

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**RAZŠIRJENOST KAJENJA MED DIJAKI SREDNJE  
ZDRAVSTVENE ŠOLE V ZASAVSKI REGIJI**

**THE PREVALENCE OF SMOKING AMONG NURSING STUDENTS  
OF SECONDARY SCHOOL IN THE REGION OF ZASAVJE**

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## IZVLEČEK

**Uvod:** Kajenje je najpogostejša zloraba psihoaktivnih snovi med mladimi. Ni le razvada, temveč resen zdravstveni problem. Škoduje vsakemu organu v človeškem telesu, negativno vpliva na zdravje mladostnika in povzroča odvisnost. Pomembno je zdravstveno vzgojno delo medicinske sestre, s katerim ozavešča mlade o nevarnosti kajenja in pomembno vpliva na preprečevanje kajenja. Z raziskavo smo želeli ugotoviti razširjenost kajenja med dijaki srednje zdravstvene šole v Zagorju.

**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 strokovne/znanstvene literature. Uporabili smo neslučajnostni, priročni vzorec, v katerega smo vključili 195 dijakov srednje šole – program zdravstvena nega. Pravilno izpolnjenih je bilo 169 anketnih vprašalnikov, kar predstavlja 86,7 % realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2010.

**Rezultati:** V prvem letniku je poskusilo kaditi 19 (11,2 %) anketiranih dijakov, v drugem 25 (14,8 %), v tretjem 32 (18,9 %) in v četrtem 29 (17,2 %), kar je več kot polovica vseh anketiranih dijakov. 111 (66 %) anketiranih dijakov je nekadilcev in 58 (34 %) kadilcev. Vsak dan kadi 29 (17,2 %) anketiranih dijakov, vsak drugi dan 5 (2,9 %), enkrat tedensko 9 (5,2 %) in 15 (8,7 %) dijakov, kadar so pijani. Za 20 (11,6 %) anketiranih dijakov so glavni dejavniki, ki vplivajo, da kadijo, prijatelji, za 2 (1,2 %) starši, za 20 (11,6 %) je glavni vpliv radovednost, na 16 (9,3 %) anketiranih dijakov kadilcev pa vpliva stres. Zaradi škodljivosti bi prenehalo kaditi 29 (50 %) vseh anketiranih dijakov kadilcev, 12 (20,7 %) dijakov kadilcev ne bi prenehalo kaditi kljub škodljivosti, medtem ko jih 17 (29,3 %) ne ve, če bi prenehalo kaditi. Številko na cigaretni škatli, kot program opuščanja, pozna 88 (52 %) anketiranih dijakov, program »Proste roke – čista pljuča« jih pozna 12 (7,1 %), akcijo HELLP 22 (13 %), nobenega programa ne pozna 44 (26 %), razne brošure in letake 3 (1,9 %) anketirani dijaki.

**Razprava in sklep:** Raziskava je pokazala, da je kajenje še vedno velik problem med mladimi, saj jih večina poskusi kaditi v osnovni šoli, z rednim kajenjem pa prične v srednji šoli. Da začnejo dijaki kaditi, imata velik vpliv družba in osebnost posameznika. Dijaki pričnejo s kajenjem predvsem zaradi radovednosti, prijateljev, razpoloženja ... Večina dijakov je seznanjena s škodljivostjo kajenja, velik odstotek pa jih že razmišlja o prenehanju kajenja.

Zdravstveno vzgojni programi, šola in širša okolica imajo velik pomen ter vpliv na pravočasno izobraževanje in ozaveščanje mladih za preprečevanje začetkov kajenja in drugih odvisnosti. V srednjih šolah bi morale delovati t.i. šolske medicinske sestre, ki bi aktivno ozaveščale mlade o pomenu zdravega življenjskega sloga.

**Ključne besede:** problematika kajenja, mladostnik, odvisnik, promocija zdravja.

## **ABSTRACT**

**Introduction:** Smoking is the most frequent abuse of psychoactive substances among young people. It is not just a bad habit but also a serious health issue. It is damaging to every organ in human's body, it is detrimental to health and highly addictive. Nursing care education provided by nurses is important because it raises the awareness of the harmful effects of smoking and has a significant effect on the prevention of smoking. The study determines the prevalence of smoking among pupils of secondary school in Zagorje.

**Method:** The study was based on the quantitative research method; the descriptive method with interviewing. We used a survey questionnaire based on professional and scientific literature. The pattern used was non-concidental pattern that included 195 nursing students enrolled in the health care education programme. 169 questionnaires were correctly completed, which represents 86.7% of the pattern. Data were collected and analysed with Microsoft Office Excel 2010.

**Results:** There are 19 (11.2%) first-year surveyed students who tried smoking, 25 (14.8%) second-year students, 32 (18.9%) third-year students and 29 (17.2%) fourth-year students which is more than half of all surveyed students. There are 111 (66%) non-smokers and 58 (34%) smokers. There are 29 (17.1%) smokers who smoke every day, 5 (2.9%) smokers who smoke every day other, 9 (5.2%) student smokers who smoke once a week and 15 (8.7%) smokers who smoke under the influence of alcohol. The main reasons for smoking for 20 (11.6%) student smokers are their smoking friends, for 2 (1.2%) students their parents, for 20 (11.6%) smoking students the main reason is curiosity while for 16 (9.3%) students smoking is the result of stress. 29 (50%) of all surveyed smoking students would quit smoking because of its harmful effects, 12 (20.7%) smoking students would not stop smoking whereas 17 (29.3%) do not know whether they would stop. The telephone number on the cigarette pack for the quit smoking programme is familiar to 88 (52%) surveyed students, "Free hands – clean lungs" is to 12 (7.1%) students, HELPP programme to 22 (13%) students whereas 44 (26%) students do not know of any kind of programme and 3 (1.9%) students are familiar with brochures and pamphlets.

**Discussion and conclusion:** The study shows that smoking is still a large problem among young people. Most of them have already tried smoking in elementary school and started smoking regularly in secondary school. The main influences on the beginning of smoking are their company and personality of the individual. Students start smoking mainly because of their curiosity, friends and mood. Most students are aware of harmful effects of smoking while a large percentage of them have already been thinking about giving up smoking. Health care educational programmes, school and surroundings have great importance and impact on the education and awareness of young people to prevent the beginning of smoking and other addictions. In secondary schools there should be the so-called school nurses who would raise awareness about the importance of a healthy lifestyle.

**Key words:** problem of smoking, teenager, addict, health promotion.