

PLENARY SESSION 4

Nightlife and club culture

Thrills & pills & problems? Music and substance use among adolescents

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Tom ter Bogt will discuss the link between pop music preferences / fascination for youth cultural scenes and substance use. Prior research has, for instance, established a connection between preference for heavy metal, rap or dance music, and substance use. The study he presents here (Mulder & Ter Bogt, 2006) is aimed at examining the link between music preference for a wide range of music genres and tobacco, alcohol and cannabis consumption. Data were derived from an epidemiological survey in a school-based sample of 7,324 adolescents aged 12 to 16 years, representative for the Dutch adolescent population

First, the way young people structure their taste is addressed, an account of the different genres and main styles that are most popular among the pop music audience. Next music preference is presented as a key factor for the choice of friends. Adolescents tend to flock to peers with the same patterns of music preference, and, for that matter, substance use. A structural model is presented in which substance use is described as a function of parental substance use, substance use by friends/peers and music preference.

Conclusion: Music preference is linked to substance use directly, even when a strong set of confounders is controlled for. Some preferences buffer use of tobacco, alcohol and cannabis, while others seem to imply increased substance use. Furthermore music preference is linked to substance use indirectly, through the selection of certain friends that may or may not be prone to heavy use.

The speech ends with a discussion on the link between music preference and problem behavior in general terms and, more specifically, the way in which hardcore dance fans indulge in heavy poly-substance use without claiming higher negative effects: What is the problem with hard-hitting music for tough kids?

Pills, thrills & problems?

Music and substance use

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Research Question

- Anecdotic evidence:
 - (playing) blues, country, rock, hip hop, house = risk factor for substance use
- Is there a link between music preference and substance among adolescents / young adults?

YES, definitely so...

- Blues, country:
 - Stack 1992, 1995
- Heavy metal
 - Arnett 1992, Lacourse, Claes & Villeneuve 2001
- Hip Hop
 - Miranda & Claes 2004
- House
 - Forsyth, Barnard & McKeganey 1997
 - Ter Bogt & Engels, 2005
- In general:
 - Robinson, Chen & Killen 1998
 - Roberts, Henriksen & Christenson 1999
 - Herd 2005
 - Chen, Miller, Grube & Waiters 2006

The gap...

- Focus on one, two 'problem' genres
- Small samples: no epidemiological data
- No longitudinal studies

Music and substance use

1. Substance use in popular media
2. Theory: Music Preference -- Substance Use link
3. Three studies on MP -- problem behaviour / SU link

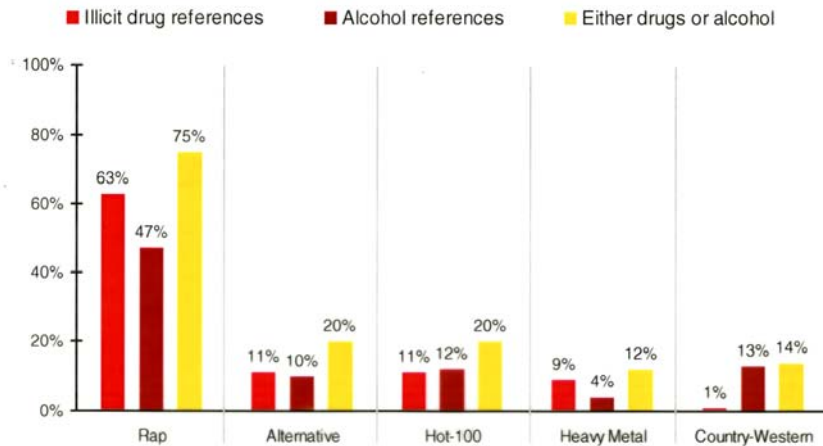
1. Music in adolescent lives

Music: (most) important medium in adolescence

- 3-5 hours daily exposure to music and music videos (US)
- 2,5 - 4 hours (UK, NL, Swe)

(Roberts, Henriksen & Christenson 1999, North, Hargreaves & O'Neill 2000)

Percentage of Songs with Substance References by Genre



Based on 212 Rap songs, 211 Alternative Rock, 212 Hot-100, 211 Heavy Metal, and 212 Country-Western.

1. Substance use in popular media

Of songs with a substance reference

- 30% -- sex
- 20% -- luxury
- 20% -- crime or violence

In contrast:

- 6% -- "anti-use" statement
- 19% -- consequence of use

(Roberts, Henriksen & Christenson 1999)

"Substance use is massively present in pop music, music video's and other mass media, mostly in a positive way"

2. Theory: Music Pref. -- Substance Use

1. Music **influences** adolescents
 - modelling
 - cultivation
2. Adolescents **select** music that fits them
 - personality theory
 - social context / alienation theory
3. Mixed model: **selection, influence & peer mediation**
 - music marker theory

3 studies on MP – SU: samples

- Conamore Utrecht University
 - 2 wave 2002 – 2004
 - n =1325
 - age 12-18
- HBSC Trimbos Institute/Utrecht U
 - national sample
 - n=5.471
 - age 12-17
- NMDA Trimbos Institute 2003
 - national sample
 - n=7.441
 - age 12-17

3 studies on MP – SU: genres

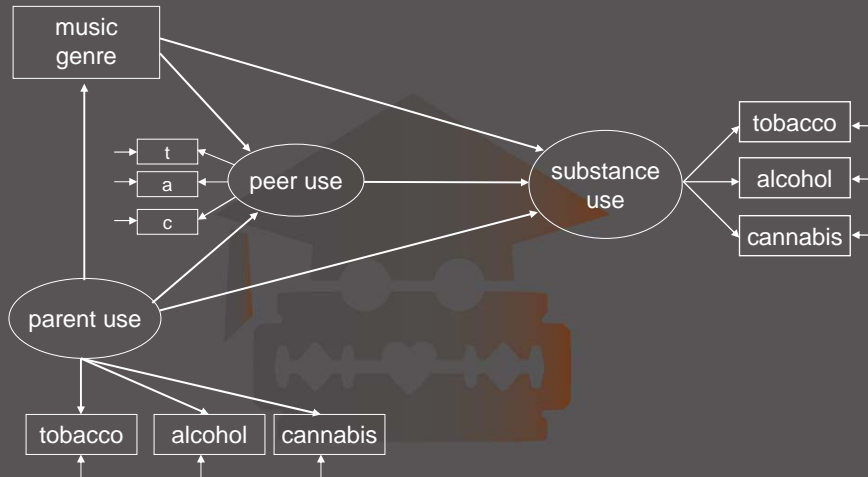
| Pop | Rock | Urban | Dance | Hibrow |
|--------|---------------|---------|-----------|---------|
| Top 40 | Rock | Hip-Hop | Trance | Classic |
| NL pop | Heavy metal | R&B | Techno | Jazz |
| | Punk/hardcore | Reggae | Hardhouse | |
| | Gothic | | | |

PCA Varimax, N=5.730, all factor loadings >.70; explained variance 64,5%

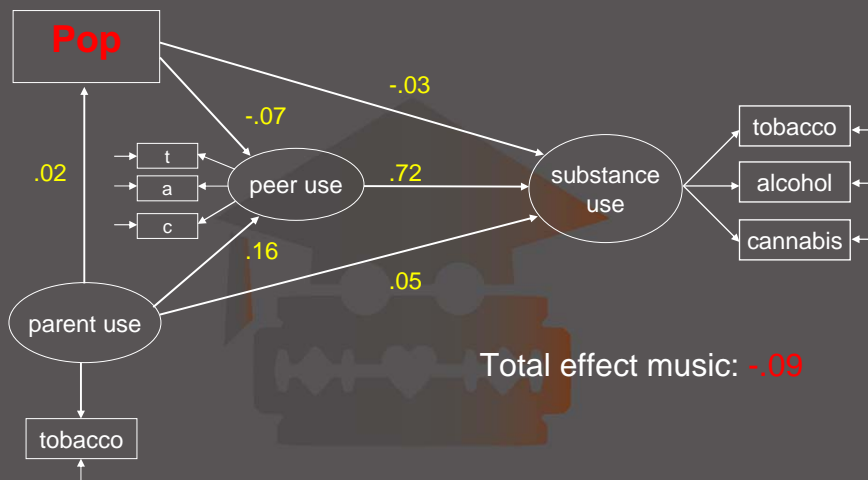
Study 1

- Are different genres of popular music linked to substance use?
- Do adolescents with tastes for different genres choose friends who use more/less, so that they themselves use more/less?
- Is the link between music and substance use mediated by peer use?

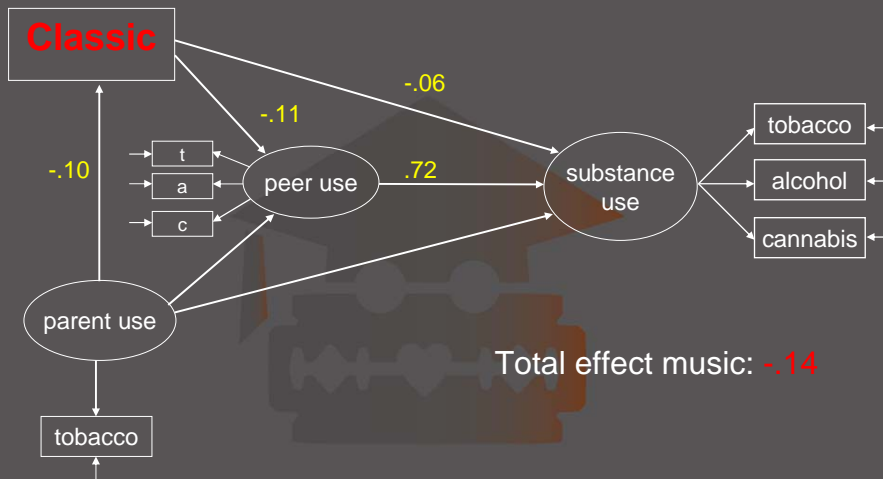
Study 1: SEM music, peer use, SU



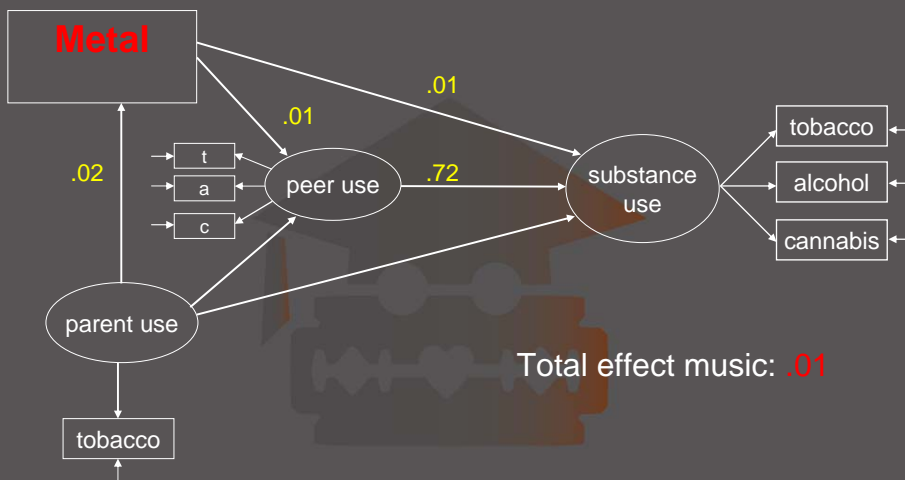
Study 1: SEM music, peer use, SU



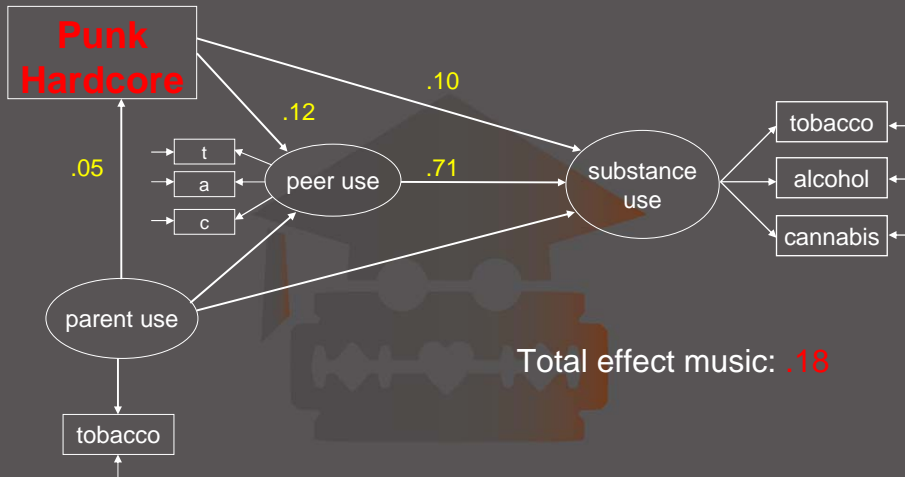
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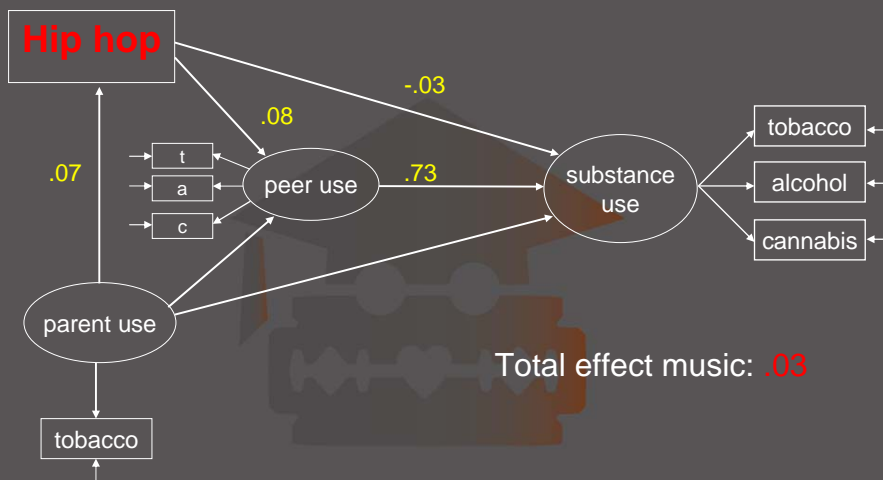
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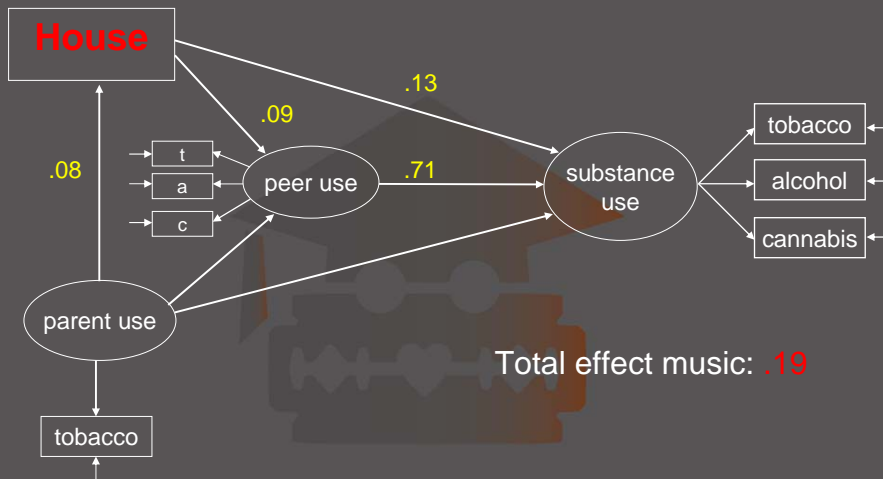
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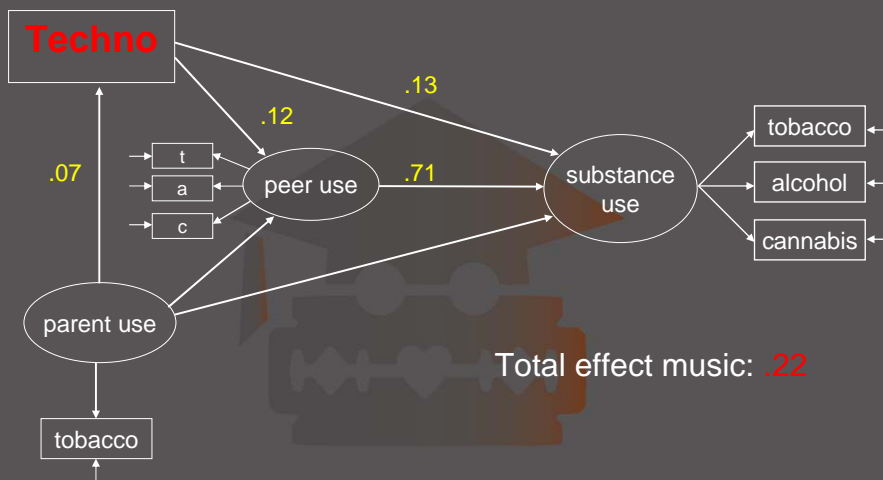
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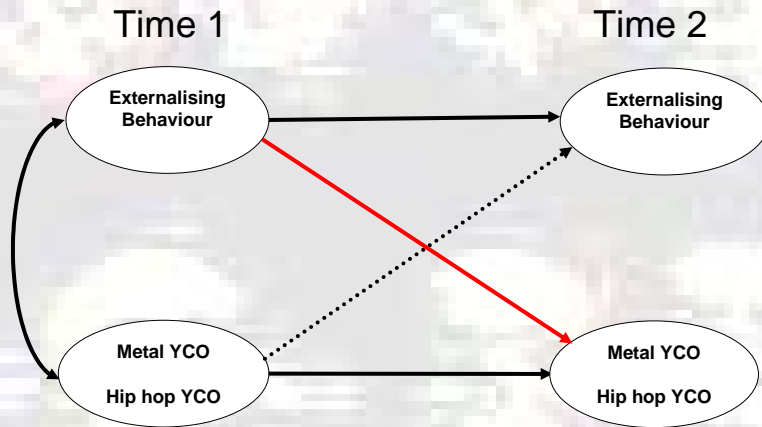
Conclusions: Study 1

1. Music preference = Substance use
2. MP – SU link is mediated through peer use
3. Louder music = more substance use
 - risk: punk/hardcore, house, techno/hardhouse
 - buffer: classic, pop
 - heavy metal & hip hop: pacified ?

Study 2

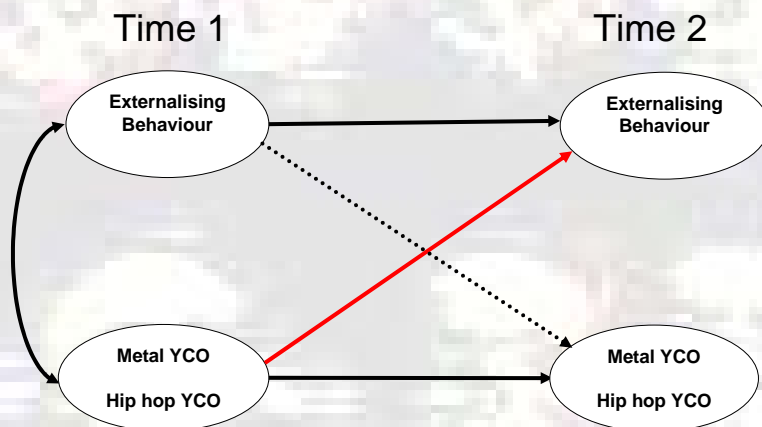
- Does problem behavior precede a preference for 'deviant' subcultural orientations (**selection**)
- or
- Does a 'deviant' youth cultural orientation precede problem behaviour (**influence**)?

MP – Ext.PB: Selection



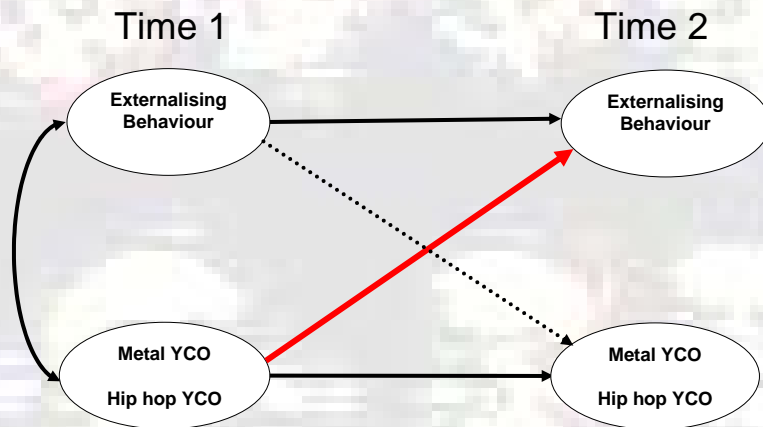
(Selfhout, Ter Bogt, Delsing & Meeus, 2006)

MP – Ext.PB: Influence



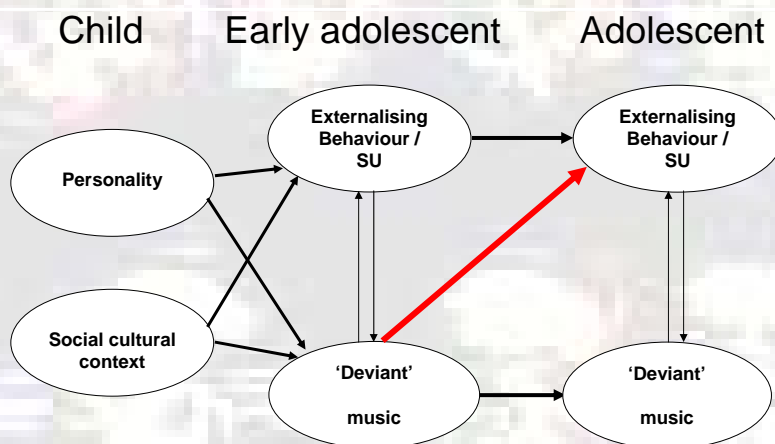
(Selfhout, Ter Bogt, Delsing & Meeus, 2006)

Model 2 rules !



(Selfhout, Ter Bogt, Delsing & Meeus, 2006)

Music Marker Theory



(Selfhout, Ter Bogt, Delsing & Meeus, 2006)

Conclusions study 2

1. Preference for 'deviant' genres and YCO's precedes problem behaviour
2. Early adolescence: Music Preference / YCO may be a marker for later problem behaviour / substance use

However:

1. 'Variables are not people'
2. Risk factor modeling: aggregated results do not regard *individual* people
3. People have complex tastes
4. In order to identify adolescents at risk: identify risk *groups* that share real life complex tastes!
5. From a **risk factor** to a **risk group** approach

Study 3

- Are different types of groups of fans at risk for elevated substance use?



8 types of fans

| | pop/dance | rock | urban | hibrow | % |
|-------------------|-----------|------|-------|--------|----|
| • pop fans | + | -- | - | -- | 13 |
| • urban fans | + | -- | ++ | -- | 14 |
| • rockers | + | + | - | - | 7 |
| • excl. rock fans | - | ++ | - | -- | 2 |
| • hibrow | + | - | 0 | 0 | 9 |
| • non-mainstream | + | + | ++ | -- | 22 |
| • omnivores | ++ | + | ++ | 0 | 12 |
| • 'do not know' | | | | | 20 |

Music and PB SU

| | Int. P. | Ext. P. | SU |
|-------------------|---------|---------|----|
| • pop fans | | | |
| • urban fans | | + | + |
| • rockers | | | |
| • excl. rock fans | + | + | + |
| • hibrow | + | | |
| • non-mainstream | | + | + |
| • omnivores | + | + | + |
| • 'do not know' | + | | |

Conclusions

1. Music preference = Substance use
2. Louder music = more substance use
 - risk: punk/hardcore, house, techno/hardhouse
 - buffer: classic, pop
 - heavy metal & hip hop: pacified
3. MP – SU link is mediated through peer use
4. Early adolescence: MP may be a marker for later problem behavior / substance use
5. Effects music small but significant
6. Search for risk groups
 - exclusive rock fans, heavy urban, non-mainstream, omnivores?!
7. Much need for serious longitudinal modeling of life trajectories