ZAVOD ZA JAVNO ZDRAVSTVO FEDERACIJE BIH
PUBLIC HEALTH INSTITUTE OF FERERATION BIH

ESPAD
The European School Survey Project on Alcohol and Other Drugs

FEDERALNO MINISTARSTVO ZDRAVSTVA
FEDERAL MINISTRY OF HEALTH

ESPAD 2008.

Evropski projekt istraživanja o pušenju, alkoholu i drogama u srednjim školama

Federacija Bosne i Hercegovine

Završni izvještaj

ESPAD 2008

The European School Survey Project on Alcohol and Other Drugs

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Final Report

Sarajevo, decembar 2008

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Federacija Bosne i Hercegovine

Završni izvještaj

Izdavač:
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Zahvalnost

Istraživanje je sproveo Zavod za javno zdravstvo Federacije Bosne i Hercegovine uz finansijsku podršku EMCDDA. Istraživački tim na čelu sa Dr Aidom Pilav želi da se zahvali učešću škola i uposlenicima u školama na njihovom velikom entuzijazmu i vlikoj pomoći na učešću u istraživanju.

Posebno se želimo zahvaliti svim ispitancima. Ovo istraživanje je i sprovdeno za njih i zbog njihovog izbora za zdraviji život.

ESPAD je pokazao izvanrednu saradnju između ministarstava i drugih vladinih organizacija. Želimo se zahvaliti istraživačkom timu koji je proveo proces i koordinirao istraživanje, uključujući relevantna ministarstva.

Specijalna zahvalnost j EMCDDA – Evropski monitoring centar za droge i ovisnostima od droga u Lisabonu koji je finasijski podržao izvođnje ESPAD istraživanje. Dalje, zahvalnost dugujemo Bjorn Hibell, ESPAD internationacionalnom koordinatoru i glavnom istraživaču za njegovu stručnu i prijateljsku podršku i pomoć sa nadom i žljom da nastavimo sarađivati u budućnosti.

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Special thanks to all involved pupils. This survey was conducted for them and for their healthier choices for life.

ESPAD has generated excellent co-operation among governments, ministries and other organisations. We would like to thank the project management team that co-ordinated the ESPAD survey including the relevant ministries, for their generous support.

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SARDŽAJ / CONTECST

1. UVOD

Osnovni cilj ESPAD istraživanja je prikupljanje standardiziranih i medjunarodno komparabilnih podataka o pušenju, konzumiranju alkohola i upotrebi psihoaktivnih supstanci medju učenicima 16 godina, kao i podataka o faktorima koji utiču na ta ponašanja.

U Federaciji Bosne i Hercegovine ovo istraživanje se po prvi puta provedeno 2008. godine uz finansijsku podršku EMCDDA. Provođenje ovog istraživanja je dobrodošlo u aktuelnom tranzicionom momentu u Federaciji BIH, posebno kada se definišu indikatori za praćenje zdravlja mladih.

Svrha istraživanja je imati osnovne podatke i indikatore vezane za specifične aspekte zdravlja mladih, kao dio nacionalne i internacionalne baze podataka. Cilje je razvijanje nacionalnog informacionog sistema o zdravlju i životnom stilu (znanje, stav i praksa) medju mladim. Rezultati istraživanja će poslužiti kao osnova za postavljanje smjernica u promociji zdravlja djece i mladih.

2. SVRHA ISTRAŽIVANJA

Svrha istraživanja je imati osnovne podatke i indikatore vezane za specifične aspekte zdravlja mladih, kao dio nacionalne i internacionalne baze podataka. Cilj je razvijanje nacionalnog informacionog sistema o zdravlju i životnom stilu (znanje, stav i praksa - KAP) medju mladim.

3. UZORAK I METODOLOGIJA ISTRAŽIVANJA

Istraživanjem su obuhvaćene srednje škole u glavnim gradovima kantona Federacije Bosne i Hercegovine.

Istraživanje je limitirano na srednje škole glavnih gradova kantona iz tehničkih razloga, a glavni razlog su limitirana finansijska sredstva. Istraživački tim se odlučio na subsampliranje i odabrani okvir uzorka čini 50% od ukupnog broja učenika prvih razreda srednjih škola, što je reprezentativno za Federaciju BIH. Veći broj srednjih škola se nalazi u glavnim gradovima kantona tako da znatan broj djece iz drugih dijelova kantona dolazi u glavne gradove kantona kako bi pohađalo srednje škole.

Ciljana populacija su djeca od 16 godina (godište 1992) koja po sistemu školovanja u Federaciji BIH pohađaju prvi razred srednje škole.

1. INTRODUCTION

Basic goal of ESPAD research is to collect standardized and internationally comparable data on smoking, alcohol consumption, and use of psychoactive substances among sixteen (16) years old students, as well as data on factors that cause such behaviour.

In the Federation of Bosnia and Herzegovina (FBIH), this research was conducted for the first time in 2008, with financial support of EMCDDA. This study is very valuable in the actual transition of the FBIH, especially related to defining indicators for youth health monitoring.

The previous studies addressing indicators of children and youth health in the FBIH that were carried out till now were: Health Behaviour in School-aged Children (HBSC) in 2002, and Global Youth Tobacco Survey (2003.). The studies were coordinated by Public Health Institute of Federation Bosnia and Herzegovina (PHI FBIH). The research results became the base for setting objectives in the promotion of children and youth health.

2. PURPOSES OF THE SURVEY

The purpose of the survey is to ensure baseline data and indicators related to the specific aspects of the youth health, as a part of the national and international database. The goal is to develop a national information system on youth health and lifestyles (knowledge, attitudes and practice - KAP).

3. SAMPLE AND SURVEY METHODOLOGY

The survey included the secondary (high) schools in the main cities of cantons within the FBIH. Due to the insufficient finances the survey was limited to the secondary (high) schools in the main cities of Cantons.

The research team decided to make sub-sampling, and the selected sample included 50% of the total number of first grade students of high schools. Large number of high schools is placed in the main cities of Cantons, and consequently many children from other parts of Canton come to these cities to continue the education in the high school.

Targeted population were 16 years old children (born 1992), which, according to the education system in the FBIH, attended the first grade of high school.

4. ISTRAŽIVAČKI TIM

Istraživanje je sproveo Zavod za javno zdravstvo FBIH i podržano je od Federalnog ministarstva zdravstva i Federalnog ministarstva obrazovanja. Koordinator istraživanja i glavni istraživač bila je Dr Aida Pilav.

3.1. Uzorak

Planirana veličina uzorka je 2500 ispitanika u ciljnoj skupini. Procjenjuje se da 75% djece rođene 1992. godine pohađa prvi razred srednje škole. Ostatak od 25% pohađa ili drugi (2) razred srednje škole ili je u osmom (8) razredu osnovne škole. Uvažavajući ove činjenice kao i mogućnosti izostanka iz škole u toku anketiranja ili procenat neodgovoranja (10%), odlučeno je da konačni uzorak treba povećati do 4000 ispitanika.

Ukupan broj srednjih škola u FBIH je 187. U toku 2007/2008 školske godine, ukupan broj odjeljenja prvih razreda je 1019 koje pohađa 26449 učenika. Od ukupnog broja isključene su škole sa nestandardnim školskim programima i škole za djecu sa specijalnim potrebama, kao i vjerske škole.

Lista škola po kantonima, broj odjeljenja i ukupan broj učenika u odjeljenjima prvih razreda srednjih škola dostavljen je iz Federalnog zavoda za statistiku. (Tabela 1.)

Tabela 1. Srednje škole u Federaciji BIH (vrsta i broj odjeljenja u prvim razredima)

4. RESPONSIBLE RESEARCHER AND INSTITUTION

The survey was made in coordination with PHI FBIH and supported by Federal Ministry of Health and Federal Ministry of Education. Team leader was Dr Aida Pilav.

3.1. Sample

The planned size of sample has been 2500 examinees in the targeted group. The estimation has been that 75% of children born in 1992 attended the first grade of the high school. The remaining 25% attends the second grade of high school or the last (eighth) grade of elementary school. Having in mind these facts, and possible absence from school during the survey, or the percentage of non-responding (10%), the decision was made that final sample should be increased up to 4000 examinees.

In the FBIH there are 187 high schools. During the school year 2007/2008, total number of first grade classes was 1019, which were attended by 26449 students. The schools with non-standard curricula, and schools for children with special needs, as well as religious schools are excluded from the total number of high schools.

Federal Institute of Statistics delivered the lists of schools by cantons, number of classes, and total number of first grade students in high schools. (Table 1.)

Table 1. Secondary schools in the Federation of BiH (by type and number of classes 1st grade)

Vrste škola / School types	Broj škola/ Number of schools	Broj odjeljenja Number of classes
Gimnazije/ Gymnasium and colleges	40	176
Tehničke i strukovne škole / Comprehensive secondary schools	137	822
Umjetničke škole / Art school	10	21
Ukupno Totals	187	1019

Kao prvi korak u uzorkovanju bila je izrada poduzorka u glavnim gradovima kantona Federacije BIH. U okvir poduzorka ušlo je 100 škola sa 505 odjeljenja i 12992 učenika. Nakon toga pristupilo

First step in sampling was to make sub-sampling in the main cantonal cities within FBIH. The sub-sampling framework included 100 schools with 505 classes and 12992 students. The next step was

se stratifikaciji prema tipu škola (1)gimnazije i koledži, (2) mješovite srednje škole (tehničke i strukovne) i (3) umjetničke škole.

Uzorak je proporcionalno alociran prema tipu škole.Veličina odjeljenja za svaku pojedinačnu školu je prosječna veličina odjeljenja dobivena na način da se ukupan broj učenika podijeli sa ukupnim brojem odjeljenja. Sa liste škola i odjeljenja (posebno za svaki tip škole) sistematski je odabrano 4006 učenika u 159 odjeljenju.

to make stratification according to the type of school: (1) secondary school (gymnasium) or college; (2) mixed high school directed at a particular occupation and its skills; and (3) art schools. The sample is proportionally allocated according to the type of school. The size of class for each individual school is the average size of class identified in a way to divide the total number of students with the total number of classes. From the list of schools and classes (separately for each type of schools), 4006 students in 159 classes were selected. (Table 2.)

Table 2. Odabrani uzorak u Fedraciji Bosne i Hercegovine (broj škola i odjeljenja u prvim razredima)

Table 2. Sample size in the Federation of Bosnia and Herzegovina (number of schools and classes 1st grade)

Vrste škola / School types	**Broj škola/ Number of schools**	**Broj odjeljenja Number of classes**	**Broj učenika /Number of students**		
			Dječaci* Boys	**Djevojčice* Girls**	**Svi All**
Gimnazije/ Gymnasium and colleges	21	32	313	557	870
Tehničke i strukovne škole / Comprehensive secondary schools	59	120	1597	1456	3053
Umjetničke škole / Art school	5	7	33	53	83
Ukupno Totals	85	159	1943	2066	4006

**procjenjeni broj*

**estimated number of boys and girls*

Primarna jednica uzorkovanja je odjeljenje sa istom vjerovatnoćom izbora. Vjerovatnoća izbora svakog odjeljenja je 1/n (n=ukupan broj odjeljenja), a vjerovatnoća izbora svakog učenika u odjeljenju je 100%, pa je ukupna vjerovatnoća izbora svakog učenika u uzorku 1/n x 100% = 1/n.

Primary sampling unit is a class (classroom) with the same probability of selection. Probability of selection for each class is 1/n (n=total number of classes), and probability of selection for each student in the class is 100%, therefore the total probability of selection of each student in the sample is *1/n x 100% = 1/n.*

Anketirani su svi učenici u izabranom odjeljenju. Kod izbora uzorka odjeljenja izračunat je „korak uzorka" i slučaja početni korak. Uzorak je samoponderirajući.

All students in the chosen classroom were examined. In the selection of class sample we have calculated "sample step" and initial case step. The sample is self-pondering. The unique code was given to each selected school and class. These codes have been used in special reports (Classroom reports) in which the data on "non-responding rates" were collected. The sample is typical for the generation of first grade students of high schools within the FBIH.

Svakoj odabranoj školi i odjeljenju dat je jedinstven kod. Ovi kodovi su upotrijebljeni su u posebnim izvještajima (Izvještaji iz odjeljenja) gdje se prikupljaju podaci o „stopama neodgovaranja".

This report shows the results for the cohort of students born 1992.

Ovaj izvještaj pokazuje rezultat za kohortu učenika rođenih 1992. godine.

Tabela 3. Ispitanici prema spolu, ESPAD FBIH 2008

Ispitanici	Ukupno	%
Dječaci	1539	46,9
Djevojčice	1578	53,1
Ukupno	**2973**	**100,0**

Table 3. Respodents by sex ESPAD FBIH 2008

Respondents	Total	%
Boys	1539	46,9
Girls	1578	53,1
Total	**2973**	**100,0**

3.2. Obuka i rada na terenu

Anketa je provedena u toku 5 radnih sedmica (maj-juni 2008. godine). Zbog postojanja izvjesnih tehničkih poteškoća oko finsiranja studije, terenski rad je kasnio u odnosu na planirani period.

Do tog perioda napravljene su opsežne pripreme. Preveden je originalni upitnik, a potom nakon konsultacija sa stručnjacima i lokalno adaptiran. Napravljen je odabir anketara i obavljen instruktivni seminar sa njima. Anketari su odabrani u lokalnim područjima iz operativnih razloga. Pripremljene su im i pismene instrukcije o načinu stupanja u kontakt sa školama i načinu komunikacije sa predstavnicima škola. Pripremljena su im i pisma autorizacije za provođenje ankete od strane Zavoda za javno zdravstvo FBIH kao glavne implementirajuće institucije. Distribuirani su upitnici na teren sa odgovarajućim brojem koverata, a prema pripremljenom uzorku. Svaki anketar je dobio spisak škola i izabrana odjeljenja unutar škola.

Nakon što su prikupljene saglasnosti kantonalnih ministarstva obrazovanje za ulazak u škole krenulo je istraživanje. Anketari su stupili u kontakt s direktorima škola. Prema metodologiji istraživanja učenici nisu unaprijed bili informirani o sprovođenju ankete. U razgovoru sa direktorima škola i školskim psiholozima diskutovana je potreba dozvole roditelja o učestvovanju njihove djece u anketi. Obzirom da su ministarstva obrazovanja ocjenila da je istraživanje potrebno provesti, dodatna dozvola roditelja nije bila neophodna. Dalje, u dogovoru sa menadžementom škole odabran je tačan sat i dan anketiranja.

U toku ankete, profesori nisu bili prisutni u razredima. Prije početka istrtaživanja, anketari su pročitali uputstvo za popunjavanje i kratko odgovarali na postavljana pitanja ukoliko ih je bilo. Za kompletan proces provođenja istraživanja bilo je potrebno 45 minuta. Nakon popunjavanja, učenici

3.2. Training and Fieldwork

The survey was carried out during 5 working weeks (May-June 2008). Because of some technical difficulties related to the financial support of the study, the fieldwork was late related to the planned period.

The large preparations have been made till that time. The original questionnaire was translated, and, after consultation with local experts, adjusted to local situation. The examiners were selected, and an appropriate training was organized. In order to ensure more effective action, the examiners were selected in local areas. All of them got the written instructions how to make contacts with schools, and how to communicate with school representatives. The Public Health Institute of FBIH – the major implementing agency, prepared the letters of authorization for examiners. The questionnaires were distributed in the field with the adequate number of envelopes, and according to the prepared sample. Each examiner has got the list of schools, and selected classes within the school.

When the consents of the cantonal ministries of education were given, the research started. The examiners made contacts with school directors. According to the research methodology, the students haven't been informed in advance about the survey. The need to ensure consent of the parents for participation in the survey has been discussed with school directors and psychologists. Providing that the ministries of education have estimated that that the research should be carried out, the additional permission of parents was not necessary.

During the survey, the teachers weren't present in the classes. Before the beginning of the survey, the examiners have read the instructions, and answered shortly the possible questions. The complete process of survey was performed within 45 minutes. After filling the questionnaire, student

su upitnik pakovali u dobivene koverte, zatvarali svojeručno koverte i odlagali u kutije.

Anketari su nakon sprovedenog anketiranja u svakom razredu ispunjavali Classroom izvještaj i pakovali zajedno sa prikupljenim upitnicima. Ovi izvještaji su posebno kodirani i potpisani od strane anketara.

Po dogovoru sa članovima istraživačkog tima u Zavodu za javno zdravstvo FBIH, anketari su dostavljali upitnike u Zavod. Članovi istraživačkog tima su u toku istraživanja odlazili u superviziju i obavljali jednodnevne brifinge sa anketarima i u isto vrijeme prikupljali već ispunjen materijal (upitnike). U toku procesa prikupljanja podataka u potpunosti je ispoštovan proces anonimnosti.

Nakon što su upitnici prispjeli u Zavod, prebrojani su, kodirani i sortirani za unos podataka. Unosila su 3 unosača podataka.

Anketari koji su provodili istraživanje su odabrani preko kantonalnih zavoda za javno zdravstvo i uglavnom su zdravstvene struke. Odabrani anketari su vrlo iskusni i učestvovali su u ranijim sličnim terenskim istraživanjima koje je provodio Zavodu za javno zdravstvo FBIH.

Anketari su prije distribucije upitnika imali uvodno obraćanje učenicima u trajanju od 5 minuta, gdje im je pročitana instrukcija o načinu popunjavanja upitnika (anonimnost, pažljivo čitanje pitanja, pravilno zaokruživanje odgovora itd.). Profesori su bili prisutni kod uvodnog obraćanja, a u toku ispunjavanja upitnika nisu napuštali su prostorije.

Nije bilo značajnih prepreka kod provodjenja ankete. U preko 70% slučajeva učenici su bili vrlo ozbiljni kod ispunjavanja ankete. U malom broju slučajeva bilo je ometanja u toku popunjavanja ankete.

3.3. Upitnik

U istraživanju je korišten osnovni ESPAD upitnik sa 44 pitanja. Osnovni upitnik je preveden na lokalni jezik, nakon čega su konsultovani stručnjaci iz oblasti javnog zdravstva kao i NVO sektor kako bi se adaptirao prevod za lokalne uslove.

Adaptirani prevod upitnika je testiran u jednom razredu u Sarajevu. Pretestiranje je bilo u formi razgovora sa učenicima, njihovim razumjevanjem teksta i pitanja. Nije bilo nekih većih nerazumjevanja.

put it in the appropriate envelope, closed it, and put in the box.

After that, the examiners have filled in each classroom the Classroom report and put it together with the collected questionnaires. These reports were separately coded and signed by the examiners.

As previously agreed with the members of the research team in the Public Health Institute of FBIH, the examiners have sent the questionnaires to the Institute. During the research, the members of the research team have carried out the supervision and one-day briefings with the examiners in the field, and collected the filled questionnaires at the same time. The confidentiality has been completely respected during the process of data collecting.

When the questionnaires came to PHI, they were counted, coded, and sorted for the data recording. Three persons have worked on the recording of data.

Cantonal public health institutes selected the examiners for the fieldwork, and they mainly were health professionals. The selected examiners were very experienced having participated in similar field investigations performed by PHI.

Before the distribution of questionnaires, the examiners shortly informed students about the questionnaire and the way to fill it (confidentiality, careful reading of questions, correct answering, etc.). The teachers were present during that introductory speech, and left the classroom after that.

During the survey, any significant obstruction was not noticed. The students were quite serious while answering the questions in more than 70% of cases. Some obstructions during the survey were recorded in small number of cases.

3.3. Data collection instrument

ESPAD questionnaire with 44 core questions was used in the survey. The original questionnaire was translated to local language; after that local public health experts and NGO sector were consulted in order to adjust the questionnaire to local situation.

The adapted translation of the questionnaire was tested in one classroom in Sarajevo. Pre-testing was performed in the form of discussion with students to verify their understanding of text and questions. Larger misunderstanding was not noticed.

Posebno su diskutovani lokalni nazivi za drog (ulični žargon), kako bi upitnik bio što bolje razumljiv za učenike prvih razreda srednjih škola. Ostale adaptacije nisu bile potrebne.

3.4. Obrada podataka

Za unos podataka kreirana je baza podataka u EPI info programu koji omogućava konverziju baze podataka u SPSS program. Podatke su unijela 3 operatera za unos na 3 mikroračunara uz superviziju jednog supervizora za unos podataka.

Osoblje za unos podataka bilo je obučeno na jednodnevnom instruktivnom seminaru koji je organizirao Zavod za javno dravstvo FBiH u junu 2008. godine. Unos podataka je počeo nakon što su pristigli upitnici sa terena, u drugoj polovini juna 2008. godine i završen je krajem jula 2008. godine.

Da bi se osigurala kontrola kvaliteta izvršene su interne provjere dosljednosti podataka. Provjera kvaliteta urađena je manjem broju re-unešenih upitnika. Baza podataka kao SPSS file poslana je ESPAD timu sredinom septembra 2008. godine.

Obrada, kontrola dosljednosti i analiza podataka započela je krajem septembra 2008. godine. Podaci su analizirani uz pomoć softverskog programa SPSS (ver. 13).

Particular attention has been given to local names for drugs (street jargon) with the intention to ensure better understanding for the students in the first grade of high schools. Other adjustments weren't necessary. The copy of the questionnaire is enclosed *(Appendix 2).*

3.4. Data processing

For data processing has been developed the database in EPI info programme, which enabled conversion of database in SPSS programme. Three (3) operators have entered the data on 3 PCs under control of one supervisor for input of data.

The staff for data record has been trained during the one-day seminar organized by PHI in June 2008. The recording of data has started in the second half of June 2008, after the questionnaires have came from the field, and was completed at the end of July 2008.

In order to ensure the control of quality, some inner check-ups of data consistency have been made. The check of quality was made in small number of re-entered questionnaires. The database was sent as SPSS file to ESPAD team in the mid of September 2008.

Processing, consistency control, and analysis of data started at the end of September 2008. The analysis of data has been performed using software programme SPSS (ver. 13).

4. REZULTATI

4.1. Metodologija

Saradnja sa školama

Federacija BIH je administrativno podijeljena u 10 kantona i svaki od kantona ima vlastito ministarstvo obrazovanja. Da bi se počelo sa istraživanjem u odabranim školama, bilo je potrebno dobiti dozvolu od kantonalnih ministarstava obrazovanja.

U Zavodu za javno zdravstvo FBIH kao implementirajućoj instituciji su pripremani su dopisi za kantonalna ministarstva obrazovanja koji su sadržavali synopsis istraživanja (značaj, ciljeve, metodologija) kao i prevedeni adaptirani upitnik. Kantonalna ministarstva su najdalje u roku od 15 dana dostavila

4. RESULTS

4.1. Methodological results

School co-operation

Federation of BIH is administratively divided in 10 cantons. Each canton has its own Ministry of Education. Before starting the survey in selected schools, it was necessary to get consent from cantonal ministries of education.

In the implementing institution – Public Health Institute of FBIH the letters have been prepared for cantonal ministries of education which contained the synopsis of the research (importance, goals, methods) and the translated and adapted questionnaire Cantonal ministries of education have had to respond positively within 15 days, and after

pozitivne odgovore, nakon čega je upostavljen prvi telefonski kontakt sa odabranim školama.

Prvi kontakti su uspostavljeni sa direktorima škola koji su bili veoma raspoloženi za istraživanje ove vrste. U prosjeku, drugi kontakt je uspostavljen nakon 3-4 dana kako bi u tom periodu menadžment škola našao adekvatne termine za istraživanje i ponudio slobodan školski sat za anketiranje. Daljnje kontakte anketari su imali sa profesorima koji su imenovani od strane direktora škola kao kontakt osobe. Dolazak u škole je telefonski ugovaran, tako da se nije gubilo puno vremena. Nisu zabilježeni slučajevi odbijanja u školama ili razredima.

that phone contacts were made with the selected schools.

First contacts have been made with the directors of the schools, and they showed great interest for this type of research. The second contact was made, in average, after 3 or 4 days, within which the management of the schools could find the appropriate time for the survey. The further contacts the examiners had with the teachers who were appointed by the director. The time of the survey and arrival of the examiners to the school was previously arranged by phone. None of the selected schools or classes refused to participate in the survey.

Tabela 3. Škole koje su učestvovale u sitraživanju ESPAD FBIH 2008. (svi učenici)

Table 3. Participating schools, classes and students in ESPAD FBIH 2008. (all students)

Vrste škola / School types	Broj škola/ Number of schools	Broj odjeljenja Number of classes	Broj učenika /Number of students		
			Dječaci * Boys	Djevojčice* Girls	Svi All
Gimnazije/ Gymnasium and colleges	20	33	288	565	853
Tehničke i strukovne škole / Comprehensive secondary schools	59	121	1487	1378	2865
Umjetničke škole / Art school	5	6	30	51	81
Ukupno Totals	84	160	1805	1994	3799

Saradnja sa učenicima

Od ukupnog broja ispitanih učenika, samo u 3 slučaja zabilježeno je odbijanje. Registrirano je 78 nekompletiranih ili nekorektno ispunjenih upitnika. Najčešće su učenici preskakali neke odgovore (nekompletno) ili su davali više odgovora na pitanja na koja se tražio samo jedan odgovor.

Stopa odaziva je bila skoro 100% u populaciji učenika koja je prisustvovala času. Generalna ocjena da su učenici odlično sarađivali.

Nakon interne kontrole kompletiranosti upitnika, njih 78 bilo je nekompletno. Prosječno trajanje ispunjavanja upitnika u minutama je 35.

U 70% anketiranih odjeljenja nije bilo nikakve vrste uznemiravanja u toku provođenja ankete. U manjem broju slučajeva učenici su komentirali, ali su pristupili ispunjavanju ankete.

Student co-operation

Out of the total number of examined students, the refusals were recorded in only 3 cases. Total of 78 questionnaires were incomplete or incorrect. The students have mostly omitted some answers (incomplete) or gave several answers to the question instead only one.

The response rate was almost 100% in the student population that attended the class. The general judgment is that students were very cooperative.

The inner control of the completeness of questionnaires showed that 78 were incomplete. The average time of answering the questionnaire was 35 minutes.

In 70% of examined classrooms, there weren't any troubles during the survey. In some cases, the students have had comments but they answered the questionnaire.

Generalna ocjena da su učenici bili vrlo ozbiljni kod ispunjavanja ankete. U skoro 80% slučajeva učenici su vrlo ozbiljno shvatili anketu. Nisu opisani nikakvi specifični problemi kod provođenja ankete.

Svi prisutni učenici su pristupili popunavanju ankete.

4.2. Rezultati

Pušenje

U Federaciji Bosne i Hercegovine najčešće oblike ovisničkog ponašanja predstavljaju pušenje, potrošnja alkohola, droga i psihotropnih substanci, čija se upotreba povezuje sa faktorima okoline kao što su neusklađenost zakonskih mehanizama ograničenog dostupa i prodaje ovih sredstava, relativno niske prodajne cijene, posebno cigareta i alkoholnih pića, reklamiranje i promocija cigareta i alkoholnih pića uprokos zakonskim zabranama, te posebno odustvo strateškog pristupa za trajno finansiranje kampanja prevencije faktora rizika i promocije zdravlja.

Prema rezultatima populacionih istraživanja o pušenju u FBIH, pušenje predstavlja najveći pojedinačni faktor rizika po zdravlje stanovništva svih populacionih skupina. Sticanje navike u mlađoj dobi daje velike rizike da se navika nastavi i u odrasloj dobi, a samim tim povećava se rizik od oboljevanja od hroničnih i malignih bolesti povezanih sa pušenjem. Većina dosadašnjih istraživanja o pušenju mladih u FBIH usmjerena je na naviku pušenja i ostala rizična ponašanja povezana sa pušenjem, ali se rjeđe obraća pažnja na faktore okoline koji nekada imaju presudnu ulogu u nastanju i održavanju ove štetene navike.

ESPAD istraživanje daje mogućnost praćenja i nekih drugih faktora koji mogu utjecati na prihvatanje navike pušenja. Navika pušenja je procjenjena na osnovu dobivenih rezultata iz nekoliko pitanja:

Na pitanje „Koliko puta su u životu bili u prilici da puše cigarete?“ njih 35% su odgovorili da su bili u prilici da puše cigarete, od čega 31% dječaka i 38% djevojčica. ***(ključni indikator 1.)***

U posljednjih 30 dana cigarete je pušilo njih 25%, od čega 28% dječaka i 21% djevojčica. ***(ključni indikator 2.)*** Pušenje u ranom mladalačkom periodu je navika koja je nešto više proširena među dječacima. Svakodnevno pušenje (najmanje jednu cigare-

General estimation is that students were very serious while answering the questions. In almost 80% of cases the students have very responsibly comprehended this survey. There weren't recorded any specific problems in the survey implementation.

All present students have taken part in the survey.

4.2. Final results

Smoking

In the Federation of Bosnia and Herzegovina, smoking, consummation of alcohol, drugs and other toxic substances are the most common addictions. These addictions can be linked with the related factors such as unharmonized legal mechanisms for limited availability and selling of alcohol and drugs, relatively low prices of cigarettes and alcohol especially; advertising and promotion of cigarettes and alcohol contrary to legal regulations, and, particularly the lack of strategic approach for stable financing of campaigns for risk factors prevention and health promotion.

According to the results of smoking related population research in FBIH, smoking is the highest individual health risk factor in all population groups. Starting smoking in the early age leads to the higher risk that this addiction will continue in the adult life, and increase the risk of smoking related chronic and malignant diseases. The studies of smoking in youth in the Federation of Bosnia and Herzegovina made till now are mainly focused to the smoking habit and other smoking related risk behaviours, rarely paying attention to the factors of environment, which sometimes have decisive role in generation and maintaining this harmful practice

ESPAD research gives opportunity to monitor some other factors that can influence the adoption of smoking habit. The smoking addiction is assessed based on the answers to several questions.

To the question „On how many occasions during your lifetime have you smoked cigarettes?“ 35% of examinees answered that they smoked cigarettes, out of which 31% boys and 38% girls. ***(key indicator 1.)***

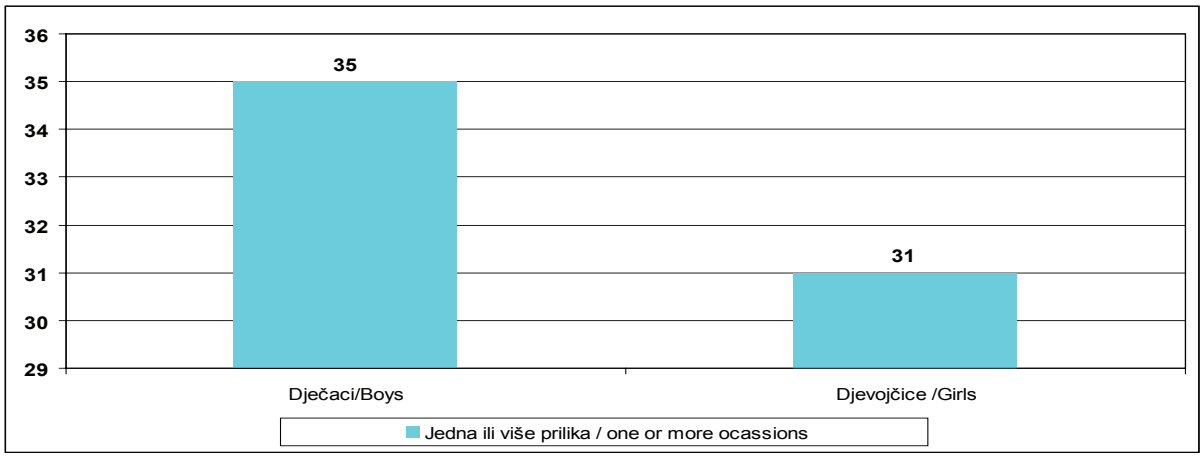
During the last 30 days, 25% of them smoked cigarettes, of which 28% boys, and 21% girls ***(key indicator 2.)*** Smoking in the early age is more frequent in boys. Daily smoking (one cigarette

tu dnevno) potvrdilo je ukupno 15% ispitanika, od čega 19% dječaka i 13% djevojčica. Ukupno 3% ispitanika izjavilo je da puši preko 20 cigareta dnevno i ta navika je više zastupljena kod dječaka nego kod djevojčica (4% vs. 2%). Ukupno 19% dječaka i 13% djevojčica je odgovorilo da su počeli pušiti svakodnevno, najčešće u uzrastu od 15 godina.

daily at least) is confirmed by 15% examinees, out of which 19% boys and 13% girls. 3% of examinees declared to smoke more than 20 cigarettes per day, and that practice is more frequent in boys than in girls (4% vs. 2%). Altogether 19% boys and 13% girls answered that they started smoking every day when they were 15 years old.

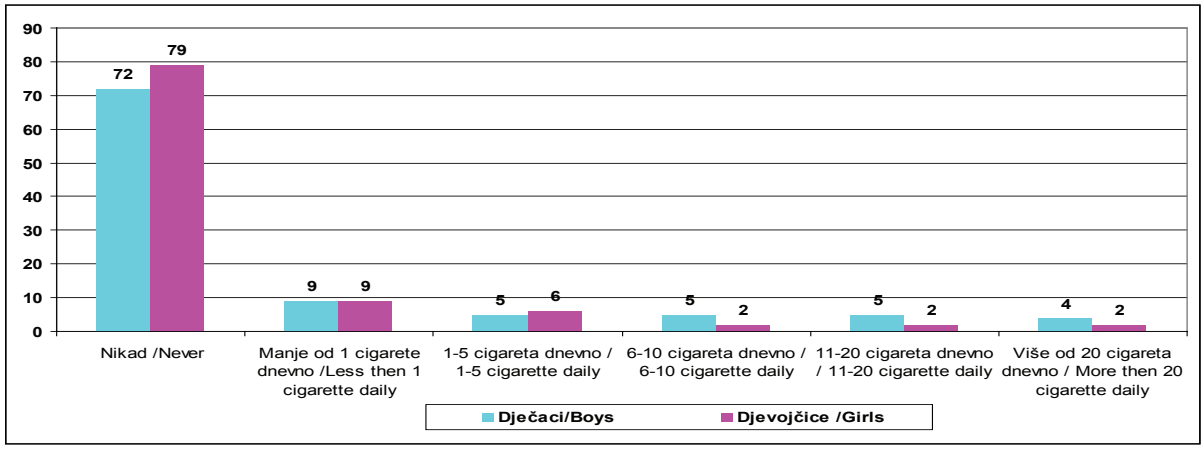
Grafikon 1. Prevalenca pušenja u toku života (%), ESPAD 2008.

Graph 1. Smoking prevalence in the lifetime (%), ESPAD FBIH 2008.



Grafikon 2. Pušenje u posljednjih 30 dana (%), ESPAD 2008.

Graph 2. Smoking during the last 30 days (%), ESPAD FBIH 2008.

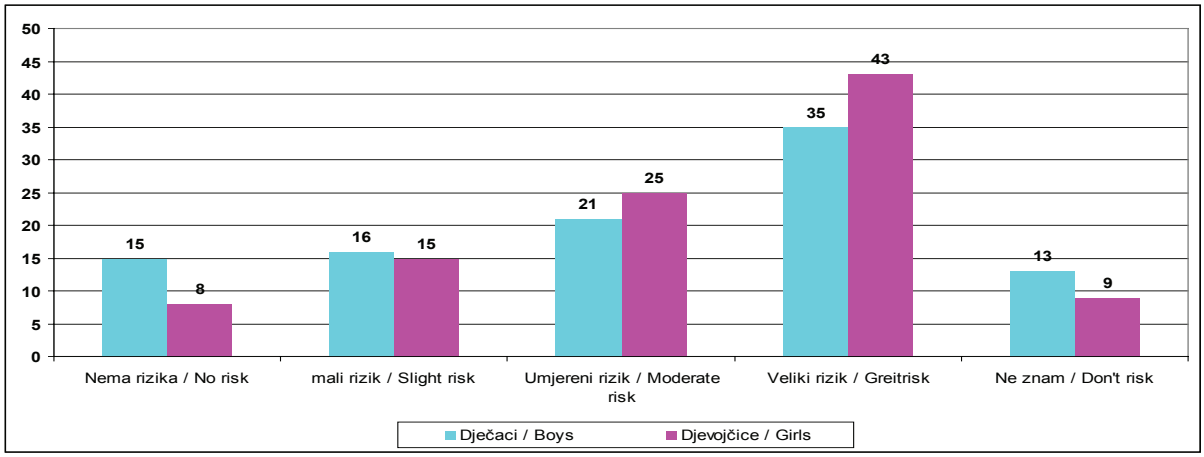


Da povremeno pušenje cigareta ne predstavlja nikakav rizik smatra 22% ispitanika, nešto više dječaci (26%), nego djevojčice (19%). Ukupno 13% dječaka i djevojčica smatra da je povremeno pušenje cigareta veliki rizik. Dalje, 11% ispitanika smatra da pušenje jedne ili više kutija cigareta dnevno ne predstavlja nikakav rizik, znatno više dječaci (15%), nego djevojčice(8%). Prepoznavanje rizika koju nosi pušenje jedne ili više kutija cigareta je znatno veće kod djevojčica (43%), nego kod dječaka (34%).

Almost 22% of examinees think that smoking cigarettes doesn't cause any risk, more boys (26%), than girls (19%). In total, 13% of boys and girls believe that smoking cigarettes is a great risk. In addition, 11% of examinees think that smoking one or more packs of cigarettes daily don't cause any risk, far more boys (15%), than girls (8%). Recognizing risk associated with smoking one or more packs of cigarettes daily is far more expressed in girls 43%), than in boys (34%).

Grafikon 3. Učenici koji smatraju da je pušenje jedne ili više kutija cigareta predstavlja rizik (%), ESPAD 2008.

Graph 3. Students thinking that smoking one or more packs of cigarettes is risky (%), ESPAD FBIH 2008.



Ukupno 52% ispitanika je izjavilo da je do cigareta vrlo lako doći, skoro podjednako dječaci i djevojčice (53% vs. 50%).

Na sticanje pušačkih navika utiče i ponašanje okoline, posebno vršnjaka, kao i navike i stavovi roditelja, braće i sestara. Na pitanje da li neko od njihovih vršnjaka puši, njih 40% je procjenilo da većina ili svi njihovi prijatelji puše cigarete, od čega 38% dječaka i 42% djevojčica. Od ispitanika koji imaju stariju braću i sestre, njih 33% je izjavilo da njihovi starijji braća i sestre puše, od čega 30% dječaka i 36% djevojčica.

Konzumiranje alkohola

Navika konzumiranja alkohola je procjenjena na osnovu dobivenih rezultata iz nekoliko pitanja:

Na pitanje „Koliko puta u životu si bio/bila u prilici da piješ alkoholno piće?“ njih 78% je odgovorilo da su u životu bili u prilici da piju alkoholno piće, od čega 84% dječaka i 72% djevojčica. *(ključni indikator 3.)*

U posljednjih 12 mjeseci 74% dječaka i 60% djevojčica je konzumiralo alkoholno piće. *(ključni indikator4.)* Prevalenca konzumiranja alkohola u posljednjih 30 dana je ukupno iznosila 48%, od čega je 59% dječaka i 38% djevojčica konzumiralo alkohol u posljednjih 30 dana. *(ključni indikator 5.)*

Altogether 52% of examinees declare that cigarettes are easy to get, almost equally boys and girls (53% vs. 50%).

The behaviour in their environment strongly influences the adoption of smoking habit, particularly of their peers and friends, as well as behaviour and attitudes of their parents and siblings. To the question whether some of their peers smoke, 40% estimates that most or all their friends smoke cigarettes, of which 38% are boys, and 42% girls. Among examinees that have older siblings, 33% answered that their older brothers and sisters smoked, of which 30% boys and 36% girls.

Alcohol consummation

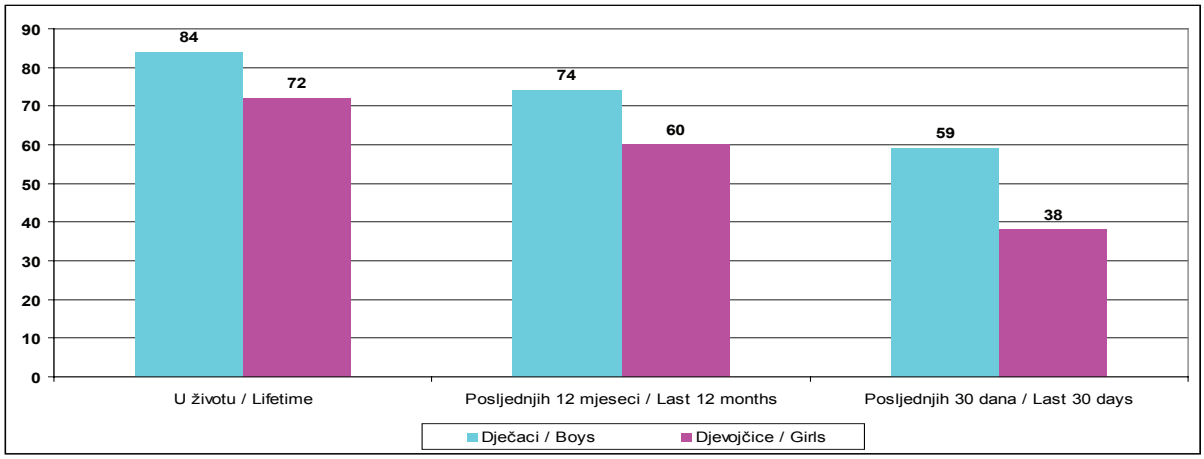
The consummation of alcohol is estimated based on the answers given to several questions:

To the question „On how many occasions during your lifetime have you had any alcohol to drink?“ 78% responded that they have had the occasion to drink alcohol, out of which 84% boys and 72% girls. ***(key indicator 3.)***

During last 12 months 74% boys and 60% girls have drunk alcohol beverages. ***(key indicator 4.)*** Alcohol consummation prevalence during last 30 days was in total 48%, of which 59% boys and 38% girls have drunk alcohol during the last 30 days. ***(key indicator 5.)***

Grafikon 4. Konzumiranje alkoholnih pića, ESPAD 2008.

Graph 4. Consummation of alcohol beverages, ESPAD FBIH 2008.



Sljedeći indikator važan za praćenje kada se prikazuje konzumiranje alkoholnih pića je opijanje. Opijanje se se definiše kao jak uticaj alkoholnog pića koji uključuje nesigurnost u hodu, teškoće pri govoru, povraćanje ili nemogućnost sjećanja na prethodne događaje.

Na pitanje koliko puta su doživjeli pijanstvo, njih 37% je odgovorilo da su se opili najmanje jednom u životu, od čega se 51% dječaka i 24% djevojčica.

Prema definiciji „binge drinking“ označava pijenje pet ili više pića odjednom. U posljednjih 30 dana, ukupno 31% ispitanika je odgovorilo da je odjednom popilo 5 ili više pića, i to dječaci 41% i djevojčice 31%.

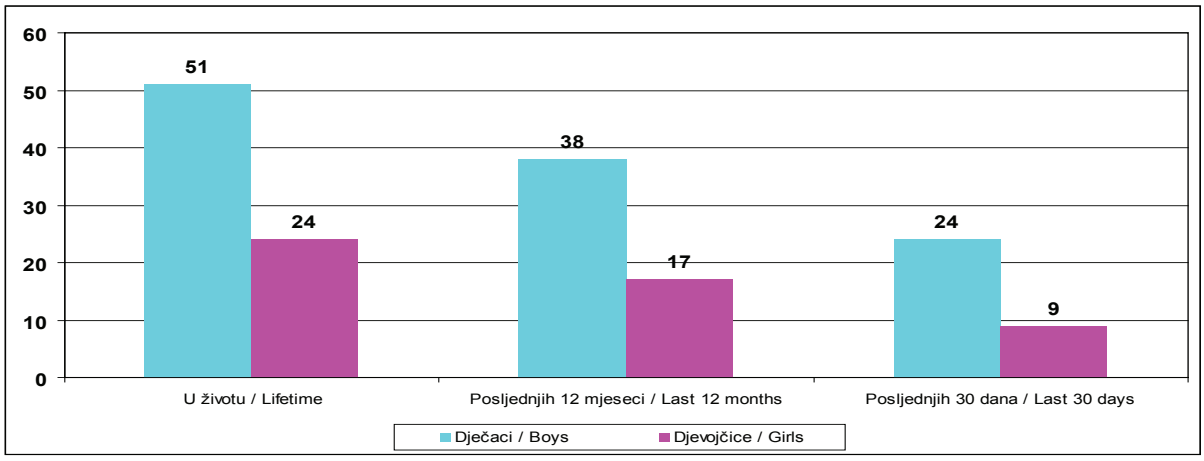
The following indicator is important for monitoring of intoxication from drinking alcohol beverages. Intoxication from drinking alcohol is defined as a strong influence of drinking alcohol beverages, which involves staggering when walking, not being able to speak properly, throwing up, or not remembering what happened.

Overall 37% of examinees answered to the question “How many times have you been intoxicated from drinking alcohol” that this happened to them at least once, of which 51% were boys and 24% girls.

According to definition „*binge drinking*“ is drinking five or more drinks on one occasion. During the last 30 days, 31% examinees answered that have had five or more drinks on one occasion, of which 41% were boys and 31% girls.

Grafikon 5. Opijanje alkoholnim pićima, ESPAD 2008.

Graph 5. Intoxication from drinking alcohol, ESPAD FBIH 2008.



U slučaju konzumiranja alkoholnih pića, postoje razlike i u odabiru alkoholnih pića. U posljednjih 30 dana, 50% ispitanika pilo je pivo (64% dječaka

There are some differences in the consummation of alcohol, as well as in the selection of alcohol beverages. During the last 30 days, 50% drank beer

i 38% djevojčica), 36% ispitanika pilo je vino (40% dječaka i 32% djevojčica) i 31% ispitanika pilo je žestoko alkoholno piće (37% dječaka i 26% djevojčica).

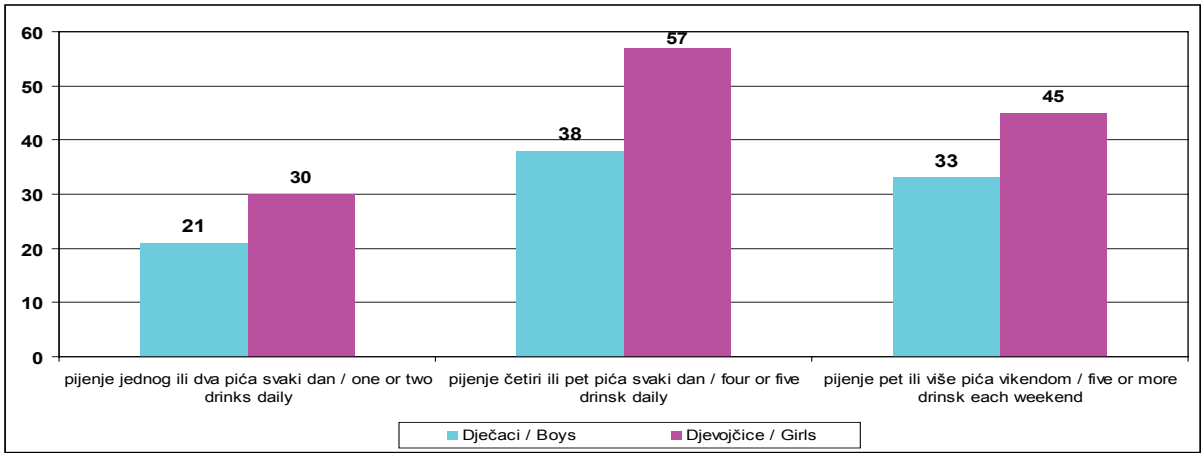
Pijenje jednog ili dva pića skoro svaki dan velikim rizikom smatra 26% ispitanika, od čega 21% dječaka i 30% djevojčica. Pijenje četiri ili pet pića skoro svaki dan velikm rizikom smatra 48% ispitanika, od čega 38% dječaka i 57% djevojčica, dok pijenje pet ili više pića svakog vikenda velikim rizikom smatra 40% ispitanika, 33% dječaka i 45% djevojčica. Percepcija rizika je znatno veća kod djevojčica.

(64% boys and 38% girls), 36% drank wine (40% boys and 32% girls), and 31% of examinees drank spirits (37% boys and 26% girls).

Altogether 26% examinees, of which 21% boys and 30% girls, think that drinking one or two drinks almost every day is a great risk. Also, 48% examinees, of which 38% boys and 57% girls, think that drinking four or five drinks almost every day is a great risk, while 40% examinees, of which 33% boys and 45% girls, believe that drinking five or more drinks every weekend is a great risk. Perception of risk is much more demonstrated in girls than in boys.

Grafikon 6. Udio ispitanika koju smatraju da je konzumiranje alkoholnih pića štetno po zdravlje – Prevalenca percepcija rizika kod konzumiranja konzumiranja alkoholnih pića (%), ESPAD 2008.

Graph 6. Share of examinees thinking that drinking alcohol beverages is harming for health - Risk perception prevalence in drinking alcohol beverages (%), ESPAD FBIH 2008.



Na pitanje koliko je teško nabaviti alkoholna pića, 51% ispitanika je izjavilo da se vrlo lako može doći do piva (57% dječaka i 46% djevojčica). Ukupno 39% ispitanika je izjavilo da se vrlo lako može doći do vina (44% dječaka i 35% djevojčica), dok je 32% smatralo da se vrlo lako može doći do žestokog pića (36% dječaka i 29% djevojčica).

Konzumiranje alkohola za sobom nosi niz rizika i nepoželjnih posljedica. U zadnjih 12 mjeseci zbog konzumiranja alkohola ispitanici su iskusili niz neugodnih situacija.

U fizičkom obračunu je učestvovalo 13% učenika, 22% dječaka i 4% djevojčica. Nesreću ili povredu je doživjelo 11% učenika, od čega je povrijeđeno 16% dječaka i 6% djevojčica. Ozbiljne probleme sa roditeljima izjavilo je 13% ispitanika, 17% dječaka i 10% djevojčica. Slabije rezultate u školi izjavilo je 15% ispitanika, 20% dječaka i 12% djevojčica.

To the question "How difficult you think it would be for you to get alcohol drink?", 51% examinees answered that it would be very easy to get beer (57% boys and 46% girls). Altogether 39% examinees confirmed that they could very easy get the wine, also, (44% boys and 35% girls), while 32% think that they could easily get the spirits, too (36% boys and 29% girls).

Consummation of alcohol brings about a range of risks and unwanted effects. During the last 12 months due to the alcohol consummation the examinees have had a number of situations.

Altogether 13% of students, 22% boys and 4% girls, have been involved in a physical fight. An accident or injury has been experienced by 11% of students, out of which 16% of boys and 6% girls have been injured. Serious problems with parents reported 13% of examinees, 17% boys and 10% girls. Poorly

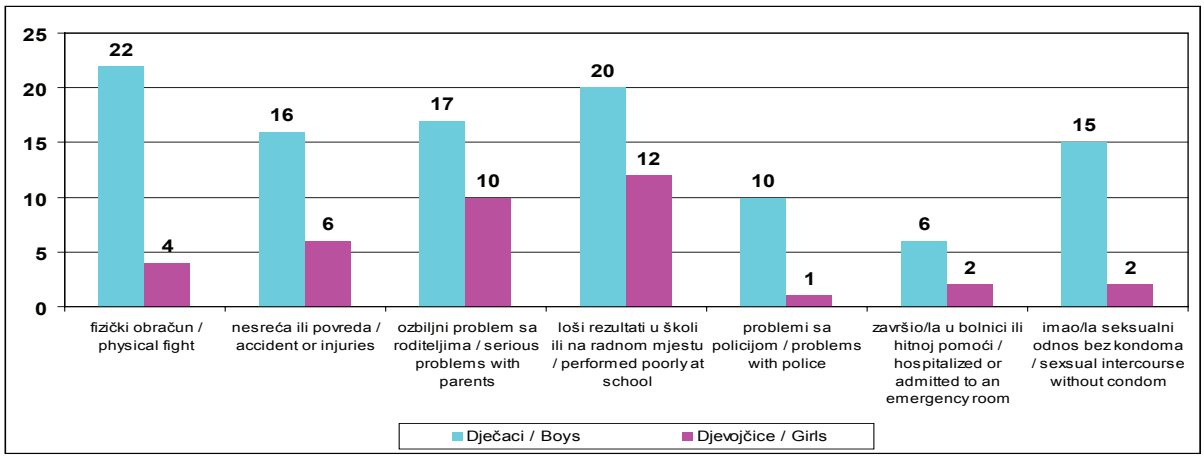
Skoro 6% učenika je imalo problema sa policijom, od čega je bilo 10% dječaka i 1% djevojčica. U bolnici i hitnoj pomoći završilo je 4% učenika, 6% dječaka i 2% djevojčica. Skoro 8% ispitanika se upustilo u spolni odnos bez kondoma, od čega 15% dječaka i 2% djevojčica.

performance at school reported 15% examinees, 20% boys and 12% girls.

Almost 6% of examinees had troubles with police, out of which 10% of boys and 1% girls; 4% of examinees, 6% boys 2% girls, have been hospitalised or admitted to an emergency unit. Almost 8% examinees were engaged in sexual intercourse without a condom, of which 15% of boys and 2% girls.

Grafikon 7. Nepoželjne posljedice konzumiranja alkohola u posljednjih 12 mjeseci (%), ESPAD 2008.

Graph 7. Unwanted effects of alcohol consummation during the last 12 months (%), ESPAD FBIH 2008.



Ukupno 46% ispitanika procjenuje da većina ili svi njihovi prijatelji piju alkoholna pića, od čega 49% dječaka i 43% djevojčica. Ukupno 24% ispitanika je potvrdilo da se većina ili svi njihovi prijatelji napiju, od čega je to potvrdilo 26% dječaka i 22% djevojčice.

Na pitanje da li neko od njihove starije braće ili sestara pije alkoholna pića, njih 31% od onih koji imaju braću i sestre je odgovorilo potvrdno, dok je 17% izjavilo da im se braća i sestre napiju.

Psihoaktivne supstance

Marihuana/kanabis

Najmanje jednom u životu marihuanu/kanabis je probalo 20% dječaka i 10% djevojčica. U posljednjih 12 mjeseci marihuanu je probalo 16% dječaka i 6% djevojčica, dok je u posljednjih 30 dana marihuanu probalo 9% dječaka i 4% djevojčica.

In total, 46% of examinees estimate that most or all their friends drink alcohol beverages, of which 49% boys and 43% girls. 24% of examinees declare that most or all their friends sometimes get drunk, and 26% boys and 22% girls confirmed that.

To the question whether any of their older siblings drink alcohol beverages, 31% answered positively, and 17% declared that their siblings get drunk.

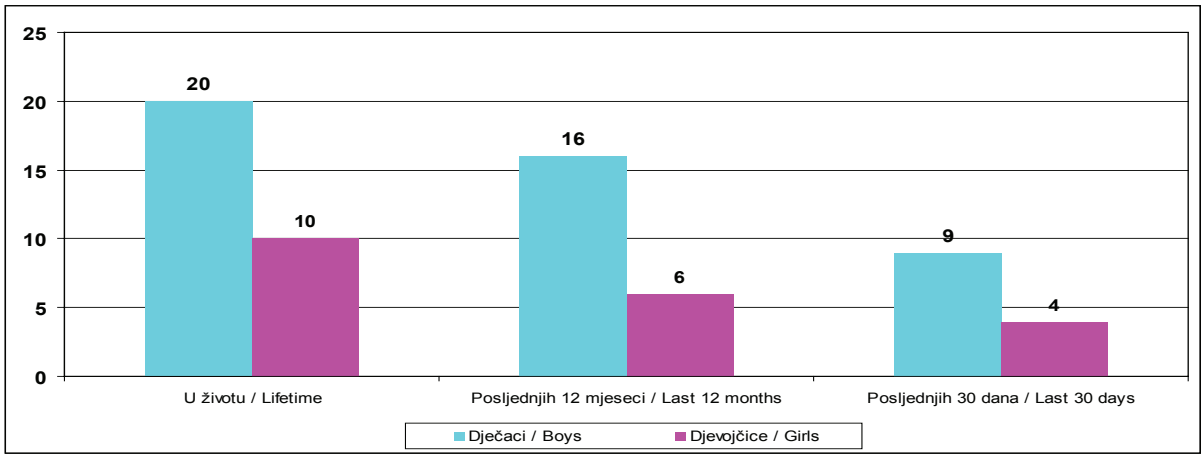
Psychoactive substances

Marihuana/Cannabis

At least once in the lifetime, 20% of boys and 10% of girls have used marihuana/cannabis. During the last 12 months, 16% of boys and 6% girls have used, marihuana, while in the last 30 days 9% of boys and 4% girls have used, marihuana.

Grafikon 8. Uzimanje marihuane (%), ESPAD FBIH 2008

Graph 8. Marihuana use (%), ESPAD FBIH 2008



Kao mjera redovitijeg konzumiranja marihuane koristi se pokazatelj konzumacije marihuane 40 i više puta u životu. Ukupno 2% dječaka i 1% djevojčica je izjavilo da je konzumiralo marihuanu/kanabis 40 ili više puta, što bi moglo indicirati redovno uzimanje koje može preći u pravu ovisnost ili prelaz na druge psihoaktivne tvari.

U kontakt sa marihuanom neki učenici dolaze vrlo rano, skoro 1% ispitanika došlo je u kontakt sa marihuanom prije 13 godine života.

Ukupno 50% ispitanika smatra da konzumiranje marihuane jednom ili dva puta u životu predstavlja veliki rizik po zdravlje (43% dječaka i 55% djevojčica). Da povremeno pušenje marihuane predstavlja veliki rizik po zdravlje smatra 55% ispitanika, od čega 47% dječaka i 62% djevojčica. Redovito pušenje marihuane 62% dječaka i 76% djevojčica smatra vrlo rizičnim po zdravlje.

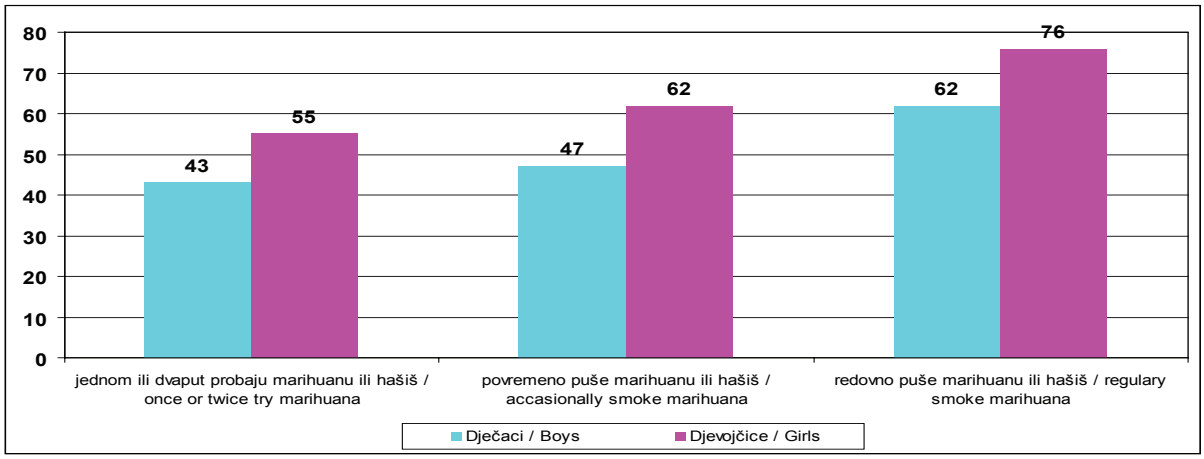
Consummation of marihuana for more than 40 times in the lifetime is used as a measure of regular consummation of marihuana. All in all, 2% boys and 1% girls declared that have consumed marihuana 40 or more times, which can indicate the regular use that could develop into addiction or use of other psychoactive substances.

The first contact with marihuana is made in an early age; almost 1% of examinees have had contact with marihuana before the age of 13 years.

Altogether 50% of examinees think that trying marihuana once or twice in the lifetime could be harming for their health (43% boys and 55% girls). 55% examinees (47% boys and 62% girls) think that smoking marihuana occasionally can be great risk for their health. 62% boys and 76%girls believe that regular use of marihuana can be extremely harming for their health.

Grafikon 9. Udio ispitanika koju smatraju da je konzumiranje marihuane/kanabisa štetno po zdravlje – Prevalenca percepcija rizika od kod konzumiranja marihuane/kanabisa (%), ESPAD 2008.

Graph 9. Share of examinees thinking that use of marihuana/cannabis is a health risk – Risk perception prevalence in marihuana/cannabis use (%), ESPAD FBIH 2008.



Skoro 27% ispitanika smatra da je marihuanu prilično lako i veoma lako nabaviti, od čega 32% dječaka i 22% djevojčica. Da većina ili svi njihovi prijatelji/vršnjaci puše marihuanu procjenjuje ukupno 2% ispitanka (3% dječaka i 2% djevojčica).

Na pitanje da li neko od njihove starije braće ili sestara puši marihuanu, njih 6% od onih koji imaju braću i sestre je odgovorilo potvrdno (6% dječaka i 5% djevojčica).

Ostala sredstva

Iako je marihuana najzastupljenija psihoaktivna tvar ipak postoje i druga sredstva čija je upotreba raširena među mladima.

Učenici su pitani o dostupnosti psihoaktivnih sredstava. Ukupno 18% ispitanika misli da je prilično lako/vrlo lako nabaviti amfetamine (spid, brzina), od čega 21% dječaka i 15% djevojčica. Laku i vrlo laku nabavku sredstava za smirenje (trankvilizatora ili sedativa) izjavilo je 34% dječaka i 44% djevojčica. Dostupnost extasy-ja je, isto tako, prilično visoka – 19% dječaka i 14% djevojčica smatra da je lako/vrlo lako nabaviti extasy. Da je lako i vrlo lako nabaviti inhalante misli 36% dječaka i 35% djevojčica.

Najmanje jednom u životu exstasy je uzelo 8% dječaka i 4% djevojčica. U posljednjih 12 mjeseci 6% dječaka i 2% djevojčica je uzelo exstasy, dok je u posljednjih 30 dana 3% dječaka i 1% djevojčica konzumiralo exstasy.

Grafikon 10. Uzimanje exstasy (%), ESPAD FBIH 2008

Almost 27% examinees think that marihuana could be fairly easy or very easy get (32% boys and 22% girls). 2% examinees (3% boys and 2% girls) estimate that most or almost all their friends/peers smoke marihuana.

Almost 6% of those who have older siblings positively answered to the question whether any of their older siblings smoke marihuana (6% boys and 5% girls).

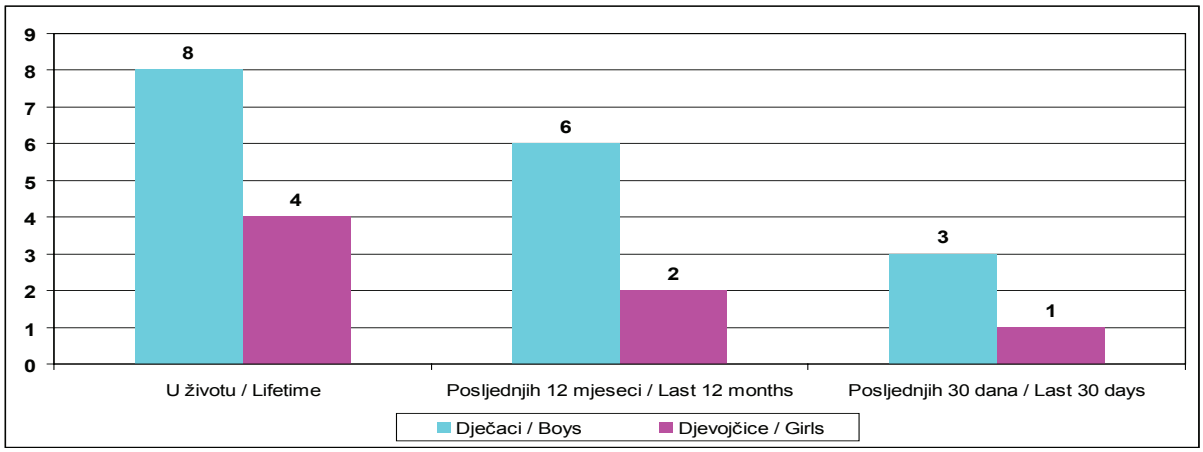
Other substances

Although marihuana is the most frequently used, there are, also, some other substances that are in use among the young people.

The students have been asked about the availability of psychoactive substances. 18% examinees, in total, think that is fairly easy and very easy to get amphetamines (speed), out of which 21% boys and 15% girls. 34% of boys and 44% girls declared that it would be easy or very easy to get tranquilisers or sedatives. Accessibility of ecstasy is very high, too – 19% of boys and 14% girls think that it can be easy or very easy to get ecstasy. 36% boys and 35% girls think that inhalants are easy or very easy to get.

At least once in the lifetime 8% boys and 4% girls used ecstasy. During the last 12 months, 6% boys and 2% girls used ecstasy, while in the last 30 days 3% boys and 1% girls used ecstasy.

Graph 10. Use of ecstasy (%), ESPAD FBIH 2008



Ukupno 12% dječaka i 16% djevojčica je izjavilo da su barem jednom u životu uzeli sredstva za smirenje bez recepta i/ili preporuke doktora.

Overall 12% boys and 16% girls declared that have had used tranquilisers/sedatives (without doctor's prescription) at least one in the lifetime.

Uzimanje amfetamina barem jednom u životu potvrdilo je 10% dječaka i 4% djevojčica. Uzimanje LSD ili drugih halucinogenih droge izvjestilo je 4% dječaka i 2% djevojčica.

O konzumiranju kokaina bilo kada u životu izjavljuje 5% dječaka i 2% djevojčica. Skoro 3% dječaka i manje od 1% djevojčica je izjavilo o uzimanju anaboličkih steroida ili drugih stvari koje služe za doping, barem jednom u životu.

Prema izjavama ispitanika, heroin je barem jednom u životu probalo 4% dječaka i 2% djevojčica. *Sve pomenute odgovore treba uzimati sa velikim oprezom u interpretiranju.*

Alkohol u kombinaciji sa tabletama je najmanje jednom u životu konzumirali su podjednako i dječaci i djevojčice, 5%.

Upotreba trankvilizatora/sedativa i alkohola u kombinaciji sa tabletama predstavlja naviku koja je sve više raširena među djevojčicama i predstavlja ozbiljan problem za ovu populaciju.

Starosna dob u kojima se počinje eksperimentisati sa psihoaktivnim supstancama je dosta niska.

Do dobi od 13 godina 1% dječaka je probalo amfetamine (spid, brzina) i 0.2% djevojčica. Sredstva za smirenje (trankvilizatore i sedative) je do 13. godine probalo 2% dječaka i 3% djevojčica. Konzumiranje exstasy do 13. godine života izvjestilo je podjednako 1% dječaka i 1% djevojčica. Udisanje lijepila i drugih inhalanata do 13. godine probalo je 3% dječaka i 2% djevojčica. Do 13. godine alkohol kombinaciji sa tabletama je probalo 2% dječaka i 1% djevojčica.

Almost 10% boys and 4% girls confirm the use of amphetamines, at least once in the lifetime. Use of LSD or other hallucinogens reported 4% boys and 2% girls.

The use of cocaine stated 5% boys and 2% girls. Almost 3% boys and less of 1% girls said that have used anabolic steroids or other doping stuffs, at least one in the lifetime

According to the given answers, heroin tried at least one in the lifetime 4% boys and 2% girls. *All above-mentioned answers should be taken with great precaution in interpretation.*

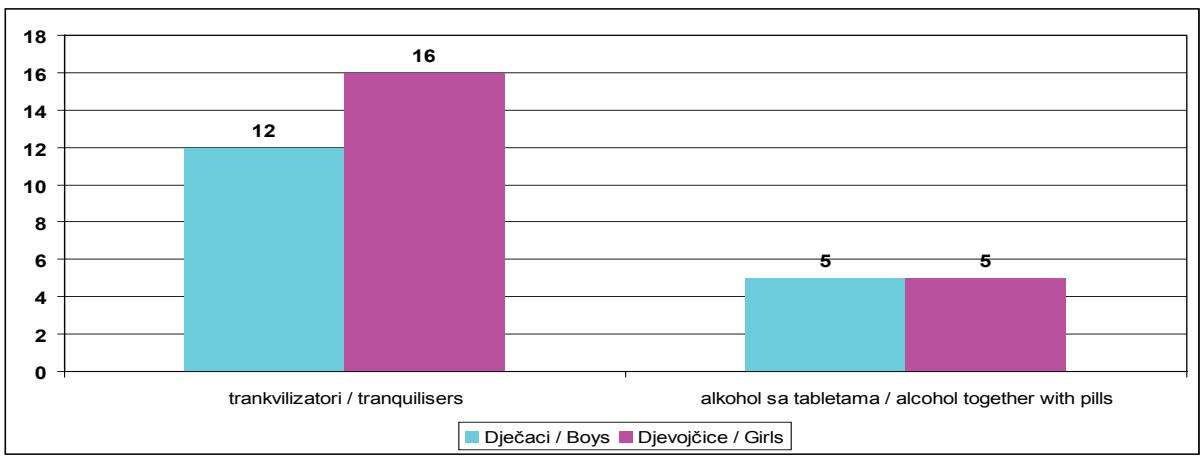
At least once in the lifetime, 5% of boys and girls used alcohol together with pills (to get high).

Very serious problem for this population is the use of tranquilisers/sedatives and alcohol together with pills. That is a practice that becomes more and more common amongst girls.

The age in which young people try for the first time some of psychoactive substances is rather low. Altogether 1% of boys and 0.2% of girls tried amphetamines (speed) till the age of 13 years. Till the age of 13 years, 2% of boys and 3% girls tried tranquilisers/sedatives. 1% of boys and 1% girls tried Ecstasy till 13 years. 3% boys and 2% girls used inhalants (glue etc) till the age of 13 years. 2% boys and 1% girls used alcohol together with pills till the age of 13 years.

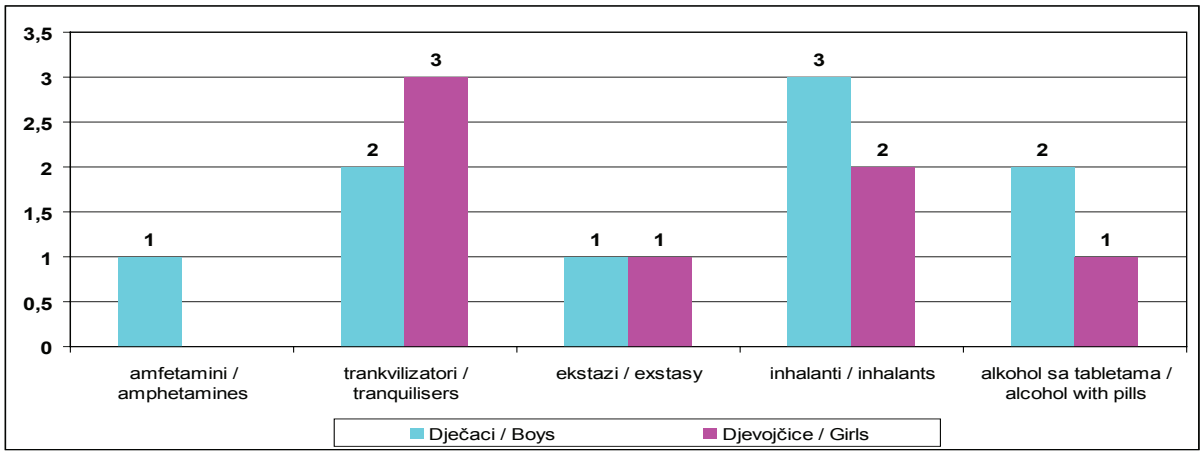
Grafikon 11. Uzimanje trankvilizatora/sedativa i alkohola sa tabeltama (%), ESPAD FBIH 2008

Graph 11. Use of tranquilisers/sedatives and alcohol together with pills (%), ESPAD FBIH 2008



Grafikon 12. Konzumiranje psihoaktivnih supstanci do 13. godine života, ESPAD FBIH 2008.

Graph 12. Use of psychoactive substances till the age of 13 years, ESPAD FBIH 2008.



Konzumiranje psihoaktivnih supstanci za sobom nosi mnoge nepoželjne posljedice i neugodne situacije. Zbog toga što su u posljednjih 12 mjeseci konzumirali neku od psihoaktivnih supstanci, skoro 4% dječaka i 0,5% djevojčica je učestvovalo u fizičkom obračunu. Dalje, nesreću ili povredu doživjelo je 3% dječaka i 1% djevojčica. Ukupno 3% dječaka je imalo ozbiljnje probleme sa roditeljima, a 1% djevojčica je, takodje, potvrdilo ozbiljne probleme sa roditeljima. Slabije rezultate u školi kao posljedicu uzimanja psihoaktivnih supstanci izjavilo je 3% dječaka i 2% djevojčica. Probleme sa policijom izvjestilo je 2% dječaka i 0,4% djevojčica. U bolnici i hitnoj pomoći završilo je 2% dječaka i 0,5% djevojčica, a skoro 3% dječaka i 0,5% djevojčica imalo je seksualni odnos bez kondoma.

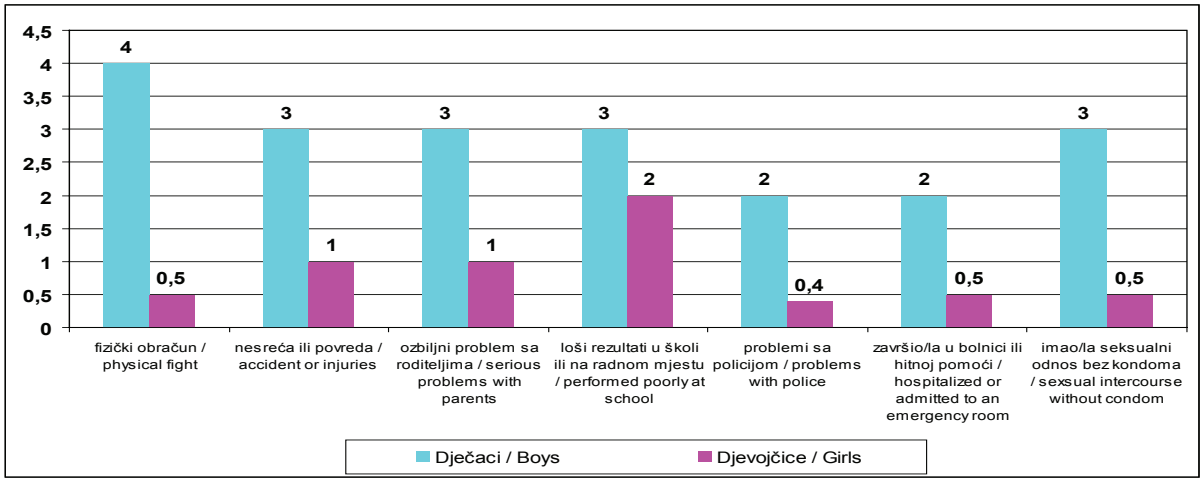
The use of psychoactive substances cause many unwanted effects and repulsive situations.

Almost 4% of boys and 0,5% girls, due to the use of psychoactive substances, were involved in a physical fight during the last 12 months.

In addition, due to the use of psychoactive substances, 3% boys and 1% girls experienced an accident or injury; 3% boys had serious problems with parents, and 1% girls, also; 3% of boys and 2% girls experienced poor performance at school; 2% boys and 0.4% girls had problem with police; 2% of boys and 0.5% girls were hospitalised or admitted to an emergency unit; and almost 3% of boys and 0.5% of girls had sexual intercourse without a condom.

Grafikon 13. Nepoželjne posljedice konzumiranja psihoaltivnih supstanci u posljednjih 12 mjeseci (%), ESPAD FBIH 2008.

Graph 13. Unwanted effects of use of psychoactive substances during the last 12 months (%), ESPAD FBIH 2008.



Ukupno 2% dječaka i 2% djevojčica je potvrdilo da većina ili svi njihovi prijatelji uzimaju ova sredstva.

Almost 2% of boys and 2% girls estimate that most of their friends, or all of them take tranquilisers/ sedatives.

Da li, po njihovoj procjeni njihovi prijatelji konzumiraju exstasy, 2% dječaka i 1% djevojčica je izjavilo da većina ili svi njihovi prijatelji uzimaju exstasy. Ukupno 3% dječaka i 1% djevojčica potvrdno je odgovorilo da svi ili većina njihovih prijatelja udišu inhalante.

Uticaj starije braće i sestara u porodičnom okruženju je vrlo prisutan. Na pitanje da li neko od njihove starije braće ili sestara uzimaju sredstva za smirenje (trankvilizatore/sedative), 6% dječaka i 7% djevojčica koji imaju stariju braću i sestre potvrđuju ovu činjenicu. Za konzumiranje exstasy kod starije braće i sestara, 5% dječaka i 4% djevojčica procjenjuju da im starija braća i sestre konzumiraju exstasy. Ukupno 5% dječaka i 4% djevojčica procjenjuju da njihova starija braća i sestre udišu inhalante.

Prepoznavanje i procjena rizika je prilično visoko zastupljena. Da uzimanje exstasy jednom ili dvaput predstavlja veliki rizik za zdravlje smatra 47% dječaka i 56% djevojčica, dok 61% dječaka i 75% djevojčica smatra da redovno uzimanje exstasy predstavlja veliki rizik za zdravlje.

Grafikon 14. Udio ispitanika koju smatraju da je konzumiranje exstasy veliki rizik po zdravlje – Prevalenca percepcija rizika od kod konzumiranja exstasy (%), ESPAD FBIH 2008.

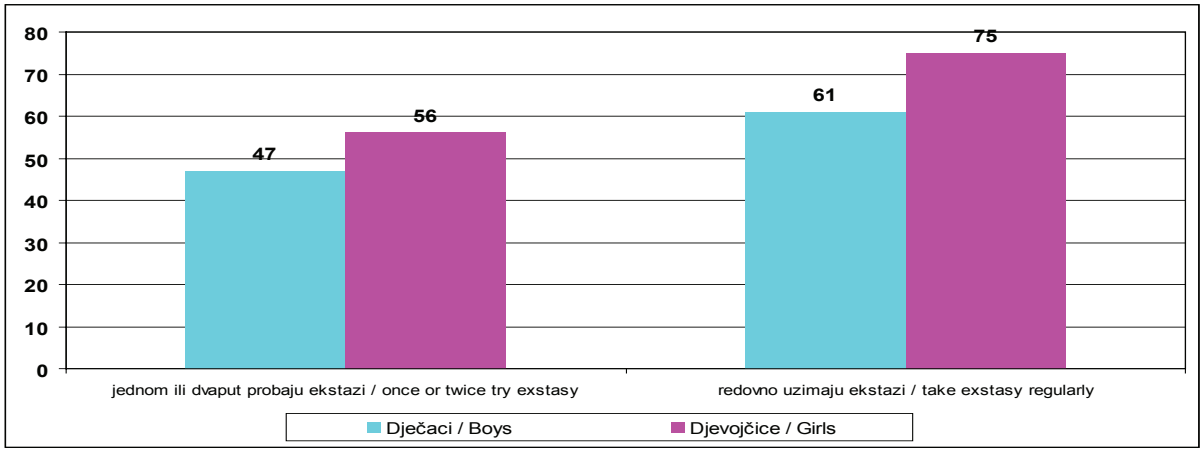
When the estimation about whether their friends use ecstasy is concerned, 2% of boys and 1% girls stated that most or all their friends have used ecstasy. In total, 3% boys and 1% girls answered positively that all or most of their friends used inhalants.

The influence of older brothers and sisters is very strong in the family environment. Asked about whether some of their older brothers and sisters take tranquilisers/sedatives, 6% boys and 7% girls that have older siblings answered positively.

Altogether 5% of boys and 4% girls estimate that their older siblings take ecstasy and inhalants.

Risk recognition and assessment is rather high. 47% of boys and 56% girls think that taking ecstasy once or twice is a great health risk, while 61% boys and 75% girls think that regular use of ecstasy is a great health risk.

Graph 14. Share of examinees considering that use of ecstasy is a great health risk – Risk perception prevalence in the use of ecstasy (%), ESPAD FBIH 2008.



Ukupno 44% dječaka i 54% djevojčica smatra da uzimanje amfetamina predstavlja, također, veliki rizik za zdravlje.

Also, 44% of boys and 54% girls think that use of amphetamines is a great health risk.

Socioekonomske karakteristike ispitanika

Od ukupnog broja ispitanika, njih 55% je izvjestilo da je najviši stepen završene škole njihovoga oca je srednja škola (53% dječaci vs. 58% djevojčice). Najviši stepen završene škole njihovih majki je srednja škola (kod 51% ispitanika). Ukupno 12% ispitanika (11% dječaka i 13% djevojčia) je izjavilo

Socioeconomic characteristics of examinees

Of the total number of examinees, 55% reported that the highest level of father's schooling was completed secondary school (53% boys. 58% girls). The highest level of mother's schooling is secondary school (in 51% of examinees). 12% of examinees (11% boys and 13% girls) stated that the highest

da je najviši stepen završene škole njihove majke zaršena osnovna škola ili manje.

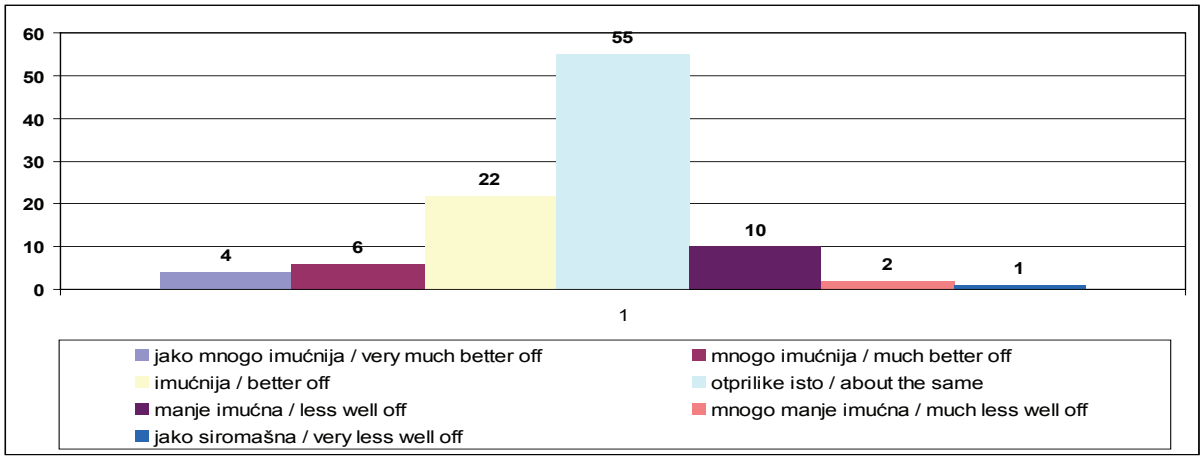
Na pitanje koliko je imućna njihova porodica u poređenju sa drugim porodicama, 55% ispitanika je izjavilo da njihova porodica otprilike isto imućna kako i prosječne porodice, a 13% je izjavilo je njihova porodica manje imućna od prosječnih porodica.

level of mother's schooling was completed secondary school or lower level.

To the question "How well off is your family compared to other families in your country?" 55% of examinees stated that their family is about the same as other families, while 13% said that their family is less well off than average family.

Grafikon 15. Udio ispitanika prema procjeni imućnosti njihovih porodia (%), ESPAD FBIH 2008.

Graph 15. Share of examinees according to the estimated well off of their families (%), ESPAD FBIH 2008.



5. ZAKLJUČCI

Generalni zaključak je da su navike pušenja cigareta, konzumiranje alkohola i psihoaktivnoh supstanci raširene među učenicima prvih razreda srednje škole u Federaciji BIH i odgovaraju prevalenci istih navika u poređenju sa zemljama u oruženju.

Ovo istraživanje je pokazalo da je potrebno kontinuirano raditi sa ovom populacionim skupinom na podizanju svijesti o štetnim navikama. Promotivno-preventivni rad treba provoditi svim raspoloživim načinima kako bi se podigao nivo znanja, poboljšao stav i unaprijedila praksa u unapređenju zdravlja među mladim ljudima. Poseban značaj istraživanja je u dobivanju osnovnih podataka o konzumiranju psihoaktivnih supstanci što je od prioritetnog javnozdravstvenog značaja i može koristiti kao dobra osnova za unapređenje programa edukacije za adolescente. Utvrđivanje i prepoznavanje faktora rizika za razvoj ovisničkog ponašanja od presudne je važnosti za dizajniranje kako individualnog prevencijskog pristupa, tako i za razvoj operativnih društvenih aktivnosti.

5. CONCLUSIONS

General conclusion is that practices of smoking cigarettes, consummation of alcohol and psychoactive substances are rather widespread in students of the first grades of secondary school in the Federation BIH, and match to the prevalence of same practices in the neighboring countries.

This research has demonstrated that we need a continuing efforts focused to this population group with the aim to raise awareness about harming behavior. Promotion and prevention should be carried on with all available resources in order to increase the level of knowledge, improve attitude and practice for health promotion among young people. This research is particularly important for public health because it will provide necessary data about use of psychoactive substances, and could be a good basis for the improvement of education programmes for adolescents. Identification and understanding of risk factors has a crucial meaning for designing both the individual preventive approach and development of operational social activities.

Appendix 1: Istraživački tim u ESPAD FBIH 2008 istraživanju /
List of personnel involved in the ESPAD FBIH 2008 Survey

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TABELE

TABLES