

Sigma's VIRTUAL 31st International Nursing Research Congress (Wednesday, 22 July - Friday, 24 July)

Model of Safe Sexual Behavior in Adolescents From an Indigenous Community in Mexico

Raquel A. Benavides-Torres, PhD

School of Nursing, Universidad Autonoma de Nuevo Leon, Monterrey, Mexico

María de los Angeles Meneses-Titado, DNS

Nursing, Benemerita Univerisida Autónoma de Puebla, Puebla, PU, Mexico

Dora Julia Onofre-Rodríguez, MCE

Facultad de Enfermería, Universidad Autónoma de Nuevo León, Nuevo León, México, Mexico

Purpose: To evaluate a model based on Social Cognitive Theory that includes relationships between biological, affective, and cognitive personal factors; interpersonal environmental factors; and the safe sexual behavior of Nahua's adolescents in Mexico.

Methods: Cross-sectional and correlational model-testing study design. The sample was 419 randomly selected adolescents of both sex aged 15 to 19 from Las Lomas, Puebla. The instruments presented acceptable reliability and validity.

Results: 56.8% were female with an average age of 17.50+.97. In the analysis of biological personal factors, male sex was found to have an effect on safe sexual behavior ($\beta=-7.45$, $t=-4.38$, $p<.001$), and condom use ($\beta=-7.21$, $t=-3.32$, $p<.001$). Attitude toward condom use was predictive of safe sexual behavior ($\beta=.20$, $t=5.50$, $p<.001$) and condom use ($\beta=.25$, $t=5.29$, $p<.001$). The personal cognitive factors model showed that knowledge about STIs, condom use and pregnancy ($\beta=.15$, $t=3.70$, $p<.001$), self-efficacy for condom use ($\beta=-.14$, $t=-3.86$, $p<.001$), ability to negotiate condom use ($\beta=.21$, $t=5.40$, $p<.001$), and intention to use condom ($\beta=.06$, $t=2.25$, $p=.025$) were predictors of safe sexual behavior. Knowledge about STIs, condom use and pregnancy ($\beta=.14$, $t=2.71$, $p=.007$), self-efficacy in condom use ($\beta=-.15$, $t=-3.21$, $p<.001$), ability to negotiate condom use ($\beta=.28$, $t=5.50$, $p<.001$) and intention to use condom ($\beta=.07$, $t=2.09$, $p=.037$) showed effect on condom use. Sexual communication with parents had an effect on safe sexual behavior ($\beta=.06$, $t=2.54$, $p=.011$) as well as condom use ($\beta=.08$, $t=2.44$, $p=.015$). The couple's approval to use a condom had an effect on safe sexual behavior ($\beta=-.07$, $t=-2.32$, $p=.021$). Ethnic identity ($\beta=.22$, $t=6.70$, $p<.001$) and disagreed opinion of religious approval of condom use ($\beta=-6.00$, $t=-2.78$, $p=.006$) were predictors of safe sexual behavior. Ethnic identity ($\beta=.23$, $t=5.39$, $p<.001$) and disagreed opinion on the approval of religion on condom use ($\beta=-3.88$, $t=-2.33$, $p=.020$) were predictors for condom use. Therefore, being male, positive attitude toward condom use, ethnic identity, and the ability to negotiate condom use had a predictive effect on safe sexual behavior ($R^2=29.8$). For condom use, age of menarche/sperm, attitude toward condom use, ethnic identity, and ability to negotiate condom use were predictive variables ($R^2=22.3$).

Conclusion: Social Cognitive Theory was useful to guide the present study where it was proven that biological, affective and cognitive personal factors; interpersonal environmental and sociocultural influence the safe sexual behavior of Nahua

adolescents. It is important to highlight that the ethnic identity variable predominated in the final models, which was a protective factor in this population.

Title:

Model of Safe Sexual Behavior in Adolescents From an Indigenous Community in Mexico

Keywords:

Adolescent, Indigenous Population and Safe Sex

Abstract Summary:

An explanatory model based on Bandura's Social Cognitive Theory is shown that includes biological, affective and cognitive personal factors; interpersonal and sociocultural environmental factors that influence the safe sexual behavior of adolescents in a Nahua community in Mexico.

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First Primary Presenting Author***Primary Presenting Author***

Raquel A. Benavides-Torres, PhD
Universidad Autonoma de Nuevo Leon
School of Nursing
Professor
Monterrey, Nuevo Leon
Mexico

Author Summary: Dean of Research Universidad Autónoma de Nuevo León (UANL), School of Nursing, Monterrey, Mexico. She has published multiple articles in index journals and book chapters. She has presented in National and International forums

Second Secondary Presenting Author

Corresponding Secondary Presenting Author

María de los Angeles Meneses-Titado, DNS
Benemerita Univerisida Autónoma de Puebla
Nursing
Part-time professor
Los Volcanes, Puebla
Mexico

Author Summary: Nurse specialist at the Women's Hospital of the Health Services of the State of Puebla, since 2004. Part-time professor at the Faculty of Nursing of the BUAP since 2006.

Third Author

Dora Julia Onofre-Rodríguez, MCE
Universidad Autónoma de Nuevo León
Facultad de Enfermería
Professor and researcher
Gonzalitos
Nuevo León
Mexico

Author Summary: University professor, Master's and doctoral thesis director Teacher and full time researcher, Universidad Autónoma de Nuevo León Postdoctoral studies on population in the College of the Northern Border, COLEF