O R I G I N A L   P A P E R

Predictors of Smoking and Alcohol Use Behaviour in Undergraduate Students: Application of the Theory of Planned Behaviour

Effrosyni Barmpagianni, Psychologist, PhD (c)
Department of Nursing, Faculty of Human Movement and Quality of Life Sciences, University of Peloponnese, Greece

Antonios Travlos, PhD
Associate Professor, Department of Sports Organization and Management, Faculty of Human Movement and Quality of Life Sciences, University of Peloponnese, Greece

Athina Kalokairinou, PhD
Professor, Department of Nursing, National and Kapodistrian University of Athens, Greece

Athanasios Sachlas, PhD
Statistician, Teaching Staff (PD407/80), Department of Nursing, Faculty of Human Movement and Quality of Life Sciences, University of Peloponnese, Greece

Sofia Zyga, PhD
Assistant Professor, Department of Nursing, Faculty of Human
Movement and Quality of Life Sciences, University of Peloponnese, Greece

Correspondence: Effrosyni Barmpagianni, Department of Nursing, Faculty of Human Movement and Quality of Life Sciences, University of Peloponnese, Sparta Lakonias, 23100, Greece.

Abstract
Background: Among the most important modifiable risky behaviours for health are smoking and alcohol use and abuse beginning at early age. The importance of identifying the presence and the severity of these unhealthy behaviours is in the focus of this research study with the aim of preventing them via psychological interventions of health.
Aim: The original investigation, detection and modification of psychological factors that contribute to smoking behaviour and alcohol use on postadolescent age and furthermore the intention of future use. This will be useful to identify both high-risk groups and future users of tobacco and alcohol.
Material-Method: For the purpose of the research part to be presented a prototype questionnaire was constructed, with the conduction of three pilot studies preceded, for both tobacco and alcohol use, based on the health model "Theory of Planned Behaviour" (Ajzen, 1991). The most significant factors are behavioural attitudes, social norms, perceived behavioral control and self-efficacy. All parameters mentioned above lead to intention to smoke and drink alcohol. Present behaviours of smoking and alcohol drinking are also evaluated. The sample consists of 791 students of postadolescent age, 18-25 years of both sexes, who study in faculties of the University of Peloponnese and Technological Institute of Kalamata, in Greece.
Results: The results conducting a series of statistical analyses, via statistical program SPSS 21.0, revealed that the reliability coefficient for the scales of both alcohol consumption and smoking were fairly high (Cronbach a>0.85). Factor analyses revealed that the items of the subscales loaded on few factors, which accounted for at least 53.1% of the total variance".
Conclusion: The application of the above research tool is demonstrated in the context of best prevention practices in health care in collaboration with the academic community. Ultimate goal is the design of appropriate primary preventive health interventions in students.

Key Words: students, smoking, alcohol abuse, intentions, predictability, prevention