



PO-032: FREE TIME AND THE CONSUMPTION OF ALCOHOL IN SCHOOL TEENS IN CALI, COLOMBIA, PHENOMENOLOGICAL STUDY

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Introduction: Alcohol, as a substance that it is used in alcoholic beverages, creates addiction and dependence. It promotes the release of endorphins and opioid chemical compounds that are adhered to receptors in the reward centers of the brain, causing the sensation of pleasure. During the last century, the topic is of great debate at different levels such as social, economic, and health, among others. The debate is focused on teenagers, that is an age sector of the population identify for being more vulnerable due to its own characteristics and to be susceptible to the influences of society. On the other hand, the perception that the adolescent has about the use of free time is important, since in this spare time, which is beyond the reach of family control, they can get into practices such as alcohol consumption. **Objective:** determine the relationship between the use of free time and alcohol consumption in adolescents of an educational institution in the city of Cali. **Methodology:** A qualitative, phenomenological research was conducted on 60 students of an educational institution in the city of Cali. The students were divided into focus groups coordinated by a moderator who was responsible of conducting the interview. The researches recorded the sessions and designed an instrument to compile their findings. **Results:** 60% of the adolescents studied were male and were between 12 and 17 years old. No differences were found between genders in the perception of free time. Adolescents consider alcohol consumption as one of the activities to be performed in the free time. Additionally, it was found that men are exposed more frequently to places of alcohol consumption. The more used intoxicating drink is mainly beer. **Conclusion:** alcohol consumption remains a latent problem in adolescents and may be related to the perception of the use of free time.