

## HEALTH EDUCATION OF THE YOUTH VIA PEER EDUCATION

**Andrijana Milošević Georgiev<sup>1\*</sup>, Dušanka Krajnović<sup>1</sup>, Jelena Brzaković<sup>2</sup>,  
Ivana Stević<sup>1</sup>, Valentina Marinković<sup>1</sup>**

<sup>1</sup>University of Belgrade – Faculty of Pharmacy, Department of Social Pharmacy and  
Pharmaceutical Legislation, Belgrade, Serbia

<sup>2</sup>AU Srbotrade, Belgrade, Serbia

\*andrijana.milosevic@pharmacy.bg.ac.rs

Peer education (PE) is a more effective strategy for improving the health of adolescents than traditional methods (for example, teacher training) (1). Along the improvement of knowledge, beliefs, attitudes and behaviours between students are also improved with various medical problems in mind (2). We analysed the positive and negative sides of PE from the perspective of students, as well as how many would be interested in peer-to-peer education. A cross-sectional study has been conducted in November and December of 2020 on a sample of students from the Faculty of Pharmacy, University of Belgrade (N = 145), using a purpose-built questionnaire. Dominant were females (83.4%). As the most significant positive side, 44.8% of respondents state that they are better acquainted with the issues and the way of thinking of peer educators. As the main shortcoming, the largest number of respondents (97.8%) state insufficient experience and training of peer educators. Students would like to be educators (51.3%), mostly on the topic of disease prevention, health promotion and healthy lifestyles (20.3%). The results show that students have positive attitudes towards peer education, which need to be further researched, especially because of its importance in adolescence.

### References

1. Abdi F, Simbar M. The Peer Education Approach in Adolescents - Narrative Review Article. *Iran J Public Health*. 2013;42(11):1200-1206.
2. Oh J-E, Chan YK, Kong A, Ma H. Animation Students' Engagement and Motivation through Peer Teaching: Online Flipped Classroom Approach. *Archives of Design Research*. 2022;35(1):7-23.

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## ZDRAVSTVENA EDUKACIJA MLADIH KROZ VRŠNJAČKU EDUKACIJU

**Andrijana Milošević Georgiev<sup>1\*</sup>, Dušanka Krajnović<sup>1</sup>, Jelena Brzaković<sup>2</sup>,  
Ivana Stević<sup>1</sup>, Valentina Marinković<sup>1</sup>**

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

<sup>2</sup>AU Srbotrade, Beograd, Srbija

\*andrijana.milosevic@pharmacy.bg.ac.rs

Vršnjačka edukacija (VE) je efikasnija strategija za poboljšanje zdravlja adolescenata od tradicionalnih metoda (npr. obuka od strane nastavnika) (1). Pored poboljšanja znanja, u vezi sa različitim zdravstvenim pitanjima unapređuju se verovanja, stavovi i ponašanja među studentima (2). Analizirali smo koje su pozitivne i negativne strane VE iz ugla studenata, kao i u kojoj meri su studenti zainteresovani za vršnjačke edukacije. Studija preseka je sprovedena u novembru i decembru 2020. godine na uzorku studenata Farmaceutskog fakulteta Univerziteta u Beogradu (N=145), korišćenjem namenski kreiranog upitnika. Dominantno je bilo osoba ženskog pola (83,4%). Kao najznačajniju pozitivnu stranu 44,8% ispitanika navodi bolju upućenost u problematiku i način razmišljanja vršnjačkih edukatora. Kao glavni nedostatak, najveći broj ispitanika (97,8%) navodi nedovoljno iskustva i obučenost vršnjačkih edukatora. Studenti bi voleli da budu edukatori (51,3%), najviše na temu prevencije bolesti, promocije zdravlja i zdravih stilova života (20,3%). Rezultati pokazuju da je studenti imaju pozitivne stavove prema vršnjačkoj edukaciji što je potrebno dalje istraživati posebno zbog značaja u periodu adolescencije.

### **Literatura**

1. Abdi F, Simbar M. The Peer Education Approach in Adolescents - Narrative Review Article. Iran J Public Health. 2013;42(11):1200-1206.
2. Oh J-E, Chan YK, Kong A, Ma H. Animation Students' Engagement and Motivation through Peer Teaching: Online Flipped Classroom Approach. Archives of Design Research. 2022;35(1):7-23.

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