

NAZIV DISERTACIJE: ZDRAVSTVENI I NUTRITIVNI STATUS STUDENATA KOJI ŽIVE SA RODITELJIMA U ODNOSU NA STUDENTE KOJI ŽIVE U STUDENTSKIM DOMOVIMA

Autor:

Mentor: Prof. dr. Rusmir Mesihović

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Sažetak

Uvod: Rizično zdravstveno ponašanje u periodu adolescencije može dovesti do povećanog morbiditeta i mortaliteta pojedinca. Zdrav životni stil je definiran kao kontroliranje svih ponašanja koja utječu na zdravlje pojedinca u cilju zaštite, poboljšanja i podizanja zdravstvenog statusa. Jedna od bitnih odrednica dobrog kvaliteta života je i nutritivni status.

Ciljevi istraživanja: Ispitati zdravstveni i nutritivni status studenata koji žive s roditeljima, kao i studenata koji žive u studentskim domovima; ispitati ponašanje studenata u ove dvije kategorije; ispitati postoje li razlike u zdravstvenom, nutritivnom statusu i ponašanju kod studenata koji žive s roditeljima i studenata koji žive u studentskim domovima prema spolu; ispitati indeks tjelesne mase, odnos obima struka/obima kukova kod studenata koji žive s roditeljima i kod studenata koji žive u studentskim domovima; ispitati vrijednosti krvnog pritiska i pulsa kod studenata koji žive s roditeljima, kao i studenata koji žive u studentskim domovima.

Ispitanici i metode: Uzorak obuhvata 607 studenata Univerziteta u Sarajevu, oba spola, i to: 305 studenata koji žive u roditeljskom domu i 302 studenta koji žive u studentskim domovima. Kao instrument istraživanja korišten je standardizirani anketni upitnik. Ispitanicima su rađena antropometrijska mjerenja (tjelesna masa, visina), izmjeren krvni pritisak i frekvencija srčanog rada.

Rezultati: „Zadovoljstvo studijem, samopoštovanje i psihofizičko zdravlje“ studenata je bilo ujednačeno među ispitivanim kategorijama. Rezultati su slični za obje skupine ispitanika i prevladava pozitivno i neutralno slaganje s konstatacijom. Ispitanici su zadovoljni odnosom s kolegama u obje ispitivane kategorije. Postoji visok stepen samopoštovanja u obje ispitivane kategorije studenata. Ispitanici iz obje skupine su se potpuno slagali s tvrdnjama koje se odnose na dobar zdravstveni i psihički status. Uočena je značajna razlika između dvije kategorije studenata za prvi faktor

„Emocionalno zdravlje, osjećaj vrijednosti, trema i koncentracija tokom studija“ ($p=0,029$). Studenti koji žive u roditeljskom domu imaju bolje psihičko zdravlje, imaju manju tremu i veću koncentraciju tokom studija u odnosu na vršnjake koji žive tokom studija u studentskim domovima. Nije bilo značajne razlike između dvije kategorije studenata za drugi i treći faktor „Odnos prema studiju, kolegama, samouvjerenost tokom studija“ i „Fizičko zdravlje i energija tokom studija“, dakle, odnos je ujednačen. Studenti u obje kategorije su pretežno zadovoljni svojim životom. Nije bilo statistički značajne razlike u konzumiranju psihoaktivnih supstanci među kategorijama. Studenti iz obje skupine od ovisnih sredstava najviše konzumiraju duhan i alkoholna pića, skoro svaki treći student. Dobna granica kada su počeli uzimati alkohol za studente koji žive s roditeljima (47,4 %) je $15,8 \pm 2,11$ godina, a oni koji žive u domovima (47,3%) $15,9 \pm 2,51$ godina. Približno u istoj dobi su počeli pušiti cigarete. Postoji statistički značajna razlika između ispitivanih kategorija u učestalosti konzumiranja marihuane ($p=0,04$). Ove droge je u posljednjih 30 dana prije popunjavanja upitnika konzumiralo 25 (8,2%) studenata koji žive s roditeljima i 40 (13,2%) studenata koji žive u studentskom domu. U obje ispitivane skupine većina studenata ima referentne vrijednosti sistolnog i dijastolnog pritiska te srčane frekvence. Ujednačene su vrijednosti BMI među ispitivanim kategorijama. Većina ispitanika je bila normalno uhranjena.

Zaključak: Provedenim istraživanjem su potvrđene nulte hipoteze. Ne postoji značajna razlika u zdravstvenom i nutritivnom statusu, kao ni u ponašanju studenata koji žive u roditeljskom domu i onih koji žive u studentskim domovima.

Ključne riječi: studenti, studentski dom, ishrana, psihoaktivne supstance.

DISSERTATION TITLE:**Author:****Mentor:** Prof. dr. Rusmir Mesihović**Date of defence:** 28. August 2019**DOI:** <https://doi.org/10.17532/DD.2019.01>**Summary**

Introduction: Risky health behavior during adolescence can lead to increased morbidity and mortality of an individual. A healthy lifestyle is defined as controlling all behaviors that affect the health of an individual for the purpose of protecting, improving and raising health status. One of the essential determinants of a good quality of life is the nutritional status.

Research objectives: Examine the health and nutritional status of students living with parents as well as students living in student dormitories; Examine student behavior in these two categories; Examine if there are differences in health, nutritional status and behavior among students living with parents as well as students living in student dormitories by sex; Examine the body mass index, waist / hip ratio of students living with parents as well as students living in dormitories; Examine the values of blood pressure and pulse in students living with parents as well as students living in student dormitories.

Respondents and Methods: The sample consists of 607 students from the University of Sarajevo, both sexes, including: 305 students living in the parents' home and 302 students living in student dormitories. A standardized survey questionnaire was used as an instrument of research. Anthropometric measurements (body weight, height) were measured, measured blood pressure and heart rate.

Results: "Satisfaction with study, self-esteem and psycho-physical health" of students was balanced among the examined categories. The results are similar for both groups of respondents and there is a positive and neutral agreement with the statement. Respondents are satisfied with their colleagues in both examined categories. There is a high degree of self-esteem in both examined categories of students. Respondents from both groups fully agree with claims related to good health and mental status. There was a significant difference between the two categories of students for the first factor "Emotional health, feeling of value, tremors and concentration during the study" ($p = 0.029$). Students living in the parental home have better mental health, have less tremors and more concentration during studies compared to peers who live during study in student dormitories. There was no significant difference between the two categories of students for the second and the third factor "Relationship to the study of colleagues, confidence during studies" and "Physical health and energy during the study", therefore, the relationship is even. Students in both categories are mostly satisfied with their lives. There was no statistically significant difference in the consumption of psychoactive substances among categories. Students from both groups are mostly consumed by tobacco and alcoholic beverages, almost every third student. The age limit when they started to take alcohol for students living with parents (47.4%) is 15.8 ± 2.11 years, while those who live in their homes (47.3%) are 15.9 ± 2.51 years old. About the same age they started to smoke. There is a statistically significant difference between the investigated categories in the frequency of marijuana consumption ($p = 0.04$). In the last 30 days, these drugs consumed 25 (8.2%) students living with their parents and 40 (13.2%) students living in the dormitory. In both examined groups, most students have reference values of systolic and diastolic pressure, and heart rate. The BMI values among the examined categories are uniform. Most respondents were normally fed.

Conclusion: The study confirmed the zero hypothesis. There is no significant difference in health and nutritional status, in the behavior of students living in the parents' home and those living in dormitories as well.

Keywords: students, student dormitory, nutrition, psychoactive substances.