

Summary

Background: The nightlife environment is associated with a higher prevalence of substance use compared to the general population. This use is typically recreational. Patterns of use, frequency and motivation tend to be diverse. The most frequent visitors of the nightlife environment are young adults who are in a turbulent phase of life. However, this stage of life changes over time, and with it the patterns of use and the value users place on substance use.

Objective: The primary objective is to use qualitative research methods to describe the patterns of substance use in the nightlife environment and to find out whether new trends are emerging in this context. The secondary goal is to describe the relationship between young adulthood and the use of addictive substances.

Methods: The work uses qualitative research methods. The research population was selected using purposive sampling and self-selection. The research group consisted of eight respondents with an average age of 28.4 years. The data was recorded using an audio recording and then transcribed and analyzed using thematic analysis.

Results: Recreational users in the research group use addictive substances with less frequency than is described in similar studies. The phenomena of normalization and aging out were described. The respondents stated that they were satisfied with their usage and did not show a desire to change their patterns of substance use. However, they often change spontaneously with advancing age and increasing responsibility. With this, the priorities in users' lives are changing as well.

Conclusion: The study described patterns and trends in substance use in the nightlife environment. The results can serve as inspiration for a more detailed investigation of the described phenomena of aging out, normalization and young adulthood with an overlap into harm reduction in the context of nightlife environment in the Czech Republic.

Keywords: young adulthood, recreational substance use, normalization, aging out, trends in substance use, qualitative research, nightlife environment