

Abstract

Original Article

## Evaluation of Students' Knowledge and Attitudes on Sun Radiation Protection

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### Abstract

**Background:** An individual's over-exposure to sun, during his childhood and adolescence and the accumulation of this radiation, are significant risk factors for the development of various damages and mainly skin cancer.

**Objectives:** The aim of the study was the evaluation of knowledge, attitudes and perceptions of students, regarding the risks of sun radiation and the protective measures that have to be taken during sun exposure.

**Methods:** The sample was 387 pre-graduated and post-graduate students in the University of Peloponnese. For the data collection, a self administered questionnaire was used, for data analysis the SPSS 20.0 was used.

**Results:** The majority of the students had dark (69.8% brown and 16.5% black) hair. As far as their knowledge, 70.8% reported they knew what the melanoma was and that 11.6% had a melanoma case in the relative's environment. About half of the participants knew what the sun radiation and sun screen is (53.2% and 52.2%, respectively). The 47.5% of the participants answered that they had 20-50 sea baths during the summer prior to the study, whereas 70.5% of them used to go to the sea between 10.00pm-16.00am, with friends or parents (80.1% and 26.6% respectively). The participants considered that the protective measures were only avoiding a sun burn (49.4%) and covering the body with clothes (40.6%).

**Conclusion:** The knowledge of students about the sun radiation risks is satisfactory, with definitely possibilities for further improvement. On the other hand, their attitudes, perceptions and compliance to sun protection measures, do not seem to reflect their good level of knowledge.

**Key words:** Attitudes, knowledge, sun protection, sun-screen, sun-block