

## ABSTRACT

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Title of Thesis: Young people's lifestyle

**Objective:** Getting the overview of student knowledge and experience with licit and illicit addictive substances. The research sample is generated of high school students in the Zlín region, in its part so-called „Valašsko“.

**Methods used:** Data were obtained on a basis of anonymous questionnaires. These materials were distributed to high school students in Zlín region in 2007. The questionnaires were processed by a PC using Microsoft Excel 2003 software and they were evaluated statistically by the  $\chi^2$  – test, when the numerical value  $p < 0,05$  was considered significant.

**Outcomes of the research:** This work came into being on a basis of 533 questionnaires filled. 400 women completed it, which is 72,3 %, and 153 men, which is 27,7 %.

According to the summation of student experience with tobacco, we can sum up, that 81,2 % (449) respondents are familiarized with this substance in some way. The most abused article, as they said, it was a cigarette (93,1 % - 418), which was preferred thanks to its ability to cause them the feeling of calming and release (65,2% - 144). In connection with frequency of tobacco usage I concluded that 39,4 % (89) persons asked smoke regularly every day and in terms of age, the first cigarette they tasted at the age of 13. 22,7 % (102) students admitted, it was a period of „tobacco experiments“.  $\chi^2$  – test has validated the influence of gender on cigars smoking and also on the effort to stop it ( $p < 0,05$ ). However, correlation between non/keeping on smoking and one medical staff member in a family ( $p > 0,05$ ) was disproved.

The next evaluated and observed element of the set is alcohol. Owing to the answers given to the subject matter „The most frequent alcoholic drink“ we can refer to various spirits (80,8 % - 447). Alcohol is often drinking at some celebration (96,3 % - 494)

or when the persons get together with their friends (66,5 % - 341). In this theme we count on 369 (66,8 %) women and 144 (26,0 %) men.

424 (82,7 %) respondents have already become drunk, usually at the celebrations (84,2 % - 357). Nevertheless, 87,2 % (482) of the students asked know, only non-alcoholic drinks are allowable to drink before driving. Due to my results in  $\chi^2$  – test, that I used to get an overview in the matters of alcoholic beverages from the statistical point of view, I found out that there is no correlation between global usage of any type of alcoholic drinks and one medical staff member in a family ( $p > 0,05$ ). But a consumption of various types of alcoholic drinks was followed in the research, as well. In these terms, we can observe the influence of gender on wine and beer drinking ( $p < 0,05$ ). Also, it can be referred to a significant dependence of addictive substance usage on beer or spirit consumption ( $p < 0,05$ ).

The last part of the questionnaire theme concerned the knowledge in the area of addictive substances, simultaneously at least one of the illicit drugs was used by 40,1% (222) of respondents. 28,4 % (157) of them were women and 11,7 % (65) were men. According to the risk rate of various non/legal substances usage, a conclusion was made, that in minds of the respondents, the least dangerous substance is tobacco (55,1 % - 303), then alcohol (56,0 % - 308) and the most risky is to take illicit addictive substances – 72,2 % (397) of persons asked are afraid of them. In terms of motivation to use drugs, 183 (40,9 %) students only were curious, that's why they tried it, and also it must be considered that they were offered it by their friend (59,5 % - 279), in 285 (65,6 %) cases they were offered the drug by an anonymous person. In drug matters one can declare the relation between the usage and medical staff member in a family, the  $\chi^2$  – test says  $p > 0,05$ . But the influence of smoking on illegal drugs usage can be seen,  $p < 0,05$ .

**Research conclusion:** 553 anonymous questionnaires were processed to contribute to the ongoing research at the Faculty of Pharmacy of Charles University in Hradec Králové on the theme Young people's lifestyle. The aim of this research is to observe a dynamic character of the questionnaire topic above-mentioned.