

Abstract:

This work deals with the description of substance abuse by university students in the examination period. Students, for whom the study itself is a stressful period, have an examination period associated with even higher levels of stress. If they do not have the capacity to cope with stress, they may use some substances as a balancing strategy. The study design was a comparative questionnaire survey, which was collected at two time intervals - in the winter semester and after the exam period. The research concerned full-time university students of various specialization. Total of 159 students completed the survey. The first place in lifetime prevalence of use was occupied by alcohol. Other abused substances were coffee, energy drinks and cannabis. The order of the substances use did not change during the examination period. In the examination period, these substances are significantly more used by men alone. It also increased binge drinking of alcohol.

Surprisingly the use of memory-promoting substances was reduced during the examination period. Slight increase was observed only in use of lecithin. Students mostly get substances from their friends, in pharmacies or other stores.

In most cases students use these substances for better concentration, for rest between tests and for staying alert. The less risky students usually use substances that have a positive effect on the CNS and should help them with concentration and higher alertness. These motives of use are preferred by this group of students mostly along with the last motive - the relax between their exams.

Risky students use substances such as MDMA, cocaine or methamphetamines, and their greatest motivation to use these substances is to relax between tests. Concentration and increased energy for study purposes are in the last places.

Substance use does not change fundamentally in the exam period compared to academic year, however the so-called binge drinking is increased and is likely being used by students as a form of relax and which can be replaced with less demanding activity for the body.

Key words:

substance use - smart drugs - students - exam period - college - questionnaire survey