

What should parents do to emphasise their disapproval of adolescents' substance use?



M.Bacikova-Sleskova, Lucia Hricová, Ondrej Kalina, Jozef Benka

Department of Educational Psychology & Psychology of Health, Faculty of Arts, PJ Safarik University in Kosice, **Slovak Republic**; maria.bacikova@upjs.sk

Background

Previous research has shown that one of the strongest predictor of smoking and alcohol consumption in early adolescence is perceived parental approval of such behaviour. The aim of the present study is to explore which parenting practices predict the probability of perceiving parental disapproval of smoking and alcohol consumption in adolescence.

Methods

- **1133 adolescents**
- mean age **12.9**; **51% girls**

Dependent variables:

- perceived parental disapproval of smoking/alcohol consumption

Independent variables:

- sociodemographic characteristics (3 items)
- perceived parental substance use (alcohol consumption at least once a week, daily smoking)
- substance specific conversations with parents (1 item)
- emotional and controlling aspects of parenting (6 items)

Main messages

- Decreasing adolescents' substance use via increasing their perceived parental disapproval of such behaviour seems to be substance specific.
- The most salient strategy to increase perceived parental disapproval of smoking and alcohol consumption seems to be the use of behavioural control characterized by clear rules setting.

Table: Factors increasing the probability of perceiving parental disapproval of substance use. (Only significant factors are presented) *

	Disapproval of alcohol	Disapproval of smoking
	OR (95% CI)	OR (95% CI)
Parents don't use substances	1.81 (1.23-2.67)	1.92 (1.28-2.88)
Substance specific conversation	1.28 (1.10-1.50)	n.s.
Rules setting	2.38 (1.70-3.34)	1.79 (1.19-2.67)
Psychological control	n.s.	0.69 (0.54-0.89)
Time spent with parent	n.s.	1.44 (1.15-1.81)

*Variables, that have been included in the model but are not significant: gender, financial situation, intimate disclosure to parent, affection, autonomy support