

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**SEZNANJENOST MLADOSTNIKOV O NEVARNOSTI KAJENJA**

**AWARENES OF ADOLESCENTS ABOUT THE DANGER OF  
SMOKING**

**Študentka: SIMONA PLEVNIK**

**Mentorica: pred. IVANKA LIMONŠEK, dipl. m. s., univ. dipl. org.**

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## POVZETEK

**Uvod:** Kajenje je globalna katastrofa. Vsakih 6 sekund nekdo umre zaradi posledic kajenja tobaka. Mladi so posebna skupina, katerih zdravje je posebno in ranljivo. Kajenje namreč narašča ravno med mladimi, ko je njihova dovzetnost za bolezen veliko večja. Zdravstveno osebo ima pomembno vlogo na področju nadzora nad tobakom pri zdravstveno vzgojnih ukrepih. Z raziskavo smo želeli ugotoviti, koliko so mladostniki seznanjeni o škodljivosti kajenja in z dejavnostmi za preprečevanje kajenja ter kakšen pomen pripisujejo zdravstveno vzgojnemu delu medicinske sestre pri preventivi kajenja.

**Metoda:** V raziskavi smo uporabili kvantitativni raziskovalni pristop z metodo deskripcije. Uporabili smo strukturiran instrument v obliki anonimnega pisnega anketnega vprašalnika. Na osnovi pregledane literature smo ga razdelili na štiri sklope z 22 vprašanji. Uporabili smo neslučajnostni, priložnostni vzorec. V vzorec smo vključili učence Osnovne šole Lesično. Na anonimno anketo nam je odgovorilo 57 učencev od 5. do 9. razreda. Realizacija vzorca je bila 100-odstotna.

**Rezultati:** Na podlagi raziskav smo ugotovili, da učenci v 96,5 % poznajo zdravstvene posledice kajenja in v 98,3 %, da kajenje škoduje zdravju. Prišli smo do ugotovitev, da kljub temu 12 % anketirancev kadi. Le-ti so začeli v povprečju pri 12 letih. S strani medicinske sestre je bilo o škodljivosti kajenja seznanjenih samo 35,1 % učencev in 8,8 % učencev je bilo prisotnih na predavanju, kjer je medicinska sestra predstavila posledice kajenja. 52,6 % anketirancev si želi več informacij o škodljivosti kajenja.

**Razprava in sklep:** Iz raziskave je razvidno, da so mladostniki informirani o posledicah kajenja. Čeprav se posledic zavedajo, kljub temu kadijo. Raziskava je pokazala, da se učenci zavedajo škodljivosti kajenja in poznajo posledice kajenja. Pomembni so preventivni programi kajenja za mladostnike. Mladi se vedno bolj zgodaj srečujejo s kajenjem. Vzrok za to bi lahko bila premajhna intenzivnost osveščanja o škodljivosti kajenja, predvsem s strani medicinskih sester, saj imajo v osnovni šoli zelo malo predavanj o škodljivosti kajenja. Zdravstvena vzgoja o škodljivosti kajenja je izrednega pomena za preprečevanje kajenja, zato bi bilo potrebno več poudarka in časa nameniti izvajanju zdravstvene vzgoje.

**Ključne besede:** škodljivosti kajenja, zdravstveno vzgojno delo, kajenje, mladostniki, preprečevanje kajenja

## ABSTRACT

**Introduction:** Smoking is a global disaster. Every 6 seconds, someone dies due to smoking. The youth is a special group with especially vulnerable health. Namely, smoking is increasing among them and their susceptibility for diseases is greater. Healthcare personnel has a special role in the supervision of tobacco use through health education. The aim of the research was to find out to what extent the youth is familiar with the harmfulness of smoking and with the activities for the prevention of smoking, and what kind of importance do they contribute to the health education by nurses in the prevention of smoking.

**Method:** In our research, we used the quantitative research approach and the descriptive method. We used a structured instrument in a form of an anonymous written survey questionnaire. Based on the reviewed literature, the questionnaire was divided to four sections with 22 questions. We used an unrandom, occasional pattern. The pattern included students of the elementary school Osnovna šola Lesično. 57 students from 5th to 9th grade responded to the anonymous survey. The pattern realisation was thus 100 %.

**Results:** Based on the results we have established that the students are familiar with 96,5 % of the health impacts of smoking and 98,3 % of them know that smoking is harmful to their health. We have also established that 12 % of respondents smoke nonetheless. On average, they are 12 years old. Only 35,1 % of students were informed about the harmfulness of smoking by a nurse. Only 8,8 % of students attended a lecture on health effects of smoking held by a nurse. 52,6 % of respondents would like to know more about the harmfulness of smoking.

**Discussion and conclusion:** The research showed that the youth is well informed about the health effects of smoking. Even though they are aware of them, they still smoke. The research showed that the students are aware of the harmfulness of smoking and are familiar with the health effects of smoking. Programmes for the prevention of smoking are important for the youth. The youth is introduced to smoking ever earlier. The reason for it could be a low level of informing them about the harmfulness of smoking, especially by the nurses as there are not a lot of lectures on the harmfulness of smoking in elementary school. Health education about the harmfulness of smoking is highly important for the prevention of smoking; thus, more emphasis needs to be put on health education and more time invested in its realisation.

**Key words:** harmfulness of smoking, health education, smoking, youth, prevention of smoking