

LIFESTYLES REPRESENTED IN THE POPULATION OF PHARMACY STUDENTS

**Duška Krajnović^{1*}, Sofija Šesto¹, Sara Stamatović²,
Andrijana Milošević Georgiev¹**

¹University of Belgrade – Faculty of Pharmacy, Department of Social Pharmacy and
Pharmaceutical Legislation, Belgrade, Serbia

²PrimeVigilance, Belgrade, Serbia

*dusica.krajnovic@pharmacy.bg.ac.rs

Youth health is one of the most important indicators of a healthy potential of the nation, therefore its preservation and strengthening are of priority (1,2). Applying healthy lifestyle habits from an early age reduces the possibility of various disorders in further life. The objectives of the study were to examine the behaviors and opinions of students of the Faculty of Pharmacy, University of Belgrade, regarding healthy lifestyles. Data collection was conducted in November 2019 at the Faculty of Pharmacy in Belgrade, included 290 respondents; predominantly from the fourth year of study (41.7%). Tobacco use is present in 11.7%, and over half (61.7%) consume alcohol and coffee (75.2%). When it comes to nutrition, fruits are consumed daily by 22.4% of students, vegetables by 40.7% and meat by 41%. Eating in fast food restaurants is practiced by 68.5% of respondents. Only 3.5% of respondents report doing basic physical activity daily. 71.6% of students have regular sleep. 27.2% of students cannot afford a healthy lifestyle due to their financial status. The results indicate that healthy lifestyles are insufficiently represented in the student population, and interventions in changing student habits are desirable.

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Acknowledgements

This research was funded by the Ministry of Education, Science and Technological Development, Republic of Serbia through Grant Agreement with University of Belgrade – Faculty of Pharmacy No: 451-03-68/2022-14/200161.

ŽIVOTNI STILOVI ZASTUPLJENI U POPULACIJI STUDENATA FARMACIJE

**Dušanka Krajnović^{1*}, Sofija Šesto¹, Sara Stamatović²,
Andrijana Milošević Georgiev¹**

¹Univerzitet u Beogradu – Farmaceutski fakultet, Katedra za socijalnu farmaciju i farmaceutsko zakonodavstvo, Beograd, Srbija

²PrimeVigilance, Beograd, Srbija

*dusica.krajnovic@pharmacy.bg.ac.rs

Zdravlje mladih jedan je od najvažnijih pokazatelja zdravog potencijala nacije i zato je njegovo očuvanje i jačanje prioritet nacionalnog nivoa (1,2). Primenjivanje zdravih životnih navika od ranog detinjstva utiče na smanjenje mogućnosti pojave različitih poremećaja u kasnijem životnom dobu. Cilj rada je bio ispitati ponašanja i stavove studenata Farmaceutskog fakulteta Univerziteta u Beogradu u vezi sa zdravim stilovima života. Prikupljanje podataka sprovedeno je u novembru 2019. godine na Farmaceutskom fakultetu u Beogradu na 290 ispitanika; dominantno sa četvrte godine studija (41,7%). Upotreba duvana zastupljena je kod 11,7%, a preko polovine (61,7%) konzumira alkohol i kafu (75,2%). Kada je u pitanju ishrana, voće svakodnevno konzumira 22,4% studenata, povrće 40,7%, a meso 41%. Ishranu u restoranima brze hrane praktikuje 68,5% ispitanika. Samo 3,5% ispitanika prijavljuje da obavlja svakodnevno osnovnu fizičku aktivnost. Redovan san ima 71,6% studenata. 27,2% studenata ne može svojim finansijskim statusom sebi da priušti zdrav stil života. Rezultati ukazuju da su u studentskoj populaciji u nedovoljnoj meri zastupljeni zdravi stilovi života te su intervencije u promenama navika studenata poželjne.

Literatura

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Zahvalnica

Ovo istraživanje finansirano je od strane Ministarstva prosvete, nauke i tehnološkog razvoja Republike Srbije kroz Ugovor sa Univerzitetom u Beogradu – Farmaceutskim fakultetom broj: 451-03-68/2022-14/200161.