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### **Full Length Research Article**

## **PERCEPTION OF SEXUALITY IN YOUNG TEEN TOP MIDDLE LEVEL**

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#### **ABSTRACT**

This paper determines the perception of senior high youth about sexuality, for which an instrument containing a demographic profile and socio sexual behavior through items in a liker scale was applied. The instrument was made by the National Autonomous University of Mexico, The Regional Multidisciplinary Research Center and The State Council of City of San Luis, there is a problem in the sexual behavior of adolescents because starting at an early age, regardless aware of the consequences they may have, and only the practice because it "gave" and these are not planned or various social and family factors influencing factors. For this reason it is important to develop effective strategies, which can inform them where young, people the importance of awareness of initiating a sexual life, also with this power train professionals eliminate taboos and sexual health in adolescents.

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#### **INTRODUCTION**

The concept of adolescence we have heard and read about in books for a long time, referred to this stage of life as full of deficiencies in: information, maturity, potential, reason, reasonableness and this means going against the current, disobeying all social norms as the claimed subject matter experts (Millan, 2004). WHO currently defines "adolescence is the stage that takes between 10 and 19 years, considering two phases, early adolescence 10 to 14 years and late adolescence 15 to 19 years" (WHO, 2013). In parallel with this we also have youth comprising the period between 15 and 24 years old, is a psychological category that matches the post-pubertal stage of adolescence, linked to processes of social interaction, definition of identity and decision of responsibility, which is why the condition of youth is not uniform, varies according to social group that feels. Define what is sexuality may seem very simple but it is actually very complicated, alphabets identify sexuality simply holding intercourse, ie to insert the

penis into the vagina (in heterosexual relationships), this is very simplistic but often is that we first come to mind when you think about it, (Rotella, 2002). Nowadays we cannot ignore that issues of sexuality are shown daily on television, videos, magazines and, most often, of distorted and distorting way. The media, beneficial in many other ways, have broken the barrier that divided the world of the adults in the world of children (SEP, 2000). Today, young people have changed their positions on many issues because of the influence of the media, for this reason it is necessary to analyze the thinking, feeling and doing of students with regard to sexuality, which can help or hurt their future performance (Chavez, 2009). Talking about sexuality involves talking about diversity and gender that is closely linked to the development of personality, to relations of common life and social structures, also involves important processes for staff development, such as self-knowledge / or (body awareness, gender identity, self-esteem, affection ...) knowledge of others (sexual response cycle, sexual orientation, contraception ...) and interpersonal relationships (bonding, friendship, sex, couple, power ...) in a social framework established (social and cultural norms and values), (Infante, 2009).

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Well, Sexuality mode would be living, looking and feeling like sexed person (quality) mode or modes in which everyone lives, assumed power and can grow or cultivate being sexed, so sexuality is not is an instinct, but a human value, a quality, a dimension, because it all and we are all sexed as we all are people (Fernández, 2006). People began to settle as sexual persons in the same moment the egg and sperm that unite proceed. From there be a complicated development in the womb of our mother go about making some internal genitalia and external genitalia are formed and so when we are born we look and get a boy name or a girl's name. This is what we call modes, sexes, male and female, the only two ways we can be people (Fernández, 2002). The development of sexuality is a continuum that spans a lifetime and to be tailored to each developmental stage, which is why the strategies and programs to promote sexual health must lie in the effective and genuine participation of the community, in setting priorities, decision making and implementation of development strategies planned to achieve a new optimal level of sexual health (Castro, 2004).

An appropriate sex education from an early age can help children to develop in a more balanced way, they are able to understand the changes they experience in their own body, their moods and how to relate to others. Thus, they will have better tools to make decisions that help them to live their sexuality and avoid risky situations for their physical or mental health as well as that of others, (SEP, 2000). Sex education that will help children have a more fulfilling life in the future: to assume their more healthy and balanced life; educate our children in the habit of saving, in the love of nature and even in matters of road, with the intention that tomorrow count on attitudes and values, are prepared and can you relate better to others. The same applies to sex education: it must prepare for future exercise and enjoy their sexuality responsibly, and that she must lay down the foundations of respect and tolerance that are indispensable for any form of peaceful coexistence between individuals and obviously for healthy and constructive coexistence of individuals in society (SEP, 2000).

Sexuality is a central aspect of being human, present throughout his life. Encompasses sex, gender identities and gender roles, eroticism, pleasure, intimacy, reproduction and sexual orientation. Is experienced and expressed in thoughts, fantasies, desires, beliefs, attitudes, values, behaviors, practices, roles and relationships. Sexuality is influenced by the interaction of psychological, social, economic, political, cultural, ethical, legal, historical, religious and spiritual biological factors (WHO, 2012). Also, the society in which we find ourselves, still has deep-rooted traditional and diagrams on what should be the acceptable sexual behavior, leaving you neglected those who deviate from established norms. Hence, men and women who "deviate" too much of the default roles, gay people and young people with early pregnancy, are within this so-called rejected, misunderstood group and therefore excluded (Hernández, 2000). We can hardly talk about sexual health when free of exclusion, of the population and, among them, young people feel that it does not take into account the law to forget and even sanction or remain outside. All institutions must get involved in the task, achieving an adequate legal, cultural, educational and charitable framework for situations of exclusion and marginalization progressively disappear (Hernández, 2000).

Specific treatment of the sexuality of adolescents, does not escape the considerations we have done so far. The complexities mentioned above must be analyzed in light of a specific life stage (adolescence) and subjects (adolescents) who occupy a subordinate place in power relations from the adult-organized, (Lopez, 2004). Adolescence as a life stage with its own characteristics, emerges as a concept (and as a term) with the advent of modernity. The particularization of adolescence, would be related, according to several authors, the need for instituting a vital moment of passage between childhood and adulthood, favoring delayed biological reproduction in women (confining marriage) and that enabled the training of men for the job. As to the first, involved a preparation for marriage and the role of *madresposa*; for the second, involving the preparation for the world of the social groups, (Lopez, 2004). Sexuality is part of the normal development of children and adolescents, from early childhood the child experiences feelings of pleasure (to the touch, being kissed or caressed), along with the observation of the behavior of adults and their expressions of affection tries to imitate; from this point the child will develop the attitude that will have on their sexuality (Moldenhauer, 2004). Theoretically called adolescence stage or chronological period is between 10 and 20 years old (biologically); term notes and the achievement of personal identity (psychological criteria approach), this clear in a framework of relativity all that concerns the human being is not as rigid but instead is constantly subject to change (Moldenhauer, 2004).

In 1998, it was said that 70% of women who had their first sexual intercourse before age 16 felt that would have been better to wait a while. 50% of men and 30% of women reported that their first intercourse was the result of the "rapture" of a moment; and the fact that "satisfy a curiosity" was the option chosen to characterize the motivation that led them to have this sexual relationship, (Moldenhauer, 2004). Teen pregnancy down 1 percentage point from 21 to 20 percent relative to 2005. This apparent stabilization is important to highlight since the last 15 years the trend was increasing. In 1990, 13 percent of adolescents between 15 and 19 years had ever been pregnant, in 1995 the figure was 17 percent in 2000 increased to 19 percent and in 2005 21 percent of adolescents was pregnant or had had their first child. In 2100, one in five teenagers aged 15 to 19 years has ever been pregnant: 16 percent are mothers and 4 percent are expecting their first child, (ENDS, 2100). The average age of first sexual intercourse for women between 25 and 49 years is 18.1, of which 11 percent had it before age 15, 48 percent before age 18 and 70 percent before 20. The 88 percent of women start using contraception between 15 and 19 years (ENDS, 2100). Therefore it is important to analyze the perception of young people about sexuality, knowing the reasons become pregnant at an early age, for not using contraception when starting an active sexual life, how it gets information about sexuality and know the influence of family, friends, teachers or health workers on this subject in the way of life of every teenager.

## MATERIALS AND METHODS

A quantitative cross-sectional study using a instruments that contain a record sociodemographic and other sexual behavior through items in a liker scale, being informed that the data

obtained will be handled confidentially. The instrument was made by the National Autonomous University of Mexico, The Regional Multidisciplinary Research Center and The Population Council State San Luis.

## RESULTS

Selected population of 50% corresponds to each gender 80% are minors, the minimum age is 15 years and maximum of 29 of which 45% is in the second half 37% corresponds to the fourth semester and 18% in the sixth semester of high school level. The instrument resulted that 81% of respondents have received lectures or courses on sexuality, of which 93% received 6 to talks and 19% received one to talk so 9% have not received a conversation, such information was given by 37% by the parent, followed by 27% by the mother of a family and 1% for teachers, 87% of this contains information on contraception, 89% STI has information. The right age to give information on sexual education in a range of 7 to 21 years old so it is considered by 30% the right age to know about sex education is 12 years and the least likely is titrated to seven years since this 1% proposes it. 60% of the students have had information of sex education out of school and this is obtained by 55% by friends, 14% by the father, 13% by the mother, and only 6% for medical staff.

27% said that a woman is more likely to get pregnant a week before your period, 22% shows that this happens a week after your period and 10% believe it is more likely to become pregnant during menstruation, as 10% say it makes no difference at any time the risk is latent and 13% do not know about the topic. 96% of the interviewed population is known to masturbate and 4% do not know on the subject, of which 70% believe that masturbation is a normal sexual behavior in people of all ages, 11% does not According to this behavior while 19% disagree or disagree with this type of behavior, 60% of the population surveyed agree that both men and women masturbate while 18% disagree while women do and as is normal in men, 22% no opinion on the subject. Young 77% agree that couples to have sex before marriage, which disagree 7% and that betray their parents, 6% of them disagree on religious matters, 6% for fear of pregnancy, 2% for fear of contagion of any disease, and 1% by moral principles, as 83% said that it should not be a virgin at marriage.

88% said that women who do not use contraception may become pregnant in their first sexual encounter. 64% agree that in a relationship together sex is important, therefore 94% think both should decide when to have sex, 4% must decide what women and 2% man decides. 83% said that a male condom should be used only once, and 17% do not know, of which 50% reported that this should be used when the penis is erect, 45% to start a sexual relationship, 5% do not know, but 100% agree to use a condom at first intercourse, and 94% know that this method protects them from unwanted pregnancy and sexually transmitted diseases. 72% know or have heard of eggs, you pull, diaphragms or contraceptive foams, 45% reported that these should be used before each intercourse, 43% did not know how to use these contraceptive methods, 3% said that after sex. The 48% know the rhythm method, 47% do not know how to use, 35% reported that it can be used every day and 17% reported that according to

menstruation, 50% know the withdrawal method, 48% said that this is the man finished outside the vagina, 48% do not know how to carry out this method. 78% of the population heard talk of birth control pills, 25% said that these should be taken every time they have sex, 24% agree that is taken daily for 21 or 28 days depending come the submission of pills, 8% say they are taken once a month while 30% do not know how this method. 58% do not know about the injections, so the 15% reported that these are used every 1, 2.3 months depending on the dose, 12% before each intercourse, 8% believed that using every 15 days or every week depending on the presentation of the injection and 60% do not know this method. 69% know about the IUD. Young people 85% of them know or have heard of male operation as an alternative to not have children but 15% know about it. The 74% know about the morning after pill, 78% agree that their partners or themselves take emergency pills.

45% of the surveyed population used contraception, 26% never used condoms and 29% have not seen the need to use them since they have not had sexual intercourse, 11% used a pill or birth control pills, 2% injections, 28 condoms, 1% egg foams or jellies 1% withdrawal, the 7% rate, and 50% reported other methods. At the age of 14 to 14% was the first time I ejaculated, 10% at 12 years, 7% at 13, and at the age of 16 and 17 1%, 5% had no relations sex. 47% have not had sexual intercourse, 16% had their first sexual intercourse 15 years, 10% at 16, 4<sup>th</sup> at 17%, 5% to 18 4% at 12. 38% had their first sexual relationship with his girlfriend, 9% with a friend, the neighbor, the 3% with a prostitute 3% other, 38% if I use contraception during their first sexual relationship, 33% do not use any contraceptive method and 29% have not had sex, 37% have not had sex, 44% did not use birth control because that first time was not planned, 2% use contraception, 2% gave worth obtaining, 2% penalty gave ask their partner, 25% do not use contraception, 30% use condoms, 34% other, 5% withdrawal 3 pills%, 2% rate 1% injections, 24% got their contraception at the pharmacy, 37% elsewhere, 27% do not use contraception, in that first 33% both made the decision to use contraception, 29% do not use method, 30 has never had sex 7% women made the decision to protect and 1% man, 30% women is the contraceptive method that got both 22%, 2% man and 46% did not use birth control.

59% have not had more than one sexual relationship, 41% had more than 22% and is less than one year of their last sexual encounter 18% within 3 months, 4% between 3 and 6 50 months and more than one year. 88% would like to use birth control pills, 10% injection, 2% the device. 18% have their pregnant partner. 20% would have liked to have their first sexual intercourse at age 25, 17% at 20, 13% did not know what was the right age. 53% currently have a partner, 59% had sex with her. 18% of women began to menstruate at 12 years, 15% at 11, 7% at 13.

## DISCUSSION

Today the concept of adolescence is determined by the WHO as a stage that elapses between 10 and 19 years of age considered in two phases early adolescence and late 15 to 19. However, some authors define as a lack of maturity, information, potential, reason, reasonableness, and this

implicado to be little people who disobey and break rules and regulations. Sexuality is defined by WHO as a central aspect of being human throughout this life encompasses sex, identity, and gender role, eroticism, pleasure, identity, reproduction, and sexual orientation. Today many influencing factors on information about sexuality in adolescents media play a very important role because these topics currently shown in videos and magazines and television repeatedly deformed or distorting manner. The media has removed the barrier of the adult world to the world of teenagers as these exhibit desnudad people or people of different sexes or having sex, it is attractive to have new experiences in his short life to feel what the characters are feeling, plus it all looks so easy for them is the same way no consequence and it is time for u. Another important factor is parents still find parents who are embarrassed to talk about it with their children as they bring traditional patterns of sexual behavior and believe that their children are not in the right age to know about the subject and I evade this also confuses young people outside hear that is normal but inside your home is something that should not be mentioned, as they have information but not clear and you want someone to clarify these dudad.

Friends also play an important role in the lives of teens consider them as a guide or someone they can trust and who you could clarify their doubts but another little person of the same age is likely to give you information that you have read in magazines or seen or heard in any media and this may be correct but it is more likely that the information is distorted.

In schools about sexuality is given for that reason they have a sense of the issue because when you talk about this just a quick talk in class about the give and take a game because "they cannot express their doubts" about its worth peers or fear that they will say about me. Sexuality is a normal part of human development from infancy children experience feelings of pleasure in addition to today are more observant and retain what they see adults do and they try to imitate that is why we as a society must be careful how to deal with them so that their training and their view their sexuality more accountable, whether this stage is difficult for them as there are many physical, social and psychological changes and find it difficult to adapt and doubts further.

Young people wear their sexuality irresponsible to have sex since several investigations result only do so for a moment of pleasure, a fit, or because he simply did not measure impact and shape, then repent of what have done. In other cases they do to get into a social group whose members have experienced having sex and do not want to be different or that make fun of them for being a virgin. The irresponsibility of teens in this issue is a big problem today because according to ENDS 1 in 5 teens between 15 and 19 years old have been pregnant and 16% are mothers and 4% are expecting their first child. According to the survey population has received most accurate information about sexuality and contraceptive methods ITES. They believe that the right age to talk on the subject is at 12 years old because that begin to spark interest in their sexuality as they begin to change their ways and see things and having a good guidance and understanding such time would most responsible. A large number of information obtained sexuality "by his friends and that they feel confident to talk about it.

16% had their first sexual intercourse at 15 years of which only 45% use some form of contraception. And the rest do not use it because it was not something they planned and curious what it feels was greater than the fear of the consequences. It's curious that both female and male adolescents see that masturbation in men by 70% is normal but there is disagreement and women who report that is frowned upon by society. Young people think that it is important to have sex before marriage regardless of whether they will make a living with that person or not because they believe they do not need to be married or live a relationship with someone to get to the sexual act. Most of them have had their first sexual encounter with his girlfriend, his friend the pore interesting that although very few young people have had to pay to satisfy their curiosity to know you feel and have no obligation after this is why so something serious is the need to experience not think they are at risk.

Another important reason that so many pregnant teenager is because they are embarrassed to ask your partner to use a contraceptive method because they believe they will not accept that they will think of them or just not bother and do not want to get them. Young has information on how to protect themselves from unwanted pregnancy of a sexually transmitted disease but this information is very vague and is distorted by them by the media or others, and who know a condom but do not know use it, they know There are birth control pills, injections, foams, peo not know how the can use the handle so as they believe is right. We must be aware that although we hear very repetitive adults are their guides, their role model and we should be responsible to do or say something on this subject for them to change their perceptions of sexuality and not a growing sign form where not respected and sign mistakes that make for life. Young people have a slight perception of how to take your sexuality is just curious and if we think they will have all the theory you only the implemented since everything is easy for them and nothing happens but this is making a big issue in our teenagers. Let's change the way they perceive sexuality in teenagers giving the right information and the time required for them to do what they are and not what they think and made aware of their actions, and lead a more responsible life and fails nothing left behind.

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