

Case Study of Sexual Risk Behavior and Alcoholism in University Women

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Abstract: The present work was carried out to analyze the sexual risk behavior related to the consumption of alcohol are exposed to women, due to a higher prevalence of sexually transmitted infections and pregnancies unplanned, even with a diverse range of information about sexuality, and the risk involved to do so without protection, has not been achieved an educational process to make a change of behavior. It is a study of 3 cases of young university between 19 and 23 years; this research is cross sectional, qualitatively, analysis through a semi-structured interview. In this case was analyzed by the young university students that ingesting beverages with alcohol causes a change in the taking of decisions that leads to have a sexual interaction with friends, your partner or sometimes with strangers. By this type of activities is considered to have a sexual risk behavior with multiple sexual partners and sexual activity with 6 or more sexual partners with the difficulty to put limits and protected. At present the consumption of alcohol influences sexual behaviors to be used to reinforce confidence and reduce the inhibitions. With the likelihood of incurring sexual risk practices and sexually transmitted diseases, this is no longer a conflict is a status formed by the young university students

Keywords: Conduct sexual, alcohol, ITS.

Introduction

Una conducta sexual de riesgo es la exposición del individuo a una situación que pueda ocasionar daños a su salud o de otra persona, especialmente a través de la posibilidad de contaminación por Infecciones de Transmisión Sexual (ITS) o embarazos no planeados, así mismo como el consumo de sustancias adictivas. A sexual risk behavior is the exposure of an individual to a situation that could result in damage to your health or other person, especially through the possibility of contamination by sexually transmitted infections (ITS) or unplanned pregnancies, as well as the consumption of addictive substances (Espada-Sánchez, 2003).

The risk behaviors in young people according to the association of alcohol consumption and sexuality, (Cooper, 1985) is when there is a consumption of alcoholic beverages, (Raj, 2006); which leads to a higher probability of reporting multiple sexual partners and inconsistent condom use at the same time and in short periods, (Stueve, 2005).

Authors like Cooper (2002) and Perry (2002) conducted a review of the literature of the most important models that link the consumption of alcohol and sexual risk behavior, among which are highlighted: The models of the expectations assumes that the behavior of young people after drinking alcohol is guided by the preexisting belief about the effects of the same on the conduct, changing attitudes on the pairs presenting aggressiveness sexual regardless of gender, which leads to multiple relationships at the same time.

Copper (2002) notes that 9 of every 10 young people drink alcohol and 8 of each 10 have had sexual relations; 7 of each 10 university students have consumed alcohol and have had sexual relations. In addition 4 of each 10 young have consumed alcohol in excess and 3 of every 10 have had sexual activity with 6 or more sexual partners, as well as 1 of each 10 has made both behaviors at the same time indicate that 32% of people infected with HIV have a history of problems with alcohol consumption (Raj, 2006). It is important to note that the capacity which can have a woman to have sex with multiple men at the same time does not occur in men due to the process of recovery of these.

Other studies show a positive association between consuming alcohol and the number of sexual partners. The results indicate that young people who consume alcohol at a younger age, report more sexual partners (Stueve, 2005) and they are more likely to have many sexual partners over a period of six months (Palen, 2006).

In the case of excessive consumption of alcohol has found that youth who reported multiple sexual partners, have two to three times greater probability of having consumed alcohol in excess in comparison with those who do not consumed in excess (Copper, 2002). In men and women it has been found that those who consume large amounts of alcohol, is associated with having multiple sexual partners in the last month

(Simbayi, 2007). Likewise with regard to the sexual behavior and the measures of protection (condom use), the data reveal relationships inconsistent between the consumption of alcohol and the use of condom; a pattern that looks similar between men and women (Copper, 2002).

Some studies, (Baskin, 2006; Scivoletto, 2002 and Simbayi, 2007) demonstrate that the consumption of alcohol is associated with low levels of condom use. The data reported by Palen, (2006) indicate that young people who have consumed alcohol, using condoms sporadically (only 25% of the times they had sex). Furthermore, the consumption of alcohol among adolescents is significantly related with do not use condom, in addition the probability of not using condoms was 7.2 times greater when they drink alcohol (Baskin-Sommers, 2006).

On the other hand, there is evidence that suggests an association low or no significant association between the consumption of alcohol and the use of contraceptive methods, (Copper, 2002; Cooper and Orcutt, 2000; Flisher and Chalton, 2001; Prince and Bernard, 1998). Flisher, (2001) found that alcohol consumption was not significantly associated with the use of contraceptive methods. In this same sense, Prince, (1998) indicate that there is no statistically significant relation between the consumption of alcohol and the use of the condom. The authors point out that may be due to the low use of condoms, without considering the consumption of alcohol. For its part, Cooper (2000) show that condom use is more common with the couple by chance that with the regular partnership, when it has been consumed alcohol. The relationship between condom use and drinking alcohol is negative and significant after controlling for the type of partner. Another study that supports this idea is what revised by copper (2002) who mentions that the young people who consume alcohol in excess, compared with those who do not consume in excess, do not differ in the use of the condom. The otherwise use a condom and consume alcohol as found Palen, (2006) already that when analysing the most recent sexual encounter, the young people who consumed alcohol during the event sexual, were more likely to use a condom than young people who do not used this substance.

The evidence shown in the studies with respect to the relationship of the consumption of alcohol and sexual behavior, show a positive relationship between the pattern of consumption of alcohol, the frequency of sexual relations and the number of sexual partners, which is consistent through the studies, however, in conduct protective and condom use, the information appears not to be so clear, which emphasizes the need to conduct research on this association. The understanding of sexual risk behavior in youth has particular relevance to understand the development of this behavior between men and women, as well as through changes to the consumption of alcohol (Beadnell, 2005; Capaldi, 2002).

Methodology

This qualitative research cross-sectional, analytical non experimental through a semi-structured interview. The sample shall be comprised by students of the Degree in Nursing of the different semesters, during the academic year 2017-2018 the C.U. UAEM Chalco Valley. Within the inclusion criteria will be constituted by students from 19 to 23 years, who shall be elected intentionally always and when they have an active sexual life and that consume alcohol.

Results

Interview

E-1. Woman of 19 years, which starts your sex life at the age of 15 with her sentimental partner not using condom in their first sexual relationship by establishing that the cause was by penalty for buying condoms in a public place as well as to its exnovio. We referred that maintains relations with multiple sexual partners, in this last year has maintained relations with 6 persons, of whom 3 are your friends, 2 were unknown and 1 is your current partner sentimental.

At present she is protected with contraceptives such as condoms, worrying more by running the risk of becoming pregnant than by an ITS, the questioning that of who was the initiative to use the contraceptive methods she answered "most of the times has been mine I am worried about my health and not for a night of fun contracts an illness for life". In relation to how many sexual partners has had on his life since it began is approximately 11 but some have been their intimate partners and around 5 have been occasional encounters or with friends without any commitment.

Its consumption of alcoholic beverages was at 16 years experiencing the drunkenness with beer "I have only taken with my friends and friends, within my family nucleus do not allow me to take i feel uncomfortable" his dad has the beliefs and customs of machismo. It was questioned in relation to the amount that she swallows in alcohol we replied that is around 6 glasses of beer and if is tequila, vodka or rón only 2 glasses, "I consumed all this at parties, convivios, bars and popular dances"

She has maintained relations coital and oral sex while under the effects of alcohol, if you are not drunk does not perform or practice any type of sexual act for it to be drunk gives you confidence to maintain a sexual

relationship more pleasant. Her boyfriend has proposed insistently in have an encounter with another person, but has not already agreed that only you like sexual relations in partner.

For her HIV and other infection are of utmost importance in your life, it is for this reason that is protected with a condom in any sexual encounter that has had even while under the effects of alcohol.

E-2. Woman of 21 years, starting sexual life at the age of 16 with a colleague in the preparatory, used as a contraceptive method the condom, the school in which was cursed gave talks of contraceptive methods and if I made a mistake was by irresponsible and not by lack of information. Does not establish formal relations thinks that it is a loss of time and prefer to leave to parties with several young men and have a free life... "I have had multiple sex partners which 4 were friends and 3 was unknown".

The measures of protection that typically takes in their sexual relations is the condom and contraceptive pill thinks it is very important to use protection for your health and with the security that was not to be pregnant or getting a sexually transmitted infection, it is for this reason that she always has the initiative in the decision to use a contraceptive method if there is not any protection would abstain.

Has consumed alcoholic beverages since the 18 years experiencing the drunkenness with vodka, in the house of a friend. It was questioned how much alcohol ingested in feast, bars or other place and says that is 6 to 10 glasses. She has no problem if it takes quite a lot or not because their parents did not realize if arrives at home.

Maintains sex under the influence of alcohol thinks that alcohol gives you the confidence so that you can have a fantasy erotic and to be able to perform without any inconvenience or fear. And to be able to indulge with the couple that this and oral sex. I think that in every sexual act must use some method of contraception to avoid contracting an ITS.

E-3. Woman, 23 years, start your sex life at the age of 22, she met her first sexual partner in the work. When I start to work in a clinic in particular on his first day on the job you submitted to your coworker your first contact was not sympathy. According to time and the habit of seeing the whole week we started to carry well and we decided to have an open relationship since the two came from a destructive relationship. We started to come out to bars to parties and to the cinema, in the third event I invite you to the Fair of its Municipality fell the night and we decided to buy alcohol, we began to take the two to be dizzy and after we went there. I told him to take me home I said that if, climbed to your cart and without noticing because we were kissing we started with caresses for a moment what stopped and blushed I told him that I had never been with anyone. My first relationship was with him does not use a condom the effects of alcohol not allowed me to think only did what my body wanted but my mind I traiciono and let me carry, if I remember having told him that we use a condom but he said that in this way we would feel more pleasure for both, so we used the method of withdrawal. I have only had 1 sexual partner in all my life I have not been with anyone else, so I decided to have a formal relationship with him..."I would like to have a family with him, I do not want to be changing partner."

Has never used any contraceptive method since it has been with your current partner has always taken the initiative to use a condom or a contraceptive method but it does not allow you to use it bother said that if you go with someone else or why it was concerned about becoming pregnant or if you think that you have been unfaithful.

Has consumed alcohol around 17 years of age undergoing the drunkenness with tequila, to truancy with their peers in high school that had incited to be a billiard table and there began to take. It was questioned in relation to the quantity of alcohol that swallows and says that is 4 glasses or until you feel dizzy stop taking, either at a party or in a bar, if you are going with your partner or someone you trust takes up to get drunk, always remembers what happened the previous night. Does not take in front of their parents because they do not permit it to them is like a lack of respect.

She has had sex under the influence of alcohol thinks that alcohol is a factor to be able to arrive to feel more pleasure with your partner. In each Friday feast is taken, it does not allow you to take much to your partner sentimental he gets bad and reaches the end of assaulting more people or ill-treated to it, considers that your partner is a person macho by beliefs and religion of their parents and grandparents, saying that only men can take up to be under the effects of alcohol.

Discussion

According Pulido (2011) describes that Desiderato establishes that a sexual risk behavior "is one phenomenon that should include factors related to exchange of fluids without barrier methods (usually the male or female condom); such an act done under the effects of alcohol and sexual activity with multiple partners", The three interviews in the case studies reported were considered a conduct potential risk to an ITS, however it is important to point out that in the three case is most worrying pregnancy that a disease. It also coincides with

Garcia (2012) that this type of conduct leads with a high likelihood of contamination by STIS, or generate a situation of unwanted pregnancy.

Vargas (2010) establishes that the start of the first sexual relation in 50 % of adolescents is around 16 years, and in two of the three cases of study coincides with this home and in young adults the average is 18 years.

Uribe (2009) conceptualize that sexual risk behavior in this investigation has been represented by the number of sexual partners that lead to consumption of alcohol. Jiménez (2010). Among the results obtained practicing safe sex, consists in the use of the condom, since they demonstrate fear of getting pregnant or catching an ITS, when there is a responsibility and the necessary precautions, without fear or anxiety of load, The main identified causes that limit their use are the consumption of alcohol or your partner chauvinist. Hernandez (2008) found that have changed the roles on the health, the decision to use a condom showing that they are more aware of the risk of contracting an ITS and seize the care of their sexual health and to take the initiative in the use of the condom. Garcia (2012) Among the factors that increase the more sexual partners and the duration of the same is less, often maintain more relationships with casual partners, and a greater number of risk behaviors.

Garcia (2017) agreement of the young female began to consume alcohol to the 16 years in the need to belong to a social group and also developing risk behaviors and to experience new things as the consumption of alcohol. We found that by prejudice women alcohol ingestion only do at parties external to your home or family, do not take in front of their parents only in meetings with friends and boyfriend. The majority of people are declared drinkers ocasionales weekends. In recent years there has been an increase in alcohol consumption in women, because it is socially accepted and that they pay less attention to gender stereotypes, matching the consumption that of men. The consumption of alcohol has immediate effect and is an inhibitor that favors the social contact and allows the expression of emotions facilitating risk sexual behaviors.

Garcia (2012) the sexual practices of risk oral sex, the vaginal intercourse and the anal, promiscuity and the consumption of alcohol given concomitantly to these practices. Practice this followed puts the individual at risk of acquiring a psychological dependence of alcohol. Risk sexual behaviors, as well as the consumption of alcohol, are the cause that favors the social contact and enables the expression of the own emotions, is used as a facilitator of sexual relations among young people, which have as a consequence acquire a sexually transmitted infection and unplanned pregnancies.

Conclusions

The results of these cases demonstrate that among the young university female individual factors such as the consumption of alcohol and the preference for social activities are related with sexual behaviors at the beginning of their sexual activity as: unwanted pregnancies and the acquisition of ITS. For this reason, the field of sexuality is a space of debate for the social sciences and health being treated, above all, by the gender study, where they have built various analytical categories that allow to give an account of the complexity of this broad field.

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