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

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Correlation between sport activity and drug-taking among 14 year-old primary school male and female pupils in Slovenia

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Abstract

The aim of this research was to establish whether there is a correlation between sport activity and drug-taking among 14 year old pupils. This research is based on a questionnaire of 38 variables and the probability relations among the variables have been tested by the chi-square. Analysis has shown that 80% of male and 85% of female pupils practice sport in their leisure time. On average, they practice sport 2 to 3 times a week. The majority of male pupils practice sport competitively (39%), while female pupils primarily practice not officially organized recreational sports (48%). As for smoking, 4% of the male and 12% of the female pupils smoke, the majority of the male pupils had their first cigarette at the age of 13, female pupils at the age of 12. Regarding alcohol use, 90% of the male and 94% of the female pupils had tried an alcohol beverage, which means a majority of pupils between ages 10 and 13. As far as drugs are concerned, 18% of the male and 26% of the female pupils tried drugs. The prevailing types of drug-taking are vapor inhaling, pills and marijuana. The majority of pupils said they had tried smoking, drinking alcohol and taking illicit drugs out of curiosity. Parents mainly encourage their children to practice sport. The majority of pupils think that sport and smoking do not go together, they are of the opinion that sport activities are those activities that could discourage drug-taking. We have ascertained that is no statistically significant correlation between sport activities and taking drugs both legal and illicit drugs. However, a statistically characteristic correlation has been ascertained with regard to drinking alcohol in the case of male pupils (beer and wine) and inhaling vapors in the case of female pupils. Differences would be probably more evident at a later time – the transition from primary to secondary school. To discourage young people from drug-taking, both legal and illicit, they should be offered more activities so that they can spend their free time in a reasonable and qualitative way.

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