

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

VPLIV SOCIALNIH OMREŽIJ NA ŽIVLJENJE MLADOSTNIKOV

**THE IMPACT OF SOCIAL NETWORKS ON LIFE OF YOUNG
PEOPLE**

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POVZETEK

Uvod: Spletna socialna omrežja so zelo priljubljena, še posebej med mladostniki, ki jih uporabljajo vsakodnevno, kar ima zanje določene posledice. Vse več se jih sooča z duševnimi stiskami, odvisnostjo, nizko samopodobo idr. Medicinska sestra lahko prepozna negativne posledice ter vpliva, da se težave preprečijo, zmanjšajo in rešijo. Namen raziskave je ugotoviti, kakšen odnos imajo mladostniki do socialnih omrežij, kam se obrnejo po pomoč in kakšno vlogo ima pri tem medicinska sestra.

Metode dela: Raziskava je temeljila na kvantitativnem raziskovalnem pristopu. Uporabljena je bila deskriptivna metoda. Za instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda literature in izvedli na spletni platformi 1ka. Uporabili smo neslučajnostni, priložnostni vzorec, kamor smo vključili 122 mladostnikov. Celotno anketo je rešilo 85 mladostnikov, od katerih smo pridobili relevantne rezultate, torej je naša realizacija vzorca 70 %. Podatki so bili zbrani in obdelani s programom Microsoft Excel 2019.

Rezultati: Rezultati raziskave kažejo, da mladostniki uporabljajo vsaj eno socialno omrežje, kjer prebijejo več kot 4 ure dnevno ter imajo več kot 500 prijateljev in sledilcev. Mladostniki o varni rabi interneta niso dovolj osveščeni. V stiski se najraje obrnejo na družino, prijatelje, najmanj pa zaupajo učiteljem, socialnim delavcem in medicinskim sestram. Skoraj polovica (45 %) jih je na socialnih omrežjih že doživela ustrahovanje. Starši jih v večini ne nadzorujejo (61 %). Največji vpliv imajo socialna omrežja na lastno zdravje (46 %). Mladostniki menijo, da medicinske sestre nimajo velike vloge pri ozaveščanju o varni rabi interneta.

Razprava in sklep: Mladostniki o socialnih omrežjih niso dovolj osveščeni. Zavedajo se posledic, vendar težko prepoznajo, kako internet vpliva nanje. Tem vsebinam bi bilo treba na sistematskih pregledih nameniti več časa. Kljub temu, da mladostniki ne želijo govoriti z medicinskimi sestrami, je potrebno o vplivih socialnih omrežij govoriti s profesionalci, saj se lahko le tako zmanjša negativni vpliv na mladostnike.

Ključne besede: socialna omrežja, mladostniki, medicinska sestra, depresija, anksioznost, odvisnost.

SUMMARY

Introduction: Social networks are very popular specially with adolescents, who use social network on a daily basis which has specific effects on them. More and more adolescents are coping with mental distress, addiction, low self-esteem, etc. Nurses can notice the characteristics of a person who shows negative consequences caused by the use of social networks. This enables them to react on time, and thus they can prevent, decrease or solve the problems. The purpose of this survey is to find out what kind of relationship adolescents have towards social networks, where they look for help and what the role of nurses in this case is.

Methods of work: The survey was based on quantitative research approaches. We used a descriptive method and a questionnaire as the instrument. The questionnaire was created on the basis of what we found in the literature and fulfilled on the internet platform called 1ka. We chose an uncoincidental, dedicated sample which included 122 adolescents. The whole questionnaire was fulfilled by 85 adolescents who gave us relevant results, so the realization of the sample was 70 %. All the data were collected and processed by using Microsoft Excel 2019.

Results: The results of the survey show that adolescents use one or more social networks on which they daily spend more than 4 hours and they have more than 500 friends and followers. Adolescents are not well informed about the safe use of the internet. In case of problems, they would talk to their parents and friends. They would trust less to their teachers, social workers and nurses. Almost half (45 %) have already been frightened on social networks. In most cases, parents do not control them (61 %). Social networks have the biggest effect on health (46 %). As for nurses, adolescents think that they are inappropriate to talk to about the safe use of social networks.

Discussion and conclusion: Adolescents are not well aware of social networks. They are conscious of the effects of the social networks but they are not capable to see how this affects them. General questions about mentioned factors should be included in medical examinations. Although adolescents estimate that nurses are not appropriate to talk to about that, it is necessary to talk with professionals. This is the only way to decrease negative effects on adolescents.

Key words: social networks, adolescents, nurses, depression, anxiety, addiction