

Examining The Relationships between Self-Control, coping with Stress and Perceived Social Support with Alcohol and Substance Use Risks of University Students

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Abstract

In this study, the relationships between substance use risks, various socio-demographic characteristics, self-control levels, coping with stress skills and perceived social support levels of university students were investigated. This study, which was carried out using the correlational research design, was conducted with randomly selected 790 students, studying at two state universities in two major cities in the 2017-2018 academic year. In the study, the Alcohol and Substance Use Sub-Scales of the Risk Behavior Survey, Self-Control Scale, coping with Stress Scale, Multidimensional Scale of Perceived Social Support and Personal Information Form were used. In the analysis of the data, Pearson's Product-Moment Correlation, Independent Samples *t*-Test and Hierarchical Multiple Regression Analysis were used for descriptive statistics. Gender was found to be the effective demographic variables in explaining the risk of alcohol and substance use. The negative relationship between self-control, coping through problem orientation and avoidance was found to predict alcohol use risk and the model explained 41% of the total variance, the negative relationship between self-control and coping through avoidance was found to predict the risk of substance use and the model explained 21% of the total variance. The perceived social support, however, did not make a significant contribution in explaining the risks. It may be suggested that similar research should be repeated with samples from different universities in the future, and that further experimental research should be carried out in order to improve social work interventions aimed at increasing students' self-control and coping skills.

Keywords: Alcohol and substance use risk; self-control; youth; university students; social work