SFZ-P17 ZNANJE I STAVOVI MLADIH O UPOTREBI KONVENCIONALNIH I ELEKTRONSKIH CIGARETA: IMPLIKACIJE ZA ZDRAVSTVENU EDUKACIJU I PREVENTIVNE PROGRAME

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Pušenje predstavlja jedan od glavnih javnozdravstvenih izazova savremenog društva i značajan faktor rizika za nastanak brojnih hroničnih nezaraznih bolesti. Posebnu zabrinutost izaziva sve veća upotreba elektronskih cigareta među mladima, koja se često promoviše kao manje štetna alternativa konvencionalnim cigaretama. Takvi trendovi ukazuju na potrebu za kontinuiranim preventivnim merama i zdravstvenim obrazovanjem, kao i za procenom znanja i stavova mladih o rizicima povezanim sa upotrebom ovih proizvoda.

Cilj ove studije bio je da se procene znanje i stavovi mladih u vezi sa upotrebom konvencionalnih i elektronskih cigareta.

Sprovedena je opservaciona studija korišćenjem originalnog upitnika, koji je distribuiran putem Google platforme.

U studiji je učestvovalo ukupno 139 ispitanika (123 ženskog i 16 muškog pola), starosti između 19 i 25 godina. Svi ispitanici bili su upoznati sa e-cigaretama, pri čemu je 67% navelo društvene mreže i prijatelje kao glavne izvore informisanja i 33% univerzitet/školu. Većina ispitanika (93%) smatra da e-cigarete nisu manje štetne od konvencionalnih, dok 84% veruje da mogu izazvati zavisnost. Istovremeno, 23% ispitanika smatra da upotreba e-cigareta smanjuje pasivno pušenje, 17% veruje da su korisne za prestanak pušenja, a 24% nije sigurno u vezi sa njihovom ulogom u odvikavanju od pušenja.

Rezultati ukazuju na postojanje određenih zabluda i nedoumica u vezi sa upotrebom elektronskih cigareta među mladima, što naglašava potrebu za kontinuiranom edukacijom i sprovođenjem preventivnih programa usmerenih na unapređenje znanja i formiranje pravilnih stavova o njihovim zdravstvenim rizicima.

SFZ-P17 KNOWLEDGE AND ATTITUDES OF YOUNG ADULTS REGARDING CONVENTIONAL AND ELECTRONIC CIGARETTE USE: IMPLICATIONS FOR HEALTH EDUCATION AND PREVENTIVE PROGRAMS

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Smoking remains one of the major public health challenges of modern society and significant risk factor for the development of numerous chronic non-communicable diseases. Particular concern is increasing use of electronic cigarettes among young adults, which is often promoted as a less harmful alternative to conventional cigarettes. Such trends highlight the need for continuous preventive measures and health education, as well as for assessing young people's knowledge and attitudes regarding the risks associated with use of these products.

The aim of this study was to evaluate the knowledge and attitudes regarding conventional and electronic cigarette use among young adults.

A cross-sectional observational study was conducted using an original questionnaire distributed via the Google platform.

A total of 139 participants (123 females and 16 males), aged 19 to 25 years, participated in the study. All participants were familiar with e-cigarettes, with 67% reporting social media and friends as their main sources of information and 33% the university/school. The majority of participants (93%) considered that e-cigarettes are not less harmful than conventional cigarettes, while 84% believed that they can cause addiction. At the same time, 23% considered that use of e-cigarettes reduces passive smoking, 17% belived them useful for smoking cessation, and 24% were uncertain about their role in quiting smoking.

The findings indicate the presence of certain misconceptions and uncertainties regarding electronic cigarette use among young adults, emphasizing the need for continuous education and implementation of preventive programs aimed at improving knowledge and shaping appropriate attitudes toward their health risks.

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