

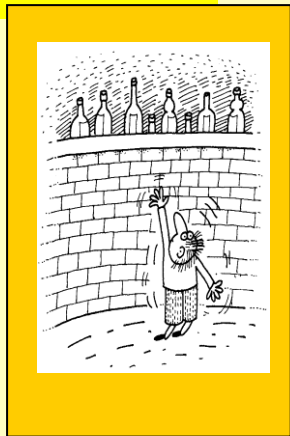
Meaningful instrumental behaviors and youth risky behaviors: Warsaw adolescent study

Krzysztof Ostaszewski
Institute of Psychiatry and Neurology in Warsaw, Poland



Background: Meaningful instrumental behavior (MIB) refers to involvement in activities that provide youth with opportunities to develop skills, a sense of competence and worth, and a sense of environmental mastery. MIB includes participation in community service organizations, organized sports teams, youth programs, and church activities.

Aim: A goal of this research was to explore the protective effects MIBs may have on the adolescent problem behavior, and how these effects may differ by different kinds of MIBs.



Method:

- The sample includes 2290 adolescents (54% females, 80% living with both parents) who participated in Wave 2 (8th grade) and Wave 3 (9th grade) of three-wave longitudinal study conducted in public and non-public middle schools in Warsaw.
- Students answered the self-administered questionnaire during school lessons.
- Hierarchical multiple regression was used in cross-sectional and longitudinal analyses with polydrug use as the dependent variable.
- Warsaw Adolescent Study builds upon resilience research and measures used in the American Flint Adolescent Study (Zimmerman and Schmeelk-Cone, 2003)

1.

Prevalence of meaningful instrumental behavior (MIB)

Type of MIB	Grade 8 %			Grade 9 %		
	Male	Female	All	Male	Female	All
at least 1-3 hours per week						
Individual sport activity (e.g. biking)	63	57**	60	61	49***	55
Participation in organized sports team	47	45	46	49	39***	43.5
Participation in church/scout groups (in grade 9 + volunteer work)	10	8	9	15	18*	17
Extracurricular activities (dance, playing instrument)	17	26***	22	28	47***	38

* $p < 0,05$; ** $p < 0,01$; *** $p < 0,001$

2.

Cross-sectional hierarchical multiple regression results predicting polydrug use from the MIB factors (Grade 8)

Step	Predictor measures	Final B	R2	R2 change
1	Demographics		.024	.024***
	Gender (girls)	.884***		
	Family composition (living with a single mother/father or step parents)	1.630***		
2	Taking risk for fun (sensation seeking)	.595***	.154	.130***
3	MIB		.169	.016***
	Individual sport	-.601***		
	Organized sports team	.275**		
	Church/scout / groups volunteer work	-.189		
	Extracurricular activities (dance, playing instrument)	-.180		

Results

3.

Longitudinal hierarchical multiple regression results predicting polydrug use change between Grade 8 and 9 from the MIB factors

Step	Predictor measures	Final B	R2	R2 change
1	Grade 8 polydrug use	.648	.439	.439
2	Demographics		.443	.003**
	Gender (girls)	.249		
	Family composition (living with a single mother/father or step parents)	.757**		
3	Taking risk for fun (sensation seeking)	.229***	.460	.017***
4	MIB		.464	.004**
	Individual sport	-.060		
	Organized sports team	.205*		
	Church/scout / groups volunteer work	-.409**		
	Extracurricular activities (dance, playing instrument)	-.032		

Conclusions:

Results support compensatory model of resilience and identify priority factors for prevention work in middle school. Results suggest that focusing prevention efforts on youth in team sports may be especially beneficial.