Thus, our hypothesis was confirmed, according to which the success or failure, and the experience of flow or anti-flow are vastly influenced by the central coping strategy, the Psychological Immune System. For the presented situation the cure would be a change of perspective, according to which health development becomes a life programme. The most important place for fighting deviant behaviour in young adults is at school but there is a need for the acceptance of school mental hygiene, and recognition of the need for health education.

A change of perspective means that schools need to apply positive mental hygiene concepts, to become a place for psychological growth, to emphasise the development of personality, individuality, self-efficiency, independence and activeness of the person (empowerment effect). There is a need for prevention programmes that aim to develop the abilities of teenagers, in order for them to be able to better cope with risk factors. Such programmes can be, e.g., stress management programmes, where different techniques of handling problem situations are taught, and effective methods for releasing tension. The programmes for developing emotional intelligence are also effective where young people could learn to handle their feelings and recognise and handle other people’s feelings.

Communication programmes would be very useful for teaching teenagers adaptive communication schemes, as they would be able to use these effectively with their peers and their parents. The future image of teenagers can be formed by a similar programme, by teaching them to plan their life, handle time effectively.

Teaching the ability to manage life (problem solving, communication, assertiveness) helps not only to effectively fight drug abuse, but can be used in more areas of life. The final goal is to enhance teenagers’ quality of life.

**Bibliography**


