82 - PERCEPTION OF ADOLESCENTS ON CONTRACEPTIVES: ADVANTAGES, DISADVANTAGES AND METHOD OF USE

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INTRODUCTION

In biological terms, adolescence is a period of change which starts, on average, at 10 or 11 years old, a period that is called puberty. It is during adolescence that the individual becomes ready for reproduction and sexuality gets a prominent position in the life of man and woman. The changes in the patterns of behavior experienced by adolescents in recent decades shows problems reflected in the biopsychosocial aspects of that group. While undoubtedly the greatest impact of the change related to patterns involves sexual activity (PIROTTA, 2002).

The adolescent pregnancy gained prominence in the Brazilian scenario because of demographic transition that has been occurring throughout the second half of the twentieth century, mainly characterized by the drop in total fertility rates, declining mortality and increased longevity. This process, directly related to the development of urban and industrial society, has brought many changes in the aging structure of population, with implications for social, cultural and economic organization, creating new social demands (PIROTTA, 2002).

The pregnancy at that stage of life may result, among other factors, from the inappropriate use of contraceptive methods (SIMÕES et al., 2003; PERSONA; SHIMO; TARALLO, 2004). Accordingly, the analysis of knowledge about contraceptive methods in most studies is made on a very subjective way, not including the method of use, side effects, its indications and counter-indications. This may not produce a true interpretation of the degree of knowledge about prevention of pregnancy that young people possess and, thus, corroborate in assessing the influence of knowledge about use of contraceptives (MARTINS, 2006).

Thus, it is believed to be able to get a more conscious decision, in which advantages and disadvantages of each method of contraception are important in decisive moments. The continuing use of a method chosen will be positively associated with having received a good quality orientation, related to the availability of traditional and new contraceptives (OSIS et al., 2004; RAMARAO et al., 2003). The aim of this study was to identify the perception of adolescents on the advantages and disadvantages of contraceptive methods and the use of such methods.

METHODOLOGY

It is a descriptive study with a qualitative approach, action-research type, which focuses on investigate about the advantages and disadvantages of contraceptive methods and their modes of use from the deployment of the actions held by the Family Health Program (FHP) in a group of teenagers attended the Family Health Unit (FHU) of Igapó the Municipal Health Secretary of Natal / RN.

The study's participants were 16 adolescents living in the area of operation of the FHP and who attend the group of FHU of Igapó. They were randomly invited, through personal contact, home visits by the families and, as in the own health unit, at the time of consultation. Thus, upon the invitation, were explained the objectives and the importance of the research.

It was used as a criterion for inclusion: be adolescents (10 to 19 years) in the area of coverage of FHU of Igapó, accept participate in the survey, answering the questionnaire of initial and final diagnosis and attend, at least, four meetings in the focus group.

The research project was assessed by the Commission on Ethics in Research / UFRN, respecting the normalization of Resolution No. 196/96, concerning the ethical aspects of research involving human beings, obtaining assent (No. 131/2007). After clarification of the objectives, justification and importance of research, was asked to sign the Free and Informed Consent Term (FICT), by parents and adolescents.

During the meetings of the focus group, were used some data collection techniques: audio recording of the focus group discussions and observations recorded by the research team in the field notes. The collection of information was held on September 03th, 10th, 17th and 24th and on October 01st, 08th and 10th, 2007.

RESULTS AND DISCUSSIONS

The search group was composed by adolescents aged between 12 to 16 years, female, single, Catholic, students from public schools of the morning round, that does not work, live with their parents at home in the area, have family income of up to 02 minimum wages and have not yet begun sexual activity.

During the meetings, the adolescents were always encouraged to discuss the advantages and disadvantages and use of contraceptive methods. The perception of adolescents about the advantages of the methods, in general, stood out at pains to avoid pregnancy and STDs (16). Taking into account the types of methods, it is observed that most often remembered was the method of barrier (16), mainly the condom, in linking its use to prevent STDs (16) and pregnancy (11).

Were less frequently cited the benefits of hormonal methods (10), natural (8) and surgical (6). Among the benefits of hormone, there is the fact that regulates the menstrual cycle and reduce cramps (7), does not require sexual abstinence (3) and have a low rate of failure (2). The surgical methods have been reported as benefits for not require other methods (4) and does not require sexual abstinence (3).

Face to these results, it is observed that, in addition to the constant presence of the main idea of the meetings, contraception, there had an attention to the prevention of STDs, such as the speeches fragments of the following lines:

"The advantages are avoiding pregnancy and sexually transmitted diseases." (Vesgo, 12 years old, method of barrier - male condom).

"I think the advantage that there is, is that it is more resistant than male and have less risk of burst than that of man." (Cristalina Baby, 12 years old, method of barrier - female condom)

"The advantage is that the woman doesn't become pregnant if used on a proper way. [...] That the diaphragm can be used in any woman's menstrual period. "(Juninho Play, 13 years old, barrier method - diaphragm)

"Don't lead to pregnancy, regulates the menstrual cycle, reduce the cramps, and does not require sexual abstinence." (Lili, 13 years, hormonal method - injectable)

"One of the advantages of mucus that is a good method for women who want to become pregnant." (Juninho Play, 13 years, natural method - cervical mucus)

Are addressed in a research the following advantages over the female and male condoms: only methods capable of preventing STDs and HIV, easy access, the use do not require prescription and low cost. Regarding, still, the female condom, the authors pointed out that it is a device that depends only on women, since its use provides greater sensitivity than the male (FAULHABER, 2007).

As for the IUD, the advantages are: not interfere with the sexual life, have high efficiency and be reversible. For the same study cited above, the hormonal methods are favorable to reducing the risk of pregnancy and regulate the menstrual cycle, reducing the flow and pain crisis, improvement of acne and fewer anemias. For the natural, cost zero, promotion of dialogue between partners and learning about the menstrual cycle, ovulation and fertile period (FAULHABER, 2007).

In this study, in addressing the advantages, the teens emphasized the prevention of STDs and pregnancy, regulate the menstrual cycle, does not require sexual abstinence, have low rate of failure in relation to injecting, as the natural only advantage is the need to not take orally. The surgery is advantageous for not requiring sexual abstinence, does not require other methods, do not prevent ovulation and have no side effect.

In a study conducted with health professionals in relation to surgical methods, for the tubal ligature, said the main advantage is its high efficiency (86.8%), for the vasectomy, the main advantage is the fact that it is a simpler than surgery that the ligature (67.2%) (MAIA; CHACHAM, 2002).

Linking the disadvantages of contraceptive methods, it was observed that all teenagers had associated this understanding to the consequences arising about the misuse of contraceptive, which can cause STDs and pregnancy (16).

By observing the teens' perceptions about the disadvantages relating them to the types of methods, there are in the barrier methods a high rate of failure (6), the fact of requiring the use of another method (5) and also because considered bad to wear (4). The hormonal stand out, even without preventing STDs (9), causing side effects (7) and weight change (4). For the disadvantages of natural methods, were more prevalent that not prevent STDs (8), the high rate of failure (6) and the fact that it is not recommended for adolescents, for requiring discipline in use (4). Already in surgical, the most cited disadvantages were: be irreversible (11) and did not prevent STDs (6).

The adolescents showed consistency to give disadvantages to the various methods studied, as expressed at the same time, a concern with the consequences of improper use of contraceptives and the difficulties regarding the use, as can be seen in the speeches fragments of the following lines:

"The disadvantage is it's bad to put on, right? It is ... So ... It is not practical as the male. "(Cristalina Baby, 12 years old, method of barrier - female condom).

"The disadvantage is that the diaphragm does not protect from STD's." (Juninho Play, 13 years old, barrier method - diaphragm).

"The disadvantage is that the injection does not prevent against sexually transmitted diseases." (Lúh, 13 years, hormonal method - injectable).

"Because if the woman is sick, with the high temperature, then she will not know, will be confused." (Juninho Play, 13 years, natural method - basal temperature).

"Another disadvantage of interrupted coitus is that the rate of failure is very high." (Homem-Aranha, 13 years, natural method - interrupted coitus).

"The disadvantage is that it does not avoid disease, and if person wants to go back, there's no way." (Clover, 13 years, surgical method - sterilization).

In addressing the disadvantages of male condoms in another study, it refers to the reduction in sensitivity to a large number of users, in addition to the direct interference in the sexual act. And, regarding the female condom, author says that is still a little known and tested method, and not easy to find, and have cost a little higher than the common, demands the manipulation of the genitalia in the act of insertion, which interferes with the dynamics of sexual intercourse. The disadvantages related to the natural are: require abstinence during the fertile phase and not protect against STD's (XIMENES, 2005).

In line with the results already submitted, another author cites as disadvantages to the use of hormonal methods: the fact of not protect against STD/HIV, the irregular bleeding/amenorrhea, bringing up to 8 months for return of fertility, weight gain, depression and reduced bone density (FAULHABER, 2007).

The main disadvantages cited by other studies for the method were: low efficiency/insecurity (46.4%), require discipline of users (32.7%), be difficult to learn (24.5%) and the partner does not cooperate (15,5%). Suggest, also, that the disadvantages existent in surgical methods are: the facts of being irreversible, which can generate repentance, not prevent from DST's and, as being a surgery, are the most risky (MAIA; CHACHAM, 2002).

We can see that, during the meetings, young people show advantages and disadvantages of the correct use of contraceptive methods, showing consistency on the types of contraceptive methods and showing an expansion in knowledge.

To discuss in groups the use of contraceptive methods, all 16 teenagers said that they know the use of barrier methods, such as male and female condoms, and less frequently diaphragm, IUD (4) and spermicidal (1).

Among the hormonal methods, the oral contraceptive (9) and injectable (7) were the most frequent. The natural methods (4) and surgical (4) were the least cited by the researched.

These results herald that there was a good understanding of adolescents with the use of barriers and hormonal methods, as shown in the following lines:

I will tell how you put a male condom: first you look at the expiration date, then after you, like this. After running down, like this. Ready, ended there. It has to hold the tip first, for when the sperm out, it don't burst. (Silvio, 12 years old, method of barrier - male

condom).

"And I will describe how it uses the method: you raise the leg and hold the ringlet and then boot near the cervix." (Clover, 13 years old, method of barrier - female condom).

The IUD looks like a 'T' that puts on and that iron piece that you have in the IUD, it kills all sperm. Yes, it destroys the sperm, that metal piece that it has, destroys. You have to go to the doctor, he picks up a large syringe, puts the IUD on the edge, slips inside the vagina, it tightens' well, like this,, then pull. When he is pulling, the wire comes out, is below. (Clover, 13 years old, barrier method - IUD).

Regarding the use of hormonal methods, the majority of those surveyed reported knowing use them, as can be seen in speeches fragments below:

"The emergency pill should be taken until 72 hours after sexual intercourse." (Juninho Play, 13 years, hormonal method - emergency oral contraceptive).

You have to be very careful to take injectable, it can be applied on the buttocks, must be placed very carefully, there should be a worker of nursing, because not everyone can make. (Luluzinha, 12 years, hormonal method - injectable contraceptives).

Regarding the use of natural methods, despite being the least known by teenagers at the beginning of the research, after the discussion groups realized that there was a good setting and assimilation in relation to how to use them. As can be seen in words and drawings expressed so spontaneous below:

It is a good method for those who want to become pregnant, and the woman, when the mucus stretches, when the cervical mucus stretches, it is recommended not having sexual relation without some other method. [...] A woman can not make sexual intercourse during this period, only do when the mucus is already stretching like these and break. [...] (Juninho Play, 13 years, natural method - cervical mucus).

"When there is a sexual relationship then he draws the penis out of the vagina of woman at the time he's coming." (Barbie Rosa, 15 years, natural method - interrupted coitus).

"I know about the table, which marks the day of menstruation, and that if some error occurs when you're putting those days, women can become pregnant. Fertile days. You have to avoid having sex, avoid with protection. (Lúh, 13 years, natural method - Ogino-Knauss table).

"The method of temperature is that if a woman has with the temperature is high because it is in the fertile period." (Juninho Play, 13 years, basal temperature).

Regarding the use of surgical methods, which also had low awareness among adolescents at the beginning of the study, we observed a satisfactory performance, as shown in cutouts below:

"The sterilization it is equal to a tubes ligature, cut the tubes for preventing the sperm enters and enter the ovule." (Clover, 13 years, surgical method - sterilization).

"It's a small surgery done at the penis' tube" (Luluzinha, 12 years, surgical method - vasectomy).

After the exposure of adolescents speeches fragment, we can say that, in general, those surveyed showed a good knowledge about the use of various contraceptive methods.

FINAL CONSIDERATIONS

During the meetings, the teenagers were encouraged to present advantages and disadvantages of the correct use of contraceptive methods. In total, were cited 17 advantages and 13 disadvantages.

Among the advantages are: prevention of DST's and pregnancy in using the barrier method of condoms, IUD use for a long time, regulate the menstrual cycle and reduce cramps using the hormone. For the most frequently mentioned disadvantages on the incorrect use of barrier methods are: pregnancy, DST's acquirement and no prevention of STD's.

It is emphasized that the adolescents showed consistency between the advantages and disadvantages on the types of contraceptive methods, thus showing an expansion in knowledge among the surveyed. We can say that, in general, those surveyed showed a good understanding about the use of various contraceptive methods.

It is necessary to implement strategies that enable young people of that age group to get aware on the importance involving the sexual and reproductive health and dialogue, without value judgments, and doubts about their experiences, which could prevent and ensure a healthy adolescence.

The study can, then, contribute to a better understanding of adolescents in this aspect, allowing health professionals to plan and implement the health actions geared to the singularity of its users to support them and be responsible autonomy in taking decisions about their sexuality.

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PERCEPTION OF ADOLESCENTS ON CONTRACEPTIVES: ADVANTAGES, DISADVANTAGES AND METHOD OF USE

ABSTRACT

Descriptive study with a qualitative approach, and action research type, which aimed to identify the perception of adolescents on the advantages and disadvantages and method of use of contraceptives. The study was conducted in a unit of the Family Health Program of the Municipal Health Secretary of Natal / RN. Were surveyed 16 adolescents of both sexes with age ranging from 12 to 16 years, attended the Family Health Unit of Igapó in the city of Natal / RN. We used the field notes and transcripts of speeches during the meetings of the focus group. Among the advantages of contraceptive methods listed by adolescents were: prevent STDs and pregnancy in using the barrier method of condoms; the disadvantages most frequently mentioned by the incorrect use of barrier methods, are pregnancy, acquirement of STDs, no prevention of STD's in hormonal, natural and surgical methods. The adolescents showed consistency between the advantages and disadvantages. Generally, those surveyed showed a good understanding about the use of various contraceptive methods.

KEYWORDS: Adolescent; Contraceptive Methods; Knowledge.

PERCEPTION DES ADOLESCENTS SUR LA METHODE DE CONTRACEPTION: AVANTAGES, INCONVENIENTS ET MODE D'EMPLOI

RESUMÉ

Étude descriptive à une approche qualitative, le type de recherche-action, qui vise à identifier la perception des adolescents sur les avantages et les inconvénients et le mode d'emploi des méthodes contraceptives. L'étude a été menée dans une unité de la famille Program de santé municipal de la santé Secrétariat du Natal / RN. Nous avons étudié 16 adolescents des deux sexes avec l'âge allant de 12 à 16 ans, ont participé à la santé de la famille Unité de Igapó dans la ville de Natal / RN. Nous avons utilisé les notes de terrain et les transcriptions des débats des réunions au cours des réunions du groupe de réflexion. Parmi les avantages des méthodes de contraception énumérés par les adolescents de ces DST'se prévenir la grossesse en utilisant la méthode de barrière du préservatif; les inconvénients mentionnés plus fréquemment recherchées par un mauvais usage des méthodes de barrière, elle est enceinte et à acquérir MTS, n'empêche pas les MST en hormonaux, physiques et chirurgicaux. Les adolescents ont montré la cohérence entre les avantages et les inconvénients. En général, les personnes interrogées ont montré une bonne compréhension au sujet de l'emploi de diverses méthodes contraceptives.

MOTS CLÉS: Adolescent; les méthodes de contraception; de connaissances.

PERCEPCIÓN DE LOS ADOLESCENTES SOBRE EL MÉTODO DE ANTICONCEPTIVOS: VENTAJAS, DESVENTAJAS Y EL MÉTODO DE USO

RESUMEN

Estudio descriptivo con un enfoque cualitativo, el tipo de investigación-acción, que tuvo como objetivo identificar la percepción de los adolescentes sobre las ventajas y desventajas y el método de uso de métodos anticonceptivos. El estudio se llevó a cabo en una unidad de la Familia, Programa de Salud de la Secretaría Municipal de Salud de Natal / RN. Se estudiaron 16 adolescentes de ambos sexos con la edad de 12 a 16 años, asistió a la Unidad de Salud de la Familia de Igapó en la ciudad de Natal / RN. Se utilizó el campo de notas y transcripciones de los debates de las reuniones durante las reuniones del grupo de enfoque. Entre las ventajas de los métodos anticonceptivos enumerados por los adolescentes de esa DST'se prevenir el embarazo en el uso del método de barrera de los preservativos; los inconvenientes mencionados más frecuentemente buscado por el uso incorrecto de los métodos de barrera, que está embarazada y adquirir ETS, no impide que las enfermedades de transmisión sexual en los anticonceptivos hormonales, físicas y quirúrgicas. Los adolescentes demostraron la coherencia entre las ventajas y desventajas. En general, los encuestados mostraron un buen entendimiento sobre el uso de diversos métodos anticonceptivos.

PALABRAS CLAVE: Adolescente; métodos anticonceptivos; Conocimiento.

PERCEPÇÃO DOS ADOLESCENTES SOBRE MÉTODOS CONTRACEPTIVOS: VANTAGENS, DESVANTAGENS E MODO DE USO

RESUMO

Estudo descritivo com abordagem qualitativa, do tipo pesquisa ação, que objetivou identificar a percepção dos adolescentes sobre as vantagens e desvantagens e modo de uso dos métodos contraceptivos. O estudo foi realizado em uma unidade do Programa Saúde da Família da Secretaria Municipal de Saúde de Natal/RN. Foram pesquisados 16 adolescentes de ambos os sexos com faixa etária variando de 12 a 16 anos, atendidos na Unidade Saúde da Família de Igapó no município de Natal/RN. Foram utilizadas anotações de campo e transcrições das discussões das reuniões durante as reuniões do grupo focal. Dentre as vantagens dos métodos contraceptivos elencadas pelos adolescentes destacaram-se evitar DST's e gravidez no uso do método de barreira camisinha; as desvantagens mais apontadas pelos pesquisados com o uso incorreto dos métodos de barreira, destacaram-se engravidar e adquirir DST's, não prevenir DST's nos hormonais, naturais e cirúrgicos. Os adolescentes apresentaram coerência entre as vantagens e desvantagens. De modo geral os pesquisados apresentaram um bom entendimento sobre o uso dos diferentes métodos contraceptivos.

PALAVRAS-CHAVE: Adolescente; Métodos Contraceptivos; Conhecimento.