

The Effect of Peer Pressure and Leisure Boredom on Substance Use Among Adolescents in Low-Income Communities in Capetown

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Abstract : The aim of the study is to determine whether peer pressure and leisure boredom influence substance use among adolescents in low-income communities in Cape Town. Non-probability sampling was used to select 296 adolescents between the ages of 16-18 from schools located in two low-income communities. The measurement tools included the Drug Use Disorders Identification Test, the Resistance to Peer Influence and Leisure Boredom Scales. Multiple regression revealed that the combined influence of peer pressure and leisure boredom predicted substance use, while peer pressure emerged as a stronger predictor than leisure boredom on substance use among adolescents.

Keywords : substance use, peer pressure, leisure boredom, adolescents, multiple regression

Conference Title : ICPPS 2014 : International Conference on Psychology and Psychological Sciences

Conference Location : Paris, France

Conference Dates : December 30-31, 2014