94 - KNOWLEDGE OF A GROUP OF TEENS HAVING HEALTH PROGRAM IN THE FAMILY AT NATAL / RN METHODS ON CONTRACEPTIVES

SANDRA MARIA DA SOLIDADE GOMES SIMÕES DE OLIVEIRA TORRES
GILSON DE VASCONCELOS TORRES
LÍVIA SÊMELE CÂMARA BALDUINO
DALYANNA MILDRED DE OLIVEIRA VIANA
AKEMI IWATA MONTEIRO
Nursing Post-Graduate Program /UFRN - Natal/RN, Brasil
E-mail: gvt@ufrnet.br

INTRODUCTION

About psychosocial development of adolescents, the Psychosocial Theory of Erick Erickson (1963) argues that the crisis in the development of the adolescent leads to the formation of an identity (WALEY; WONG, 2005).

The initial period of adolescence begins with the establishment of puberty and extends up to the physical and emotional stability on the end of the school cycle or close to it. During this time the teenager is facing a crisis of identity of group x alienation. In the following period, the individual expects to achieve autonomy from the family and develops a sense of identity of staff in opposition to the spread of light. The pressure to belong to a group is intensified; find essential to have a group that can belong and that provide a status. Belonging to a group helps young people to define the differences between them and their parents (WALEY; WONG, 2005).

In the 90's, a critical review of international literature on factors associated with non-use of contraceptives in adolescence showed that young people were poorly informed on issues of conception and contraception (ALMEIDA et al., 2003).

The conception that adolescent pregnancy is a result of lack of information about contraceptive methods is still very current, both in literature and in common sense. It is also a frequent topic on contraception appears related to sexual initiation. It is argued that, as early sexual initiation, are less likely to use contraceptive methods and, consequently, the greater the chances of pregnancy. It is also established a link between education and contraception, because the higher the level of education of the young, the greater the chances of using any contraceptive method in both the first sexual intercourse, and in subsequent (CABRAL, 2003).

Among the reasons for unwanted pregnancy are the lack of knowledge about the methods, the objection of its use by the partner, "the think not conceive" (thinking characteristic of the adolescent period), and "does not expect to have relations at that time" (BELO; SILVA, 2004).

The pregnancy can result from ignorance or improper use of contraceptive methods, ignorance of the physiology of reproduction and the consequences of sex, use of methods of low efficiency, reduction in the trial because of the effect of alcohol and drugs, early sexual initiation as the early puberty, a history of sexual abuse, poverty, lack of family care, lack of sex education in schools and programs for family planning in public health services (PERSONA; SHIMO; TARALLO, 2004).

To characterize the socio-demographic profile and identify the level of knowledge of contraceptive methods among adolescents surveyed are the objectives of this article.

METHODOLOGY

It is a descriptive study with a qualitative approach, type of action research, which focuses on research knowledge about contraceptives from the deployment of the shares held by the Family Health Program (FHP) in a group of teenagers attended the Unit of Family Health (UFH) from Igapó FHP's Municipal Health Secretariat of Natal / RN.

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

It was used as a criterion for inclusion: be adolescents (10 to 19 years) in the area of coverage of UFH Igapó, accept participate in the survey, answering the questionnaire for initial diagnosis and sign the Free and Informed Consent (IC) by parents and adolescents who agreed to participate.

The research project was assessed by the Commission on Ethics in Research / UFRN Protocol (CEP / UFRN No 131/2007), while the normalization of Resolution No. 196/96 (BRAZIL, 1997), referring to the ethical aspects of research involving humans.

For data collection, used a structured questionnaire with purpose to make an initial diagnosis of adolescents, to identify the problems and issues related to contraception to be worked. The questionnaire consisted of socio-demographic characteristics of adolescents, about the sexuality of adolescents and information on the knowledge and use of contraceptive methods, which was subjected to a pre-test with five adolescent population in the area of UFH Igapó, to evaluate its applicability and make the necessary adjustments and adjustments.

During the meetings of the focus group were used some data collection techniques: the structured questionnaire, to record audio from the focus group discussions and observations recorded by the research team in the field daily.

The collection of information was held on 03, 10, 17 and Sept. 24 and on day 01, 08 and October 10, 2007.

RESULTS AND DISCUSSION

Characterization of adolescents

Present some characteristics of the adolescents in this study, seeking to understand and meet their living conditions and the perception they have about contraceptive methods.

Of the total surveyed, 16, 12 are females and 4 males, and 14 in age from 12 to 14 years and the other two at the age of 15 and 16 years.

All researched study in the morning shift, and 11 in public schools and 5 in private. As for religious preference, 12 surveyed attend the Catholic Church and 4 the Evangelical. In a study found a predominance of female adolescents both in public schools, and in private. As for religion, the majority were Catholic (MARTINS et al, 2006).

Regarding the study of parents, 9 have the high school, 6 elementary school and has level 1 is superior.

As to family income, 11 have up to 2 minimum wages (MW) 5 have 2 to 4 MW. Of the surveyed, 12 live with their parents and 4 live with other relatives. The person responsible for home on 13 cases are the parents and other relatives are 3

cases. None of the surveyed work.

It was highlighted in a study that 55.1% of adolescents living with their parents, for both sexes, and 25.9% lived alone with his mother (GUIMARÃES; VIEIRA; PALMEIRA, 2003).

Of the 12 females surveyed already menstruating, menarche had a 06 to 11 years, four to 12 years and 02 to 10 years.

With regard to sexual activity, all teens reported not having yet started. In another study, we found that the vast majority of students (81% in private schools and 71% in public) had not had sexual intercourse. Similar data were found on risk behaviors of adolescents in public and private schools in the metropolitan area of São Paulo state, where 72% and 66% of adolescents of private and public institutions, respectively, had not started sexual relations (GUIMARÃES; VIEIRA; PALMEIRA, 2003; COTRIM; CARVALHO; GOUVEIA, 2000).

As for attendance at meetings, 8 attended by more than 87.5% of the meetings, 3 between 75% and 62.5% and 5 in 50% of the meetings.

When asked about what contraceptive method, 2 of those surveyed said they did not know, 9 marked the option that said, "are different types of methods used by men and women to avoid a pregnancy", and 5 marked that "studies are prepared by doctors for a pregnancy does not occur."

With regard to the types of contraceptive methods, 14 of those surveyed have heard of male condom 13 of contraceptive pills, 12 of the female condom, 7 the day after pill, 7 the Intrauterine Devices (ID), 6 of table, 5 of the injectable, 4 the vasectomy, 3 of coitus interrupted, 3 of sterilization, 2 of spermicide / jelly and only 1 of the diaphragm.

As for talk on the topic, 10 of those surveyed said talk about contraceptive methods, and, 6 with friends, 4 with relatives, 4 with teachers and / or in less frequent, with only 1 health professionals.

The study by Cotrim, Carvalho and Gouveia (2000), confirms when says that the main sources of information cited by adolescents were: magazines, books and newspapers, 28%, followed by 18.8% friends, and television and radio 18%. The health workers were reported with a frequency of 13.5%, 8.6% teachers, parents 6.7%, 6.2% boyfriends and others 0.2%.

It was shown in a survey that 50.0% of interviewed parents talk with their children about sex / sexuality, 27.94% and 22.05% do not talk only talk when they are approached by their children on the topic. Of those surveyed, 66.17% said they felt no fear in their children wake up early in the sexual curiosity or the desire to be questioned about the low level of dialogue between parents and children about sex / sexuality. Another hypothesis accepted by most searched for this question was the cultural habit of not talking about sex, the idea that even if the sex has become something ugly, the taboo surrounding human sexuality (HOLANDA et al., 2006).

Knowledge of adolescents about contraceptive methods

The youth participants demonstrated at the first meeting, knowing of the existence of the more frequently the barrier methods of contraception (88%), most said the male condom (88%), followed by women (75%) and ID (43%) and hormonal (81%), of the birth control pill with 81% was the most mentioned. But the natural and surgical methods were the least mentioned, each with 37%, of which the table (37%) and vasectomy (25%) were the key, respectively.

At the start of the meetings of the focus group, it is understood the gap in knowledge about the methods. The 4 teens who answered the questions about knowledge of contraceptive methods, in the first two meetings, 3 unable to differentiate and 1 said he did not know any method, as shown by the cutouts of lines that follow:

"I do not know any method does not" (Illa, 15 years).
"I know feminine condoms, male, the ID, o... Ah! There are many... "(Clover, 13 years, methods of barriers).
"I think it is the diaphragm, male condom and the female contraceptives." (Luh, 14 years, methods of barriers).

From the second meeting, except for 1 participant, young people have different types of methods. This improvement in knowledge can be attributed to the use of facilitators of learning resources and guidance given at the meetings. It is observed that the teenager who expressed in his speech, the word "guess" at the first meeting at that, has shown greater firmness in their knowledge. As the following lines:

"The barrier methods are the diaphragm, the ID, the jelly, others ..." (Luh, 14 years, methods of barriers).
"The barriers are chemical and spermicidal jelly." (Vesgo, 12 years, methods of barriers).
"The ID looks like a 'T' and that Ferrinho boot that you have in the ID, he kills all sperm." (Clover, 13 years, methods of barriers).

We found a relationship between what the literature says on the matter and report of adolescents, because the results are in line with several studies that also identified that the methods most often cited by adolescents are condoms and contraceptive pills (GUIMARÃES; VIEIRA; PALMEIRA, 2003).

Natural methods of contraception, 6 of those surveyed knew the table, and 3 stopped the intercourse. The mucus, basal temperature and exclusive breastfeeding were not cited.

In relation to natural methods, showed that the table method is the best known among adolescents (GUIMARÃES; VIEIRA; PALMEIRA, 2003). But the ID method was the least known. The sterilization had greater knowledge among the surveyed, information differs from that found in this survey, which the ID is more known that the methods of surgical sterilization. Belo e Silva (2004), in his study to demonstrate significant increase in knowledge of adolescents about condoms, which could be partly justified by years of fighting and Sexually Transmitted Diseases (STD)/AIDS prevention, very published in recent years in all media.

These campaigns do not have any direction to the theme of procreation. It is believed that the emergence of HIV may have been a factor propelling the growth of knowledge about contraceptive methods (BELO; SILVA, 2004).

Already in other research has identified is low percentage (48.3%) of adolescents under 14 years old, who knew about contraceptive methods. This fact, according to the author, can be explained on grounds of the couple has not yet initiated sexual activity, and that knowledge was as high percentage of 55% for the 15-year-olds and 92% to 19 years, although the quality of this knowledge has not been considered (SCHOR et al., 2000).

Although not purpose of this study, comparing knowledge versus age, as observed in other analysis, the older adolescents were more aware of contraceptive methods than those younger. The information reflects, perhaps, a greater capacity and better deductive level of schooling (BELO; SILVA, 2004).

Corroborating the affirmative, an author warns that knowledge about contraceptive methods can not guarantee its use (SCHOR et al., 2000). And yet, knowledge about contraceptive methods and risks arising from unprotected sex is vital to enable

young people experiencing the sex as appropriate and healthy, ensuring the prevention of unwanted pregnancy and STD/AIDS, as well as providing a right to disengaged from the exercise of sexuality procreation (VIEIRA et al, 2006).

FINAL CONSIDERATIONS

The search group was composed predominantly by adolescents aged between 12 to 14 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 of assigned FHT of Igapó, has family income of up to 02 minimum wages and have not yet begun sexual activity.

With regard to knowledge of contraceptive methods young people knew, for the most part the methods of barriers (male and female condoms), hormonal (oral contraceptive pill), less frequently surgical methods (sterilization) and natural (coitus interrupted). It is emphasized, that breastfeeding and basal temperature were not even mentioned.

The main sources of information about contraceptive methods cited by adolescents were the teachers, magazines and friends and, less frequently parents, relatives and health professionals (doctors and nurses).

As a source of information, health services are well below as they are offering very little. However, it is believed that it would be another sector that could contribute to the formation of adolescent sex, performing work of the educational nature of this work.

It is expected that the results may serve as subsidies for the formulation of programs of sexual education and overall health of adolescents, providing better approach on the correct use of contraceptives and consequently the prevention of unwanted pregnancy.

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KNOWLEDGE OF A GROUP OF TEENS HAVING HEALTH PROGRAM IN THE FAMILY AT NATAL / RN METHODS ON CONTRACEPTIVES

ABSTRACT

The reasons why the pregnant adolescents are different from those is the lack of information, social factors, lack of access to services for this specific audience, the top increasingly early sexual experiences and insecurity in using contraceptive methods. This study aimed to characterize are the socio-demographic profile and identify the level of knowledge of contraceptive methods among adolescents. This is a descriptive study with a qualitative approach, the research-action type with 16 teenagers. Approved by the Commission on Ethics / UFRN. 2 structured questionnaires were used, one in the initial diagnosis and another during the 7 meetings of the focus group, in addition to the field notes and transcripts of discussions of the meetings. Data collection was performed during the period of 2 months. The quantity of qualitative data were organized, coded and categorized in Excel, and thematic analysis of discourse type of survey participants. Of the 16 surveyed, 12 are females and 4 males, and 14 in age from 12 to 14 years and 2 at the age of 15 and 16 years. 11 had up to 2 minimum wages (SM) and 5 are from 2 to 4 MS. 12 surveyed live with their parents and 4 other family members. As for knowledge about the methods of such of the barrier, male condoms (88%) and female (75%), oral hormonal (81%), natural (table method with 37%), surgical (25% with vasectomy). Facing the above, one can see that in the course of focus group meetings of young people showed expansion of knowledge about the contraceptive methods discussed, mainly of surgical and natural, less cited at the beginning of the study.

KEY WORDS: Adolescent; Contraception; Knowledge.

CONNAISSANCE D'UN GROUPE D'ADOLESCENTS AYANT PROGRAM DE SANTE AU SEIN DE LA FAMILLE A NOËL / RN SUR LES METHODES DE CONTRACEPTION

ABSTRACT

Les raisons pour lesquelles les adolescentes enceintes sont différents de ceux qu'elle est le manque d'information, les facteurs sociaux, le manque d'accès aux services pour ce public spécifique, le début de plus en plus d'expériences sexuelles précoces et de l'insécurité dans l'aide de méthodes contraceptives. Cette étude vise à caractériser sont les profil socio-démographique et d'identifier le niveau de connaissance des méthodes contraceptives chez les adolescents. Il s'agit d'une étude descriptive à une approche qualitative, la recherche-action de type avec 16 adolescents. Approuvé par la Commission sur l'éthique / UFRN. 2 structuré questionnaires ont été utilisés, l'un dans le diagnostic initial et un autre au cours des 7 réunions du groupe de réflexion, en plus des notes de terrain et les transcriptions des débats des réunions. La collecte des données a été effectué au cours de la période de 2 mois. La quantité de données qualitatives ont été organisés, codés et classés dans Excel, et

analyze thématique du discours type de participants à l'enquête. Sur les 16 étudiés, 12 sont des femmes et 4 hommes, et 14 à l'âge de 12 à 14 ans et 2 à l'âge de 15 ans et 16 ans. 11 avaient jusqu'à 2 salaire minimum (SM), et 5 sont de 2 à 4 ms. 12 interrogés vivent avec leurs parents et 4 autres membres de la famille. Quant aux connaissances sur les méthodes de ceux de la barrière, le préservatif masculin (88%) et femmes (75%), hormonal oral (81%), naturels (méthode de la table 37%), de chirurgie (25% avec la vasectomie). Face à ce qui précède, on peut voir que dans le cadre de réunions de groupes-cibles de jeunes a montré développement des connaissances sur les méthodes contraceptives discutées, principalement des interventions chirurgicales et naturelles, moins cités au début de l'étude.

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

CONOCIMIENTOS DE UN GRUPO DE ADOLESCENTES QUE TENGAN PROGRAMA DE SALUD EN LA FAMILIA EN NATAL / RN SOBRE MÉTODOS ANTICONCEPTIVOS

RESUMEN

Las razones por las que las adolescentes embarazadas son diferentes de los que es la falta de información, los factores sociales, la falta de acceso a los servicios para este público específico, el principio cada vez más experiencias sexuales precoces y la inseguridad en el uso de métodos anticonceptivos. Este estudio tenía como objetivo caracterizar son los socio-demográficos y el perfil de determinar el nivel de conocimiento de métodos anticonceptivos entre los adolescentes. Este es un estudio descriptivo con un enfoque cualitativo, la investigación-acción tipo con 16 adolescentes. Aprobado por la Comisión de Ética / UFRN. 2 cuestionarios estructurados se utilizaron, una en el diagnóstico inicial y otra durante los 7 reuniones de los grupos focales, además de las notas de campo y transcripciones de los debates de las reuniones. La recopilación de datos se realizó durante el período de 2 meses. La cantidad de datos cualitativos fueron organizados, codificados y categorizados en Excel, y el análisis temático de discurso tipo de los participantes en la encuesta. De los 16 encuestados, 12 son mujeres y 4 varones, y 14 en la edad de 12 a 14 años y 2 a la edad de 15 y 16 años. 11 tenían hasta 2 salarios mínimos (SM) y 5 son del 2 al 4 de la EM. 12 encuestados viven con sus padres y otros 4 miembros de la familia. En cuanto a los conocimientos sobre los métodos de este tipo de la barrera, los preservativos masculinos (88%) y mujeres (75%), anticonceptivos hormonales orales (81%), naturales (método de la tabla con un 37%), quirúrgicas (25% con la vasectomía). Frente a lo anterior, uno puede ver que en el curso de reuniones de grupos de jóvenes mostró expansión de los conocimientos acerca de la examinó los métodos anticonceptivos, principalmente de cirugía y natural, menos citada en el comienzo del estudio.

PALABRAS CLAVE: Adolescente; Anticoncepción; Conocimiento.

CONHECIMENTO DE UM GRUPO DE ADOLESCENTES ATENDIDOS NO PROGRAMA SAÚDE DA FAMÍLIA EM NATAL/RN SOBRE MÉTODOS CONTRACEPTIVOS

RESUMO

Os motivos pelos quais as adolescentes engravidam são diversos entre esses destacam-se a falta de informação, fatores sociais, falta de acesso a serviços específicos para tal público, o início cada vez mais precoce de experiências sexuais e a insegurança em utilizar métodos contraceptivos. Este estudo teve como objetivos são caracterizar o perfil sócio-demográfico e identificar o nível de conhecimento dos métodos contraceptivos entre adolescentes. Trata-se de estudo descritivo com abordagem qualitativa, do tipo pesquisa-ação com 16 adolescentes. Aprovado pela Comissão de Ética/UFRN. Foram utilizados 2 questionários estruturados, sendo um no diagnóstico inicial e outro durante as 7 reuniões do grupo focal, além das anotações de campo e transcrições das discussões das reuniões. A coleta de dados foi realizada no período de 2 meses. Os dados quanti-qualitativos foram organizados, codificados e categorizados no Excel, sendo realizada análise tipo temática das falas dos participantes do estudo. Dos 16 pesquisados, 12 são do sexo feminino e 4 do masculino, sendo 14 na faixa etária entre 12 a 14 anos e 2 na faixa etária de 15 e 16 anos. 11 têm até 2 salários mínimos (SM) e 5 têm de 2 a 4 SM. 12 pesquisados moram com os pais e 4 com outros familiares. Quanto ao conhecimento sobre os métodos destacaram-se os de barreira, camisinha masculina (88%) e feminina (75%), hormonais orais (81%), naturais (tabelinha com 37%), cirúrgicos (vasectomia com 25%). Diante do exposto, pode-se perceber que no decorrer das reuniões do grupo focal os adolescentes apresentaram ampliação do conhecimento a respeito dos métodos contraceptivos discutidos, principalmente, dos naturais e cirúrgicos, menos citados no início do estudo.

PALAVRAS-CHAVE: Adolescente; Métodos Contraceptivos; Conhecimento.