

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**DEBELOST V OBDOBJU MLADOSTNIKA IN  
ZDRAVSTVENOVZGOJNO DELO MEDICINSKE SESTRE**

**OBESITY IN ADOLESCENCE AND HEALTH EDUCATION WORK OF  
THE NURSE**

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## POVZETEK

**Uvod:** Debelost je postala javno zdravstveni problem. Vzrokov zanjo je več, poglavitna sta premajhna telesna aktivnost in nepravilno prehranjevanje. Debelost pri mladostnikih prinaša tudi zdravstvene težave, posledično tudi težave v odrasli dobi življenja. Preventiva in zdravstvena vzgoja pri debelosti sta ključni. Namen raziskave je bil ugotoviti, koliko so mladostniki Osnovne šole Ivana Kavčiča Izlake seznanjeni z debelostjo, kakšen pomen pripisujejo zdravstvenovzgojnemu delu medicinske sestre in koliko poznajo preventivne programe ter aktivnosti za preprečevanje debelosti.

**Metoda:** Raziskava je temeljila na kvantitativni metodi raziskovanja, metodi deskripcije. Uporabili smo tehniko anketiranja. Za instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature. Uporabili smo neslučajnostni, priložnostni vzorec, v katerega smo vključili 80 učencev Osnovne šole Ivana Kavčiča Izlake. Izpoljenih in vrnjenih je bilo 80 anketnih vprašalnikov, kar predstavlja stodontno realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2010.

**Rezultati:** Od 80 anketiranih mladostnikov jih je 78 (78 %) že slišalo za debelost, samo dva (2 %) še nista slišala za debelost. Pri vzrokih za debelost jih je 75 (94 %) odgovorilo, da je vzrok debelosti nepravilno prehranjevanje, in 63 (79 %) jih je odgovorilo, da je vzrok nezadostna telesna aktivnost. Pri zdravstvenovzgojnem delu medicinske sestre jih je 49 (61 %) menilo, da je to pomembno, 16 (20 %) jih je menilo, da to ni pomembno, 15 (19 %) se jih ni moglo opredeliti, ali jim je pomembno ali ne.

**Razprava in sklep:** Ugotovili smo, da so mladostniki dobro ozaveščeni o debelosti, prav tako o posledicah in vzrokih debelosti. Mladostniki dobro poznajo programe, ki promovirajo zdrav življenjski slog, morda bi morali izvajalci zdravstvenovzgojnega delovanja in tudi država še več poudarka nameniti izvedbi preventivnih programov. Medicinska sestra ima pomembno vlogo pri izobraževanju mladostnikov o pomenu pravilne prehrane in telesne aktivnosti.

**Ključne besede:** debelost, mladostniki, medicinska sestra, prehrana in gibanje, zdravstvena vzgoja.

## SUMMARY

**Introduction:** Obesity has become a public health problem. There are several causes for obesity in adolescents; the main causes for it are insufficient physical activity and an unhealthy diet. Obesity in adolescents brings with it a number of health problems, and may consequently increase the risk for a number of health problems also in adult life. When dealing with obesity, prevention and health education work are of key importance. The purpose of this study was to determine to which extent the adolescents are acquainted with obesity, how much importance they attach to the health education work of the nurse, and how familiar they are with the prevention programs and activities for obesity prevention.

**Method:** The research was based on the quantitative research method, the method of description. We used the survey technique. As the instrument, we used the survey questionnaire, which we designed on the basis of a literature review. We used a non-random, convenience sample, in which we included 80 pupils from the Elementary School »Ivan Kavčič« in Izlake. Out of the 80 distributed survey questionnaires, 80 were completed and returned, which represents 100% realization of the sample. Data were collected and processed with the program »Microsoft Office Excel 2010«.

**Results:** Out of the 80 surveyed adolescents, 78 (78 %) have already heard of obesity, and only 2 (2 %) of them have not yet heard of obesity. When asked about the cause of obesity, 75 (94 %) of the respondents answered that the cause of obesity was an unhealthy diet, and 63 (79 %) answered that the cause was insufficient physical activity. When talking about the health education work of the nurse, 49 (61 %) of the respondents were of the opinion that it is important, 16 (20 %) of them were of the opinion that it is not important, whereas 15 (19 %) of them could not define whether or not the health education work is important to them.

**Discussion and conclusion:** We have established that adolescents are well informed about obesity, as well as about the causes and consequences of it. Adolescents are well acquainted with prevention programs that promote a healthy lifestyle, perhaps providers of health education and the state should place an even greater emphasis on the implementation of prevention programs. The nurse plays an important role in educating adolescents about the importance of a healthy diet and physical activity. Also the adolescents ascribe great importance to the health education work of the nurse.

**Keywords:** obesity, adolescents, nurse, nutrition and physical activity, health education.