

MARTA MAKARA-STUDZIŃSKA¹, KATARZYNA SIDOR¹, MARZENA PUCEK²

Znaczenie zdrowia w systemie wartości młodzieży nadużywającej substancji psychoaktywnych

Streszczenie

Cel. Celem niniejszego badania była analiza znaczenia zdrowia w systemie wartości młodzieży nadużywającej substancji psychoaktywnych.

Materiał i metoda. Grupa badanych obejmowała 100 osób w porównaniu do 301-osobowej grupy kontrolnej. W pracy wykorzystano skalę LKZ, LWO, Skalę Wartości Schelerowskich SWS oraz wywiad psychologiczny.

Wyniki. W zakresie różnych wymiarów zdrowia fizycznego, psychicznego i społecznego mierzonego skalą LKZ wykazano między badanymi grupami młodzieży istotne różnice w zakresie 20 stwierdzeń. Dla młodzieży z grupy nadużywającej środków psychoaktywnych, na liście kryteriów zdrowia najwyższe miejsca zajmują: dobre samopoczucie, umiejętność rozwiązywania problemów, brak kontaktu z lekarzem, praca i różnorodne zainteresowania, brak dolegliwości fizycznych, dobry nastrój. Dla młodzieży z grupy kontrolnej najważniejsze stwierdzenia z listy kryteriów zdrowia to identyfikacja zdrowia z dożyciem do starości, dbaniem o profilaktykę, zdrowie somatyczne, sprawność fizyczną i psychiczną.

Dyskusja. W badaniach Cekiery [1] osoby nadużywające substancji psychoaktywnych wymieniały zdrowie i miłość wśród najbardziej aprobowanych pragnień i dążeń życiowych. Z kolei w badaniu Goffa i Goddarda [2], zabawa i przyjemność jako wartość dominująca wyróżniały grupę adolescentów, stosujących substancje psychoaktywne.

Wnioski. Ustalono wielowymiarowe współzależności, które upoważniają do postawienia twierdzenia, że zmienne psychospołeczne – między innymi takie, jak: trudności w hierarchizacji systemu wartości i niska pozycja zdrowia jako wartości – mogą tłumaczyć prezentowane przez młodzież przejawy zachowań ryzykownych.

Słowa kluczowe: system wartości, młodzież, środki psychoaktywne.

Meaning of health in the system of values of youth abusing psychoactive substances

Summary

Aim. The aim of the survey is analysis of health significance in the system of values of youth abusing psychoactive substances.

Material and method. Group of respondents consisted of 100 people in comparison to 301 control group. In this study, the List of Health Criteria's of Juczyński, the List of Personal values of Juczynski and Sheller's Value Scale as well as psychological inquiry, were used.

Results. In terms of different physical, psychical and social health dimensions many differences were confirmed between those groups of respondents. For the youth from group abusing psychoactive substances the highest ranks on the health criteria's list occupy: wellbeing, ability to solve problems, lack in doctors visits, work and various self-interests, lack of physical ailments, good mood. For youth from the control group, most important statements on the health criteria's list are: identifying health with old age, preventive treatments, somatic health, physical and psychical efficiency. Youth abusing psychoactive substances consider happiness as: being needed by others, circle of friends, good health. The youth from control group consider happiness as: good health, satisfying job, happy family life. Above mentioned group values hedonistic magnitudes such as prosperous life, erotic love, possession, enjoyment, delight, comfort, rest, fancy way of life. According to the above it can be stated that group of youth abusing psychoactive substances wants to lead placid life, with no worries but fancy.

Conclusion. Multidimensional correlations were determined which authorize us to make a statement that psycho-social variables such as: difficulties in hierarchy of value system, low rank of health as a value, this can explain given by youth symptoms of risk behavior.

Key words: value system, youth, psychoactive substances.

¹ Department of Psychiatry, Medical University of Lublin

² Clinic of Healthy Smile

INTRODUCTION

Definition of "being healthy" has different meanings. It is a result of different conditions of health and depends on i.e.: sex, social status, especially on the system of value determining life goals [3]. Generally for most of people being healthy means not being ill and new meaning appears in illness or health problems context.

There are cardinal differences between professional meaning of health, appointed by physical efficiency and also richness of social resources and personal resources [4], and lay approach, focusing mainly on physical dimension and sometimes on psychical dimension.

For most of people health has an instrumental value, which means that it allows to gain other important for an individual values.

It appears that people who value health the most also think they can influence it, they show more favorable behavior maintaining and improving health [5, 6].

The aim of the survey was the analysis of the health meaning in the system of values of youth abusing psychoactive substances.

MATERIAL AND METHOD

Surveys were conducted in 2007 on the territory of Poland. The following criteria for selecting the study group were adopted: undertaking anti-alcohol or anti-drug treatment (first month of stay), no serious somatic illness symptoms and symptoms of limited injury of OUN, age 14-19 years, no symptoms of mental disorders or mental disease, agreement of the respondent and his/her parents as to participate in the surveys. The control group (GK) consisted of 301 people, who met the criteria of being selected to the study group with no inquiry towards abusing psychoactive substances. Respondents were chosen randomly from entire Poland. Group of respondents consisted of 100 people.

In the group of young people abusing psychoactive substances the following groups were distinguished: youth abusing alcohol beverages and youth abusing drugs.

In group of people abusing psychoactive substances (G-NU) the following groups were distinguished: youth abusing alcohol beverages (G-Al) and youth abusing drugs (G-Nar).

In the group of youth there were 54 boys abusing drugs (100%) and 46 boys abusing alcohol (100%).

In the subgroup of youth abusing drugs most of respondents were between 16-17 years old, very little between 18-19 years old. There were 11 respondents at the age of 14-15.

In the subgroup of youth abusing alcohol most respondents were between 16-17 years old, very little between 14-15 years old (2.7%). There were 10.40% respondents between 18-19 years old.

In those groups most people were high school students, with learning difficulties - that is why in-day youth centers education is crucial.

In the subgroup of youth abusing drugs most of respondents were attending high school. In the subgroup of youth abusing alcohol central tendency could not be defined as almost 26% of respondents were high school students (gymnasium), 24% high school students, 24% technical high school students and 20% trade school students.

In this study the following methods were used: Health Criteria's List (LKZ) of J. Juczyński, Personal Values List (LWO) of Z. Juczyński and Sheller's Values Scale (SWS).

Health Criteria's List

The List contains 24 statements describing positive elements of different dimensions of physical, psychical and social health. Additional criteria can be added to the list. Respondent marks his/hers preferences pointing which of the given statements are important in health evaluation and from the chosen ones those which are the most important.

Average time of the survey is about 10 minutes.

Personal Values List (LWO) Z. Juczyński

The List allows to estimate health value in the context of other important personal goods and values. Such estimation can be important for understanding of health behaviour and style of life.

Sheller's Value Scale (SWS)

Sheller's Value Scale consists of 50 values. Those values (their names) create six basic scales. They are subscales of such values as: Hedonistic (H), Vital (V), Aesthetical (E), Truth (P), Moral (M) and Sacred (S). Statistic analysis results also allowed to distinguish four factor subscales. Subscale of Vital values disintegrates to two factor subscales: Efficiency and Physical Strength (SSF) and Stamina (Wyt.). Subscale of Sacred Values disintegrates to Laic Sacredness (ŚŚ) and Religious Sacredness (ŚR).

RESULTS

Analysis of the results of many variables was made as to find significant differences between youth abusing psychoactive substances and people from control group in terms of system of values. Results given below also show significant differences in subgroups in the group of youth abusing psychoactive substances.

Scope of different dimensions of physical, psychical and social health estimated by LKZ scale shows significant differences between groups of respondents in terms of 20 statements.

For the youth from the group abusing psychoactive substances on the list of health criteria the highest ranks are occupied by: well-being, ability to solve problems, lack in doctors visits, work and various interests, no physical ailments, good mood.

For the youth from control group the most important statements from the list of health criteria are: identifying health with old age, preventive treatments, somatic health, physical and psychical efficiency (Table 1).

Happiness symbols

In terms of happiness symbols in the studied subjects with LWO scale also significant statistic differences appeared. The youth from NU group consider health as: being needed by others (the highest rank), big circle of friends, good

TABLE 1. Differences between group NU and GK in terms of health as a value estimated with scale of Health Criterias List – LKZ.

Scales	NU		GK		Mann-Whitney's Test	
	M	SD	M	SD	Z	p.i.
Prosperity	3.61	0.83	1.89	0.92	11.08	***
Living until the old age	2.43	1.92	4.12	1.29	-6.83	***
Being happy for most of the time	2.22	0.52	1.69	1.33	8.16	***
Be able to get along with others	2.70	0.94	3.77	0.69	-10.66	***
Be able to solve one's problems	4.08	0.79	1.78	0.53	12.85	***
Eat properly	2.85	1.35	2.19	1.25	4.15	***
Be rested, have a good sleep	1.94	1.14	2.32	1.42	-1.39	n.i.
Drink small amounts of alcohol or do not drink at all	2.65	1.00	3.01	1.48	-1.73	n.i.
Do not smoke	1.81	0.91	4.11	1.15	-11.45	***
Have proper body weight	2.04	1.00	1.88	0.91	1.16	n.i.
Take medicine only when necessary	1.86	0.55	1.74	0.91	2.77	**
Be in a good mood	3.38	0.55	1.58	0.64	13.01	***
Do not hale physical ailments	3.69	1.24	1.88	0.93	9.99	***
Work with no tension or stress	3.04	1.24	1.49	0.58	9.05	***
Do not get sick, flue rarely indigestion	3.12	1.00	1.80	1.10	8.78	***
Have healthy eyes, hair, skin	3.01	0.99	4.02	1.46	-7.11	***
Be able to adjust to life changes	2.78	0.98	3.60	1.87	-4.30	***
Enjoy life	3.13	0.96	2.56	1.27	4.52	***
Be responsible	3.34	0.54	1.23	0.48	13.84	***
Be able to control one's feelings and desires	2.69	1.34	3.62	1.90	-5.73	***
Have a skillful body	2.65	1.49	4.34	0.58	-9.46	***
Accept one's body, be aware of abilities and lacks	2.32	0.90	1.90	0.31	4.97	***
Having a job and various intrests	3.88	1.29	1.03	0.23	13.61	***
Feel good	4.34	0.82	2.38	1.05	10.87	***
Do not need to see doctor	3.69	1.62	2.31	0.95	8.15	***
Other, please specify	1.61	0.71	1.81	0.98	-0.88	n.i.

* p ≤ 0.05; ** p ≤ 0.01; *** p ≤ 0.001.

health. The youth from GK group considers happiness as: good health, satisfying job, happy family life (Table 2).

Personal values

In terms of personal values estimated by LWO scale also significant statistic differences appeared. The youth from NU group estimate: sense of humour, kindness, sensitivity and richness the most, youth from the control group valued love and friendship, good health, kindness and sensitivity, the most (Table 2).

TABLE 2. Differences between youth abusing psychoactive substances (NU) and youth from control group (GK) in terms of happiness symbols and personal values estimated by Personal Values List – LWO.

Scales	NU		GK		Mann-Whitney U Test	
	M	SD	M	SD	Z	p.i.
Circle of friends	3.42	1.76	2.84	1.16	2.57	**
Happy family life	3.38	1.69	3.44	1.53	0.47	n.i.
Having satisfying job	2.13	0.77	3.44	1.05	-8.92	***
Success in studies and work	2.43	1.49	1.69	1.15	3.58	***
Good health	3.40	1.10	3.58	1.48	-2.01	*
Be needed by others	4.13	0.75	3.21	1.10	6.97	***
Good material conditions	1.61	1.32	1.99	0.39	-8.47	***
Adventurous life	3.80	1.11	3.08	1.95	0.60	n.i.
Celebrity, popularity	2.83	1.01	1.29	0.71	11.91	***
Love, friendship	2.18	1.60	4.10	1.18	-8.40	***
Good health, being physically and physically efficient	2.78	1.39	3.69	1.54	-4.38	***
Sense of humour	4.69	0.69	3.06	1.43	8.29	***
Intelligence, brightness	3.03	1.13	2.88	0.72	0.19	n.i.
Knowledge, wisdom	2.41	0.92	2.19	1.45	3.63	***
Courage, firmness	3.16	1.20	3.25	0.93	1.60	n.i.
Enjoyment, delight	2.39	0.85	1.34	0.92	9.15	***
Kindness, sensitivity	3.63	1.85	3.34	1.03	4.29	***
Appearance, presence	1.17	0.57	2.66	1.46	-8.00	***

* p ≤ 0.05; ** p ≤ 0.01; *** p ≤ 0.001.

Values scale

Between groups of respondents tested by Sheller's Value Scale significant differences were marked in terms of results for all values: hedonistic (H), vital (W), aesthetic (E), sacred (S), truth (P) and moral needs (M).

Tested group values hedonistic ideas more: prosperous life, erotic love, possession, enjoyment, delight, comfort, rest, fancy way of life. High ranks also were occupied by: truth (P), moral values (M), aesthetics (E) and sacred (S) – this, in terms of own group, as in comparison to the control group, those values occupied lower ranks. Summing up, it can be stated that the group of respondents wants to lead placid, prosperous life without worries but fancy.

In the scope of values estimated by SWS scale significant statistic differences were shown between groups in terms of physical efficiency and strength, stamina and religious sacred subscale (Table 3).

TABLE 3. Differences between youth abusing psychoactive substances (NU) and youth from control group (GK) in terms of value system estimated by Sheller's Value Scale (SWS).

Scales	NU		GK		Test <i>t</i>		
	M	SD	M	SD	t	df	p.i.
Hedonistic values	74.82	16.68	64.99	16.02	4.63	242	***
Vital Values	47.25	20.67	67.34	16.47	-8.10	181	***
Aesthetic Values	54.85	22.43	63.26	16.44	-3.20	170	**
Truth Values	69.54	18.29	78.63	15.90	-4.13	242	***
Moral Values	71.47	15.34	81.27	14.45	-5.08	242	***
Sacred Values	54.27	22.72	65.55	20.99	-3.99	242	***
Fitness and physical strength	66.26	29.81	73.28	17.21	-2.12	145	*
Stamina	45.41	23.58	63.51	20.57	-6.36	242	***
Lay Sacred	48.81	27.34	58.37	24.69	-2.85	242	**
Religious Sacred	62.99	27.51	76.62	19.80	-4.25	168	***

* $p \leq 0.05$; ** $p \leq 0.01$; *** $p \leq 0.001$.

Health as a value

In terms of different dimensions of physical, psychological and social health estimated by LKZ scale, differences occurred between the studies subgroups in the NU subgroup with regard to 12 statents. For youth abusing drugs (G-Nar) psychological and social health criteria are statistically evaluated lower in comparison to subgroup of youth abusing alcohol (G-AI) (Table 4). Differences between the youth abusing drugs (G-Nar) and the youth abusing alcohol (G-AI) with regard to health as a value measured with List of Health Criteria – LKZ.

Happiness symbols

In terms of happiness symbols estimated by LWO scale there were no statistically significant differences between subgroups of respondents.

Personal values

In terms of personal values there were differences in two magnitudes. Youth from Nar subgroup statistically more often emphasized the value of courage and outlook than youth from AI subgroup (Table 5).

Differences between the youth abusing drugs (G-Nar) and the youth abusing alcohol (G-AI) with regard to List of Personal Values – LWO

Value scale

In SWS scale differences in scales containing Sacred values and physical efficiency (SSF) appeared between the studied subgroups. For youth abusing drugs Sacred Values(S) such as: Good, religion, eternal life, were valued less than for youth abusing alcohol. Similar regularity appeared in terms of physical efficiency and strength (SSF) as a value. Under aged drug addicts value physical efficiency and strength less then under aged boys abusing alcohol (Table 6).

TABLE 4. Differences between youth abusing drugs (G-Nar) and youth abusing alcohol (G-AI) in terms of health as a value estimated by Health Criteria's List scale – LKZ.

Scale	G-Nar		G-AI		Mann-Whitney U Test	
	M	SD	M	SD	Z	p.i.
Prosperity	2.61	1.97	2.22	1.86	1.00	n.i.
Living until the old age	2.26	0.59	2.17	0.44	0.86	n.i.
Being happy for most of the time	2.80	1.07	2.59	0.75	1.87	n.i.
Be able to get along with others	4.06	0.79	4.11	0.80	-0.47	n.i.
Be able to solve one's problems	2.37	1.48	3.41	0.91	-4.05	***
Eat properly	2.13	1.20	1.72	1.03	1.74	n.i.
Be rested, have a good sleep	2.76	1.06	2.52	0.91	1.14	n.i.
Drink small amounts of alcohol or do not drink at all	1.67	0.95	1.98	0.83	-2.70	**
Do not smoke	2.43	1.07	1.59	0.69	3.98	***
Have proper body weight	1.87	0.58	1.85	0.51	0.10	n.i.
Take medicine only when necessary	3.43	0.57	3.33	0.52	1.23	n.i.
Be in a good mood	3.81	1.26	3.54	1.21	1.38	n.i.
Do not hale physical ailments	2.85	1.27	3.26	1.18	-1.65	n.i.
Work with no tension or stress	3.33	0.95	2.87	1.00	2.32	*
Do not get sick, flu rarely indigestion	2.74	0.96	3.33	0.94	-2.95	**
Have healthy eyes, hair, skin	2.96	1.01	2.57	0.91	2.02	*
Be able to adjust to life changes	3.43	0.90	2.78	0.92	3.36	***
Enjoy life	3.22	0.54	3.48	0.51	-2.34	*
Be responsible	2.43	1.37	3.00	1.25	-2.21	*
Be able to control one's feelings and desires	2.24	1.49	3.13	1.36	-2.89	**
Have a skilful body	2.04	0.73	2.65	0.97	-3.62	***
Accept one's body, be aware of abilities and lacks	3.70	1.25	4.09	1.31	-2.08	*
Having a job and various intrests	4.35	0.59	4.33	1.03	-1.04	n.i.
Feel good	3.04	1.75	4.46	1.03	-4.48	***
Other, please specify	1.56	0.86	1.67	0.47	-2.06	*

* $p \leq 0.05$; ** $p \leq 0.01$; *** $p \leq 0.001$.

Differences between the youth abusing drugs (G-Nar) and the youth abusing alcohol (G-AI) with regard to the system of values measured with Scheller Value Scale – SWS.

TABLE 5. Differences between youth abusing drugs (G-Nar) and youth abusing alcohol (G-Al) in terms of personal values estimated by Personal Value List – LWO.

Scale	G-Nar		G-Al		Mann-Whitney U Test	
	M	SD	M	SD	Z	p.i.
Circle of friends	3,31	1,81	3,54	1,71	-0,59	n.i.
Happy family life	3,69	1,54	3,02	1,79	1,83	n.i.
Having satisfying job	2,19	0,78	2,07	0,77	0,95	n.i.
Success in studies and work	2,48	1,55	2,37	1,42	0,41	n.i.
Good health	3,22	1,13	3,61	1,04	-1,72	n.i.
Be needed by others	4,22	0,69	4,02	0,80	1,24	n.i.
Good material conditions	1,63	1,34	1,59	1,31	0,31	n.i.
Adventurous life	3,85	1,04	3,74	1,20	0,37	n.i.
Celebrity, popularity	2,74	0,97	2,93	1,04	-0,95	n.i.
Love, friendship	2,24	1,67	2,11	1,52	0,43	n.i.
Good health, being physically and physically efficient	2,83	1,34	2,72	1,46	0,68	n.i.
Sense of humour	4,69	0,72	4,70	0,66	-0,03	n.i.
Intelligence, brightness	2,93	1,06	3,15	1,21	-0,96	n.i.
Knowledge, wisdom	2,50	1,02	2,30	0,79	0,86	n.i.
Courage, firmness	3,13	1,23	3,20	1,17	-0,10	n.i.
Enjoyment, delight	2,59	0,69	2,15	0,97	2,67	**
Kindness, sensitivity	3,80	1,78	3,43	1,92	0,91	n.i.
Appearance, presence	1,28	0,74	1,04	0,21	2,00	*
Circle of friends	3,61	0,83	3,61	0,83	0,23	n.i.

* $p \leq 0,05$; ** $p \leq 0,01$; *** $p \leq 0,001$.

TABLE 6. Differences between youth abusing drugs (G-Nar) and youth abusing alcohol (G-Al) in terms of value system estimated by Sheller's Value Scale – SWS

Scale	G-Nar		G-Al		t Test		
	M	SD	M	SD	t	df	p.i.
Hedonistic values	74,28	16,24	75,46	17,34	-0,35	98	n.i.
Vital Values	46,89	21,14	47,67	20,32	-0,19	98	n.i.
Aesthetic Values	51,13	22,68	59,22	21,56	-1,82	98	n.i.
Truth Values	69,22	18,59	69,91	18,14	-0,19	98	n.i.
Moral Values	70,81	14,93	72,24	15,94	-0,46	98	n.i.
Sacred Values	49,19	21,96	60,24	22,37	-2,49	98	**
Fitness and physical strength	57,89	28,74	76,09	28,28	-3,18	98	**
Stamina	46,02	22,37	44,70	25,16	0,28	98	n.i.
Lay Sacred	44,67	26,68	53,67	27,59	-1,66	98	n.i.
Religious Sacred	58,65	27,79	68,09	26,57	-1,73	98	n.i.

* $p \leq 0,05$; ** $p \leq 0,01$; *** $p \leq 0,001$

DISCUSSION

On the list of health criteria of youth abusing psychoactive substances the highest ranks were occupied by: well-being, ability to solve problems, lack in doctors visits, lack in physical ailments, good mood. They consider happiness as circle of friends and good health.

Particularly they valued such hedonistic magnitudes as prosperous life, erotic love, enjoyment, delight, comfort, rest and fancy life. Health and love among the most approved life desires and endeavors were mentioned by youth abusing psychoactive substances in Cekiery surveys [1]. In Goff and Goddard [2] surveys having fun and enjoyment as predominant values were mentioned among adolescents abusing psychoactive substances. Similarly predominance of hedonistic values as one of the best prognostics of abusing psychoactive substances were showed in surveys among Croatians youth [7]. New experience as a desire [8] to look for intense sensation [9, 10] is connected with reaching for alcohol beverages by adolescents. It is worth mentioning that Kamakura and Nowak [11] think that hedonism (fun, pleasure) is self oriented while empathy (warm relationship with others) is oriented towards others, which seems to correspond with lack in interpersonal relations of tested group of adolescents.

CONCLUSION

Reassuring, all obtained results show existence of correlation between risk behaviors for health and life and psychological variables. Review of results of particular statistic analysis shows relationships between value system and symptoms of risk behavior in the youth group. Multidimensional correlations were determined, which authorize us to make a statement that psychosocial variables such as: difficulties in hierarchy of the value system, low status of health as a value, can explain symptoms of risk behavior as stated by youth. The results can be used for designing programs and groups of support for youth abusing psychoactive substances.

REFERENCES

1. Cekiery C. Toksykomania. Warszawa: PWN; 1985.
2. Goff BG, Goddard HW. Terminal core values associated with adolescent problem behaviors. *Adolescence*. 1999;34(133):47-60.
3. Hyland M. Health and values: the values underlying health measurement and health resource. *Psychol Health*. 1997;12:389-403.
4. WHO, Health Promotion: a Discussion Document on the Concept and Principles, World Health Organization. Geneva; 1984.
5. Kaplan GD, Cowles A. Health locus of control and health value in the prediction of smoking reduction. *Health Educ Monogr*. 1978;6:129-37.
6. Weiss GL, Larsen DL. Health value, health locus of control, and the prediction of health protective behaviors. *Soc Behav Pers*. 1990;18:121-36.
7. Ljubotina D, Jukić V. Prevalence and risk factors of substance use among urban adolescents: questionnaire study. *Croat Med J*. 2004;45(1):88-98.
8. Cooper ML. Motivations for alcohol use among adolescents: development and validation of a four-factor model. *Psychol Assess*. 1994;6:117-28.
9. Arnett J. Sensation seeking: a new conceptualization and a new scale. *Pers Individ Dif*. 1994;16:289-96.
10. Comeau N, Stewart SH, Loba P. The relations of trait anxiety, anxiety sensitivity, and sensation seeking to adolescents' motivations for alcohol, cigarette, and marijuana use. *Addict Behav*. 2001;26: 803-25.
11. Kamakura WA, Novak TP. Value-system segmentation: Exploring the meaning of LOV. *J Consum Res*. 1992;19(2): 119-32.

Informacje o Autorach

Dr hab. n. med. MARTA MAKARA-STUDZIŃSKA – adiunkt, mgr KATARZYNA SIDOR – Klinika Psychiatrii Uniwersytetu Medycznego w Lublinie; lek. stom. MARZENA PUCEK – Klinika Zdrowego Uśmiechu w Lublinie

Adres do korespondencji

Marta Makara-Studzińska
Klinika Psychiatrii UM w Lublinie
ul. Głuska 1, 20-442 Lublin