

Situačno-motivačné faktory tabakového správania: predstavenie a pilotné overenie dotazníka

Situation-motivational factors of
tobacco behavior: introduction and pilot
validation of the questionnaire

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Abstrakt Cieľom príspevku je predstaviť originálnu metodiku *Dotazník situačno-motivačných faktorov (SMF) tabakového správania (fajčenia)*, a výsledky pilotného overenia jeho reliability a faktorovej štruktúry. Ide o modifikovanú verziu dotazníka SMF vytvoreného pre alkoholové správanie. Verzia pre tabakové správanie bola overovaná v konečnom súbore 530 adolescentov (239 chlapcov, 291 dievčat) z rôznych regiónov a typov stredných škôl na Slovensku. Dotazník meria 4 SMF pri experimentovaní s fajčením a 3 SMF pri pravidelnom fajčení, súčasťou sú položky na zisťovanie obdobia experimentovania a zahájenia pravidelného fajčenia (min. 1 cig./deň), aktuálne tabakové správanie. Z analýz bol použitý výpočet Cronbachovej alfy, deskriptívna a faktorová analýza. Na základe výsledkov konštatujeme vyhovujúci vnútornú konzistenciu subškál. Záverom je zvážené ponechanie niektorých položiek vo faktoroch alebo ich zaradenie do iných faktorov. Dotazník môže byť prínosom pre psychologickú, pedagogickú či sociálnu prax s mládežou na prevenciu rizík spojených s tabakovým správaním.

Kľúčové slová adolescencia, tabakové správanie, situačno-motivačný faktor, reliability, validita.

Abstract Problem and objective: The use of tobacco products by youths is social and health problem, while a current trend of the spread of other products besides cigarettes is registered, which appear to be less dangerous, but the opposite is true. Practice points out that group interventions do not have demonstrable effectiveness, and it is necessary to focus attention on situational multifactorial research. The paper aims to present the original Questionnaire on situational-motivational factors (SMF) of tobacco behavior (smoking), and the results of the pilot verification of its reliability and factor structure. It is a modified version of the questionnaire for SMF created for alcohol behavior (Rojková, Vavrová, 2017).

Methods: The version for tobacco behavior was verified in the final group of 530 adolescents (239 boys, 291 girls) from different regions and types of secondary schools in Slovakia. The Questionnaire on situational-motivational factors (SMF) of tobacco behavior (smoking) measures 4 SMF in experimenting with smoking and 3 SMF in smoking regularly, including items to determine the period of the experimentation and regular smoking initialization (min. 1 cig./day), and current tobacco behavior. Each SMF is saturated by 5 item which are scored on 5-level Likert's scale. From analysis, Cronbach's coefficient calculation, descriptive and factor analysis (method of Principal components with Warimax rotation) were used.

Results: Descriptive analysis showed saturation of the theoretical range with measured values for all SMFs, but with different distributions. SMF Family and SMF Escape show a low intensity in experimentation, but nevertheless occur in a non-negligible percentage of cases. Based on the results, a satisfactory internal consistency of the subscales was found. Intercorrelations were reaching values representing weak and moderate relations except for a relation between SMF Escape – SMF Desire. In confirmation factor analysis, up to three items had not been confirmed in verified factors.

Discussion: On the basis of SMF in experimentation, it was questionable keeping the SMF Family and SMF Escape, and both factors were retained. At SMF of regular smoking, considering the content of the items and the correlation between the SMF Desire and SMF Escape, a meaningful connection between the mentioned factors was interpreted.

Conclusions: The main finding is that the 3-factor structure of the SMF of regular alcohol drinking is not applicable to regular smoking. When motivated to smoke, the internal motive is to achieve the effect of nicotine in the sense of reducing negative experiences, which helps the individual to manage stress. There is a lack of a direct motive to obtain positive benefits, which are brought by e.g. alcohol. The questionnaire can be of benefit to psychological, pedagogical, or social practice with young people to prevent the risks associated with tobacco behavior.

Keywords adolescence, tobacco behavior, situation-motivational factor, reliability, validity.