

UDC 37.032-053.6

doi: 10.15330/jpnu.1.2,3.60-63

## MODERN TEENAGER (HIGHLANDER) AND SEX

OKSANA FEDYK

**Abstract.** The age at which you can start or be sexually active - a very interesting question, which concerned not only parents, but also psychologists. Usually, you can not answer the question of when and to whom to start having sex. However, there are certain statistics that the average age of sexual debut in adolescents - is 15 years for girls and 14 for boys. Now we are talking about European society, about what is happening in Ukraine, particularly in mountainous areas.

The fact that the willingness in principle to sexual intercourse is associated with physiological aspects. There is a notion in sexology - sexual constitution.

There are several factors play a role, of course, one of which is constitutional, but not always, psychological maturity and sexual constitution, rather, because of the need for sexual constitution in holding intercourse can match.

That is, some teens may be physiologically ready for sexual intercourse at 12-13 years, but the question arises: Are they psychologically? And probably we can not give a definite answer to this question, because curiosity taboo in society, which in the majority rejects teen sex, pushing them into early sexual relations. Nevertheless, probably still age readiness and psychological and physiological - is 18-19 years if we are talking about teen sex.

**Keywords:** sexual education, modern teenager, socialization.

Adolescence - a very difficult period in the life of every person. This is the time when we open our own I doing path from child to adult, know the world and find it yourself, realize its importance and role. Teens tend to constantly struggle with their prejudices, with the positions of adult and child in the head, looking right out of different situations, learn to live. There are various problems, including the problem of self-esteem. In most cases, self-esteem adolescents often varies and can jump from high to low. Problems with self-esteem gives us one of the psychological causes of early sex.

Some researchers have conducted a correlation between the age of onset of sexual activity and personal characteristics of adolescents. Thus, early sexual activity is often observed in active adolescents are easily communicate, sociable, but at the same time showing a great desire to risks adventurous behavior, they conflict on adults exposed to alcohol and drugs.<sup>1</sup>

The late onset of sexual activity often occurs in people with a developed sense of responsibility, who adhere to certain moral standards and at the same time is not communicative, not confident and anxious.

The important role played by the impact of culture on adolescent sexual behavior. In many cases, certain sexual activity is considered inappropriate.

Sexual behavior is governed by social rules, norms specific to a particular society. Sexual morality is that the rules of society can or can not do, and sexual norms - what is expected and what is not desired.

Sexy teen hyperactivity often has neurotic nature (background), resulting emancipation. They are trying to let go of control, custody and control by adults. This reaction can proceed rapidly in the form of anti-social behavior<sup>3</sup>.

The modern teenager has more sexual temptations, walking on the road, than his grandfather ever had on a Saturday night while looking for such an opportunity. Young people are literally bombarded with sexually oriented information. At first sight teenagers, and not only them, today have far more reasons to have sex than to abstain.

The weakening of sexism and many traditional taboos, no formation of a system of values, lack of sexual education enhances individual freedom, which forms the sexual behavior of teenagers<sup>4</sup>.

It is quite obvious is the fact that the sexual debauchery and a variety of sexual expression have become commonplace on television, no longer talking about the World Wide Web. This is especially true of adolescence, it is known that this period is characterized by sexual maturation, causing changes not only physiological, but also psychological. Therefore, this area of psychological and physiological development needs special attention from parents and teachers to correct its formation<sup>1</sup>.

The main trends of mass sexual culture today is: vulgarization, mixing complex love-erotic feelings and experiences to the primitive and standard sexual technique.

The cause of early sexual intercourse can be considered and pedagogical factors. This hasty, superficial or no sex education of children. In adolescents may act as painful sexual permissiveness and indifference to the problem, and a lot of restrictions, rigor, abstraction from the subject of sex, the attitude of his family towards sex.

Educate teens in this area need to correct. Firstly, it is very important honesty and openness. Do not remain silent, blushing and translate the conversation to another topic. Just do not introduce a ban on the word of a scientific nature enjoyed by sexologists. Important to the completeness and clarity of explanations, information and multifaceted clear. Will be very useful discussions on similar topics, discussing sexuality in a relaxed atmosphere. To really be so, you need a stable level of relations and understanding<sup>5</sup>.

The major tasks of family and education is to prepare children for independent life, making them sustainable in the ability to navigate in difficult situations. An important component of this preparation is sex education. The current situation in the country insists education sexual culture, especially youth. Psychologists say that only during adolescence person is truly ready for an intimate relationship with another person as socially and in terms of psychosexual. One of the main factors that induce people to contact and interpersonal relationships, is sexuality<sup>2</sup>.

It is important to note two features of adolescent sexuality: the first - is the experimental nature of their sexual behavior, the second - that erotic needs and interests are ahead of the development of the emotional sphere and communication skills, on which depends the possibility of combination of physical intimacy with a psychological (spiritual) proximity and understanding.

O. Kadenko identifies factors that influence the formation of ideology teenager. The first factor, of course, is the family. Family values are top, because it is based on family relationships sex-teen learns patterns of behavior <sup>3</sup>. But at this stage the family is unable to control all stages of the socialization of the child. The second factor is school. And, unfortunately, the school loses its educational functions, especially in terms of sexuality. Thus, the family and the school are inferior third factor - the media.

Using questionnaires enabled the author to obtain information relating to adolescent sexuality, the optimal age of first sex. We interviewed 80 secondary school pupils aged 14-17 from Ivano-Frankivsk and Kosiv.

The results give reason to believe that adolescent attitudes towards sexual ambiguity and differs according to the following criteria: gender, locality, family members, and others.

Sexual relations considered absolutely normal:

<i>Ivano-Frankivsk</i>	<i>Kosiv</i>
13-14 years – 42 %	13-14 years – 27%
14-15 years – 69%	14-15 years – 47%
16-17 years – 88%	16-17 years – 58 %

The study regarding the beginning of sexual relations somewhat alarming, as evidence of the widespread practice of joining adult life teens who are not prepared for it in terms of social and physical development. While the rate of sexual maturation of girls are ahead of boys everywhere, but according to research, boys usually began their sexual life of women, because more prone to risk and experimentation. The risk of negative consequences of early sexual intercourse increased, since about 35% of first sexual intercourse performed without the use of any contraceptives.

Sexuality teen has disharmonious character. Between his emotional and psychological and physical development are relevant differences.

Here are some false ideas that guide teenagers engaging in intimate relationships:

1. «Sexual attraction laid in our nature, so unnatural to suppress it»;
2. «Abstinence from sex is injurious to health»;
3. «If you do not freely express your sexuality, you either sick or put to death»;
4. «After all, we live in the 21<sup>st</sup> century»;

As we can see that a sexual life of teenagers is a misconception, they are clearly exaggerated importance of sex in life.

The theoretical analysis and experimental study, based on which we can conclude that the formation of psychosexual culture in adolescents requires purposeful influence on behavior in order to form need-motivational, cognitive, volitional and emotional-sensual sphere. Sexual education is the main mechanism of self-monitoring and self-regulation of sexual behavior of the individual.

Responsible and competent adult is a key figure in the case of sexual socialization of the younger generation. Only a systematic approach to this issue, namely the combination of relevant education programs that are based not only on knowledge of physiology, but also moral (religious) values of the individual that appeal to her personal responsibilities with competence and personal responsibility of adults (teachers, social workers, school psychologists, social workers etc) designed to implement these programs, you can expect positive results in addressing this urgent problem. In our opinion, its solution must proceed in two ways. First, the nearest adult that surround children in their daily lives, including parents, with greater attention to their education without leaving them alone with the TV screen. It is important that the most important vital need of student age children - need to communicate– not satisfied through communication with a TV, and in the process of communication with trusted and understanding adults. Secondly, it is extremely important the problem of the information culture of youth. It is critical to teach young people consume television information, displaying personal resilience and ability to resist undesirable influences. It is of the special media education of students, which should be within a secondary school, where young people organized is time consuming and mostly concentrated where appropriate teaching staff. This is high school social responsibility and teachers to the country and growing in her youth.

## REFERENCES

- [1] Akimov L.N. *Psychology sexuality*. SMYL, Odessa, 2005.
- [2] Govorun T.V., Kikinezhdi O.M. *Gender and sexuality: psychological perspective: Teach. Handbook*. Educational book, Kiev-Bogdan, 1999.
- [3] Kadenko O.A., Antonova Z.A. Early sexual relationships in adolescents causes and consequences. *Medical Psychology*, 4 (16) 2009, 80-83.

- [4] Kashchenko E.A. *Fundamentals sociocultural sexology. Lecture courses: learning. posob. for high schools*. Unity DANA, Moscow, 2002.
- [5] Petrunko A. *Current Affairs sexual education of teenagers*. DTSSSM, Kyiv, 2004.

**Address:** Oksana Fedyk, Vasyl Stefanyk Precarpathian National University, 57, Shevchenko Str., Ivano-Frankivsk, 76025, Ukraine.

**E-mail:** oksfedyk@ukr.net.

**Received:** 22.08.2014; **revised:** 15.10.2014.