

A photograph of a classroom with several students sitting at desks, focused on their work. The students are diverse in age and appearance. In the foreground, a young woman with long dark hair is writing in a notebook. Behind her, another young woman is also writing. To the right, a young man is looking down at his desk with his hand on his forehead, appearing stressed or tired. The classroom has a red sign on the wall that says "JOURNALING BENEFITS".

DIGITALNE NAVIKE I SREDSTVA STIMULACIJE KOD MLADIH

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UVOD

Među učenicima Gimnazije „Sveti Sava“ sprovedena je anketa o tome koliko vremena provode ispred ekrana i u koju svrhu koriste digitalne uređaje, i o tome da li i koliko često konzumiraju energetska pića i cigarete (e-cigarete, vejp i sl.).

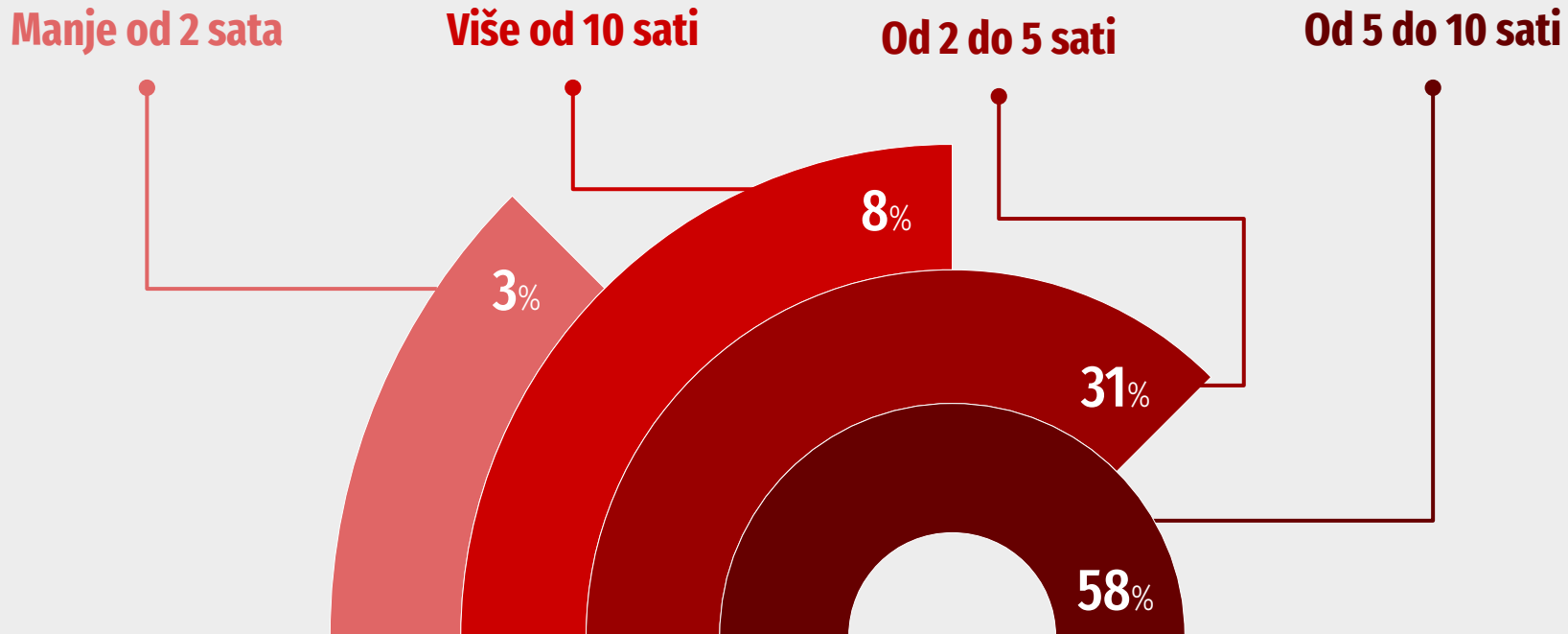
U ovoj prezentaciji biće predstavljeni rezultati istraživanja ankete.

A blurred background image showing several people's hands holding and using smartphones. The scene is brightly lit, possibly indoors, with a warm, golden light. The focus is on the hands and devices, with the faces and other details being out of focus.

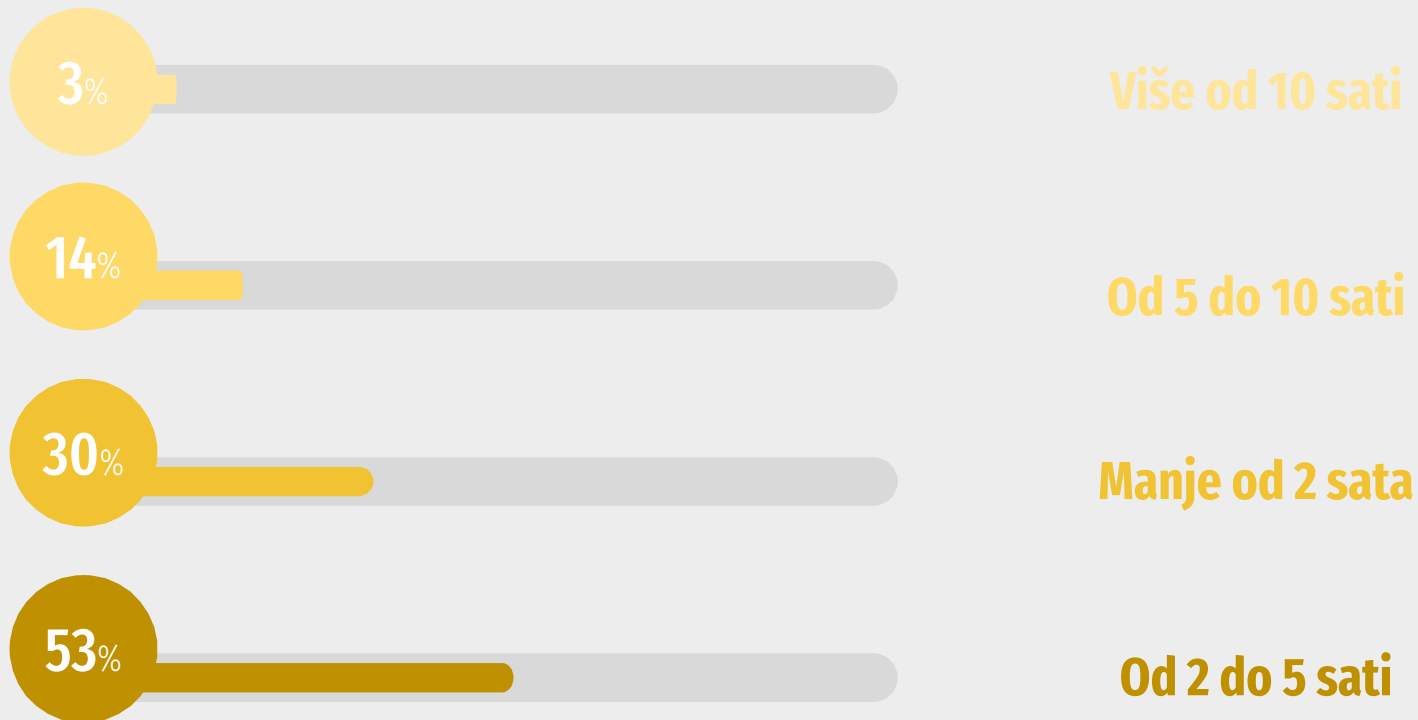
01

KOLIKO VREMENA
PROVODIMO ISPRED
EKRANA?

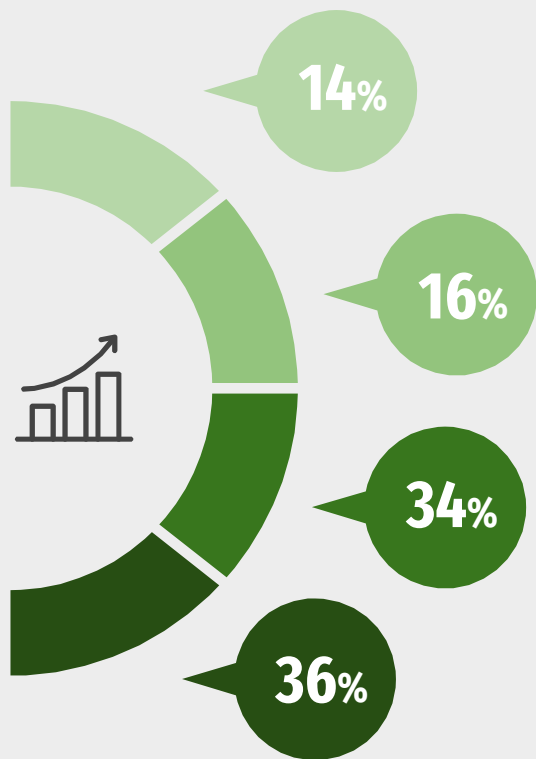
KOLIKO VREMENA DNEVNO UČENICI PROVODE ISPRED EKRANA?



KOLIKO VREMENA DNEVNO RODITELJI UČENIKA PROVODE ISPRED EKRANA?



KAKO SE UČENICI OSEĆAJU NAKON KORIŠĆENJA ELEKTRONSKIH UREĐAJA? |



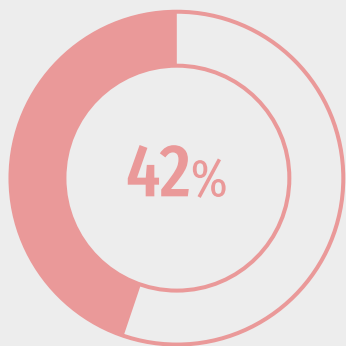
Opušteno i zadovoljno

Nervozno i razdražljivo

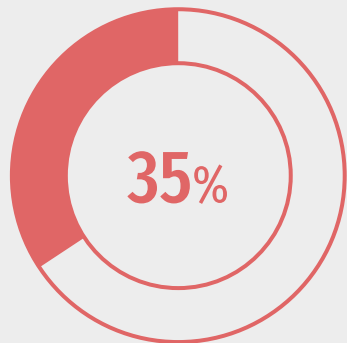
Umorno

Ne primećujem promene

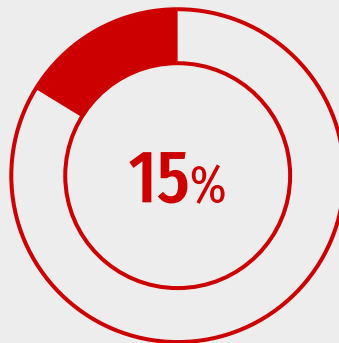
ŠTA UČENICI NAJČEŠĆE RADE SA ELEKTRONSKIM UREĐAJIMA?



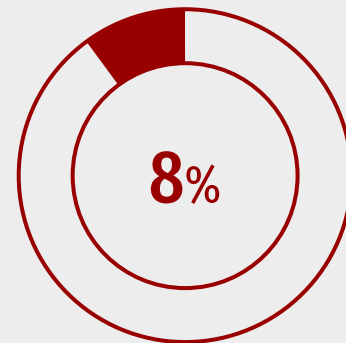
Dopisuju se na društvenim mrežama



Gledaju video-klipove/ TV

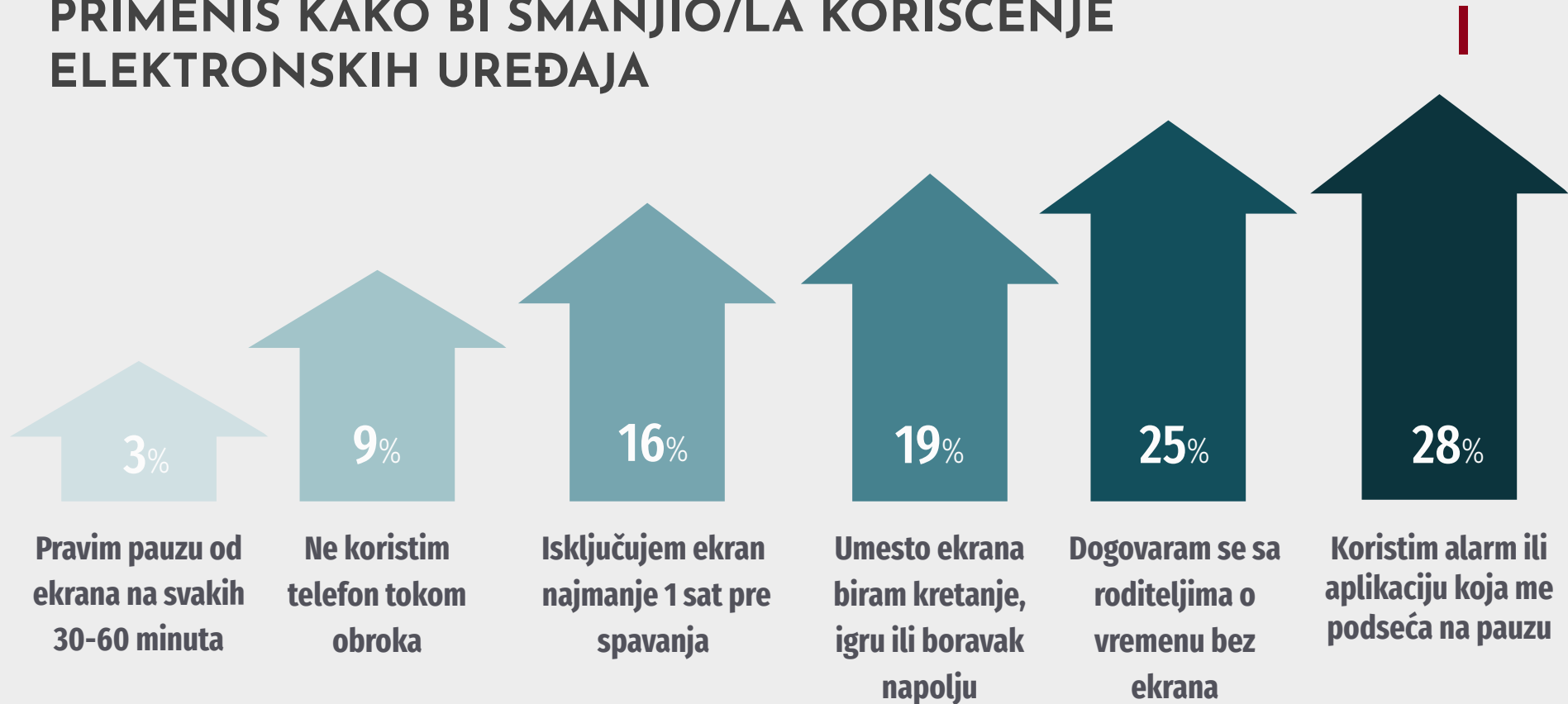


Igraju igrice



Uče ili rade domaće zadatke

ZAOKRUŽI BAR DVE MERE KOJE BI MOGAO/LA DA PRIMENIŠ KAKO BI SMANJIO/LA KORIŠĆENJE ELEKTRONSKIH UREĐAJA



A close-up photograph of several Red Bull cans. The cans are covered in water droplets, suggesting they are cold. The lighting is dramatic, with a strong blue and purple hue. The Red Bull logo and 'Energy Drink' text are visible on the cans. The cans are arranged in a cluster, with some standing upright and others lying on their sides.

02

ENERGETSKA PIĆA I
ELEKTRONSKE
CIGARETE, VEJP I SL.

KOLIKO ČESTO UČENICI PIJU ENERGETSKA PIĆA?

53%



Nikada

26%



Ređe od
jednom
nedeljno

12%



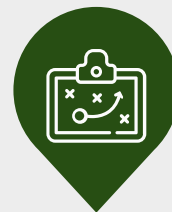
1-2 puta
nedeljno

4%



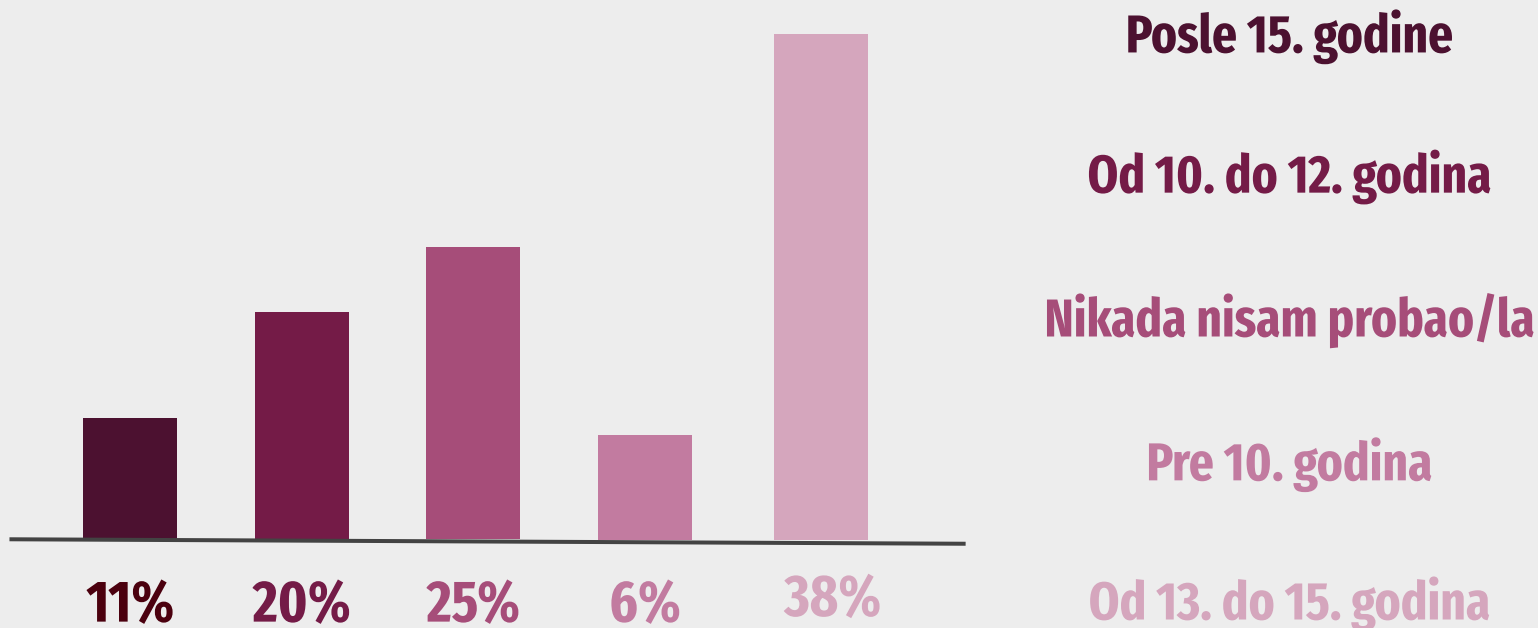
3-5 puta
nedeljno

5%

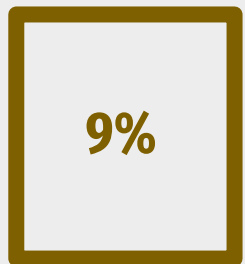


Skoro svaki
dan

U KOM UZRASTU SI PRVI PUT PROBAO ENERGETSKO PIĆE?

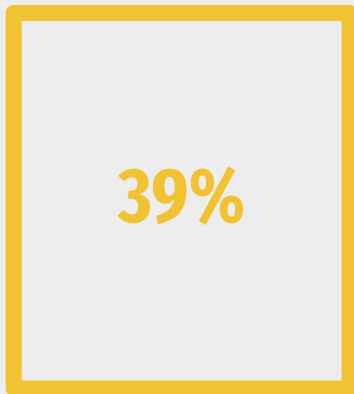


U KOJIM SITUACIJAMA NAJČEŠĆE PIJEŠ ENERGETSKA PIĆA?



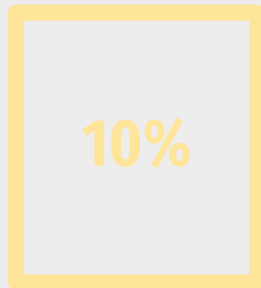
9%

Zbog društva/ jer i oni piju



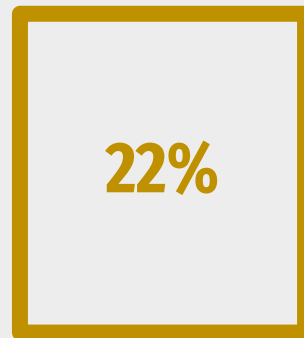
39%

Kad sam umoran/na i neispavan/na



10%

Pre ili tokom igranja igrica



22%

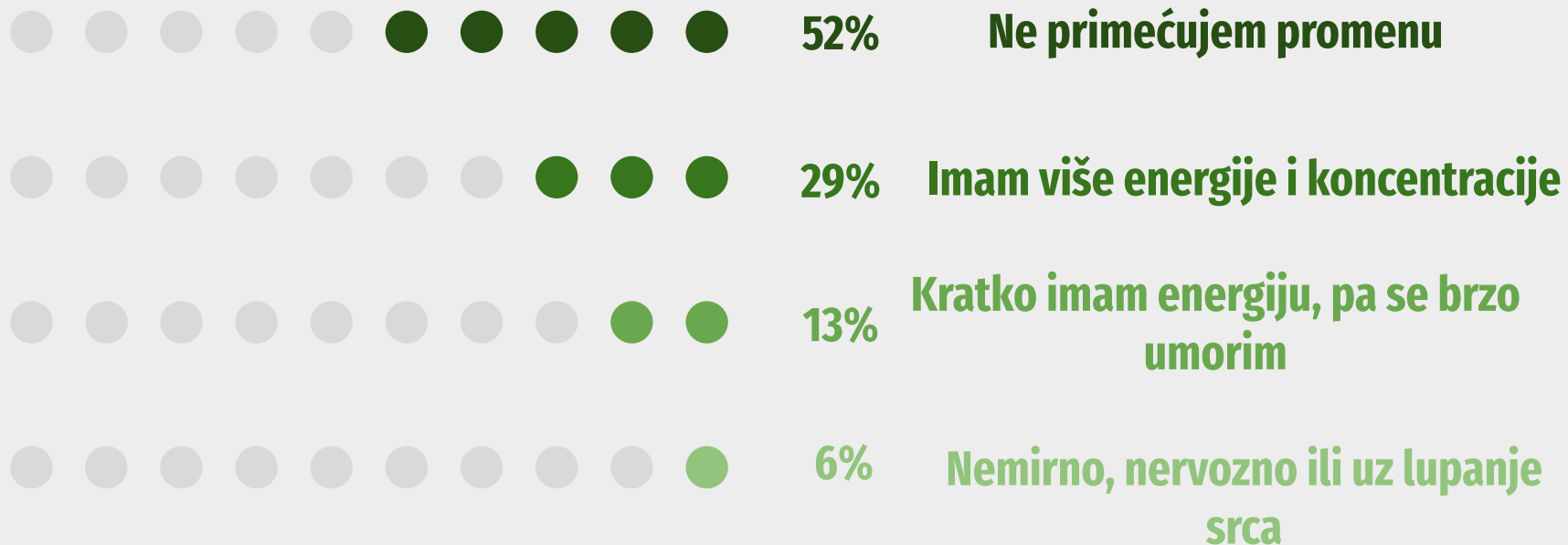
Zbog učenja ili testova



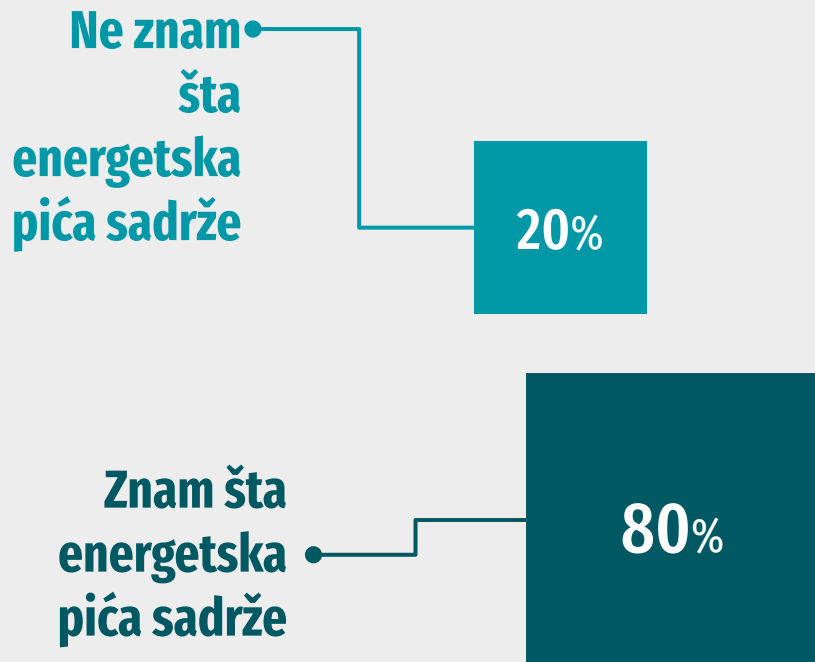
20%

Zbog sporta ili fizičke aktivnosti

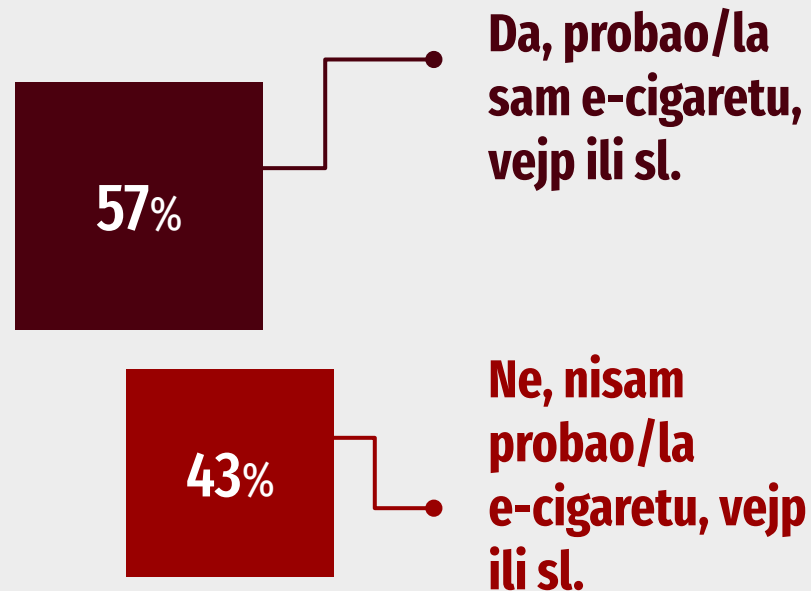
KAKO SE UČENICI OSEĆAJU NAKON KONZUMIRANJA ENERGETSKOG PIĆA?



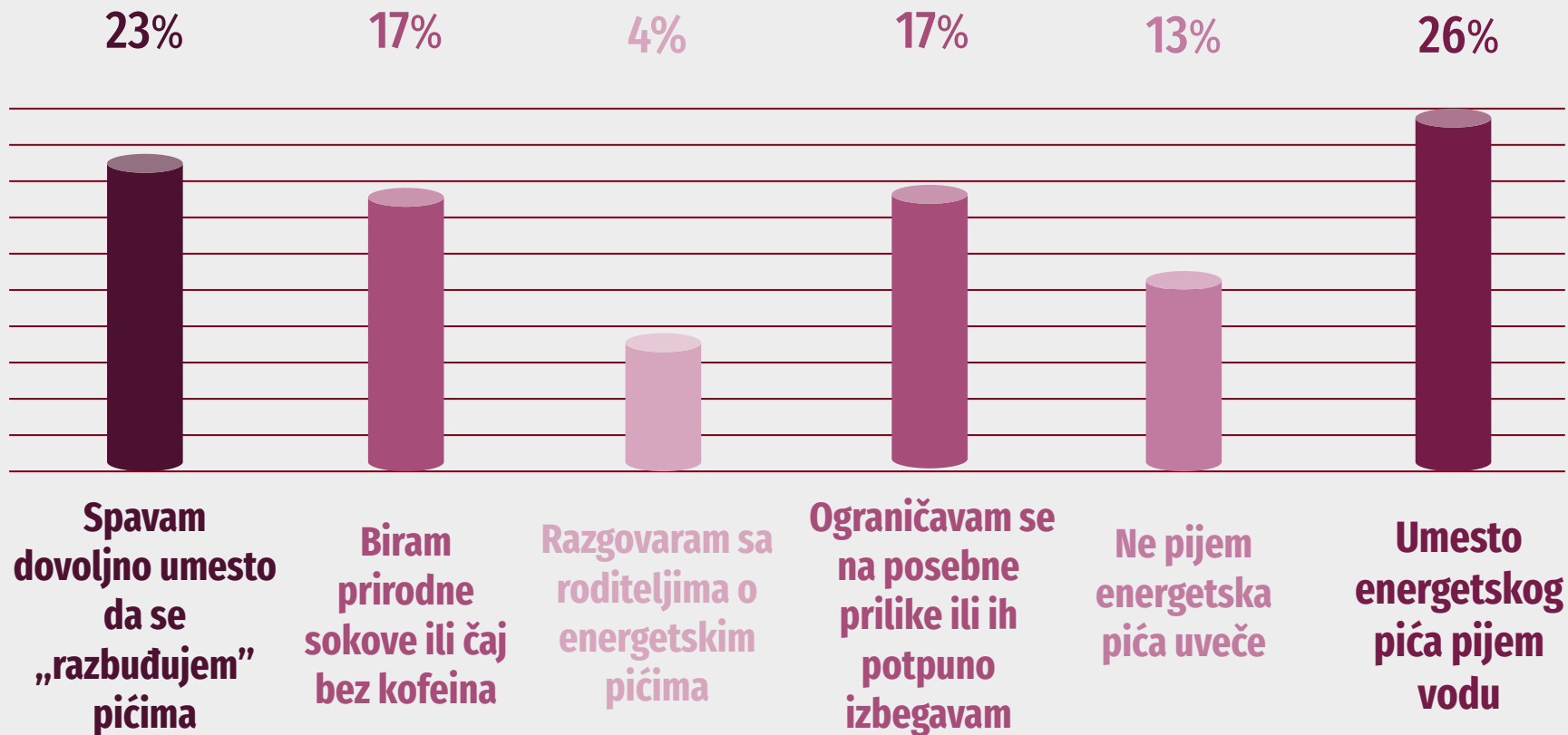
ZNAŠ LI ŠTA ENERGETSKA PIĆA SADRŽE?



DA LI SI IKADA PROBAO E-CIGARETU, VEJP ILI SL.



ZAOKRUŽI BAR DVE OPCIJE KOJE BI MOGAO/LA DA PRIMENIŠ KAKO BI SMANJIO/LA KONZUMACIJU ENERGETSKIH PIĆA



I ZAKLJUČAK

Prema navedenim rezultatima dolazi se do zaključka da je većina učenika svesna vremena koje provodi ispred ekrana i količine unosa energetskih pića u organizam, kao i šta ona sadrže, ali i da veliki deo ispitanika ne primećuje nikakve posledice, odnosno promene nakon korišćenja digitalnih uređaja/ energetskih pića.

A group of people are sitting around a wooden table in a meeting or workshop. They are engaged in a collaborative activity, with some holding pens and others looking at a large sheet of paper on the table. There are green cans, blue markers, and a smartphone on the table. The background is slightly blurred, showing more people and a brown bag. A large white text overlay reads "HVALA NA PAŽNJI!".

HVALA NA PAŽNJI!