

## **Abstract**

**Background:** Research shows that drinking among women on parental leave is a serious social problem. Women on parental leave can be considered as a group which is vulnerable to addictive behavior.

**Aims:** The aim of this work was to map the situation of alcohol use among women on parental leave living in Prague. There have been set four research questions:

1. What is the prevalence of alcohol use among women in the sample?
2. Do the women on parental leave change their drinking habits over time?
3. Do the women on parental leave feel that parenting is kind of protection against drinking too much alcohol or, on the contrary, they feel that it could be risk factor which can lead to drinking?
4. What are the patterns of alcohol use for women on parental leave in Prague?

**Methods:** Data for research part of this work was obtained using a quantitative questionnaire. The questionnaire was distributed among respondents via the internet. The sample of respondents was conducted through method of self-selection. The results were analyzed using basic descriptive statistics in excel.

**Results:** Results which we have obtained are showing us, that patterns of drinking alcohol among women from the research sample did change over time. Prevalence of drinking alcohol was the highest before pregnancy. During that time there was just 1,82 % of abstaining women.

During pregnancy the prevalence is declining. In this period there was 47,27 % of abstaining women. At the moment there is 8,18 % of abstaining women from the research sample. According to the AUDIT questionnaire there is 12,27 % of women from the research sample, who can be somehow threatened by alcohol addiction. More that a quarter of the women feels that parenting is one of the reasons why they can start drinking alcohol. On the other hand, only 18,18 % of women feels that they are more inclinable to drinking because of the parental leave.

Obtained data implies that the role of being a parent is higher risk factor than being on the parental leave with children at all. Three most common opportunities for drinking is meeting with friends, celebrations and drinking with partner.

**Conclusion:** Based on the obtained results it's possible to confirm that many women on parental leave are vulnerable exhibiting risky patterns of alcohol use. However, they are still a group, from which it is difficult to obtain biased data, due to the taboo of the topic.

**Keywords:** Alcohol – women –maternity –parental leave- patterns of using – protective factors – risk factors