



УНИВЕРЗИТЕТ У БАЊОЈ ЛУЦИ  
UNIVERSITY OF BANJA LUKA

ПРИРОДНО-МАТЕМАТИЧКИ ФАКУЛТЕТ  
FACULTY OF NATURAL SCIENCES AND MATHEMATICS



# ZBORNIK SAŽETAKA

## *BOOK OF ABSTRACTS*

### **IV SIMPOZIJUM BIOLOGA I EKOLOGA REPUBLIKE SRPSKE**

sa međunarodnim učešćem – SBERS2020

Prirodno-matematički fakultet, Univerzitet u Banjoj Luci  
12-14. novembar 2020.

### ***IV SYMPOSIUM OF BIOLOGISTS AND ECOLOGISTS OF REPUBLIC OF SRPSKA***

*with international participation – SBERS2020*

*Faculty of Natural Sciences and Mathematics, University of Banja Luka  
12-14 November 2020*

**Banja Luka, 2020.**



IV SIMPOZIJUM BIOLOGA I EKOLOGA REPUBLIKE SRPSKE  
sa međunarodnim učešćem – SBERS2020  
Prirodno-matematički fakultet, Univerzitet u Banjoj Luci, 12-14. novembar  
2020.

*IV SYMPOSIUM OF BIOLOGISTS AND ECOLOGISTS OF REPUBLIC OF  
SRPSKA with international participation – SBERS2020  
Faculty of Natural Sciences and Mathematics, University of Banja Luka  
12-14 November 2020*

*Izdavač/Publisher:*

Prirodno-matematički fakultet, Univerzitet u Banjoj Luci, Mladena  
Stojanovića 2, 78000 Banja Luka, Republika Srpska, B&H,  
<https://pmf.unibl.org>  
*Faculty of Natural Sciences and Mathematics, University of Banja Luka,  
Mladena Stojanovića 2, 78000 Banja Luka, Republic of Srpska, B&H,  
<https://pmf.unibl.org>*

*Za izdavača/For Publisher:*

Prof. dr Goran Trbić

*Urednik/Editor:*

Prof. dr Duško Jojić

*Tehnički urednik/Technical Editor:*

Prof. dr Siniša Škondrić

*Grafički dizajn/Graphic Design:*

Divna Džombić

*Način pristupa (URL)/Available on:*

[https://pmf.unibl.org/wp-content/uploads/2020/11/zbornik\\_SBERS2020.pdf](https://pmf.unibl.org/wp-content/uploads/2020/11/zbornik_SBERS2020.pdf)

## TEŽNJA KA ZDRAVIM NAVIKAMA U OSNOVNOŠKOLSKOM OBRAZOVANJU U REPUBLICI SRBIJI

Dragana Miličić<sup>1\*</sup>, Jelena Trajković<sup>1</sup>, Sofija Pavković-Lučić<sup>1</sup>, Tatjana Savić<sup>2</sup>  
& Marina Drndarski<sup>3</sup>

<sup>1</sup>Univerzitet u Beoradu, Biološki fakultet, 16 Studentski trg, Beograd, Srbija,

<sup>2</sup>Univerzitet u Beoradu, Institut za biološka istraživanja "Siniša Stanković"  
– Institut od nacionalnog značaja Republike Srbije, Bulevar Despota Stefana  
142, Beorad, Srbija, <sup>3</sup>Osnovna škola "Drinka Pavlović", Kosovska 19,  
Beograd, Srbija

\*Odgovorni autor: draganam@bio.bg.ac.rs

U okviru programa biologije u osnovnoj školi uči se i o značaju zdrave ishrane i fizičke aktivnosti za zdravlje ljudi. Cilj rada bio je da u odeljenjima od 5. do 8. razreda osnovne škole istražimo zdravstvene navike učenika. Intervjuisali smo 415 učenika (uzrasta od 11 do 14 godina). Radeći zadatke alternativnog i višestrukog izbora, učenici su mogli da se opredele za određeni odgovor u vezi toga šta jedu za doručak, koliko vode piju u toku dana i da li i koliko praktikuju fizičke vežbe. Da bismo utvrdili da li postoje razlike u ispitivanim navikama između dečaka i devojčica, odnosno među uzrastima koristili smo Hi-kvadrat test ( $\chi^2$ ). Koeficijent kontingencije smo koristili za merenje stepena povezanosti pola i odgovora učenika na određena pitanja. U vezi sa ishranom, uočili smo u svim razredima značajnu razliku između dečaka i devojčica u tome šta jedu za doručak. Takođe smo uočili značajnu razliku između uzrasta: kod devojčica je postojala snažna korelacija između odgovora na određeno pitanje o ishrani i starosti, dok kod dečaka nismo ustanovili takvu povezanost. U navikama vezanim za uzimanje vode nije bilo značajne razlike između dečaka i devojčica. Međutim, uočili smo značajnu razliku u konzumiranju vode među uzrastima. Razlika u bavljenju fizičkim aktivnostima između dečaka i devojčica javila se jedino u 7. razredu. Samo kod devojčica primetili smo značajnu razliku između uzrasta, ali korelacija između odgovora i starosti učenica je bila mala. Rezultati ovog istraživanja pružaju značajne informacije pri planiranju strategija promocije zdravih stilova života među decom školskog uzrasta.

**KLJUČNE REČI:** Osnovna škola, ishrana učenika, unos vode, fizičke aktivnosti

## STRIVING FOR HEALTHY HABITS IN PRIMARY EDUCATION IN THE REPUBLIC OF SERBIA

Dragana Miličić<sup>1\*</sup>, Jelena Trajković<sup>1</sup>, Sofija Pavković-Lučić<sup>1</sup>, Tatjana Savić<sup>2</sup>  
& Marina Drndarski<sup>3</sup>

<sup>1</sup>University of Belgrade, Faculty of Biology, 16 Studentski trg, Belgrade, Serbia, <sup>2</sup>University of Belgrade, Institute for Biological Research "Siniša Stanković" - National Institute of the Republic of Serbia, 142 Despot Stefan Blvd, Belgrade, Serbia, <sup>3</sup>Primary School "Drinka Pavlović", 19 Kosovska, Belgrade, Serbia

\*Corresponding author: draganam@bio.bg.ac.rs

The Biology curriculum in primary school addresses various topics, including healthy diet, a school-based and out of school physical activities. The aim of the study is to investigate health habits of students from 5<sup>th</sup> to 8<sup>th</sup> grade of primary school. We interviewed 415 students (ages 11 to 14). Doing an alternative choice and the multiple choice tests, they could opt for a particular answer about their breakfast diet, drinking of water habits, and their physical activity behaviors. We used Chi-square test ( $\chi^2$ ) to determine if there are differences in examined habits between boys and girls, and among ages, respectively. The Coefficient of contingency we used to measure the degree of association between the ages and student's answer to specific questions. Related to diet, we observed a significant difference between boys and girls in what they eat for breakfast, in all grades. We also noted significant difference between ages: in girls, there was a strong correlation between answers to a certain diet question and the age, while in boys we have not established such association. In habits related to water consumption, there was no significant difference between boys and girls. However, we noticed a significant difference in water consumption between ages. Difference in doing physical activities between boys and girls exists only in the 7<sup>th</sup> grade. Only in girls, we noticed significant difference between ages, but the correlation between response and age was weak. Results of this research provide important information in implementation of strategies for promotion healthy lifestyles among school-age children.

**KEYWORDS:** Primary School, diet, water intake, physical activities