. Therefore, it is worthwhile to increase the number of preventive activities aimed specifically at addressing this aspect.

From the perspective of the analysis of the research conducted, it also seemed important to see if there was a relationship between family structure and motives for drinking alcohol.

Table 12. Values of correlation coefficients between family structure and the reason for alcohol consumption of the surveyed students

Reason	Family structure	Answer		M		
		no indications	indication	$\chi 2$	φ	p
Because that's how I unwind	full	585	132	16.604	-0.129	0.000
	other than full	498	51			
Because I feel better	full	501	216	25.394	-0.159	0.000
	other than full	459	90			
Because I forget about the problems at school	full	678	39	0.000	0.001	0.986
	other than full	519	30			
Because I forget about the problems at home	full	690	27	2.756	0.052	0.097
	other than full	516	33			
Because everyone drinks	full	621	96	23.392	-0.153	0.000
	other than full	525	24			

Source: own study based on results of a survey conducted among students.

As a result of the analyses, a significant relationship was established in three cases between family structure and reasons for alcohol consumption. People from single-parent families, are more likely to drink to unwind ($\chi^2 = 16.604$, $\varphi = -0.129$; $p < 0.001$), feel better ($\chi^2 = 25.394$, $\varphi = -0.159$; $p < 0.001$) and "because everyone drinks" ($\chi^2 = 23.392$, $\varphi = -0.153$; $p < 0.001$). It is worth noting that all these reasons are related to the emotional state of the adolescents and their well-being. The conclusion drawn from the obtained data is that preventive actions should, to a greater extent, focus on developing skills for managing one's own well-being.

Statistical analysis shows that **there is a correlation between gender and adolescent alcohol consumption.** A statistically significant correlation was confirmed between **age and alcohol consumption, and type of alcohol** in all forms. Older persons (senior students) drink significantly more often, and they opt for a variety of alcoholic beverages. **A correlation between place of residence and alcohol consumption** was confirmed. Urban youth are more likely to consume alcoholic beverages, according to the study. **There is a relationship**

between family structure and adolescent alcohol consumption. Persons from single-parent families are significantly more likely to consume alcohol. The study confirmed a statistically significant **correlation between gender and various places of alcohol consumption.** Men drink significantly more often on school trips and at parties. **There is a relationship between age and place of adolescent drinking**. The statistical study confirmed a **statistically significant correlation between family structure and different places of alcohol consumption.** People from single-parent families drink significantly more often in all surveyed locations. The research shows that a significant relationship was confirmed between gender and reasons for alcohol consumption in two cases. Women are indeed more likely to drink to forget problems at home, and men "because everyone drinks." **There is a relationship between age and the motives of adolescent drinking.** The conducted analysis revealed a **significant correlation between family structure and reasons for alcohol consumption, specifically in terms of improving well-being, coping with problems, and "because everyone else is drinking."** People from single-parent families are more likely to drink to unwind and "because everyone drinks."

Adolescent drug use. Another psychoactive substance considered during the survey was drugs. The threat of drug use has been a focus of prevention and education interventions for years. Drugs, including new substances and designer drugs, pose significant risks to human health and even life. Indeed, there has been a notable increase in drug use among the youth population. Therefore, it was decided to find out whether the surveyed students use drugs and, if so, which ones and for what reason.

Several statistical analyses were conducted on the use of psychoactive substances such as drugs, namely looking for correlations between age and type of drug use, as well as gender, place of residence and family structure and type of drug use. The results are illustrated in Tables 13, 14, 15 and 16, respectively.

Table 13. Values of correlation coefficients between age and type of drug used

Drug use/type	Age	Answer		M		
		no indications	indication	$\chi 2$	φ	p
Marijuana, hashish	up to 17 years old	447	18	13.58	0.116	0
	18 and more	495	54			
Amphetamine	up to 17 years old	462	3	8.609	0.092	0.003
	18 and more	531	18			
LSD	up to 17 years old	462	3	6.289	0.079	0.012
	18 and more	534	15			
Ecstasy	up to 17 years old	462	3	8.609	0.092	0.003
	18 and more	531	18			

Drug use/type	Age	Answer		M		
		no indications	indication	$\chi 2$	φ	p
Cocaine	up to 17 years old	462	3	8.609	0.092	0.003
	18 and more	531	18			
Heroin	up to 17 years old	462	3	8.609	0.092	0.003
	18 and more	531	18			
Crack	up to 17 years old	462	3	8.609	0.092	0.003
	18 and more	531	18			
Inhalants	up to 17 years old	462	3	6.289	0.079	0.012
	18 and more	534	15			

Source: own study based on results of a survey conducted among students.

It was investigated whether age is related to the type of intoxicating substance used. The data obtained show that there is a relationship between age and the type of drug used by adolescents. It turned out that younger students were far less likely to use drugs compared to older ones. Older students, on the other hand, are indeed more likely to use drugs, and this applies to the use of each type. This means that, similarly to alcohol, older students are more likely to use psychoactive substances, and they are likely to be a high-risk group.

Table 14. Values of correlation coefficients between gender of respondents and type of drug used

Drug use/type	Gender	Answer		M		
		no indications	indication	$\chi 2$	φ	p
Marijuana, hashish	K	435	33	0,001	0,001	0,974
	M	510	39			
Amphetamine	K	456	12	1,068	-0,032	0,301
	M	540	9			
LSD	K	456	12	3,145	-0,056	0,076
	M	543	6			
Ecstasy	K	456	12	1,068	-0,032	0,301
	M	540	9			
Cocaine	K	456	12	1,068	-0,032	0,301
	M	540	9			
Heroin	K	456	12	1,068	-0,032	0,301
	M	540	9			

Drug use/type	Gender	Answer		M		
		no indications	indication	$\chi 2$	φ	p
Crack	K	456	12	1,068	-0,032	0,301
	M	540	9			
Inhalants	K	456	12	3,145	-0,056	0,076
	M	543	6			

Source: own study based on results of a survey conducted among students.

Interesting results were obtained by looking for correlations between gender and the type of drug used. No statistically significant relationships were confirmed. Only at the level of statistical tendency can one point to more frequent use of LSD ($\chi^2 = 3.145$, $\varphi = -0.056$; $p = 0.076$) and inhalants ($\chi^2 = 3.145$, $\varphi = -0.056$; $p = 0.076$) on the part of women. While it is true that women are significantly less likely to use drugs, an interesting trend is emerging among women towards the use of hallucinogenic substances, commonly referred to as "hard drugs," such as LSD and inhalants (e.g., glue). Indeed, it seems worthwhile to pay closer attention to whether this trend will continue and to consider it when planning preventive actions.

Table 15. Values of correlation coefficients between students' place of residence and type of drug used

Drug use/type	Place of residence	Answer		M		
		no indications	indication	$\chi 2$	φ	p
Marijuana, hashish	city	483	33	0,899	0,030	0,343
	village	453	39			
Amphetamine	city	504	12	0,307	- 0,017	0,580
	village	483	9			
LSD	city	507	9	0,010	0,003	0,918
	village	483	9			
Ecstasy	city	504	12	0,307	- 0,017	0,580
	village	483	9			
Cocaine	city	504	12	0,307	- 0,017	0,580
	village	483	9			
Heroin	city	504	12	0,307	- 0,017	0,580
	village	483	9			

Drug use/type	Place of residence	Answer		M		
		no indications	indication	χ2	φ	p
Crack	miasto	504	12	0,307	- 0,017	0,580
	wieś	483	9			
Inhalants	miasto	507	9	0,010	0,003	0,918
	wieś	483	9			

Source: own study based on results of a survey conducted among students.

Based on Table 15, statistical analyses showed no statistically significant correlations between place of residence and use of particular psychoactive substances. This means that currently the place of residence is not a risk factor when it comes to risky behaviors among the students surveyed.

Table 16. Values of correlation coefficients between family structure and type of drug used

Drug use/type	Family structure	Answer		M		
		no indications	indication	χ2		p
Marijuana, hashish	full	663	54	11,032	-0,105	0,001
	other than full	534	15			
Amphetamine	full	696	21	-		-
	other than full	549	0			
LSD	full	699	18	-		-
	other than full	549	0			
Ecstasy	full	696	21	-		-
	other than full	549	0			
Cocaine	full	696	21	-		-
	other than full	549	0			
Heroin	full	696	21	-		-
	other than full	549	0			
Crack	full	696	21	-		-
	other than full	549	0			
Inhalants	full	699	18	-		-
	other than full	549	0			

Source: own study based on results of a survey conducted among students.

Table 16 illustrates the study of the correlation between family structure and type of drug used. Statistically significant correlations between family structure

and propensity to use marijuana were confirmed for use of all types of drugs. People from complete families are significantly more likely to use marijuana.

The data obtained show that there is a **relationship between age and type of drug used by adolescents**. It turned out that younger students were far less likely to use drugs compared to older ones. In contrast, older students are indeed more likely to use drugs. Interesting results were obtained by looking for **correlations between gender and the type of drug used.** Women are indeed less likely to use drugs. Statistical analyses **showed no statistically significant correlation between place of residence and propensity to use drugs. Statistically significant correlations between family structure and type of drug used were confirmed** for all types of drug used**.** People from single-parent families are significantly more likely to use all of them. As with alcohol, students from single-parent families are significantly more likely to use drugs.

Recommendations addressing alcohol and drug use versus socio-demographic variables

Nowadays, risky behavior is one of the main risk factors affecting the health and lives of young people. Therefore, there should be a strengthening of preventive activities carried out on school grounds. An institution such as a school should be a place for change, involving various projects related to prevention targeting issues related to addiction. The school should promote awareness among not only students but also parents and teachers about the impact of risky behaviors and their consequences on the lives of young individuals. There should be classes with uniformed service officers, which will increase interest in the subject among young people. One-third of the respondents, who constitute a risk group vulnerable to potential alcohol abuse, should be targeted with selective and indicative prevention measures. This also applies to students who constitute a risk group for drug use, especially older students. Alcohol and drug prevention should be an integral part of interventions starting from primary school, where students may come into contact with these substances.

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