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Autonomous self-regulation and different motivation for alcohol use among university students

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Abstract

This study explored how is autonomous and controlled regulation of drinking behaviour related to alcohol use among university students. 560 university students (Mean age=21.32; SD=1.92;63.2% females) completed self-report questionnaires on alcohol use, self-regulation of drinking behaviour and motivation to alcohol use. Autonomous self-regulation of alcohol use was negatively related to alcohol use ($\beta=-0.13$; $p<0.001$) and this was partially mediated by social, coping and mood enhancement motivations ($p<0.001$). The findings highlight the importance of the autonomy - control dimension as well as different motivations to alcohol use which might be highly relevant for alcohol use prevention among university students.

Key words: alcohol use, autonomous regulation of drinking behaviour, university students

1. Introduction

Excessive alcohol use, binge drinking or other problematic drinking among university students constitute a common and serious problem for public health researchers as well as health professionals (Abayomi, Onifade, Adelufosi, & Akinhanmi, 2013; Kuo et al., 2002). Reducing alcohol use of university students is an important target for prevention and intervention programs and particularly those aimed at this population directly (Orosova & Gajdošová, 2009; Scott-Sheldon, Carey, Elliott, Garey, & Carey, 2014; Wechsler, Lee, Kuo, & Lee, 2000). In comparison to other risk behaviours, drinking alcohol (over the recommended limits) is probably socially and culturally the most accepted risk behaviour, if not directly socially required, especially among students with a considerable social pressure (Bačíková et al., 2011). However, like other risk behaviours, it is connected with increased health risks and other various negative consequences which affect not only health but

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