

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**PROMOCIJA DUŠEVNEGA ZDRAVJA IN PREVENTIVA
DUŠEVNIH MOTENJ PRI MLADOSTNIKI**

**MENTAL HEALTH PROMOTION AND PREVENTION OF
MENTAL DISORDERS IN ADOLESCENCE**

Študentka: VIKICA ŠTEKOVIĆ

**Mentorica: pred. ANDREJA KRANJC, viš. med. ses., univ. dipl.
org.**

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IZVLEČEK

Uvod: Čedalje več je mladostnikov s psihiatričnimi težavami, ki so hospitalizirani. Vladne institucije po celem svetu so zato posvetile pozornost in več finančnih sredstev za promocijo in preventivo duševnih motenj. S pomočjo ankete smo med starši in devetošolci odkrivali, koliko so deležni promocije in preventive na tem področju in kakšne spremembe si želijo.

Namen: Namen diplomske naloge je bil predstaviti in analizirati problem pomanjkanja promocije duševnega zdravja in preventive duševnih motenj mladostnikov v Sloveniji.

Metode dela: Uporabljena je bila deskriptivna metoda s študijem domače in tuje literature in tudi deduktivna metoda ter metoda analize dokumentov in analize anketnega vprašalnika.

Rezultati: Rezultati so pokazali, da mladostniki in njihovi starši menijo, da v večjih krajih mladostniki lažje pridejo do psihiatrične pomoči, informacij, promocije in preventive. Predavanj na temo duševne motnje in duševnega zdravja pri mladostnikih je v šolah organiziranih zelo malo, delavnic pa sploh ni. Mladostniki dobijo največ informacij na to temo pri starših, šolskem psihologu ali osebnem zdravniku. Starši pa si informacije poiščejo predvsem v strokovnih knjigah, na televiziji, internetu in v časopisu. Menijo, da bi predavanja na to temo in informacije morale potekati v šolah v večji meri kot je to zdaj.

Razprava in sklep: V Sloveniji je veliko dobrih idej in programov, vendar ni realizacije. Potrebujemo več spodbude in volje ter boljšo organiziranost in nadzor nad nevladnimi organizacijami, ki jih na tem področju financira vlada.

Ključne besede: promocija duševnega zdravja in preventiva duševnih motenj pri mladostnikih, mladostniki, šola, starši, medicinska sestra.

ABSTRACT

Introduction: There are more and more hospitalized adolescents with psychiatric problems. Government institutions worldwide have therefore focused their attention and more funding for promotion and prevention of mental disorders. Through survey among parents and nine graders we have been discovering the amount of promotion and prevention they receive and what they want.

Purpose: The purpose of this diploma is to present and analyze the problem of lack of mental health promotion and prevention of mental disorders in adolescents in Slovenia.

Methods: A descriptive method of studying domestic and foreign literature as well as a deductive method has been used in addition to the method of document analysis and questionnaire analysis.

Results: The results showed that adolescents and their parents believe that it is easier to get psychiatric help, information, promotion and prevention in bigger cities. Very little lectures of mental disorders and mental health in adolescence are organized in school, but none workshop of this theme. The most information the adolescents get from their parents, in school and from doctor. The parents look for information in professional book, on TV, internet and a newspaper mostly. They think that the lectures of this theme and information must be more than now in school.

Discussion and conclusion: In Slovenia is a lot of good ideas and programs, but without realization. We need more stimulation, good will and better organization and control un-governmental institutions, which are financed by government on this field of work.

Key words: mental health promotion, prevention of mental disorders in adolescents, adolescents, school, parents, nurse.

