

I. Streszczenie w języku angielskim

Malignant tumours are present within each population. In developed countries cancer is the second cause of death, the first is coronary disease.

The Bioethical Commission of Medical University of Białystok R-I-002/238/2015 consented to research. The choice of groups was intentional. 150 students of Publiczne Gimnazjum im. Władysława Stanisława Reymonta in Białej Podlaskiej, Zespół Szkół Ogólnokształcących nr 3, Publiczne Gimnazjum nr 3 im. Emilii Plater in Białej Podlaskiej and Zespół Szkół Integracyjnych, Publiczne Gimnazjum nr 4 in Białej Podlaskiej were included in the research.

The aim of the paper was to assess the basic knowledge of the middle school students about cancer and their attitude to health. The paper aims also at measuring the impact of the lecture on anticancer profilaxis on students' knowledge level. Certain research hypotheses were formulated: the teenagers examined showed little care about their health (however, girls and city dwellers valued health more than the boys and country dwellers); mostly other people or/and coincidence have an influence on students' health, without regard to sex and place of living; love and friendship, nice appearance, wealthiness as well as a lot of friends are thought to be the greatest values in the students' lives; the girls have difficulties in providing appropriate answers to questions regarding the cancer of women's body, however the lecture will increase their knowledge of the issue; the boys have difficulty in providing appropriate answers to questions regarding the cancer of men's body, however the lecture will increase their knowledge of the issue; moreover, the students showed no knowledge whether their parents regularly go for proactive check-ups.

A diagnostic survey method was used in the first stage of the research. Certain research tools were used such as: the authorial inquiry form (version for the girls), the authorial inquiry form (version for the boys), Health Locus of Control (HLC) Scale, Health and Care Scale (HCS), Standardized Personal Values List. In the second stage of research, a series of 45-minutes long lectures and demonstration lessons were conducted on the groups taking part in the first stage. Each of them was devoted to cancer prophylaxis. The lecture from the first stage of research was conducted for both girls and boys. In the next stage it was carried out for girls and boys separately. In the third stage, after the series of lectures and demonstration lessons the diagnostic survey was carried out again with the use of the same tools as in the first-stage research.

The following conclusions were made as a result of the three-stage research:

- the people who had an indifferent attitude towards health were the majority in the researched group of students. The girls and the city dwellers, however, showed more care about their health, whereby neither students' sex nor place of living didn't have much influence on the respondents' attitude to health;
- the assesment of health loeus of control shown that the category of 'internal health loeus of control' regarded mostly the country dwellers and narrowly the city dwellers. The category 'influence of others' predominated in the case of boys and was the least significant for girls. The category 'coincidence' predominated in the case of girls and was the least significant for boys and country dwellers.
- the researched students cared deeply about good health, nice appearance, fine family life and love, therein fitness and mental efficiency were important for the boys; fine family life, love and friendship - for the girls; love, friendship, fitness and mental efficiency - for the country dwellers; nice appearance and good health - for the city dwellers.
- the educational lecture conducted in the group of girls had a positive influence on their knowledge of cancer, except for preferred behaviour limiting the cancer development and adviced proactive check-ups, which before and after the lecture remain on the same level.
- the educational lecture conducted in the group of boys had a positive influence on their knowledge of cancer.
- the majority of girls and boys researched did not know whether their mothers and father go for regular proactive medical check-ups.

The postulate was also formulated: in view of the fact that up to the present moment any certain and proven method of avoiding cancer was not discovered, but particular practice can lower the probability of the disease, it is possible to state that informing and teaching the youth that health-promoting habits at a young age minimize the risk of cancer in the future.

On one hand education in the field of cancer prophylaxis since a young age draws attention to the issue of cancer which is ignored by young people. On the other hand it can be an important element of systemic approach to solving cancer problems.