

Abstract

Alcohol use among children and adolescents has recently been understood as a serious and escalating problem throughout the whole society. Children begin to consume alcohol from an increasingly earlier age. They gradually start to use alcohol regularly, which leads to consumption of excessive use of alcohol. The theme of this thesis is how a family communication can affect the incidence of alcohol use among children and adolescents. The theoretical part of the thesis defines the term communication, from specific types of communication, communication patterns to the family communication itself. It gives a summary of risk and protective factors influencing alcohol use among children and adolescents as well as of factors predicting alcohol use among children and adolescents at the level of the family system, including specification of the family communication factor. The second part of the theory contains a chapter of prevalence and prevention and it maps patterns of alcohol use among children and adolescents as well as possible association with the communication factor. The main target of this thesis is to provide a systematic review of the results of studies published in 2000 - 2014, which follow up the connection between the family communication factor and development of alcohol use among children and adolescents. The practical part describes the results of seventeen foreign studies that fulfilled the specific selection criteria and were subjected to a further analysis. The results show that the family communication can significantly predict the emergence of alcohol use among children and adolescents. It depends especially on its regularity, openness, focus and content. Communication can also be a risk factor if communication is insufficient or if its content is not focused on the right thing. The final part of the work proves the fact that not only a targeted specific communication with children on the topic of alcohol is an effective way to change behaviour of adolescents related to alcohol use, but that the best way is to combine it with appropriate rules, control and overall positive family environment.