

POVEZANOST KORIŠĆENJA MOBILNOG TELEFONA SA KVALITETOM SNA KOD STUDENATA

THE RELATIONSHIP OF MOBILE PHONE USE WITH THE QUALITY OF SLEEP AMONG STUDENTS

Tima Ličina¹, Amra Miralemović¹

¹ Medicinski fakultet Univerziteta u Prištini - Kosovska Mitrovica, Srbija

SAŽETAK

Uvod: Upotreba alkohola i psihoaktivnih supstanci među srednjoškolcima predstavlja ozbiljan javnozdravstveni problem. Adolescencija je osetljiv period razvoja, a konzumacija ovih supstanci može dovesti do zavisnosti, problema u ponašanju, kognitivnih poremećaja i povećanog rizika od povreda... Rano eksperimentisanje često vodi ka dugotrajnim obrascima upotrebe u odraslom dobu. Zbog sve veće dostupnosti i normalizacije konzumacije među mladima, istraživanje na ovu temu je od posebnog značaja. Cilj rada: Cilj istraživanja je da se ispita učestalost i obrasci upotrebe alkohola i drugih psihoaktivnih supstanci među učenicima srednjih škola.

Metodologija: Podaci su prikupljeni putem anonimnih upitnika koje su učenici dobrovoljno popunjavali. Statistička obrada podataka izvršena je uz nivo značajnosti $p = 0,05$.

Rezultati: U studiju je uključeno 109 učenika, prosečne starosti $17,31 \pm 1,14$, od kojih je 73,4% bilo ženskog pola. Više od trećine (37,6%) učenika srednje škole je navelo da jednom mesečno konzumira alkohol, a 24,8% da konzumira alkohol 2-4 puta mesečno. Što se tiče konzumacije duvana 14,7% su pušači. U malom procentu, 3,7% učenika je izjavilo da koristi neku vrstu droge, a 1,8% da ih je koristilo u ranijem periodu. Što se tiče upotrebe droga, većinski su prijavili da koriste marihuana, a samo je jedan učenik prijavio konzumiranje kokaina. Lekove za smirenje je koristilo 10,1% učenika.

Zaključak: Dobijeni podaci mogu doprineti boljem razumevanju rasprostranjenosti i obrazaca konzumacije psihoaktivnih supstanci kod srednjoškolaca. Rezultati će poslužiti kao osnova za kreiranje preventivnih programa i edukativnih aktivnosti usmerenih ka smanjenju upotrebe ovih supstanci među mladima.

Ključne reči: alkohol, psihoaktivne supstance, adolescenti, srednje škole, prevencija.

ABSTRACT

Introduction: The use of alcohol and psychoactive substances among high school students represents a serious public health issue. Adolescence is a sensitive developmental period, and the consumption of these substances can lead to addiction, behavioral problems, cognitive impairments, and an increased risk of injuries. Early experimentation often leads to long-term patterns of use in adulthood. Due to increasing availability and normalization of consumption among youth, research on this topic is of particular importance.

Aim of the study: The aim of this study is to examine the prevalence and patterns of alcohol and psychoactive substance use among high school students.

Methodology: Data were collected through anonymous questionnaires voluntarily completed by students. Statistical analysis was performed with a significance level of $p = 0.05$.

Results: The study included 109 students, with an average age of 17.31 ± 1.14 , of whom 73.4% were female. More than one-third (37.6%) of the students reported consuming alcohol once a month, while 24.8% reported drinking alcohol 2-4 times a month. Regarding tobacco use, 14.7% were smokers. A small percentage (3.7%) reported using some type of drug, and 1.8% stated they had used drugs in the past. Among those who reported drug use, most mentioned marijuana, with only one student reporting cocaine use. Tranquilizers had been used by 10.1% of the students.

Conclusion: The obtained data can contribute to a better understanding of the prevalence and patterns of psychoactive substance use among high school students. The results will serve as a basis for developing preventive programs and educational activities aimed at reducing the use of these substances among youth.

Keywords: alcohol, psychoactive substances, adolescents, high schools, prevention.