

# The alcohol specific parenting practices concerning adolescents' drinking behaviors

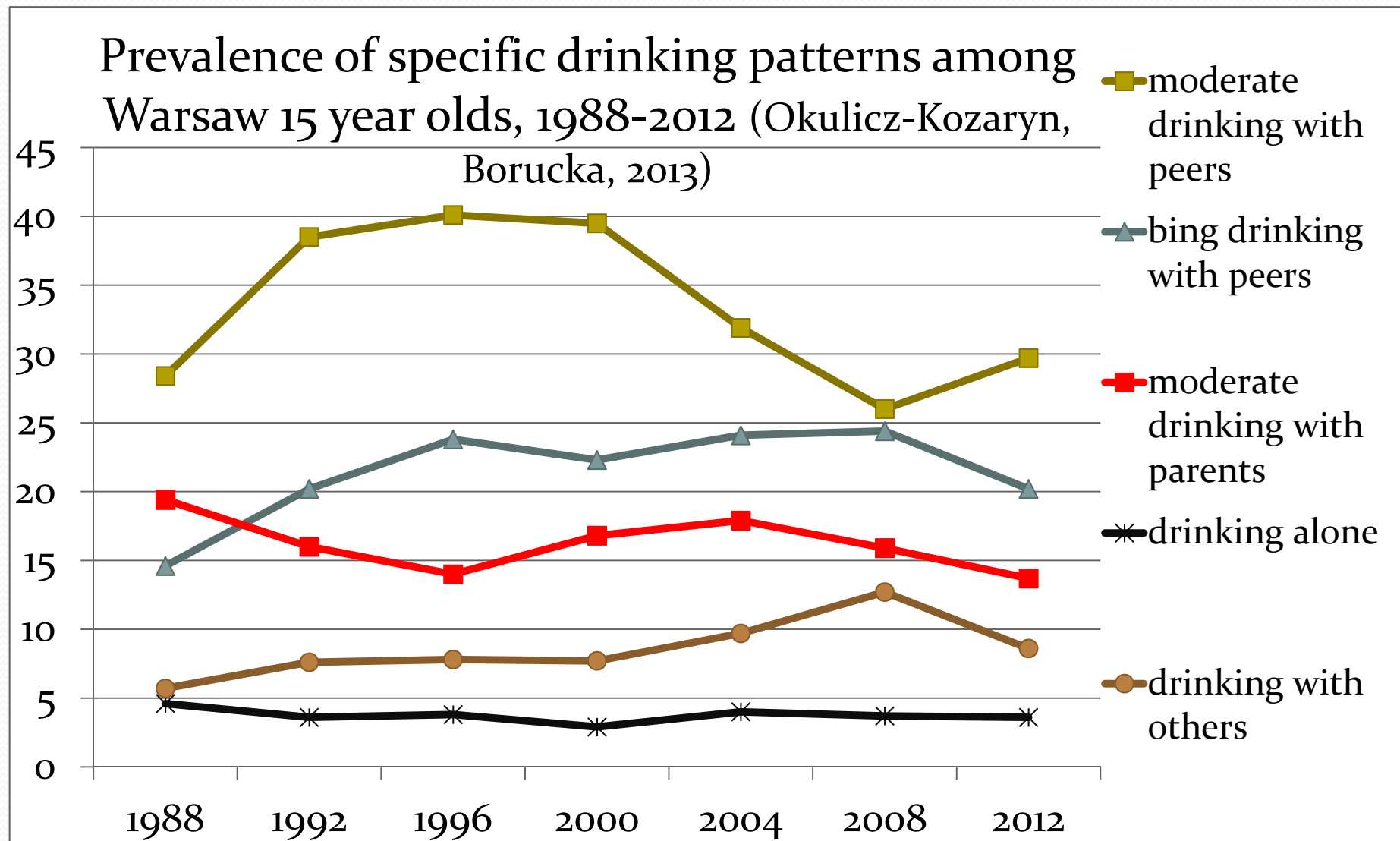


Katarzyna Okulicz-Kozaryn  
Joanna Raduj



THE STATE AGENCY FOR PREVENTION  
OF ALCOHOL-RELATED PROBLEMS

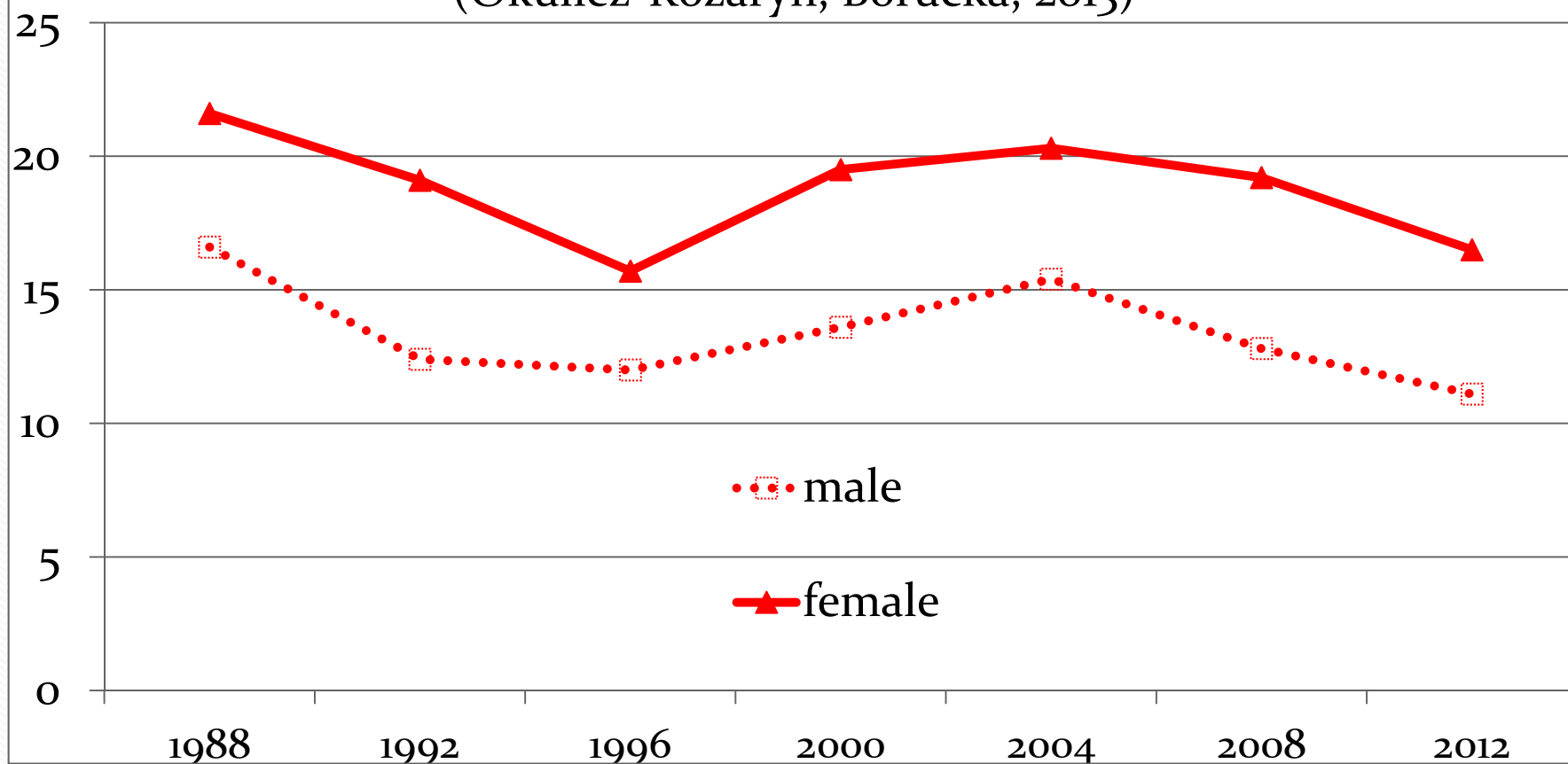
# Background



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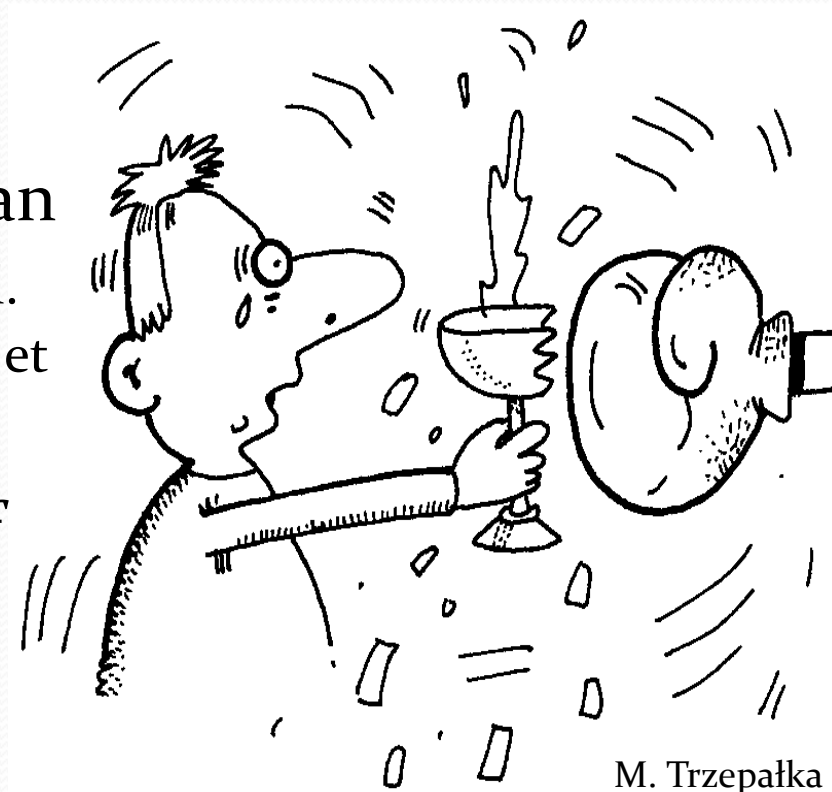
## Drinking with parents among Warsaw 15 year olds, 1988-2012

(Okulicz-Kozaryn, Borucka, 2013)



# Background

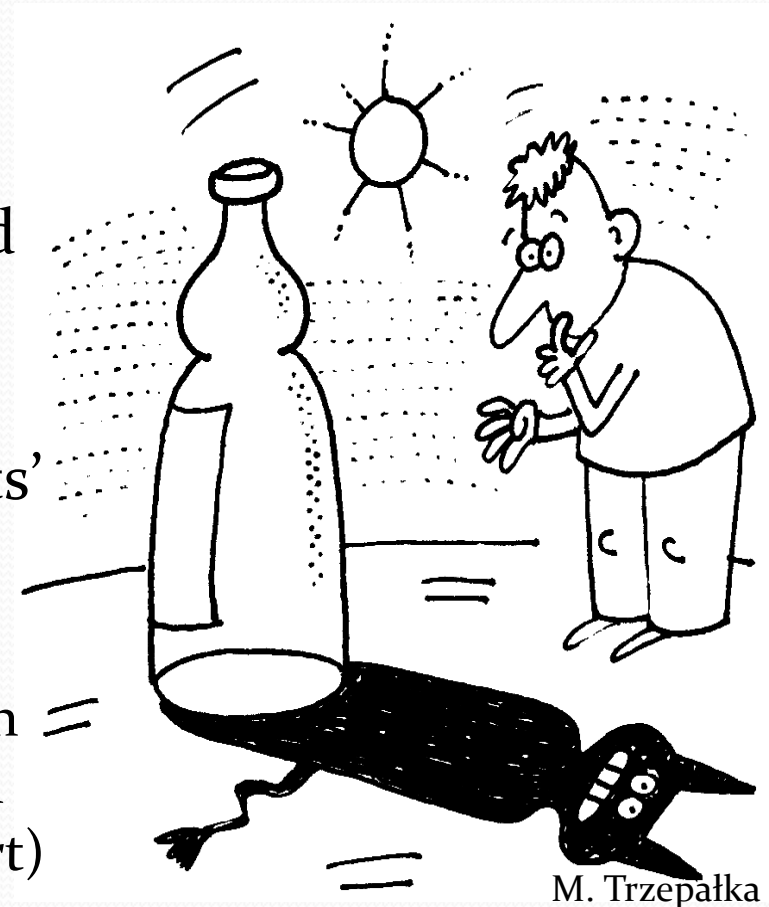
- Despite the legislation setting the minimum purchasing age (18), many Polish parents accept alcohol use by their 15-year olds and/or set their own rules regarding alcohol.
- Research evidence indicate protective value of parental ban on alcohol use (Van Der Vorst et al. 2005; Van Zundert et al., 2006; Koning et al., 2012) ...
- ... at least prior to initiation of alcohol use (Van Der Vorst et al. 2007).





# Aim

- To explore:
  - parental knowledge, attitudes and rules concerning alcohol use by their children,
  - their relationship with adolescents' pre- and post initiation drinking behaviors
    - In the context of other factors within family (support and control), school (positive climate) and peers (support)



M. Trzepańska



Study conducted as a part of the „Mokotów Study” (Ostaszewski et al., 2013) of the Institute of Psychiatry and Neurology, Warsaw, Poland

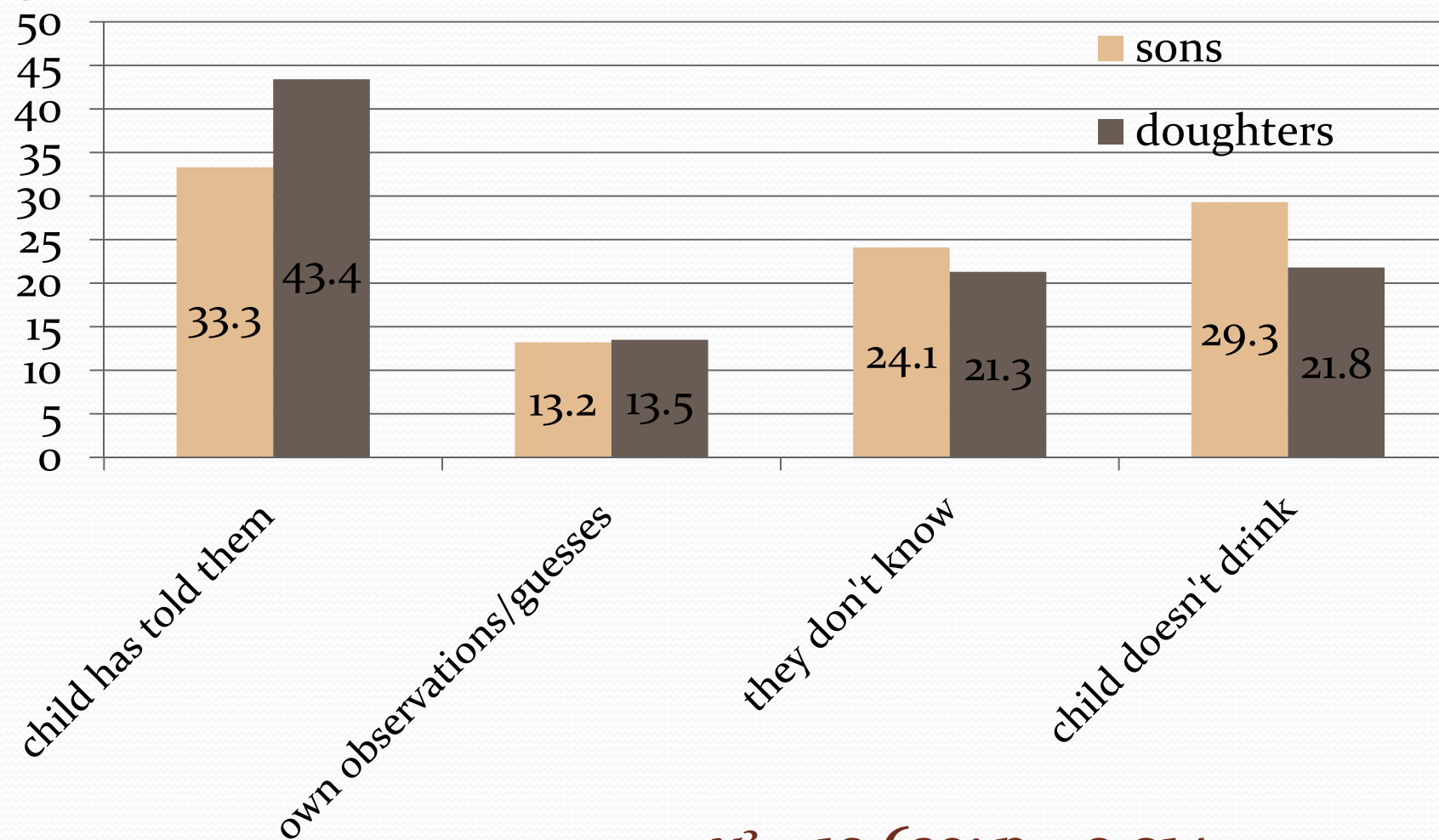
# Method

- Cross-sectional questionnaire data collected from the random sample of Warsaw schoolstudents on:
  - alcohol use and getting drunk,
  - perception of parental rules and attitudes toward alcohol use by a child,
  - parental monitoring and support,
  - school climate and peers' support.
- Quantitative analysis were preceded by qualitative analysis of adolescents' own descriptions of parental behaviors and attitudes.
- Sample characteristics :  
(N = 984)

Mean age	15
Male	50%
Living with both parents	72%
Parents with high education	57%
Parents employed	85%

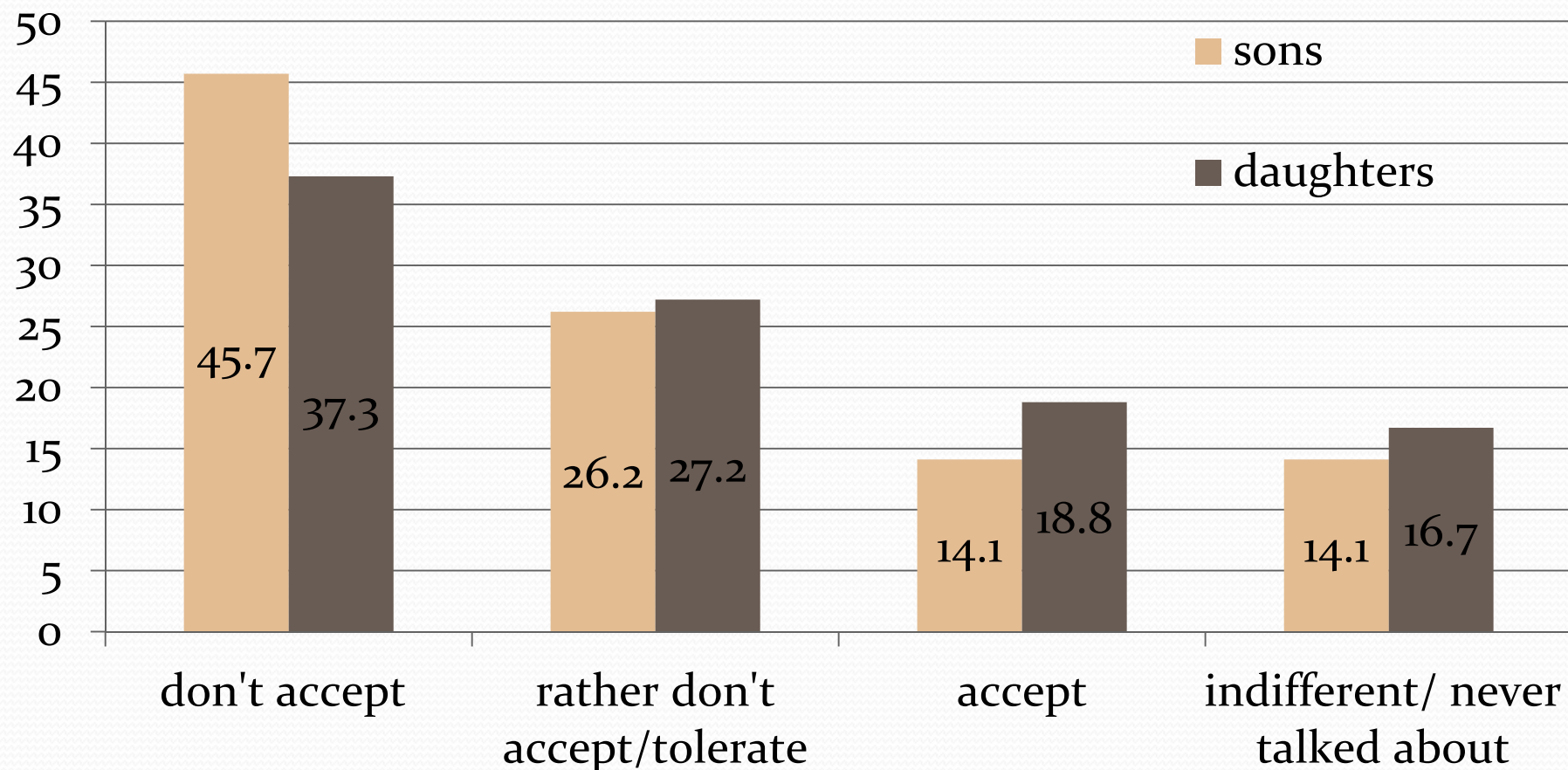


## How parents learn about alcohol use by their 15 year old child



$\chi^2 = 10,639$ ;  $p = 0,014$

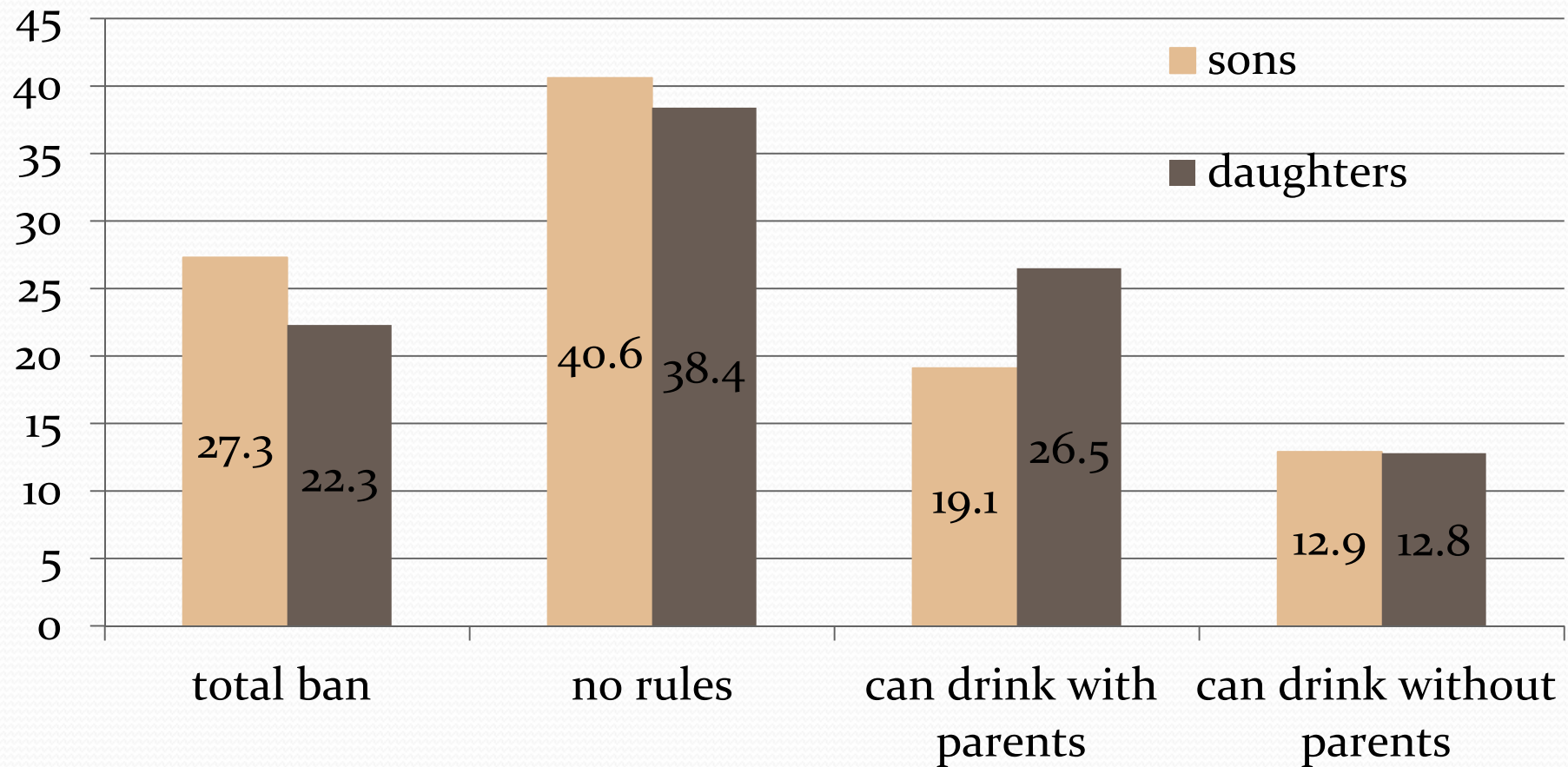
## What parents think about alcohol use by their 15 year old child



$\chi^2 = 8,314$  ;  $p = 0,040$



## Parental rules regarding alcohol use by their 15 year old child



$\chi^2 = 8,238$  ;  $p = 0,041$

# Parental rationalizations

- *This [drinking] is bad, but when I drink from time to time they don't make big problems (**opportunism?**)*
- *They don't accept it but explain it [my drinking] with adolescence*
- *They don't accept it but since I am changing for better, they handle it more gently (**reward?**)*
- *One should try everything in life (**socialization?**)*

# Family rules

- *I can drink but I have to tell my parents about it*
- *It's better to drink at home than outside*
- *I can have some alcohol during family celebrations (at special occasions)*
- *I can drink from the age of 16*
- *I can drink up to one (two) can(s) of beer*
- *I can't drink vodka*
- *I am allowed to drink in a responsible way*
- *I am old enough to drink moderately with friends*
- *My dad remembers that he was young too, so he warns me not to exaggerate and watch out who I drink with*
- *I can't come back home drunk*
- *Not too much, not to do anything stupid, not to faint, etc.*





# Inconsistence

- *I am not allow to drink but when I tell them [parents] that I have been drinking, they don't make a problem*
- *They don't accept but father gives me some [alcohol] when mother is absent*
- *Mother permanently covers for me from the father*
- *They [parents] used to drink themselves so I can drink, too*

# Logistic regression

## STEP 1

PARENTAL CONTROL

PARENTAL SUPPORT

POSITIVE  
SCHOOL CLIMATE

PEERS' SUPPORT

## STEP 2

PARENTAL ATTITUDES  
TOWARD ALCOHOL  
USE BY A CHILD

PARENTAL RULES  
REGARDING ALCOHOL  
USE BY A CHILD

PARENTAL  
KNOWLEDGE ABOUT  
CHILD'S ALCOHOL USE

## EQUATIONS EXPLAINING:

ALCOHOL  
USE IN THE  
PAST 30 DAYS  
GETTING  
DRUNK IN  
THE PAST 30  
DAYS AMONG  
THOSE WHO  
DRINK  
DAYS



## Alcohol use in the past 30 days

	OR		
	ALL	daughters	sons
PARENTAL CONTROL	,960	,926	
PEERS' SUPPORT	1,070	1,130	
ALCOHOL RELATED RULES (total ban)			
➤ No rules			
➤ Can drink with parents			
➤ Can drink without parents	1,903	2,214	
PARENTAL ATTITUDES (don't accept)			
➤ Rather don't accept	2,380	2,396	2,515
➤ Rather accept / tolerate	3,056	3,508	3,330
➤ Indifferent/ never talked about	1,373	1,263	1,364



# Getting drunk in the past 30 days

	OR		
	ALL	daughters	sons
PARENTAL CONTROL	,945	,934	
POSITIVE SCHOOL CLIMATE			,915
PEERS' SUPPORT	1,103	1,160	1,129
ALCOHOL RELATED RULES (total ban)			
➤ No rules			
➤ Can drink with parents			
➤ Can drink without parents	2,124	2,946	

# Getting drunk in the past 30 days (among alcohol users)

	OR		
	ALL	daughters	sons
POSITIVE SCHOOL CLIMATE			,877
PEERS' SUPPORT			1,158
PARENTAL KNOWLEDGE ABOUT CHILD'S ALCOHOL USE (child has told them that he/she drinks alcohol)			
➤ guesses	2,216	3,143	
➤ Parents don't know			

## Discussion: What parents (can) do to deal with alcohol use by their children

Abstinence,  
occasional drinking

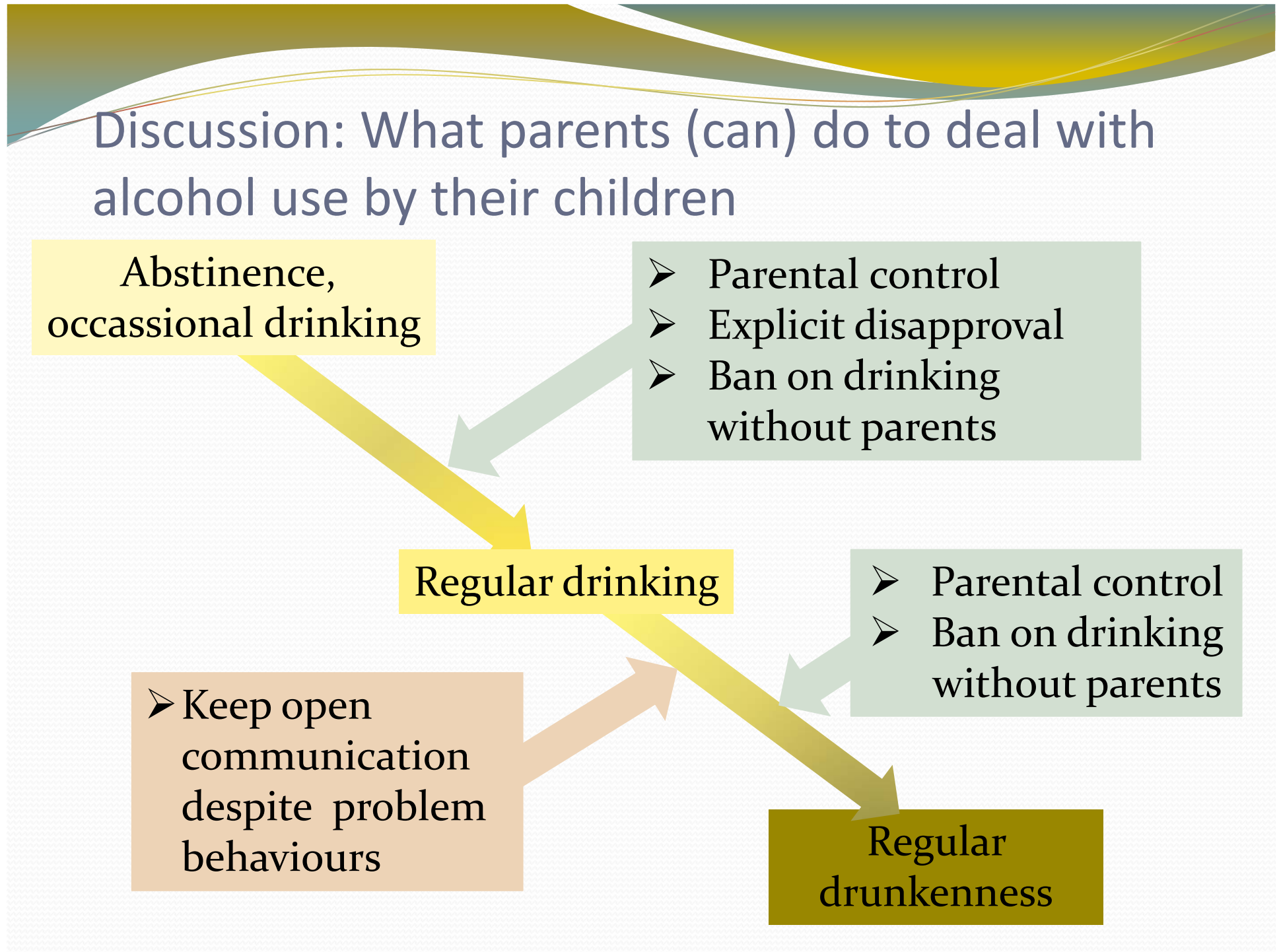
- Parental control
- Explicit disapproval
- Ban on drinking without parents

Regular drinking

- Parental control
- Ban on drinking without parents

- Keep open communication despite problem behaviours

Regular  
drunkenness





## Discussion: What parents (can) do to deal with alcohol use by their **daughters**

Abstinence,  
occasional drinking

- Parental control
- Explicit disapproval
- Ban on drinking without parents

Regular drinking

- Parental control
- Ban on drinking without parents

- Keep open communication despite problem behaviours

Regular  
drunkenness

## Discussion: What parents (can) do to deal with alcohol use by their **sons**

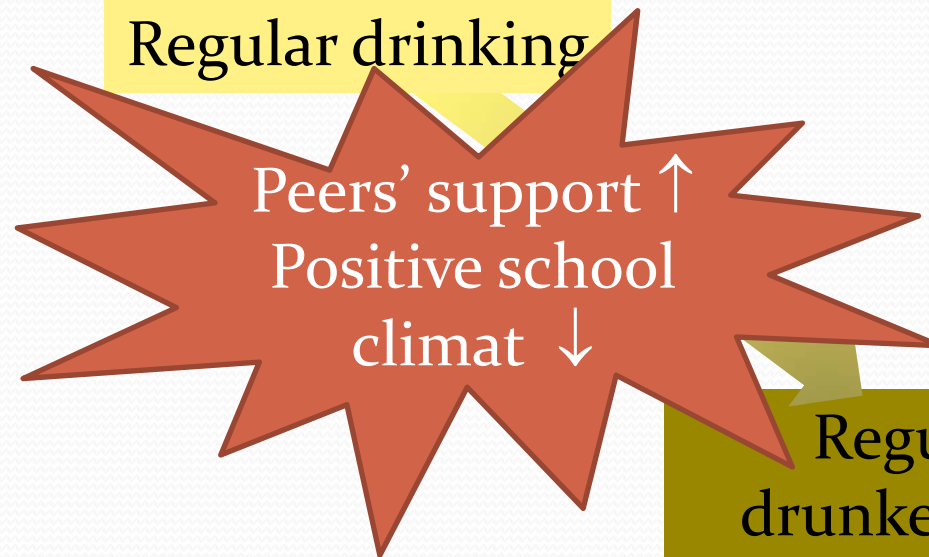
Abstinence,  
occasional drinking

- Parental control
- Explicit disapproval

Regular drinking

Peers' support ↑  
Positive school  
climat ↓

Regular  
drunkenness



# Discussion

- Parents use a lot of strategies to protect their children from future alcohol-related problems:
  - From total ban on alcohol and explicit disapproval
  - Via controlled „alcohol socialization”
  - To free experiments
- Are these strategies based on conscious decision or opportunistic reaction on adolescents behavior?
- How to explain cross gender differences in:
  - Parental practices regarding alcohol - more liberal for girls?
  - Relationship between parental practices and alcohol use – stronger for girls?
- More research and educational effort is needed to empower parents to choose the most effective strategies



Thank you for  
your attention

