

THE IMPORTANCE OF CHILDREN'S ABSTINENCE FOR THEIR MOTHERS.

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Background:

Prevention remains strictly connected to educational efforts of families towards the right upbringing of their children. That is the cause why it is worth to know how exactly the educational aims of parents toward their children look like, how parents try to achieve their goals and how large is the motivation to gain educational objectives, such as maintaining abstinence from alcohol.

Research goals:

- explore the level of motivation of mothers to prevent their children from drinking alcohol
- identify one of the methods that are undertaken by mothers to achieve this educational goal (i.e. having some expectations about child's behaviour and express them)
- control the level of drinking of alcohol by mothers (by self-reported measure) and its impact

Method:

The research group consisted of 81 mothers, who filled the questionnaires containing several questions. Women taking part in the research were working as a teacher, school psychologist or pedagogue. Circa half of the group declared that their oldest child is less than 18 years old, others – that he/she is 18 years or more old. 60,5% of respondents declared that they have son as their oldest child and the rest (39,5%) – daughter.

Results:

1) How important for you is/was maintaining abstinence by child until he/she is 18 years old (percentage of answers):

- a. **definitely very important:** 79%
- b. rather important: 17,3%
- c. on average important: 2,5%
- d. rather not important: 0%
- e. definitely not important: 0%

2) How much would you like that your child maintain abstinence from alcohol being an adult person (percentage of answers):

- a. **definitely I would like:** 45,7%
- b. **I would rather like:** 43,2%
- c. on one hand I would like, on the other not: 4,9%
- d. I would rather not like: 0%
- e. I would definitely not like: 0%

- Importance of maintaining abstinence by a child until being 18 and during adulthood are positively correlated ($r_S = 0,28$; $p < 0,05$).
- Importance of maintaining abstinence by a child until being 18 years old is positively correlated with confidence of mothers about successful realisation of the educational goal of maintaining abstinence ($r_S = 0,30$; $p < 0,05$).

3) Did you require of your child complete abstinence from alcohol until he/she is 18 years old? (percentage of answers)

- a. **Yes, I required complete abstinence** 86,4%
- b. No, I did not require complete abstinence, I allowed him/her to drink alcohol occasionally - 6,2%
- c. No, I did not require complete abstinence, I allowed him/her to drink alcohol moderately - 0%

4) Did you tell your child about your expectations concerning abstinence from alcohol?

- a. **Yes, I told him/her directly, that he/she is not allowed to drink alcohol** 80,2%
- b. I did not say it, but my child knew that I forbid him/her to drink alcohol 11,1%
- c. No, my child did not know, what I think about this theme. 0%

5) According to your knowledge did your child not drink alcohol until being 18 years old? (percentage of answers)

- a. **Yes, for sure (for sure she/he was an abstinent)** 32,1%
- b. **Rather yes** 44,4%
- c. Rather no (he/she was rather not an abstinent) 7,4%
- d. No, for sure 6,2%

Level of drinking/abstinence from alcohol among respondents:

The majority of mothers declared to drink considerably less (59,3%) or less (16%) of alcohol in comparison with an average woman. 11,1% declared to drink as much as average woman. 8,6% of mothers were total abstinent.

Conclusions:

The results of the research show that maintaining abstinence by children remains an important educational goal of the mothers who took part in the research. Most of them require from their children a complete abstinence until he/she is 18 years old and tell this directly to their children. Many mothers even confirmed that they would like that their child is an abstinent even after becoming an adult person.