

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

MOTNJE HRANJENJA PRI MLADOSTNIKI

EATING DISORDERS OF ADOLESCENTS

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POVZETEK

Uvod: Med mladostniki v zadnjem desetletju naraščajo motnje hranjenja. Od dobrega poznavanja dejavnikov tveganja in vzrokov za nastanek motenj hranjenja je odvisna uspešnost preventivnega delovanja in preprečevanja. Današnji mladostniki so izpostavljeni tveganemu okolju za razvoj motenj hranjenja in pravočasno odkrivanje motnje predstavlja velik izziv tako za starše kot pedagoge in zdravstvene delavce. V raziskavi se zato lotevamo raziskave prisotnosti dejavnikov tveganja za razvoj motenj hranjenja med mladostniki in njihovega splošnega vedenja o motnjah hranjenja.

Metoda: Uporabljen je bil kvantitativni raziskovalni pristop. V teoretičnem delu smo uporabili deskriptivno metodo dela s preučevanjem domače in tuje literature. Za instrument smo uporabili anonimni anketni vprašalnik. Uporabili smo neslučajnostni priložnostni vzorec, v katerega smo vključili 80 anketirancev, starih med 18. in 24. letom starosti, ki so se odzvali povabilu za sodelovanje preko elektronske pošte. Vrnjenih je bilo 80 anketnih vprašalnikov, kar predstavlja 100 % realizacijo. Podatki so bili obdelani s programom IBM SPSS.

Rezultati: Z anketno raziskavo ugotavljamo, da 54 % mladostnikov ve, da so motnje hranjenja čustvene motnje, ki se kažejo v spremenjenem odnosu do hrane, vendar pa jih 40 % motnje hranjenja razume tudi le kot neustrezne prehranjevalne navade. Anoreksijo nervozo pozna 97 % anketirancev, bulimijo nervozo 96 % anketirancev, kompulzivno prenašanje 66 % anketirancev, bigoreksijo nervozo 16 % anketirancev in ortoreksijo nervozo 12 %. 54 % anketirancev je seznanjenih z različnimi oblikami primarnih preventivnih programov, 61 % z različnimi oblikami sekundarnih preventivnih programov in 63 % anketirancev z različnimi terciarnimi preventivnimi programi. Mladostniki menijo, da je dostopnost informacij o pomoči mladostnikom z motnjami hranjenja slaba. Največji pomen pri razvoju motenj hranjenja pripisujejo družbi, kot drugi najpomembnejši razlog navajajo družbene probleme, sledijo starši, odnosi v družini, osebne značilnosti posameznika, odnos družine do hrane ter kultura.

Razprava in sklep: Ugotavljamo, da sta osveščenost mladih o motnjah hranjenja in vedenje o njih relativno dobra, da mladi poznajo različne oblike preventivne pomoči ter da je dostopnost informacij o pomoči mladostnikom z motnjami hranjenja zelo dobra, vendar pa informiranje in preventivne oblike pomoči preprosto ne zadostujejo, da bi nevtralizirale učinek drugih etioloških dejavnikov, ki vodijo v razvoj duševnih motenj pri mladostnikih.

Ključne besede: motnje hranjenja, mladostniki, dejavniki motenj hranjenja, preventiva motenj hranjenja.

SUMMARY

Introduction: Eating disorders among adolescents have been increasing in the last decade. The success of preventive action and prevention depends on the knowledge of risk factors and causes of eating disorders. Today's adolescents are exposed to risky environment, so the development of eating disorders and their early detection presents a major challenge for parents, teachers and health workers. In the thesis an insight into the presence of risk factors for the development of eating disorders among adolescents and their general knowledge of eating disorders is given.

Methods: In the thesis the quantitative research approach is used. In the theoretical part the descriptive method is used by studying domestic and foreign literature. As a research instrument an anonymous questionnaire was used. 80 questionnaires were distributed among respondents, aged between 18 in 24 years. 80 questionnaires were returned, which presents a 100 % realization. The data were analysed using IBM SPSS.

Results: According to the survey 54 % of young people know that eating disorders are emotional disorders which reflect in changed attitudes towards food, but 40 % of them regard eating disorders only as improper eating habits. Anorexia nervosa is known by 97 % of the respondents, bulimia nervosa by 96 % , binge eating by 66 % , bigorexia nervosa by 16 % and nervousness orthorexia nervosa by 12 %. 54 % of the respondents are familiar with various forms of primary prevention programs, 61 % of them with different forms of secondary prevention programs and 63 % with various tertiary prevention programs. Adolescents believe that the availability of information on the assistance to adolescents with eating disorders is poor. The most significant contributors to the development of eating disorders are society, social problems, parental influence, family relationships, personality traits, the family's attitude to food and the cultural environment.

Discussion and conclusion: The awareness of adolescents about eating disorders and their knowledge are relatively good, adolescents are familiar with various forms of preventive interventions and also the availability of information on the assistance to adolescents with eating disorders is good. Nevertheless, the information and preventive forms of assistance are simply not sufficient to neutralize the effect of other etiological factors that lead to the development of mental disorders with adolescents.

Keywords: eating disorders, adolescents, factors of eating disorders, prevention of eating disorders