

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

OZAVEŠČENOST MLADOSTNIKOV O VARNI SPOLNOSTI

SEXUAL AWARENESS AMONG ADOLESCENTS

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POVZETEK

Uvod: Ozaveščanje mladostnikov o varni spolnosti je nujno, saj so otroci naša prihodnost. Informacije o varni spolnosti nas spremljajo na vsakem koraku, vendar je tu vprašanje, ali so v pravi obliki in izvedbi ter ob primernem času glede na razvoj mladostnika. Zelo pomembne so informacije o zaščiti, medsebojnih odnosih in spolno prenosljivih boleznih v času prebujanja mladostnikovega telesa. Z raziskavo smo želeli predstaviti ozaveščenost mladostnikov o varni spolnosti.

Metoda: Raziskava je temeljila na kvantitativni metodi raziskovanja, metodi deskripcije. Uporabili smo tehniko anketiranja. Za instrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregledane literature. Uporabili smo vzorec, v katerega smo vključili 58 osnovnošolcev devetega razreda. Pravilno izpolnjenih je bilo vseh 58 anket, kar predstavlja 100 % realizacijo vzorca. Podatki so bili zbrani in obdelani s programom Microsoft Office Excel 2010.

Rezultati: 44 učencev (76 %) pravi, da jim izraz varne spolnosti pomeni varno izbiro zaščite za odgovorno in varno spolnost. Kot zaščitno sredstvo pri spolnosti 52 učencev (38 %) najbolj pozna kondome, medtem ko 42 učencev (30 %) pozna tudi kontracepcijske tabletko. Podatki kažejo, da je 39-im učencem (56 %) najbolj poznana spolno prenosljiva bolezen virus HIV. 46 učencev (53 %) se zaveda, da je zaščita zelo pomembna zaradi nezaželene nosečnosti, medtem ko 36 učencev (41 %) meni, da je zaščita izjemno pomembna zaradi možnosti prenosa spolno prenosljivih bolezni. Kar 34 učencev (59 %) pravi, da njihovo znanje s področja spolno prenosljivih bolezni šepa. 49 učencev (85 %) ne pozna programa Za zdravo in varno ljubezen mladostnikov in 23 učencev (40 %) meni, da so dovolj informirani o varni spolnosti. 38 učencev (66 %) pravi, da bi se o varni spolnosti učili v okviru pouka, kar 30 učencev (52 %) pa želi, da bi bile predstavitve o varni spolnosti skupinske.

Razprava in sklep: Pravočasno in učinkovito ozaveščanje mladostnikov o varni spolnosti je zelo pomembno, saj pripomore k zmanjšanju tveganih oblik spolnega vedenja pri mladostnikih. Ugotavljamo, da so mladostniki poučeni o varni spolnosti, vendar si kljub že pridobljenemu znanju želijo več informacij, celo želijo se učiti o varni spolnosti v okviru pouka. Zato bi bilo potrebno uvesti spolno vzgojo v šolski sistem in tako omogočiti razvojno usklajenost z informiranostjo o varni spolnosti.

Ključne besede: spolnost, mladostniki, spolno prebujanje, spolnost kot vrednota, vzgoja za zdravo spolnost

SUMMARY

Introduction: Raising awareness of adolescents about safer sex is essential because children are our future. Information about safe sex accompanies us at every step, but the question is if its form and realization are right and at the appropriate time regarding the adolescent development. Information about protection, relationships and sexually transmitted diseases is especially important in the time of the awakening of the adolescent's body. The aim of this research was to present sexual awareness among adolescents.

Method: Our research was based on quantitative methods of researching, on a descriptive method. The technique of interviewing was used. For the instrument we chose a questionnaire, which was formed on the basis of the reviewed literature. The sample included 58 pupils of the ninth grade. All 58 questionnaires were filled out correctly, which represents 100 % realization of the sample. Data were collected and processed using Microsoft Office Excel 2010.

Results: 44 pupils (76 %) think that the term safe sex means the safe choice of protection for responsible and safer sex. As far as contraception is concerned, 52 pupils (38 %) are most familiar with condoms, while 42 pupils (30 %) also know the contraceptive pills. Data show that 39 pupils (56 %) are mostly familiar with the sexually transmitted disease HIV. 46 pupils (53 %) are aware of the fact that protection is very important to avoid the unwanted pregnancy, while 36 pupils (41 %) believe that the protection is extremely important because of the possibility of sexually transmitted diseases. As many as 34 pupils (59 %) say that their knowledge of sexually transmitted diseases is lame. 49 pupils (85 %) are not familiar with the programme For a healthy and safe adolescent's love. 23 pupils (40 %) think that they are sufficiently informed about safe sex. 38 pupils (66 %) wish to be taught about safer sex during the school lessons, and as many as 30 pupils (52 %) would like group presentations about safe sex.

Discussion and conclusion: Timely and effective informing of adolescents about safer sex is very important because it helps to reduce risky forms of sexual behaviour of adolescents. We found out that adolescents are well informed about safe sex. However, despite the already acquired knowledge they want more information, and they even want to learn about safe sex during the school lessons. Therefore it would be necessary to introduce sexual education in the school system and consequently enable evolutionary reconciliation with sexual awareness.

Keywords: sexuality, adolescents, sexual awakening, sex as a value, sexual health education