

**VISOKA ZDRAVSTVENA ŠOLA V CELJU**

**DIPLOMSKO DELO**

**RAZŠIRJENOST UŽIVANJA ALKOHOLA MED MLADIMI**

**PREVALENCE OF ALCOHOL USE AMONG YOUNG PEOPLE**

**Študentka: TEA VOVK**

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## POVZETEK

**Uvod:** Uživanje alkohola med mladimi ter njegova zloraba v Sloveniji in v svetu naraščata, čeprav se mladostniki zavedajo njegovih negativnih posledic za zdravje. Z raziskavo smo želeli ugotoviti razširjenost alkohola med mladimi.

**Metoda:** Raziskava je temeljila na kvantitativnem raziskovalnem pristopu, metodah deskripcije, kompilacije in sinteze. Podatke smo pridobili s tehniko anketiranja. Za merski instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na podlagi pregleda literature. Uporabili smo neslučajnostni, priložnostni vzorec, v katerega smo vključili 191 srednješolcev. Pravilno izpolnjenih je bilo 162 anketnih vprašalnikov, kar predstavlja 85-odstotno realizacijo vzorca. Podatki so bili analizirani s statističnim programom Microsoft Excel 2010.

**Rezultati:** Alkohol je poskusilo 158 (98 %) anketiranih dijakov, od tega jih je bilo 63 (39 %) prvič pijanih v starosti 15 let, 36 (22 %) v starosti 14 let, 29 (18 %) jih je bilo pijanih v starosti 16 let, 15 (9 %) anketiranih dijakov je bilo pijanih v starosti 13 let ali manj, 5 (3 %) anketiranih dijakov je bilo pijanih v starosti 17 let. Najpogostejši razlogi za uživanje alkohola med dijaki so: 122 (47 %) za zabavo, 46 (18 %) alkohol sprosti, 43 (17 %) pozabijo na težave in skrbi, 6 (2 %) privlačnega videza in okusa, 5 (2 %) ker to počno drugi vrstniki, 4 (2 %) iz radovednosti, 4 (2 %) zaradi nizke samopodobe, 2 (1 %) upiranje odraslim, 1 (~0 %) da bi bili videti starejši. 49 (30 %) anketiranih dijakov v povprečju popije tri do štiri alkoholne pijače v večeru, 38 (23 %) jih popije več kot devet, 35 (22 %) popije od pet do osem alkoholnih pijač, 27 (17 %) jih popije eno do dve alkoholni pijači. Pri 87 (54 %) anketiranih dijakih družba ne vpliva na uživanje alkohola, na 55 (34 %) anketiranih dijakov vpliva včasih, na 8 (5 %) pa družba vpliva. O škodljivih posledicah uživanja alkohola v mladosti so 121 (34 %) anketiranih dijakov poučili starši, 78 (22 %) so jih poučili učitelji v šoli, 58 (16 %) jih je o tem prebralo v medijih, 51 (14 %) jih je o škodljivih posledicah uživanja alkohola v mladosti poučila medicinska sestra na sistematskem pregledu, 18 (5 %) jih je poučil starejši brat/sestra, 10 (3 %) so jih poučili prijatelji, 10 (3 %) anketiranih dijakov o škodljivih posledicah uživanja alkohola v mladosti ni poučil nihče.

**Razprava in sklep:** Uživanje alkohola med mladimi je eden dejavnikov tveganja za razvoj nenalezljivih kroničnih bolezni in pojav odvisnosti v odrasli dobi. Zaznavamo potrebo po osveščanju staršev o škodljivih posledicah uživanja alkohola v otroški dobi in mladostništvu. Boljše doseganje zdravstveno vzgojnih rezultatov in boljšega zdravja otrok in mladostnikov v slovenskem prostoru bi lahko dosegli z uvedbo šolske medicinske sestre.

**Ključne besede:** zloraba alkohola, mladostnik, zdravstvena vzgoja, šolska medicinska sestra.

## SUMMARY

**Introduction:** The consumption of alcohol among young people and its abuse in Slovenia and in the world is increasing, although adolescents are aware of the negative consequences for their health. With this research we wanted to determine the prevalence of alcohol among young people.

**Method:** The research was based on a quantitative research approach, a descriptive method, compilation and synthesis. Data were obtained using the survey technique. A survey questionnaire was used as the measurement instrument, which was developed on the basis of literature review. We used a random, casual sample, in which 191 high school students were included. 162 correctly filled questionnaires represent 85% of the sample realization. The data was analyzed with the Microsoft Excel 2010 statistical program.

**Results:** Alcohol was consumed by 158 (98%) of the surveyed pupils. 63 (39%) surveyed pupils were drunk for the first time at the age of 15, 36 (22%) at the age of 14, and 29 (18%) were drunk at the age of 16, 15 (9%) of the surveyed pupils were drunk at the age of 13 or less, and 5 (3%) of the surveyed pupils were drunk at the age of 17. The most common reasons for alcohol consumption among pupils are: 122 (47%) drank for entertainment, 46 (18%) use alcohol to relax, 43 (17%) to forget about problems and worries, 6 (2%) because it looks attractive and tasty, 5 (2%) because it is done by other peers, 4 (2%) because of curiosity, 4 (2%) due to low self-esteem, 2 (1%) as a rebel to adults, 1 (~ 0%) to look older. 49 (30%) of the surveyed pupils drink between three and four alcoholic beverages in one evening, 38 (23%) drink more than nine, 35 (22%) drink from five to eight alcoholic beverages, 27 (17%) drink one up to two alcoholic beverages. In 87 (54%) of the surveyed pupils their peers have no influence on the alcohol consumption and 55 (34%) of the surveyed pupils peers influence occasionally, while the peer influence is notable at 8 (5%) of the surveyed pupils. 121 (34%) of the surveyed pupils were instructed about the harmful consequences of alcohol drinking in their youth by their parents, 78 (22%) were instructed by teachers at school, 58 (16%) read about it in the media, 51 (14%) were instructed by the nurse at a preventive medical examination, 18 (5%) were instructed by older sibling, 10 (3%) were instructed by friends. 10 (3%) of the surveyed pupils were not instructed about the harmful effects of alcohol consumption in the youth at all.

**Discussion and conclusion:** The consumption of alcohol among young people is one of the risk factors for the development of non-contagious chronic diseases and the onset of addiction in adulthood. We recognize the need to raise awareness about the harmful effects of alcohol in childhood and adolescence. Better attainment of health education results and consequently better health of children and adolescents in Slovenia could be achieved by the implication of a school nurse to school.

**Key words:** alcohol abuse, adolescent, health education, school nurse.