



## Factors influencing substance use preventive behavior among university students in Eastern Thailand

Trakulwong Luecha<sup>a</sup> , Wanita Kwansumran<sup>a</sup> , Jinjuta Chaisena Dallas<sup>b</sup> ,  
Duangjai Vatanasin<sup>c</sup> , Puangtong Inchai<sup>d</sup> , Watchara Tabootwong<sup>a</sup> ,  
Paiboon Sophonsuwapap<sup>e</sup>  and Darawan Thapinta<sup>f</sup> 

<sup>a</sup>Faculty of Nursing, Burapha University, Chonburi, Thailand; <sup>b</sup>Faculty of Nursing, Panyapiwat Institute of Management EEC Campus, Chonburi, Thailand; <sup>c</sup>Srisavarindhira Thai Red Cross Institute of Nursing, Bangkok; <sup>d</sup>Faculty of Medicine, Burapha University, Chonburi, Thailand; <sup>e</sup>Faculty of Music and Performing Arts, Burapha University, Chonburi, Thailand; <sup>f</sup>Eastern Substance Abuse Academic Center, Burapha University, Faculty of Nursing, Chonburi, Thailand

### ABSTRACT

A cross-sectional study explored determinants of substance use preventive behavior among university students in an eastern province of Thailand. Data collection was performed between February and March 2024, using a self-administrated and pre-tested questionnaire. This was conducted utilizing a simple random sampling method, recruiting 450 university students ( $M=20.26$ ,  $SD = 1.32$ ). Previous substance use experience was reported by around 40.89%, with alcohol the most used substance (41.11%). Individual parameters of adversity quotient, family connectedness, social support, and gaming addiction were identified as significant predictors of preventive behaviors with a 30.40% explanatory power of the variance, ( $R^2 = 0.304$ ,  $F(4, 443) = 48.50$ ,  $p < .001$ ). Results pointed to the need for evidence-based efforts designed to help foster resilience, deepen family connectedness, build social support systems, and increase the risk of gaming addiction. These findings informed evidence-based strategies for nurses, healthcare professionals, community organizations, policymakers, and university administrators to reduce substance use risks and promote healthier behaviors in academic settings.

### KEYWORDS

Adversity quotient; family connectedness; gaming addiction; social support; university students