

THE LEVEL OF KNOWLEDGE CONCERNING THE PROPHYLAXIS AND UNDERSTANDING OF THE CONCEPT OF ADDICTION AMONG MIDDLE SCHOOL STUDENTS

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Introduction. Behavioral patterns taking shape at every stage of adolescent development become an earmark of one's future functioning – in terms of health or illnesses. The possibility of modifying inappropriate and threatening behaviors is based on the application of fundamental changes aimed at introducing new health endorsing skills, competences and behaviors into these patterns. Popularizing prophylaxis amongst youth is a critical need of our times.

Aim. To estimate the level of knowledge held by middle school students with respect to taking preventive measures and the understanding of the problem of health risk induced by factors connected, among others, with addiction to psychoactive substances.

Materials and methods. A survey-questionnaire was used in the study. The research group comprised young people who participated in the rehabilitation course due to a variety of conditions, as well as adolescents not taking part in rehabilitation procedures. The authors sought to answer the following questions: (1) What is the level of understanding and, simultaneously, the possible risk of addiction to psychoactive substances among both respondent groups? (2) What sources of knowledge do the young people have access to with respect to health-promoting behaviors.

Results and discussion. The research resulted in increasing awareness with respect to the studied young people's experiences in the area of addictions and prophylaxis.

Conclusions. Health promotion activities and prophylaxis are essential in the rehabilitation process.