

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**VPLIV DRUŽINE NA DUŠEVNO ZDRAVJE OTROK**

**THE INFLUENCE OF FAMILY ON THE MENTAL HEALTH  
OF CHILDREN**

**Študentka: NATAŠA PAVLOVIĆ**

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## POVZETEK

**Uvod:** Zaradi izrazitega povečanja težav z duševnim zdravjem in nekaterih duševnih motenj postaja duševno zdravje otrok pomembna tema. Zato je potrebno nadaljnje izvajanje strategij in ukrepov za krepitev duševnega zdravja otrok kot tudi zagotavljanje varnega in spodbudnega okolja, ki preprečuje duševne težave v otroštvu. Namen raziskave je ugotoviti vpliv družine na duševno zdravje otrok.

**Metoda:** Za izdelavo diplomskega dela smo uporabili kvantitativni raziskovalni pristop. Za raziskovalno metodo smo uporabili deskriptivno kavzalno neeksperimentalno metodo empiričnega raziskovanja. Za zbiranje empiričnih podatkov smo uporabili tehniko anketiranja, kot instrument pa anketni vprašalnik, ki je sestavljen izključno za obravnavano temo. Uporabili smo neslučajnostni, priložnostni vzorec, ki je zajemal 100 staršev, katerih otroci so stari tri leta. Realizacija vzorca je 59 %.

**Rezultati:** Dobljeni podatki dokazujejo, da se starši zavedajo pomena (duševnega) zdravja za uspešen razvoj in funkcioniranje otrok v družini. Ugotovili smo, da 93,2 % staršev meni, da ima družina zelo velik vpliv na duševno zdravje otroka. 96 % staršev meni, da bi k boljšemu duševnemu zdravju otrok pripomogli s primerno komunikacijo, pozitivnim vedenjskim vzorcem v družini in čustveno ugodnim okoljem. 63 % *anketiranih staršev pozna problematiko v povezavi z duševnim zdravjem otrok v Sloveniji kot razširjen pojav.* Za starše je najpomembnejši varovalni dejavnik duševnega zdravja znotraj družine zgled staršev. Tako se je opredelilo 84 % anketiranih, medtem ko največjo pomembnost v povezavi z dejavniki tveganja pripisujejo zanemarjanju in zlorabi otrok (86 %). Medicinska sestra ima po njihovem mnenju pomembno vlogo. 59 % staršev si želi pridobivati znanje preko kakovostnih vsebin, ki so ključne za zdrav razvoj otrok in za ustrezno ravnanje staršev z otroki.

**Razprava in sklep:** Družina je vrednota, skozi katero rastemo in se učimo. Občutek pripadnosti in dobro razumevanje med družinskimi člani pozitivno vpliva na duševno zdravje otrok. Zaskrbljujoče je, da **v zadnjih desetletjih pedopsihiatri ter drugi strokovnjaki beležijo močan porast obravnavanih otrok s simptomi depresije, nizkega samospoštovanja in asocialnimi vedenjskimi motnjami.** Prav zato je odkrivanje tveganja duševnih motenj pomembno odkriti že pri otrocih, saj hitro prepoznavanje in zdravljenje omili simptome morebitnih težav pri otroku. Delo medicinske sestre, ki temelji na zdravstveno vzgojnem svetovanju s področja preventive, vpliva na duševno zdravje otrok. Gre za proces aktivnega iskanja za otroka in starše najustreznejših rešitev ob pomoči medicinske sestre.

**Ključne besede:** zdravje, duševno zdravje, dejavniki tveganja, varovalni dejavniki otrok, družina, promocija, medicinska sestra

## SUMMARY

**Introduction:** Mental health of children is becoming an important topic, due to a sharp increase in mental health problems and some mental disorders. Therefore, further implementation of strategies and measures for strengthening the mental health of children is necessary, along with providing a safe and stimulating environment that prevents mental problems in children. The purpose of this research is to determine the influence of the family on the mental health of children.

**Method:** A quantitative research approach was used in this thesis. The descriptive causal non-experimental method of empirical research was used as a research method. In order to collect empirical data, we used the survey technique. A questionnaire was used as an instrument, which had been composed exclusively for this purpose. We used a random sample that included 100 parents of three-year-old children. The sample realization is 59 %.

**Results:** The data collected show that parents are aware of the mental health importance for the successful development and functioning of children in the family. We found that 93.2 % of parents believe that the family has a very strong influence on the mental health of a child. 96% of parents believe that proper communication, a positive behavioural pattern in the family and an emotionally favourable environment will help improve the mental health of children. 63% of parents know that the issues related to the mental health of children in Slovenia are a widespread phenomenon. Parents consider themselves to be the most important protective factor for mental health of children. 84% of respondents identified themselves as such, while the greatest importance in relation to risk factors is attributed to neglect and abuse of children (86 %). A nurse plays an important role in their opinion. 59% of parents want to gain knowledge using quality content, which is crucial for the healthy development and proper treatment of children.

**Discussion and conclusion:** A family is a value through which we grow and learn. The sense of belonging and good relations among family members positively influence the mental health of children. It is worrying that pedopsychiatrists and other experts have noticed a sharp increase of children with symptoms of depression, low self-esteem and asocial behavioural disorders in recent decades. This is why an early detection of the risk of mental disorders is important; quick recognition and treatment relieve potential problems in the child. A nurse's work, based on health education counseling in the field of prevention, affects the mental health of children. It is a process of active search for the most appropriate solutions for the child and parents with the help of a nurse.

**Keywords:** health, mental health, risk factors, child safety factors, family, promotion, nurse