

Abstract

Background: Alcohol usage is a common pathological behaviour among youth throughout the whole world. In adolescents many are subjected to first experiments and risk adverse health consequences on their development, which they cannot fully comprehend. Czech people are one of the most drinking nations. Heavy alcohol consumption is related to availability. Means to reduce alcohol availability include raising the minimal legal age, reducing density of licenced outlets, pricing policy, law enforcement and regulations on alcohol marketing.

Aims: The study aims to discover the patterns of alcohol usage among youths in Prague and how subjectively accessible alcohol is.

Methods: Data were collected in February 2020 by questionnaire inquiry. Population consisted of children and youths (of ages 11-17), clients of drop-in centers in Prague, who have had an experience with alcohol. The sample consisted of 100 respondents. Data were analyzed by descriptive statistics and displayed by graphs and tables.

Results: The most common alcohol among respondents is hard liquor (57%). Twenty-eight percent of respondents said they drank alcohol at least once a week. Usually they buy it themselves (41%) and they drink outside (56%). Most respondents (37%) said that they never have problem getting alcohol and usually buy it in corner shops. Seventy percent of respondents don't have any problems getting money for alcohol. Eighteen percent of respondents take alcohol from home. Thirty-three percent said that they've had at least one conflict with the police as a result from using alcohol and 41% are not afraid of it. Most respondents (27%) said that they don't notice alcohol advertisements. Ninety-seven percent know about alcohol's damaging effects on health.

Conclusion and recommendation: Although selling alcohol to youth is prohibited, it is easy for the respondents to aquire some easily. They usually buy it in corner shops and drink it outside. Most of them never got in conflict with the police. The aim of next studies could be to discover which means of reducing alcohol availability are the most efficient for reducing alcohol usage in youth. Prohibition of selling alcohol to youth should be enforced more and subject to police checks.

Key words: alcohol, youth, availability, children, drugs