

Škodljivi in koristni vplivi ultravijoličnega sevanja-stališča študentov

Robert Sotler*

UL, Zdravstvena fakulteta Ljubljana, Zdravstvena pot 5, 1000 Ljubljana
robert.sotler@gmail.com

Povzetek

Raziskovalno vprašanje (RV): Kakšna so stališča študentov o škodljivih in koristnih vplivih ultravijoličnega sevanja na človeško kožo in telo?

Namen: Namen raziskovanja je bil preučiti stališča študentov o vplivih ultravijoličnega sevanja na kožo in zdravje. Cilj raziskave je, da bi z rezultati raziskave pripomogli k izboljšanju in prenovitvi vsebin v študijskih gradivih.

Metoda: Pregled recenzirane strokovne in znanstvene literature z omejitvijo člankov glede na starost, polno besedilo in ključne besede. Na osnovi pregledane literature smo pripravili vprašalnik in izvedli raziskavo. Kot raziskovalni instrument smo uredili anketni vprašalnik, v katerega smo umestili določene trditve z uporabo Likartove lestvice stališč. Pri vsaki trditvi so anketirani lahko izbrali eno od trditev. Za raziskovalni vzorec smo izbrali študente zdravstvene nege od 1. do 3. letnika, ki so se v raziskavo vključili prostovoljno.

Rezultati: Večina anketiranih meni, da daljše izpostavljanje sončnim žarkom škoduje koži in zdravju. Nekateri menijo, da je izpostavljanje umetni svetlobi v solarijih varno za kožo. Precejšnjo število pa še ne pozna dobro koristnih vplivov sončenja, na kožo in zdravje.

Družba: Za družbo je zelo pomembno, da ustrezno pozna vse vplive ultravijoličnega sevanja na zdravje in kožo in ne samo škodljive. Bodoči zdravstveni delavci morajo biti dovolj ozaveščeni in usposobljeni za korektno zdravstveno vzgojno dejavnost v lokalnem in širšem okolju.

Originalnost: Pristop s pilotno študijo.

Omejitve/nadaljnje raziskovanje: Predlagamo ponovitev raziskave na bistveno večjem vzorcu z, vključitvijo vseh slovenskih visokošolskih ustanov zdravstvene smeri,

Ključne besede: kožni rak, kožne bolezni, sonce, študenti, izobraževanje

Robert Sotler je po poklicu diplomirani zdravstvenik, magister javnega zdravja in absolvent doktorskega študija na Fakulteti za organizacijske študije Novo mesto. Ima 35 let delovnih izkušenj, od tega več kot 20 v zdravstvu. Več kot 8 let je zaposlen kot višji predavatelj na Univerzi v Ljubljani- Zdravstveni fakulteti.

Harmful and Beneficial Effects of Ultraviolet Radiation – the Students' Viewpoint

Robert Sotler*

University of Ljubljana, Faculty of Health Sciences Ljubljana,
Zdravstvena pot 5, 1000 Ljubljana
robert.sotler@gmail.com

Abstract

Research Question (RQ): What are the viewpoints of students about the harmful and beneficial effects of ultraviolet radiation on the human skin and body?

Purpose: The purpose of the research was to study viewpoints of students on the effects of ultraviolet radiation on human skin and general health. The aim of the research is to contribute to the improvement and recasting of content in the study materials with the research results.

Method: The complete overview of reviewed professional and scientific literature by limiting articles according to date, full text and keywords. Based on the reviewed literature, we prepared a questionnaire and conducted a survey. A survey questionnaire containing certain claims using the Likart rankings was used as a research instrument. There were multiple options for each of the claims, but the respondents were able to choose only one of them. The research sample included Health sciences students from the 1st to the 3rd year, who participated in the survey on a voluntary basis.

Results: Most participants believe that prolonged sun exposure can damage the skin and general health. Some consider exposure to artificial light in solariums to be safe for the skin. A significant number of participants is not yet familiar with the beneficial effects of sunbathing on skin and health.

Society: It is very important for the society to be wholly aware of all the effects of ultraviolet radiation on health and skin, not only the harmful ones. Future health professionals need to be sufficiently informed and properly trained to carry out Health Education Activities in local as well as broad environment.

Originality: A pilot study approach.

Limitations / further research: We suggest that the research be repeated on a significantly larger sample with the inclusion of all Slovenian higher education institutions in the field of health sciences.

Keywords: Skin cancer, skin diseases, the sun, students, education.

Robert Sotler holds a Master's degree in Public health and is a PhD student at the Faculty of Organizational Studies in Novo mesto. He has 35 years of working experience, of which more than 20 in health care. He is a senior lecturer at the University of Ljubljana, Faculty of Health Sciences, where he has been teaching for more than eight years.
