




Abstract

Substance Consumption in University Students and the Relationship with Self-Esteem and Psychological Well-Being

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The consumption of psychoactive substances by university students is a subject that has progressively gained more attention in the literature. However, there is still a lot of disagreement on this topic. Thus, the present study intends to relate the impact of substance consumption habits (alcohol, tobacco and other psychoactive substances) with self-esteem and psychological well-being in university students in order to acquire a better understanding of this problem. The present study is characterised as being descriptive, cross-sectional, quantitative and correlational. The sample consists of 460 university students aged between 18 and 66 years old. Of these participants, 299 are biologically female, 158 are biologically male, and 3 identify with another gender. The

instruments used were a sociodemographic questionnaire, the Psychological Well-Being Manifestation Measure Scale and the Rosenberg Self-Esteem Scale. The results showed the absence of statistically significant differences in terms of self-esteem and psychological well-being according to substance use. Furthermore, it appears that only the consumption of psychoactive substances other than alcohol or tobacco was significantly higher in male participants than in female participants.

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