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WYBRANE ZACHOWANIA RYZYKOWNE STUDENTÓW POLSKI I BIAŁORUSI

SUMMARY

Risky behavior among young people is a multidimensional and complex problem, is used for the conceptual combination of many potentially harmful behaviors. This is not a new phenomenon, but it is still evolving and growing. The modern approach to risky behavior in children and adolescents is characterized by the transfer of interest in one risky behavior (e.g., smoking, drinking alcohol, early sexual initiation, drugs) to an interest in the behaviors as a whole. It is also stressed that children and adolescents that exhibit risky behaviors more often than their peers lack problem-solving skills, the ability to cope with emotions, and have low self-esteem.

The main goal of the study was to assess the severity of selected risk behaviors in a group of medical students from Poland and Belarus, with particular emphasis on the risk of dangerous dependence on mobile phones.

For specific objectives, it was evaluated selected patterns of behavior by the students (i.e., drug use, cigarette smoking, alcohol abuse, time spent at the computer, frequency of use of the Internet); assessed the number of mobile phones owned and students' preferences for equipment and rules of use and whether the students were aware of the dangers of prolonged use of a mobile phone; investigated the life orientation of young people, their satisfaction with life, and their type of temperament; and assessed whether the differences in the above behaviors varied between the mobile phone owners in Grodno and Białystok.

The research plan was approved by the bioethics committee of the Medical University of Białystok (UMB R-I-002/448/2015).

The study was conducted from December 2015 to June 2016. We included 338 medical students from the Faculty of Health Sciences of the Medical University of Bialystok (group I) and 339 medical students from the National University, Janka Kupala, Grodno (group II). We used the diagnostic survey method using a questionnaire (in Polish and Russian) containing: an author's questionnaire especially designed for the present study, a test of nicotine dependence by Fagerström, Test bMAST (Michigan Alcoholism Screening Test), Test PUN (the Problem Drug Use), test of Internet addiction by Kimberly Young, Guerreschi test of dependence on mobile phones, Aaron Antonovsky's life orientation questionnaire SOC-29, SWLS (Satisfaction With Life Scale) scale of life satisfaction, E. Diener, R. A. Emmons, R.J.

Larson, S. Griffin, a Polish adaptation of Juczyński, Grębski's test of assertiveness by, Test assess the strength accord by Bielak, and Bielak's self-evaluation test.

The results allowed us to draw the following conclusions:

Proposals for the coexistence of risky behavior with dependence on mobile phones in the study groups

1. The Belarusian and Polish students showed no effect of age on their level of dependence on the mobile phone.
2. The Polish women had a higher level of dependence on mobile phones than the Belarusians.
3. Place of residence did not affect the level of dependence on the cell phone in the studied groups.
4. The Polish student group indicated that cigarette addiction can be a risk factor for Internet addiction.
5. Regarding level of dependence on the mobile phone, there was no indication of severe addiction, in either group, as measured by the Fagerström.
6. The impact of alcohol dependence on the level of dependence on the mobile phone was very pronounced in the group of Polish students, but only close to the level of statistical significance in the Belarusian group.
7. No significant differences in the level of dependence on mobile phones were found among the drug addicts, nor were any found between computer ownership and the level of dependence on mobile phones.
8. A significant relationship between Internet addiction and mobile phone dependence was found in the Belarusian group. A similar level of statistical significance was found among the Polish students. The level of dependence on the mobile phone increases with Internet addiction.
9. The link between the level of dependence on the mobile phone and sense of coherence among the Polish students (low levels of addiction occurred in the group with a high level of coherence) was significant but there was a lack of such a relationship among the Belarusian student groups.
10. Among the Polish and Belarusian students, the level of dependence on mobile phones was not correlated with a sense of meaningfulness, but it was correlated with a sense of clarity and resourcefulness, according to the SOC-29 questionnaire.
11. As assessed by the SWLS questionnaire, no relationship was found was found in the Polish and Belarusian students between the quality of life, the level of assertiveness of

students, evaluation of their own strength of will and self-esteem, and their level of dependence on the mobile phone.

12. No relationship was found between the prevalence of opinion about the cost of using mobile phones and dependence on these devices.
13. The Polish students demonstrated a greater level of dependence than the Belarusians on more sociable people and were involved in hobbies.

Conclusions regarding risky behavior in the studied groups

1. The Belarusian students had a larger proportion of smokers, but in both groups the level of dependence on cigarettes, as measured by the Fagerström test, was low.
2. There were no statistically significant differences in the declarations of the frequency of alcohol consumption by the Polish and Belarusian students, with the Poles showing more alcohol dependence than Belarusians, as measured by the MAST test.
3. There were no statistically significant differences in the frequency of drug use declaration collectivity between Polish and Belarusian, although the proportion of Belarusians using drugs was slightly more than among the Poles.
4. The Polish community mostly used marijuana or hashish, while Belarusians preferred psychotropic drugs, tranquilizers and amphetamines.
5. Despite the small numbers compared groups, it was demonstrated significant differences in drug-up between groups, showing a higher degree of drug use among Polish students.
6. Almost all Polish students used the Internet every day, but not all Belarusian students did.
7. No significant differences were found in the level of Internet addiction by Kimberly Young. Compared to their Polish peers, students from Belarus were slightly more at risk for addiction or were already addicted to the Internet.
8. Significant difference between the opinions of students from both countries regarding the dependence on mobile phone was noted.
9. The level of dependence on the mobile phone in both groups was evaluated by the Guerreschi test and was found to be significantly higher in the Polish group.
10. The Polish students, when compared to the Belarusian students, had a significantly higher level of coherence, as measured by the SOC-29 questionnaire.
11. The Polish students displayed significantly higher life satisfaction than the Belarusians, as measured by the SWLS questionnaire.

12. Polish students' level of assertiveness and the strength were significantly higher compared to those of the Belarusian students.
13. The Belarusian students had significantly lower self-esteem when compared to the Polish students.

Postulate

According to our results there is need increasing the lessons and lectures on risk behaviors and efficacy of and the effectiveness of preventive measures aimed of medical students