Risky modern sexual behaviors known to adolescents in Lima

Conductas sexuales riesgosas modernas conocidas por los adolescentes de Lima

ABSTRACT. Objectives: To determine the level of knowledge about modern risky sexual behavior in adolescents of the 5th year of high school of an Educational Institution of San Juan de Lurigancho Lima, Perú. Materials and methods: Exploratory study, non-experimental cross-sectional design. Population formed by 108 male and female students of the 5th year of secondary school in an Educational Institution of San Juan de Lurigancho during 2015, no sample was established. The survey technique was used and as a tool a questionnaire of 22 questions. The analysis of results was worked with the SPSS 22 program. Results: The level of knowledge about modern risky sexual behavior in adolescents is low (86%), the knowledge of risky sexual behaviors related to the couple's behavior is low (82.7%), the knowledge of risky sexual behaviors related to group behavior is medium (56%). Conclusions: Adolescents have deficient knowledge about modern risky sexual behaviors.

Keywords: Sexual behavior, unsafe sex, adolescent, health risk behaviors

RESUMEN. Objetivo: Determinar el nivel de conocimiento sobre conductas sexuales riesgosas modernas en adolescentes de 5to de secundaria de una Institución Educativa de San Juan de Lurigancho Lima, Perú. Materiales y método: Estudio exploratorio, diseño no experimental de corte transversal. Población conformada por 108 estudiantes varones y mujeres del 5to de secundaria en una Institución Educativa de San Juan de Lurigancho durante el año 2015, no se estableció muestra. Se utilizó la técnica de la encuesta y como instrumento un cuestionario de 22 preguntas. Se trabajó el análisis de resultados con el programa SPSS 22. Resultados: El nivel de conocimiento sobre conductas sexuales riesgosas modernas en adolescentes es de nivel bajo (86%), el conocimiento de las conductas sexuales riesgosas relacionadas al comportamiento con la pareja es bajo (82.7%), el conocimiento de las conductas sexuales riesgosas relacionadas al comportamiento en grupo es medio (56%). Conclusiones: Los adolescentes tienen deficiente conocimiento sobre conductas sexuales riesgosas modernas.

Palabras clave: Conducta sexual, sexo inseguro, adolescente, conductas de riesgo para la salud
INTRODUCTION

Sexual risk conduct are behaviors that compromise the development of a healthy, happy, full and responsible sexuality especially in young adolescents. They are considered as such having many sexual partners, having casual sex with unknown or known persons at risk of HIV / AIDS, having low perception of risk which makes the person feel, think and act as if that problem does not affect them, ingesting alcohol or other drugs that diminish or eliminate the ability to self-control in a certain risk situation, not being able to reject group pressures in the face of risky behaviors; and the non-use of the condom during coital relationships.

Many serious diseases of adulthood begin in adolescence. For example, sexually transmitted infections, including HIV among others, are causes of illness or premature death later in life. In addition; One of the consequences of the practice of risky sexual behavior is teenage pregnancy, and the United Nations (UN) revealed that some 16 million adolescent women under 18 have a child each year and another 3.2 million are subjected to abortions in unsafe conditions. In Peru, only in 2012, 13.2% of female adolescents reported that they were pregnant at some time, 10.8% were mothers and 2.4% were pregnant for the first time. Of the total number of teenage mothers, 23.8% are single mothers, which increases the risk of having a greater number of sexual partners.

The risky sexual practices that explain these statistics in adolescents have been studied for several decades. Studies conducted in Peru indicate that risk behaviors in adolescents are alkohol consumption accompanied by the initiation of sexual relations at an early age, but that most of them also have an indifferent attitude towards risky sexual behavior, there is a level of knowledge. There is a lack of knowledge about sexually transmitted infections and a lack of knowledge about sexual aspects that allow the practice of safe sex.

Similarly, studies conducted in Colombia, Ecuador and Spain show the beginning of sexual life at an early age (42% expressed having had sexual relations, with an average age of onset of 13 years) and that male adolescents who have initiated their sexual life present risky sexual behaviors that include the non-use of condoms, the consumption of alcoholic beverages and high number of sexual partners. On the other hand, in women there is an increase in abortions; agreeing that adolescents do not have sufficient knowledge about the consequences of early sexual relations.

Pay attention to the problems of the adolescent must start by understanding their nature. In this stage, together with the masculine and feminine physical changes; we can also appreciate the psychological changes; It is a phase of reaffirmation of the self. This situation makes the adolescent behave susceptible, arrogant and critical, the adolescent wants more autonomy and seeks new experiences. Therefore, at this stage they need more freedom and independence, but also need help to manage their freedom.

However, it is often heard news that shows the lack of control by adolescents through the parties called Carousel, Candy, rainbows, among others that are characterized by the adolescents who come to them do not wonder if they feel or are in love, but simply with any dance partner they challenge the sensations of their body taking it to the limit without measuring the consequences and without any respect for their body.

The Carousel or Roulette is a round where the boys dance. The men penetrate the girls quickly in turns, but when someone ejaculates, loses and leaves the game. In this game, the girl can get pregnant by one of the ten or fifteen boys who can penetrate her during the course of the round of roulette.

At the traffic lights parties, participants attend with bracelets of different colors. The color defines the behavior at the party. Red: you come accompanied, yellow: you are looking for an adventure. Women and men who have a green bracelet, give green light to any situation (drug use, alcohol and sexual intercourse), in these parties the intake of liquor is adopted by the skin. That practice is called "Slimming". In Peru, the Facebook page of the "Arequipa Sex Roulette" has more than 1,700 members and "Fiesta Semáforo Arequipa" has a similar number of followers. These activities entail great danger because they camouflage pedophiles who abuse minors.

The word Candy, although it sounds friendly or sweet, consists of attending parties where participants have sex with any assistant of their liking that attends that party without taking into account that they can be infected with any sexually transmitted disease (STI) or get pregnant.

The rainbow parties bring together several minors. Where boys and girls of 11, 12 and 13 years old they practice oral sex. Women most of the time under the influence of alcohol and with their lips painted in different colors practice oral sex to strangers. The winner of the competition is the one who ends up with the penis painted in more colors.

In these parties sex, drugs and liquor are sold to minors between 13 and 17 years old. The entrance has an accessible cost for this type of population and they are promoted through social networks. In this type of parties adolescents have been found, half-naked, alcoholized and with condoms, but unfortunately, the same euphoria, alcohol, drugs, make them have unprotected sex, in addition to having relationships with multiple partners.
Due to the increase of these modern practices of adolescents who maintain risky sexual behavior and considering that there are no studies about it; it is necessary to show accurate information that allows promoting prevention and control activities of risky behavior in this population, motivating school authorities so that their interventions are adapted to emerging behaviors in order to improve the sexual and reproductive health of adolescents.

Therefore, the study was conducted in order to determine the level of knowledge about modern risky sexual behavior in adolescents of the 5th year of high school in an Educational Institution of Lima, Peru.

**MATERIALS AND METHODS**

It was a study of quantitative approach, non-experimental design of cross-section, of exploratory level since not enough antecedents were found that dimension the variable with the modern parties. The population consisted of 108 male and female students who were in the 5th year of secondary school in a Mixed State Educational Institution located in the district of San Juan de Lurigancho in the city of Lima - Peru, during the year 2015. All of them were between 15 and 18 years old, mostly belonged to a medium and low socioeconomic level.

Once the authorization of the institution and the informed consent of the parents were obtained, they were surveyed with a self-knowledge knowledge questionnaire, consisting of 22 questions with multiple alternatives on risky sexual behaviors; divided into 2 dimensions: 11 questions evaluated the risky sexual behaviors related to behavior with the couple and 11 questions evaluated the risky sexual behaviors related to group behavior.

The instrument was submitted to the judgment of 5 experts and according to its opinion a validity of 79% was determined. To determine the reliability of the instrument, a pilot test was carried out, and by means of the analysis with Cronbach’s alpha, a result of 0.769 was obtained.

The results were interpreted according to scores calculated by formula of statins, which allowed to establish high, medium and low levels of knowledge for the variable and its dimensions.

**RESULTS**

The results show that, out of a total of 108 adolescent students, the majority have low knowledge (82.7%) of risky sexual behavior with the couple; the most significant data are that 95.4% of students do not know the concept of promiscuity and 90.7% do not know their danger or identify other risky sexual behaviors.

Regarding adolescents’ knowledge about modern risky sexual behaviors in the aspect of group behavior, 0% of high knowledge is maintained, while the numbers of under knowledge decrease to 44% in comparison with the knowledge about modern risky sexual behavior in the aspect of behavior in couple. However, when analyzing the items, it is shown that adolescents are unaware of the parties that produce risks of acquiring unwanted pregnancies, sexually transmitted infections (STIs) or HIV (95.40%); in particular they do not know the parties of the sexual roulette (93.50%), rainbow parties (91.70%), Candy parties (93.5%) and traffic light parties (86.10%).

![Graph 1. Adolescents’ knowledge about modern risky sexual behaviors in the aspect of behavior with their couple](image-url)
DISCUSSION

In a first analysis of the results, the data that draw attention to the adolescents' ignorance about modern risky sexual behaviors in the aspect related to the couple (88.9% of adolescents do not identify the advantages of condom use, 95.4% do not know the concept of promiscuity and 90.7% do not know their danger nor identify the other risky sexual behaviors). These worrisome figures agree with the studies of García and Rengifo, Córdova and Serrano who found that the number of sexual partners was the most prominent risky behavior in men; including the lack of information regarding the subject of safe sex and condom use. This fact is undoubtedly worrisome, especially in today's modern times where it is common for young people to have casual sex when they go out to dance or have fun at night and then, we can say that teenagers do not know the concept or dangers of the promiscuity, or the advantages of condom use, present a high risk of living a rampant life, achieving unwanted pregnancies and acquiring any STI including HIV.

Even more worrisome are the findings of this study regarding the adolescents' ignorance about modern risky sexual behaviors in group behavior (93.5% are unaware that they are the parties of sexual roulette, rainbow parties (91.70%), Candy parties (93.5%) and semaphore parties (86.10%), especially 95.40% do not know the consequences of these parties). No background was found that investigates about this type of parties; however, it can be deduced that adolescents do not have enough knowledge about these new parties and their risks; are exposed to one of them suddenly, driven by curiosity, desire for group acceptance or fashion; ending as a victim more of the consequences they cause.

Finally, regarding the level of global knowledge about modern risky sexual behaviors, most adolescents have low knowledge (86%) while none have high knowledge.

It is concluded that the majority of adolescents have low knowledge about modern risky sexual behaviors. Therefore, it is recommended to empower the role of parents, educators and health personnel in the sexual education of adolescents by emphasizing information about modern risky sexual behaviors (parties) that put their integrity and even their lives at risk.
BIBLIOGRAPHIC REFERENCES


es/Est/Lib1095/libro.pdf 2013


8. Gómez Cussi M. Conocimientos y actitudes frente a las conductas sexuales de riesgo en adolescentes de la Institución Educativa “Cesar Cohaila Tamayo”. [Tesis de licenciatura en enfermería].
Available in:

http://labrecha.me/2013/05/23/fiestas-semaforo-y-ruleta-sexual-entre-adolescentes/

http://diarioadn.co/medell%C3%ADn/mi-ciudad/juego-sexual-entre-adolescentes-1.59602

www.urgent24.com/214275-ruleta-sexual-el-peligroso-juego-de-moda-entre-adolescentes


21. El Chino. La Moda del Semáforo malogrado. (Accesado el 25 de abril del 2014). Available in:
http://elchino.pe/policiales/8213-la-moda-del-%C2%93semaforo-malogrado%C2%94.html

http://salud.univision.com/es/noticias/que-son-las-fiestas-sem%C3%A1foro-malogrado
