



Quality of structured leisure activities and alcohol consumption – Croatian adolescents' perspective

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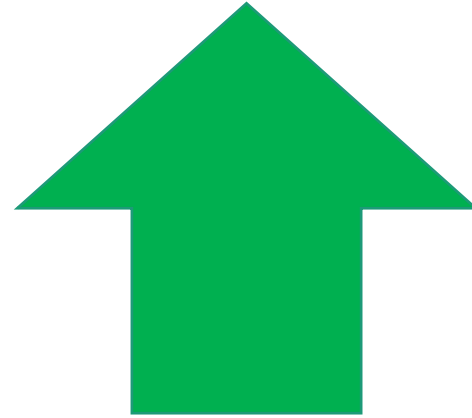
Project: „Quality of leisure time as a protective factor for the development of behavioral problems“

(project leader: Martina Ferić, PhD, full professor)

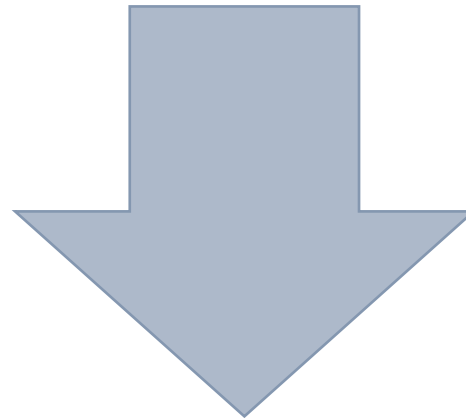
Purpose of the project

to investigate the impact of structured leisure time on mitigating participation of young people in risk behaviors
(substance use, risky sexual behavior)

**LEISURE
TIME**

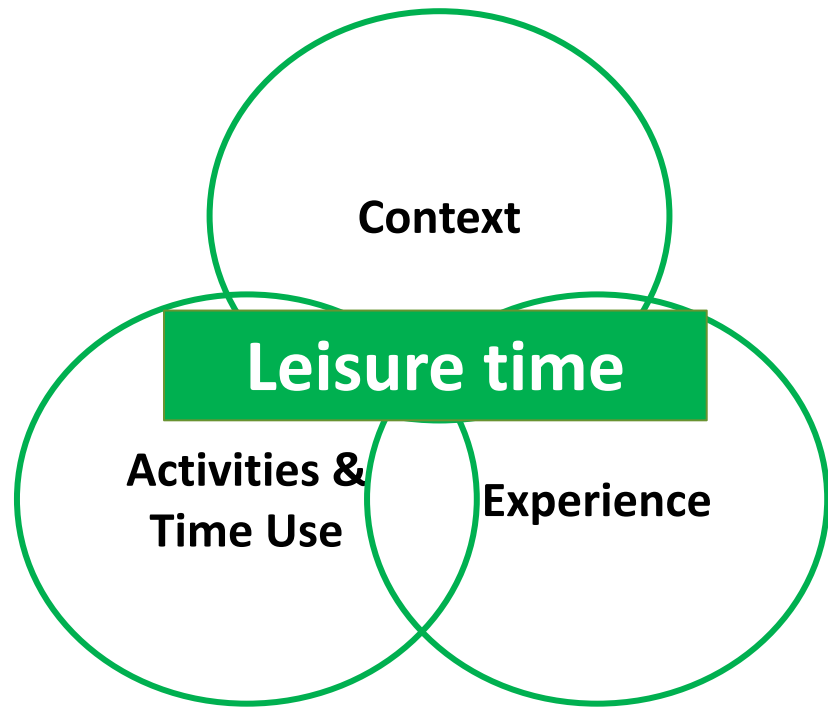


positive development of
adolescents



risk behaviours and/or
development of behavioural
problems among youth

LACE model



(Caldwell, 2008; 2011)

LACE MODEL

- model focused on understanding adolescent development through leisure (Caldwell, 2011)

ACTIVITIES & TIME USE

- structured VS. non-structured activities

CONTEXT

- “situational features surrounding the activity such as presence or absence of adults and opportunities for leadership”

EXPERIENCE

- positively or negatively correlated to personal dimensions of an individual
- adolescents who do not do any leisure activities, or do them without real purpose or motivation, will probably be less adapted and will more frequently engage in risky behaviours (Caldwell, 2017)



Research Process

- Ethical approval for the study was obtained from:
 - Ministry of Science and Education
 - Ethical Committee of the Faculty of Education and Rehabilitation Sciences University of Zagreb
- research was conducted in the period from March to May 2021
- survey was conducted using the online tool Survey Monkey

Measures

Questionnaire of youth leisure time (developed for the project needs)

Context of participation in leisure activities (Belošević & Ferić, 2021)

Free Time Motivation Scale for Adolescents (Baldwin & Caldwell, 2003)

Youth Experience Survey (YES) (Hansen & Larson, 2005)

CTC Youth Survey (Mihić, Novak i Bašić, 2011)

Statistical methods and analyses

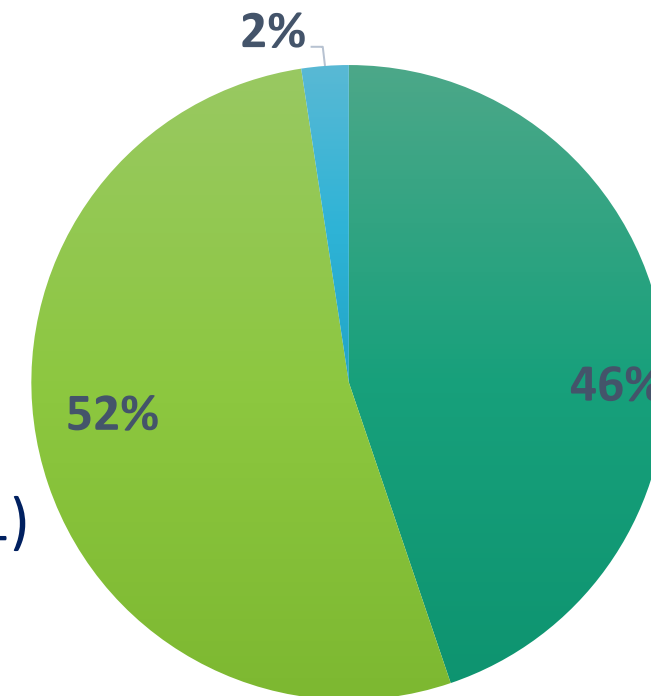
methods of descriptive statistics (arithmetic mean, frequencies, standard deviation, skewness, and kurtosis)

multinomial logistic regression analysis

Sample

High school students, Krapinsko-zagorska county, CROATIA

- **TOTAL SAMPLE:** 2.823 (66,48% of the total population)
- **INCLUDED SAMPLE:** Students who participated in SLA (N=1.431)



■ Girls ■ Boys ■ No data

14 and 21 years old (M=18.87, SD =1.23)



Results

Alcohol use



LIFETIME PREVALENCE

36% of the adolescents belong to the medium-risk group

19.8% of them belong to the high-risk group

MONTHLY PREVALENCE

39% of the adolescents belong to the medium-risk group

28% of them belong to the high-risk group

BINGE DRINKING

40.3% of the adolescents had had at least one BD experience or more (the consumption of five or more alcoholic drinks in a row, in the past two weeks)

23.2% of the adolescents had two or more BD experiences (the consumption of five or more alcoholic drinks in a row, in the past two weeks)

Structured leisure activities

- 58% of students reported that they participate in SLA after school or on weekends

Number of students reporting their current participation in SLA (N = 1.431).

| Krapinsko-Zagorska County | |
|--|------------|
| N (%) | 1.431 |
| Activity category, n (%) | |
| Sports—team | 588 (41.1) |
| Sports—individual | 372 (26) |
| Performance and fine arts (Musical, Performance, Art clubs) | 337 (23.5) |
| Educational | 53 (3.7) |
| Community-oriented | 81 (5.7) |

Structured leisure activities



- 42.61% of students reported that they never spend their leisure time doing SLA after school or on weekends

MOST COMMON REASONS PARTICIPANTS GAVE FOR NOT PARTICIPATING IN SLA

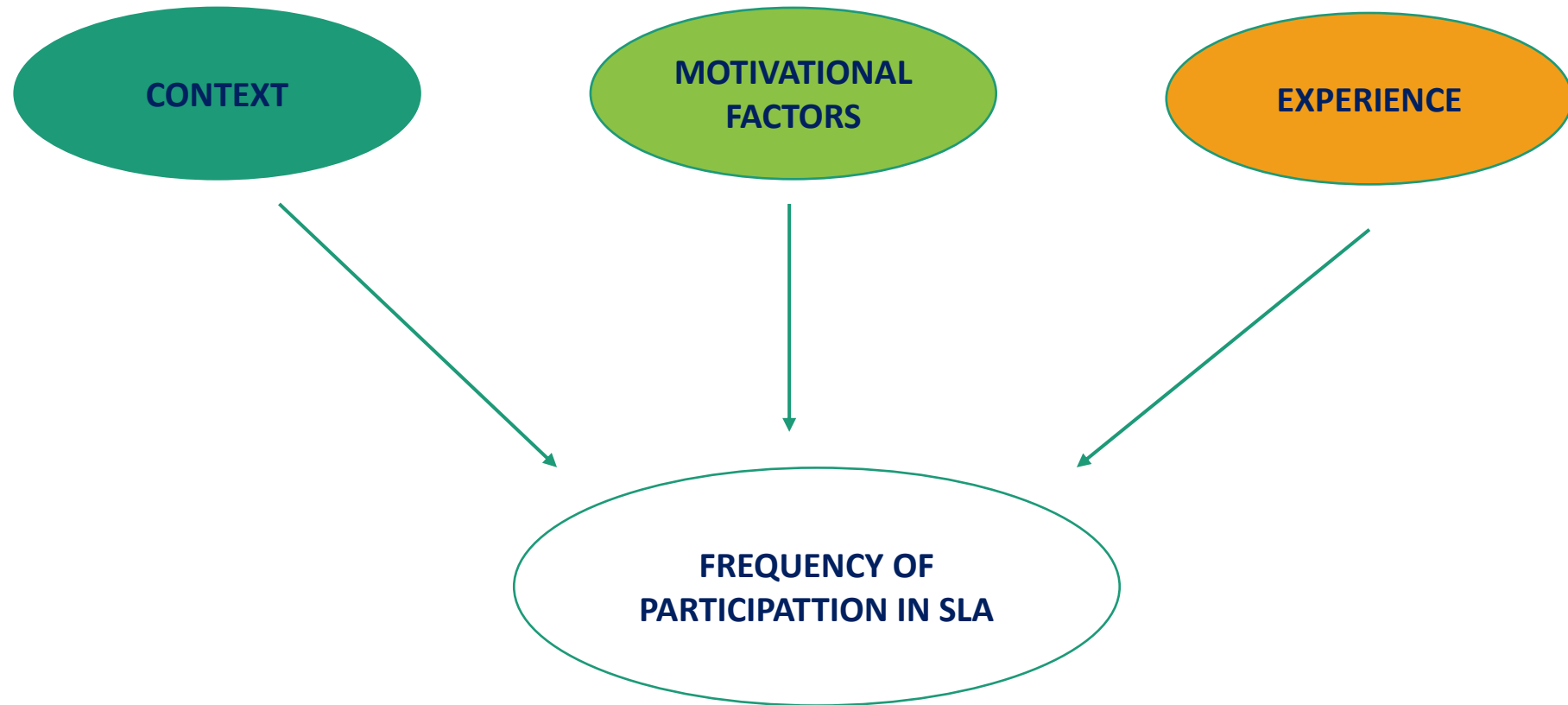
- financial reasons;
- difficulty arranging transportation;
- lack of choice of activities in the area of living;
- lack of opportunities to participate in activities in the area of living;
- lack of interest to participate;
- lack of motivation to participate;
- burden of school obligations and practice

SOME QUOTES FROM STUDENTS:

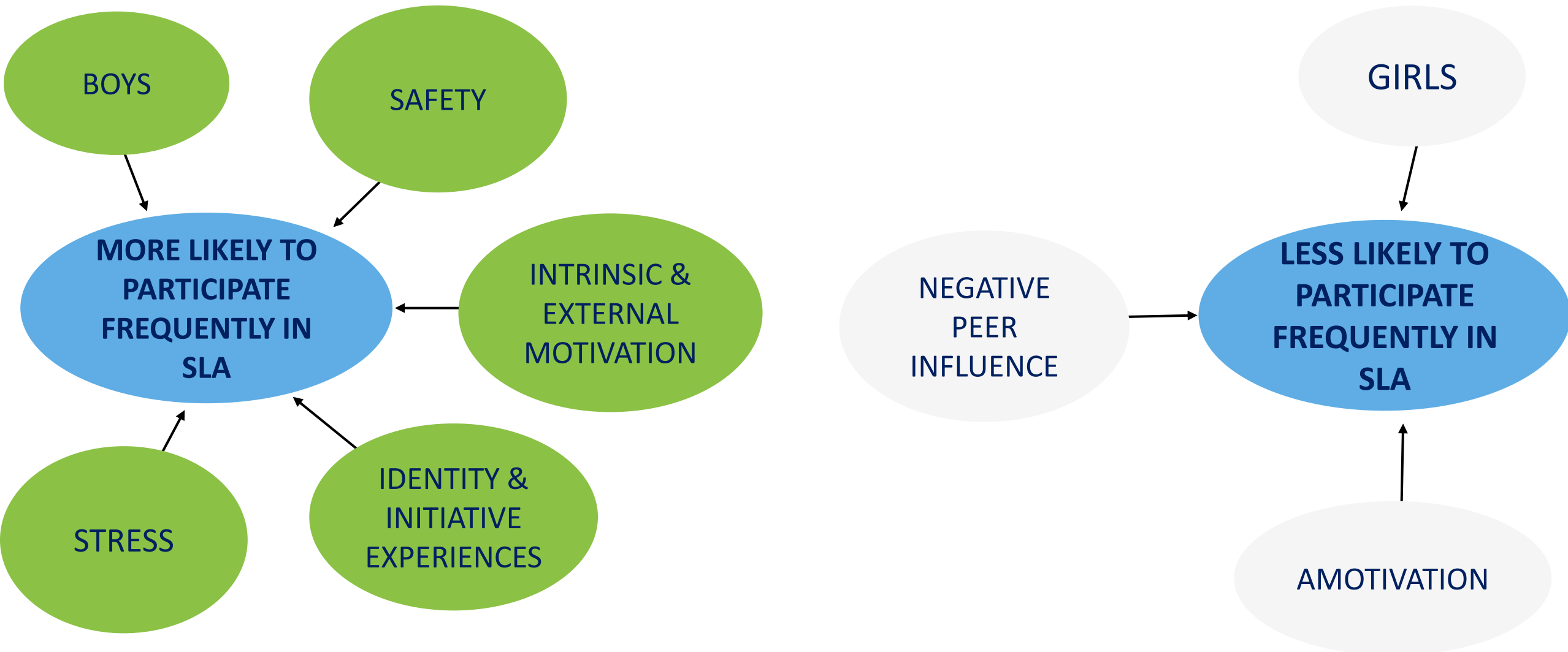
- “I do not feel the need to participate.”;
- “School and studying take up too much of my time.”;
- “Lack of opportunities, since I live in a smaller town, there are not many activities I can participate in that interest me.”;
- “I will be graduating this year and just do not have time for other activities. I spend all my time preparing for graduation. Additionally, we have a lot of exams at school, which makes everything even harder for me. “

Aim

- What contributes to the adolescent's frequency of participation in SLA?

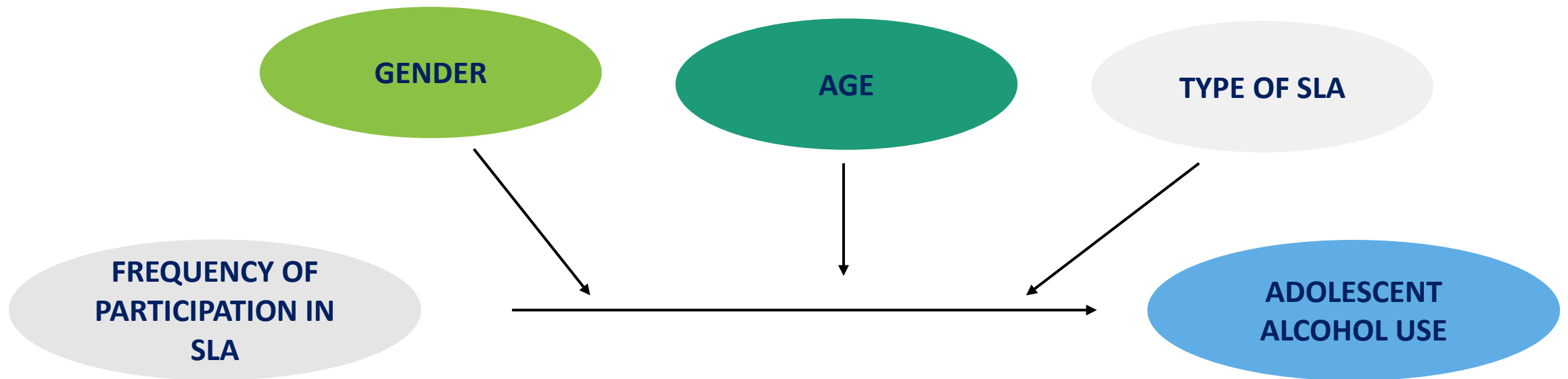


- to identify the unique contribution of adolescents' perceptions of context, motivational factors, and the experience of participating in SLA to the frequency of adolescents' participation in SLA



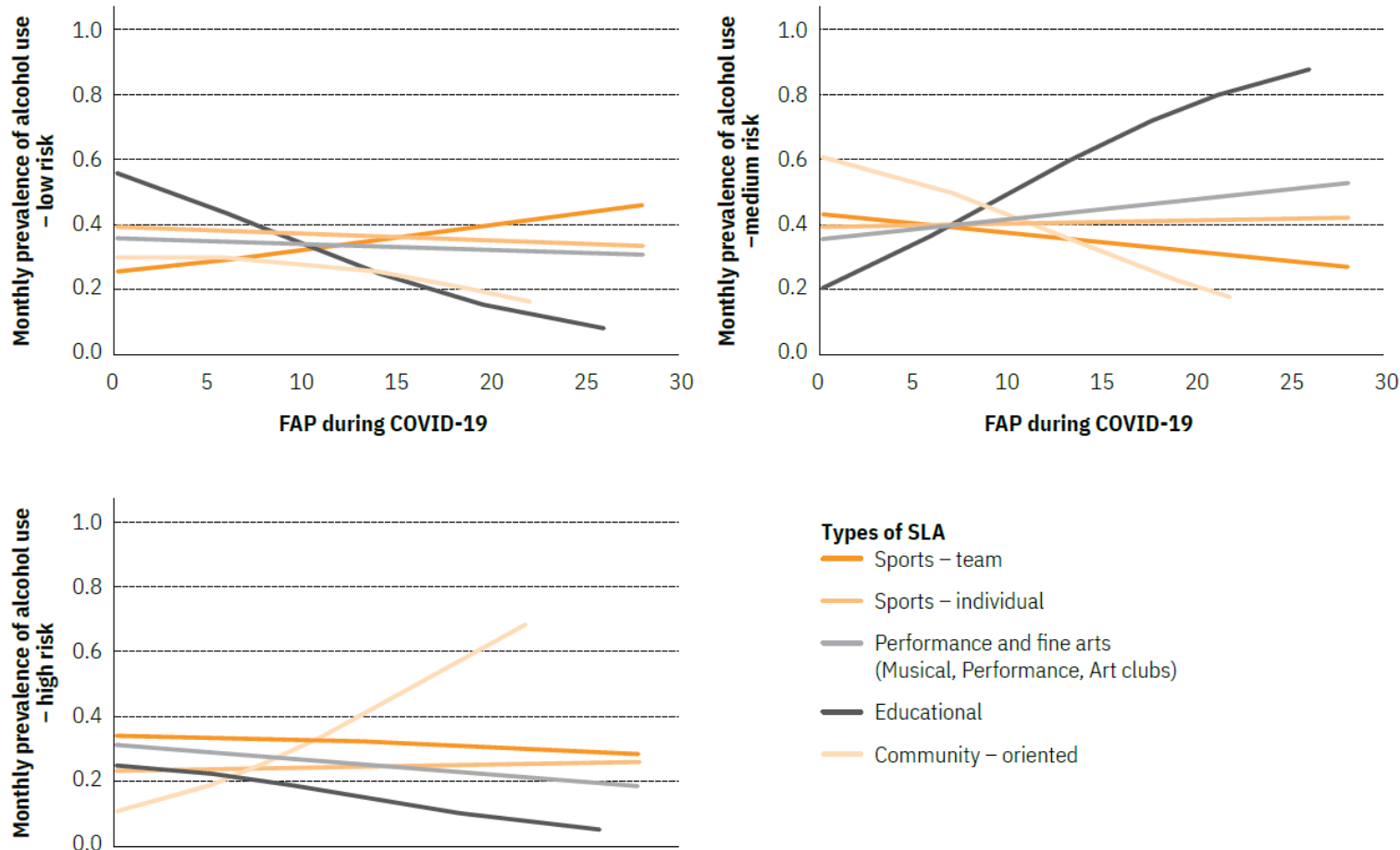
Aim

- to examine the moderating effect of gender, age, and the type of SLA on the relationship between the frequency of adolescent participation in SLA and adolescent alcohol use (lifetime prevalence, monthly prevalence, BD)



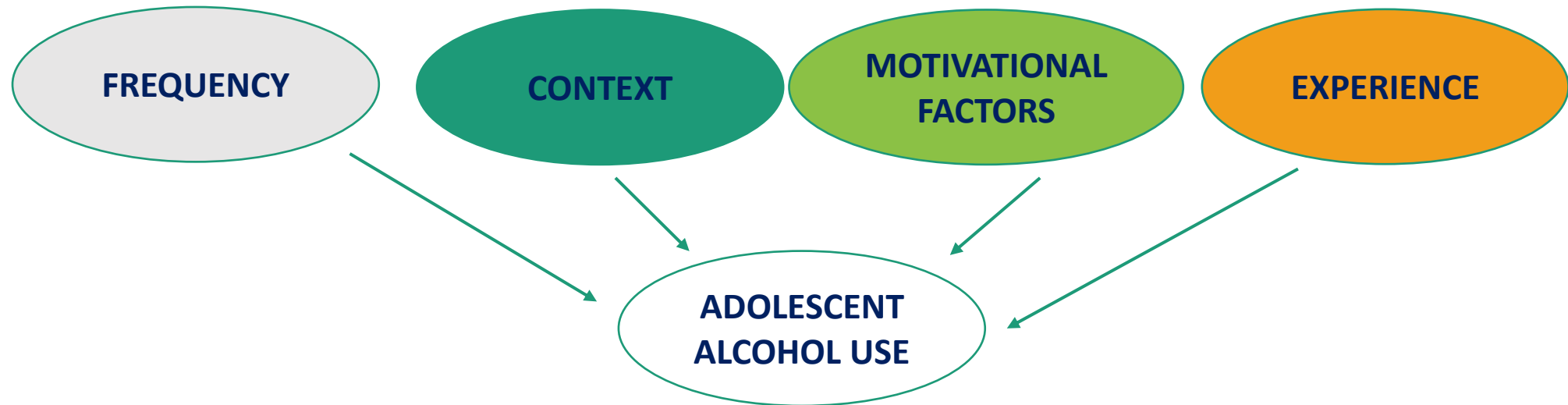
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Figure 1 | Plots of the moderating effect of types of SLA and FAP DURING in SLA as predictors and adolescents' monthly prevalence of alcohol use as a criterion

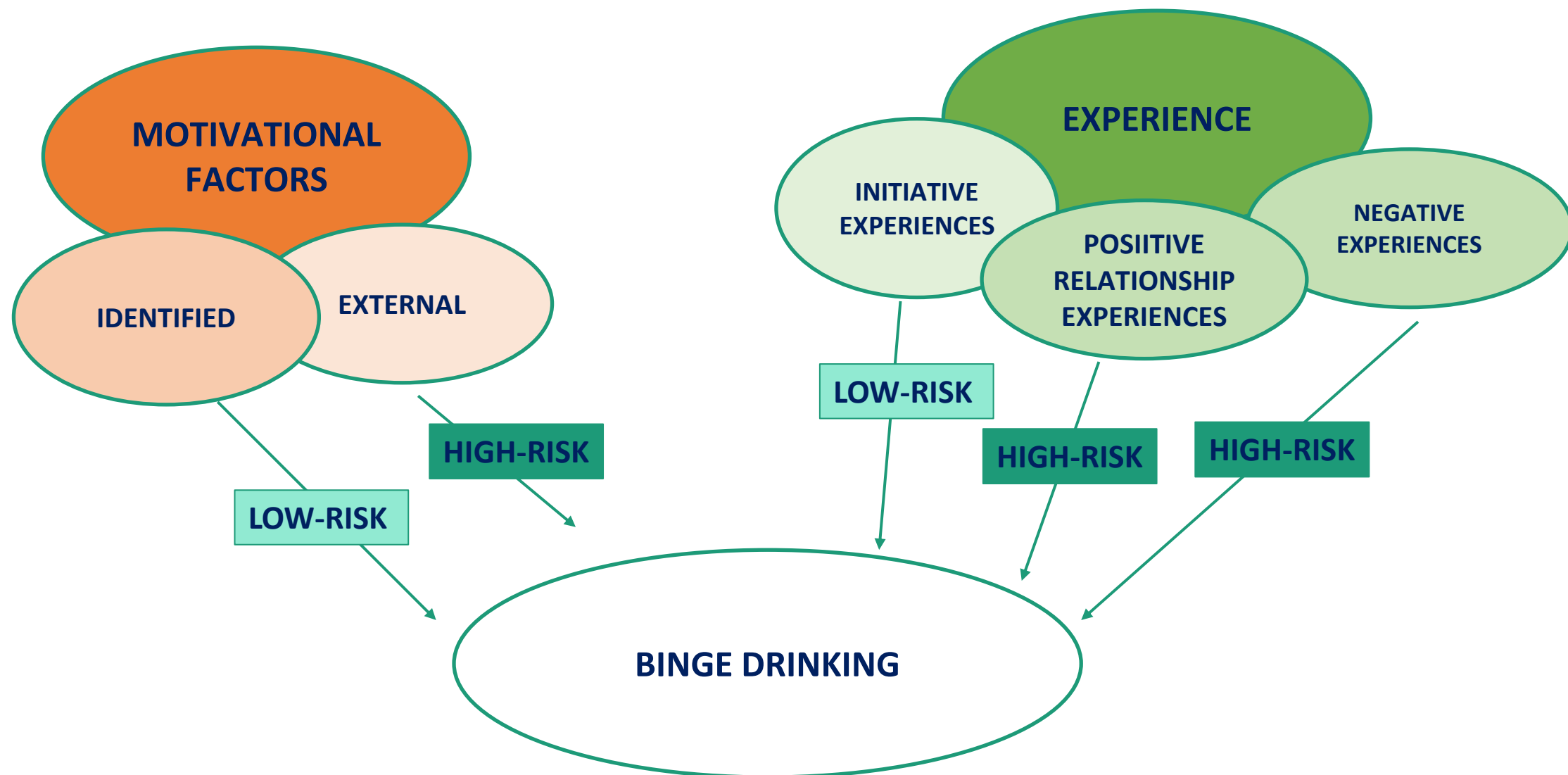


Aim

- to determine the extent to which adolescents' frequency of SLA participation, perceptions of context, motivational factors, and the SLA experience contribute to adolescents' alcohol use (lifetime prevalence, monthly prevalence, binge drinking)



Binge drinking





Conclusion

- it is not sufficient to associate only the type of activity with outcomes, i.e. mere participation in an SLA is not the only factor explaining the association with the developmental outcomes for young people
- motivational factors, context, and developmental experiences must be considered when creating SLA if SLA is to be viewed and recognized as an important context for preventing adolescents substance use
- the study confirms that leisure context can have a protective effect on the substance use path
- the findings may be helpful in developing strategies and interventions within SLA context

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THANK YOU FOR YOUR ATTENTION!

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