

CHAPTER 128

The sexual health Y reproductive of the students of level preparatory: a frame of analysis for the intervention of Nursing on the community

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ABSTRACT

The teachers of the Department of Education in Community Nursing of the Faculty of Nursing of the

Benemérita Autonomous University of Puebla, Mexico and of the Community Centers of Attention to Life Care (CECACVI - BUAP), in the development of the program "Care of the sexual and reproductive health of university students "(CUSASEX, 2012), implemented since 2006 in schools of various educational levels, the Faculty of Nursing and the university itself, identified sexual and reproductive knowledge, behaviors and practices in students of a public preparatory school, to have a diagnosis that will guide the preventive interventions to be carried out in the "Take care of your health" day. The study was descriptive, correlational, cross-sectional, carried out in 318 students selected at random. Of the surveyed population, 35.9% have an active sexual life (VSA), 21.6% started it between 12 and 13 years of age and 78.4% between 14 and 17 years of age. Of those who have VSA, only 40.8% use a condom, although 87.0% reported having received information about this means of protection from their parents at home and health professionals at school. There was no relationship between age and gender with the practice of safe and protected sex ($r = .213$, $p = .187$; $r = 0.50$, $p = .758$), but with having received information ($r = .362$, $p = .022$). The results obtained showed a high exposure to the risk of sexually transmitted diseases and unwanted pregnancies on the part of the students, for which interventions were implemented aimed at limiting the risk, strengthening safe and protected sex, and the co-responsibility of the students in the health care and the LGAC of the Academic Body of Community Nursing called "Community Care: From the Nursing Perspective".

Keywords: institutions school children, standards, practices, methods, culture school.

1 INTRODUCTION

Adolescence and youth are stages that are characterized by the energy, vigor and freshness of the individuals. Although these are relatively healthy age groups, they are stages that exposed to multiple risk factors in the exercise of their sexuality. The lack of information and sexual education on preventive measures, safe and protected sex, contraceptive methods, condom use and placement, sexually transmitted infections, and unwanted pregnancy to the development of inappropriate behaviors and practices, conflict in gender identity, acquisition of habits harmful, interaction with multiple couples sexual Y a taking of inadequate decisions regarding their sexual health, compromising their present and future well-being(Organization Pan American of the Health, 2008).

For the World Health Organization (WHO), 2006/2010), the Health sexual and reproductive (SRH) is the state of complete physical, mental and social well-being and not merely the absence of disease in all matters relating the reproductive system and its functions and processes; component essential of the ability of the individuals for turn in people balanced, responsible Y productive within of the society, law that It includes the benefit of the security and integrity sexual, the identity of gender, the expression Y exercise of the safe sexuality, privacy, equality, expression of love and access to attention of the Health.

Guaranteeing the sexual and reproductive health and rights of adolescents and young people is essential to ensure that they lead healthier lives. So take care of the SSR must occur throughout the entire human life cycle and in all contexts: family, institutions educational and health, with the purpose of promoting good decision-making in the exercise sexuality and reproduction, limit sexually transmitted infections, pregnancies not desired and truncated life projects. Aspects that should be the central concern of the programs and professionals of the Health (Bernstein Y hansen, 2006; Lerma et to the, 2009).

In Mexico, in the year 2012, the results of the Poll National of Health Y Nutrition (ENSANUT) (Gutiérrez, Rivera et al, 2012) reported that 23% of adolescents (of a total of 22,804,083 million; 50.3% men and 49.7% women) had an active sexual life, 14.7% of the men and 33.4% of women did not use any protection method in the first intercourse However, at the time of the survey, 80.6% said they used a condom when they have sexual intercourse and 6.2% of women take hormones, specifically the second day pill Of the women between the ages of 12 and 19, half (51.9%) reported having been pregnant and 10.7% were pregnant at the time of the interview. In this same year the National Institute of Statistics and Geography (INEGI, 2012) reported that the main infections of transmission sexual reported by the institutions of Health in adolescents and young people were urogenital candidiasis and human papillomavirus (HPV), and Mexican Social Security Institute (IMSS) ⁶ that 32% of the population affected by HIV/AIDS have less of 25 years, and the vast majority I know infected between the fifteen and 18 years of age.

Regarding the university students from Puebla, the aforementioned reality is not different, the affections, projects, emotions, habits and fantasies that are part of your life during your professional training, cause some to start their sexually active life at an early age and others the continue, the relationship of partner occupies a place fundamental in their interests everyday, they start in courtships or fortuitous love relationships, along with their professional desires, without However, unplanned maternity or paternity and sexually transmitted infections are a latent risk in them Y are usually associated a projects of life truncated.

Ospina and Manrique (2007), when studying the SSR in 764 university students, found that the 67.6% recognize the existence of others preferences sexual, the 90.3% rated his education sexual as adequate, 36.2% considered having absolute certainty of avoiding an unintended pregnancy. wanted, the 66.2% considered necessary increase knowledge on sexuality for feel insurance, the 1.5% have couples sexual of same sex, the 8.3% it is bisexual; the average age of beginning of active sexual life was 16.5 years, the average of partners sexual was 3.96 in men and 2 in women. Likewise, Chávez, Petrzalová and Zapata (2009), reported that of 719 Mexican university students who participated in their study on SRH, 70% received sexual education from the family about STIs and methods contraceptives, the 60% knew the use of preservative, the 51% opined that the relations Come in homosexuals are abnormal, the 13% said that the homosexuals are sick Y the 41% He stated that he had started an active sexual life between the ages of 18 and 21. On the other hand Lema et al ⁹ They found that the 70.7% of 587 students university students were heterosexuals, the 5.2% homosexuals, the 33.6% query journals, videos either pages pornographic Y the 8.3% have virtual sex. Finally González et al (2013), when studying SRH in students university students in a Cuban community found that of 126 young people who declared having had sexual intercourse 86.6% did not use any method of family planning in their first intercourse; 13.4% did, and they selected condoms, birth control pills, and intercourse interrupts.

In this context, the present study was given from the implementation of the "Care Sexual and Reproductive Health of University Students" (CUSASEX) (García, García M, 2013), where the teachers of the Department of Education in Community Nursing of the Faculty of Nursing of the Meritorious Autonomous University of Puebla, Mexico, carried out a diagnosis previous on the problematic plus common that compromise the Health of the high school students. The objective was to assess knowledge, behaviors and practices sexual and reproductive health of students in such a way that preventive interventions to implement in the working day "Takes care your Health" were assertive Y will strengthen the Program "CUSASEX". Program that since 2006 has been implemented year after year as a strategy of prevention positive in the students of the schools secondary Y telesecundaria of the Community Center (CECACVI-BUAP) of San Andrés Azumiatla, in the Faculty of Nursing, in high schools and other Academic Units of the BUAP and in institutions

government of the city of Puebla (House of the Youth Y schools high schools Y high schools of the Secretary of Education public of the city of Atlixco Y Puebla, Mexico) in in which health professionals from other institutions such as the Ministry of Health of the State of Puebla, especially the Ambulatory Center for the Prevention and Care of AIDS and Sexually Transmitted Infections (CAPASITS), the Mexican Institute of Social Security (First Level of Care), the University Hospital and the Faculty of Psychology of the BUAP, among others. Y whose actions strengthen to the Academic body of Nursing Community.

2 METHODOLOGY

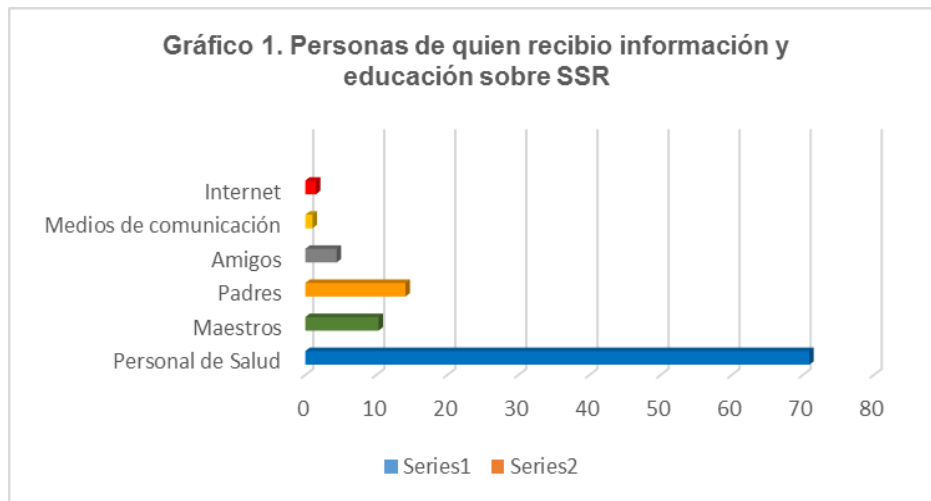
The study it was descriptive, correlational, cross, done in 318 students of level randomly selected high school students to whom an instrument was applied in their classroom of 36 questions on sexual and reproductive health with a Crombach's alpha of .94, after information on the purpose of the study and information management. In the application of instruments participated by teachers from the Department of Nursing Education community who maintained the individuality and security of the interviewees and preserved respect for their dignity and well-being as established by the Regulations of the General Health Law in Research Matter (Ministry of Health, 1984/2013). For capturing and analyzing data was used the statistical package SPSS (Statistical Package for the Social Sciences) version 19.0, as well as descriptive, variability and parametric statistics according to the curve of normality of the data.

3 RESULTS

Of the surveyed population, the average age was 17 years, 54.2% were women and the 45.8% men, 83.7% were single, 87.0% received information on aspects related to SRH, in its highest percentage by health professionals at school and parents at home (table 1/ graph 1), 65.7% stated that the information received was timely, truthful Y enough, the 30.1% that it was timely Y truthful but insufficient Y the 3.3% insufficient and inadequate.

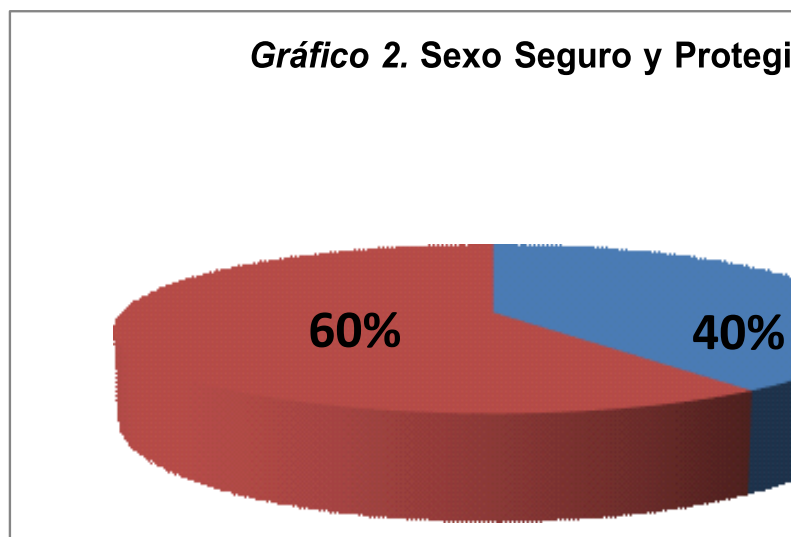
Table 1. received information Y education on Health sex and reproductive

Response	<i>F</i>	%
YES	303	87.0
NO	fifteen	13.0
ont. ESSR. Puebla, Mexico. 2012.		318 students



Font: ESSR. Puebla, Mexico. 2012. 318 students

91.5% know what the risk factors are, which is a sexually transmitted infection, for what is the use of the condom and what is the correct technique of its placement. The 90.2 is identified with its gender (male - female), 35.9% have an active sexual life (VSA), 21.6% the start of the 12 to 13 years old and 78.4% between 14 and 17 years old, 40.8% with VSA practices sex safe and secure, 92.4% have only one sexual partner, 6.9% of women have become pregnant in an unplanned way. There was no relationship between age and gender with the practice of safe sex and protected ($r = .213, p = .187$; $r = 0.50, p = .758$), but Yes with to have received information ($r = .362, p = .022$).



Font: ESSR. Puebla, Mexico. 2012. 318 students

4 DISCUSSION

The implementation of health programs aimed at education and prevention of health problems of Health sexual Y reproductive What the Program “CUSASEX” in the students of level high school, results in them assuming better decision-making and greaterco-responsibility the exercise from his sexuality and of their behaviors Y practices sexual.

The data obtained in the study, in a general way coincide with those obtained in other schools and faculties where the program has been implemented, show a development of low-risk sexual behaviors and practices. The age of onset of VSA coincides with what reported by the Institute National of Statistics Y Geography in studies made in adolescents, as well as in the National Nutrition Survey and Ospina and Manrique, however, differ with those of Chávez, Petrzalová and Zapata who found that the age of onset was 18 to 21 years old, that is, at an older age. Regarding the information and education received the results show similarities with those published by Chávez, Petrzalová and Zapata who inform that a tall percentage of teenagers manifested to have a education sexual adequate and having received information on various SRH topics, especially on the use of condom, No agree with the information reported by Ospina Y Manrique in where the students considered need to increase knowledge about sexuality To feel plus insurance. The results obtained evidenced a high exposition to the risk of sexually transmitted diseases and unwanted pregnancies on the part of the students, so interventions were implemented aimed at limiting risk, strengthening safe sex and protected, the co-responsibility of the students in the watch out of its Health sexual Y reproductive.

Finally, the school as a mediating institution between the social and individual dimensions seeks guarantee a comprehensive education in students and limit any risk factor to health that truncate the projects of life of the same.

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