

CASE STUDIES OF SEXUAL RISK BEHAVIOR AND ALCOHOLISM IN MEN GRADUATES OF THE STATE OF MEXICO

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ABSTRACT: *The youth is the stage of life in which there are great biopsychosocial modifications and determines the form of conduct in the life according to these changes. These include the knowledge and skills for a sex life, which will allow for the consolidation of development biopsicosexual. Currently, the sexuality and reproductive health have gained relevance by the social impact that have occurred in the new generations, given the increase in sexually transmitted infections and unplanned pregnancies. The present study of three cases shows a reality of young academics and as these carried out sexual practices and the risk behaviors that is exposed, as the lack of use of contraceptive methods, sexual activity with multiple partners under the effect of alcohol. Risk sexual behaviors, in such cases, the young university students are the main actors; that, in the search of belonging, acceptance and recognition adopt a certain type of attitudes and models that society and the culture imposes between them experiencing: adrenaline, what exciting, together with the ingestion of alcoholic beverages which implies that young people minimize the consequences of sexual intercourse with penetration without protection, impacting on the first instance their physical health and so psychosexual to acquire an infection.*

KEYWORDS: Sexual Behaviors, Sexual Practices, Sexually Transmitted Infection.

INTRODUCTION

The dictionary of the Royal Academy of the Spanish language, (SAR) (2015), defines the behavior of the following way: "The Latin conducted, guided psychology as the set of actions with the that a living being is responding to a situation, exist an association which is a functional relationship where it sets a stimulus and a response as a result of experience".

In this regard, the behavior is the result of the influence of socio-cultural given by the groups endogenous and exogenous, which can be observed, registered and studied and the mere fact of belonging to a society is to be exposed to the culture and to the components of the same "patterns learned and organized" (Whittaker, 1968, Linton, 1936, cited in Organization University Latin America, S/F).

The WHO defines the sexuality (2006), such as the aspect inherent in the human being, which encompasses the sex, identity and gender roles, as well as the eroticism, pleasure, privacy (Zone spiritual intimate and quiet of a person or group of persons, especially a family), reproduction and sexual orientation which is experience and is expressed through thoughts,

fantasies, desires, beliefs, attitudes, values, behaviors and practices, roles and interpersonal relations. So same PAHO and the WHO (2006), indicate that the factors involved in the sexuality are biological, psychological, sociocultural, religious and ethical.

And finally we will define the sexual risk behavior as the exposure of the individual in the face of a situation that can result in damage to your health or the health of another person, especially through the possibility of contamination by STIS or an unplanned pregnancy, the risky sexual practices can be through oral sex, vaginal intercourse and anal, promiscuity, increased when they are associated with the consumption of alcohol (García-Vega, 2012).

Socially he has always been given more importance to the male sex role, and the female role has no greater protagonism, (Simbayi, 2007)

One of the fears more frequent than has the man at the time of the sexual act is not perform actively with your partner, this reflects the insecurity inside every man toward the rejection and failure because of a lack of technical, resistance or consider the same little effective. On many occasions the prejudices and the fears, make the sexual performance of a man may not be as expected. Every man must be aware that the skill and the maximum sexual enjoyment comes many times with the time and the practice, (Baskin-Sommers, 2006)

It is important to maintain a good communication with your partner, CARE and worry from one another in their different attitudes toward the sexual, because man and woman, have different answers. In man the erection progresses until ejaculation in a relatively fast (Capaldi, 2002), change in women, lubrication and stimulation of the genitals culminates in the orgasm, in a relatively slower in comparison to men but their sexual responses are in both cases, separated (Beadnell, 2005). "These are similar, both anatomical as physiologically, in the two genres, and can be inhibited separately to produce different syndromes dysfunctional", (Copper, 2002).

The majority of men tend more frequently to the search of pleasure, while women with more sentimental, they seek mainly sex; while they seek the love and security. There lie the differences between male sexuality and the female, (Copper, 2002).

When you have intercourse, both are delivered to the needs of the moment and the ideal is to be open and ready for anything. The erotic games are fundamental, the caresses prior are a way to prolong the pleasure. There must not be a anguish by the orgasm, but the majority of these stimulations happen always and when it is in a state of ethyl as just being so lost the penalty and are carried along with more ease, (Palen, 2006).

The alcohol is the most abused substance in the stage of the youth and the one which most influences the sexual risk behavior, and is used to reinforce confidence and in turn is also used as a pretext, since they say that while under the effects of alcohol do not remember what happened (Gil-Garcay, 2013).

There are numerous studies that show a high association between the consumption of alcohol and the sexual practices of risk. The relationship between alcohol and an active sexual life, has a major impact on the health, due to the danger of collapse one of many sexually transmitted infections that exist and to the increase of the unplanned pregnancies (Garcia, 2017).

It is for this reason that the present case study aims to give account of the sexual practices of the young university students under the effects of alcohol and describe the sexual practices carried out and the consequences that these can generate.

METHOD

The present research is qualitative, on case studies, cross-sectional, analytical non experimental through a semi-structured interview. Within the inclusion criteria were conformed by students of an average age between 18 to 23 years, who shall be elected intentionally always and when they have an active sexual life and that consume alcohol. Made 3 interviews with young university students in the health area.

RESULTS

Case 1

Man of 23 years of age with an active sexual life since 11 years ago, not using condoms, finger you energised ejaculate within your partner sentimental. Now in the present maintains a relationship with a girl of your same age which has relationships coital each that the ve and she accepts, although it has sexual encounters with multiple partners without any commitment which frequents in feast and convivios protecting the majority of times to have contact with them.

"Explained that only uses a condom when they have it at hand or when you agree to use it as it likes to experiment the risks and living the moment with whom this, although not to commit to any of their sexual partners are requested to take the pad of the following day using this as a contraceptive after having relationships." He commented that on average of sexual partners that has had since it began an active sexual life, are around 17 people of which the majority are friends and says that he calls them free or casual partners because it only has intimacy with them when they are found in feast or bars.

Since he touched on the issue of the bars you are questioned in relation to what age began to alcohol and the replied that the 14 years and only makes it with family (uncles and cousins) friends, friends and your partner sentimental either in bars or birthday party. The amount is not moderated and ingests alcohol to be in a state of drunkenness severe.

It is the idea of "that if is not drunk there is no action on the sex" and says that on the basis of their experience to the majority that has been with a Chava has been in that state as commented earlier in occasions it protects even knowing the risk incurred by not care and finally add that is addicted to pornography likes to do the same things you see in the videos and likes to risk what happens.

Case 2.

Man of 21 years of age, with active sexual life from the age of 14 years, taking his first encounter with his girlfriend of that time, both aware of what they were doing and at the same time protecting with condom.

Currently maintains a courtship, in which have sex, although he says "that as a man to go partying with friends you flirt and accesses an encounter to experiment with new things".

Currently uses the condom not to be compromised with the person who has had sexual relations, the always loads condoms for when you offer the occasion. They are approximately 14 sexual partners which has had since he began a sexual life. Some have been brides and other friends with right and even former girlfriends, because he said that sometimes it is good to share things with several people and not to drown with a nothing more.

The starts to consume alcohol to when admission to the preparatory with friends and later starts it freely do with family. Currently he likes to go out of antrum every 8 days and he does so with his girlfriend, girlfriends or friends, the amount you eat is to be dizzy and if you want to continue taking it does in closed places.

Almost the majority of times have sex under the influence of alcohol, and it does so with the person that this, either your girlfriend or friends, commented that you like to do so in that State therefore feels that the relationship coital and oral is more pleasant and lasting.

Always use a condom by very drunk that this only but this is used in penetration and is not oral sex.

Case 3.

Man of 19 years with active sexual life which starts at 16 years with your partner sentimental always taking these with responsibility and caution, used condoms.

In this last year only maintains intercourse with your partner sentimental current already that is very much in love with her and that better than respect its relationship to follow as until now.

Each has sex with his girlfriend is protected since the two take their sexuality with a lot of responsibility and to take care not only protects him but also to his girlfriend, because for the moment is not within their plans form a family up to the end of his profession.

He throughout his life has only been with 5 people sexually which have all been their girlfriends, if you have commented on their friends who dare to live an adventure but for fear still dares not, the more he has achieved is to see pornography and masturbation.

Each who has relations with his girlfriend cares and is doing so in private places, though that is not to say that experience new things with your sentimental partner because likes to practice everything you see in the pornographic videos and at the same time used poppers.

He said that swallows alcohol but only does so with the family and friends, very rarely makes with his girlfriend because you do not like to include in these environments because when it does is transformed and exits of problems with them, so it avoids, how much you eat is invaluable as it usually ends in a state of ethyl severe.

DISCUSSIONS

According to Garcia-Vega (2012) that describes Navarro-Pertusa, previous studies to the years 2000 often refer that young people, in general, begin the relations more early cases of study

their sexual life began around the 18 to 23 years of age and have more sexual partners the case 1 and 2 reported from 14 to 17 couples while the third 5 and the duration of the same is less, often maintain more relationships with casual partners, and a greater number of behavior of risk, but UNAIDS reported the age of initiation of sexual relations coital is between 15 and 19 years (UNAIDS, 2008).

It identified the main risk factors that lead to sexual behaviors in young men and one of them is the age at which begin their active sexual life, which the results reflect that very early start to have intercourse without responsibility shown in the 3 case studies that the average age of 14 years of age.

According to Uribe Alvarado (2013) that describes García-Vega, various studies on sexual behavior in young people and adolescents reported that each time increases more the number of people who start their sexual lives at a lower age without the use of a condom, which generates a greater increase in the rate of pregnancies in women 15 to 19 years of age and the incidence of Sexually Transmitted Infections (STIS), including HIV and HPV.

The active sexual life has always been associated with the female figure, however outstanding data that were observed in the case study to young people mentioned that when having sexual relations they choose to do so in a state of ethyl because it is easier than their girlfriends or sexual partners be lulled and they do not take importance to the use of some type of condom.

Alvarado (2013) describes a Perez the psychosocial skills, as well as the attitudes, have also been reported as variables predictors of condom use among adolescents and young people; in Mexico since the communication assertive predicts the condom use in sexual relations of adolescents with sexual partner regulate. The interviewees mentioned that the having sexual encounters without being under the influence of alcohol, is not the same as to be in a state of ethyl since the majority of young women are concerned about a pregnancy and it is for them to decide to use condoms.

Cabrera (2006) that describes Alvarez L recently, on research carried out in the province of Sancti Spiritus (Cuba), with adolescents on the perception of risk in the sexual activity is found that there are gender differences, girls express discriminatory criteria, since they believe that the risk of unwanted pregnancy is something that only it is up to them. The machismo is still very present in the present, since it was detected in the interviews that the majority of young people think that the care is only the responsibility and duty of women, but the most curious thing is that they do to prevent an unplanned pregnancy, not giving importance to sexually transmitted infections.

Garcia-Vega (2012) that describes López are also changing sexual relations in terms of who takes the initiative sexual. Until a few years ago the guy was that the took, but recent studies have seen as each time there are more girls who take the initiative. Indeed increasingly is incremented and makes it responsible for the that have to worry and always bring a condom sexual intercourse have to be women, since our interviewed at all times unconsciously sought to be justified and by the simple fact of being men gives them the right to have sex as they please.

Garcia (2017) describes the Departament de Salut de la Generalitat de Catalunya alcohol is the most widely consumed drug by adolescents between 14 and 20 years and acute poisonings from its consumption are those that generate more demand for assistance in the provision of emergency health services. Around the young men began to consume alcohol around 14 and

16 years, the age in which they were in high school, they mention that is the stage that most pleased him live, but it is also a stage in which they to interact with peers from other sides and with a different way of thinking begin to experiment with new things and one of them is the consume alcohol. In recent years there has been an increase in the consumption of alcohol by young people, in the form of intake of high amounts of alcohol concentrated in a few hours.

The amount that young people consume in alcohol is incalculable, since most is carried away by the time and this addiction is not controlled, arriving to consume alcohol without moderation in feasts and convivios and arrive to finish in a state of ethyl high. The majority is performed in the weekend nights in the company of the peer group, in the form of binge eating flashing and concentrates in sessions of a few hours, which coincides with the interviewees.

Alcohol is one of the substances most used to alter the sexual behavior of individuals and usually increase the vulnerability of the events sexual, causing the intoxicated persons after an episode of CIA show they are incapable of managing a safe sex (Bellis 2004). At a European level, one third of the young people are under the effects of alcohol on their first sexual experience, multiply your chances of having sex without a condom and increasing inability to manage a safe sex (Bellis, 2004).

CONCLUSIONS

The university students studied express the beliefs, stereotypes, ideals, practices and discourses that underpin a predominant idea, quite "traditional", on what it means to be a man. On the other hand, started on sex to assert itself as adult men in a context where "the body will going to ask alone ". The investigation showed that the university are little and, on many occasions, poorly informed about reproductive life, which causes them to conflict the use of any protective measure with her friends and girlfriends, and that, consequently, on very rare occasions used contraceptives, including condoms.

These results highlight the importance of designing interventions that are based on the specificity of the situation in which they socialize these young people and to take seriously into consideration its subjectivity, their way of perceiving and of feeling the world in which they live.

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