STUDENT'S ATTITUDE ABOUT BEING A PART OF THE HEALTH KNOWLEDGE PROMOTION

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ABSTRACT

Promotion of health knowledge is purposeful process to increase the knowledge and skills of the population and improve individual and public health. The role of health care professionals in this process is essential in conducting health education of different age groups, social and ethnic communities.

During the course of their training medical professionals acquire professional knowledge and skills to perform medical, diagnostic and health care activities, but also communication skills and competencies for training of patients and their relatives.

The purpose of this report is to establish the opinion of students of "nurse" their level preparation for the promotion of health knowledge, and the methods and forms of training and disciplines that are most effective for the formation of such competence. Materials and Methods:

Respondents were 41 students from specialty "nurse" in the school year 2014/2015., Third year, Medical Faculty, University of Thrace. Data were processed with mathematical and graphical methods.

Conclusions:

As a result of this study can draw the following conclusions:

- More than half of the surveyed students (66%) would gladly joined the team trainee different groups of people to acquire knowledge and skills for a healthy lifestyle.
- Over two thirds of students would prefer to train young people up to 30 and adolescents who have a close understanding of the world, interests and goals.
- About 75% respondents actually assess their competence as yet insufficient for training of persons of different age groups.
- More than s respondents would use contemporary visual and interactive training methods.

Key words: desire, students, health promotion, competence.

INTRODUCTION

According to the World Health Organization health is not only the absence of manifest disease, but a state of complete physical, mental and social well-being. To achieve this balance is needed at a very early age, everyone can acquire some knowledge and skills in how to eat healthier, what physical activity is suitable for it and how to organize their free time and rest. S. Mladenova noted that "getting medical knowledge, development of skills and health habits affect on the attitudes and values support the formation of a healthy lifestyle." (3).

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and skills to perform medical, diagnostic and health care activities, but also communication skills and competencies for training of patients and their relatives.

Promotion of health knowledge is **purposeful** process to increase the knowledge and skills of the population and improve individual and public health. The role of health care professionals in this process is essential in conducting health education of different age groups, social and ethnic communities. Aim of the study is to determine the willingness of students of "nurse" to engage in teaching children and adults to acquire knowledge and skills for a healthy lifestyle.

MATERIALS AND METHODS

Respondents were 41 students from specialty "nurse" in the school year 2014/2015., Third year, Medical Faculty, University of Thrace.

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Data were processed with mathematical and graphical methods.

RESULTS AND DISCUSSION

Figure 1. More than half of the surveyed students (66%) would participate the team trainee different groups of people to acquire knowledge and skills for a healthy lifestyle. Only one (2%) student said that don't want to participate in such a team. The remaining 32% indicated answer "rather yes" and "rather not". Hesitation of the students (27%) indicated answer "rather"- explains with answers of the question №3.

Figure 2. Responses to the statement: "I have the necessary knowledge and skills to teach individuals of all ages for a healthy lifestyle."

Most students declare their desire to train persons in the following age groups: 18-30g. (39%), 10-18g. (37%) and children under 10 years of age (19%). None of the respondents has a desire to train persons over 60 years of age and only two (5%) are willing to train persons in the age group-31-59g. The analysis of answers impressed by the willingness of students to work with young adolescents who are closest to their age and accordingly have a

close understanding of the world, interests and goals. Almost the same age of those who deliver and those who receive health information enable better communication and mediate understanding. Thus the learning process goes smoothly and increases the culture of communication in both sides. Peer health education is not only a way to share information, but it also targets preventative healthy behavior changes. (2)

Figure 3.

Only 4 (10%) of respondents students are assured that they have the knowledge and skills for this training, 75% answered - "rather yes" and 6 are of the opinion that do not possess such knowledge. From the answers

emerged conclusion that students appreciate the role of the health professional in the formation of health habits. Realistically assess their competence as still insufficient for the training of people from different age groups.

The question "What training methods would you use?" Almost all scored- more than one method. The largest percentage (69%) indicated that they would use visual methods - presentation and illustration, 34% - practical methods - role plays, examples and case studies, 18% would use different verbal methods. The preference of respondents to modern methods is logical. Through their presentation of the subject as an interactive system of vivid images, filled with detailed and structured information facilitates the adoption of new knowledge. That the surveyed students pointed more than one method indicate an activity and desire for an attractive and the utmost simplicity method of education.

CONCLUSIONS

As a result of this study can draw the following conclusions:

- More than half of the surveyed students (66%) would gladly joined the team trainee different groups of people to acquire knowledge and skills for a healthy lifestyle.

- Over two thirds of students would prefer to train young people up to 30 and adolescents who have a close understanding of the world, interests and goals.
- About 75% respondents actually assess their competence as yet insufficient for training of persons of different age groups.
- More than $\frac{3}{4}$ respondents would use contemporary visual and interactive training methods.

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