



Sexual and reproductive health in adolescents and young schoolchildren in Colombia

Ana Disney Martínez Ocampo¹, Angela Verónica Romero Cárdenas²

¹Doctoranda en Educación, Interculturalidad y Territorio. Universidad del Magdalena. Profesora catedrática de la Facultad de Enfermería de la Universidad Cooperativa de Colombia y Universidad del Magdalena. Correo electrónico

²Doctora en Enfermería. Universidad de Carabobo. Docente de planta, Universidad del Magdalena. Correo electrónico

***Corresponding author:** Angela Verónica Romero Cárdenas, Doctora en Enfermería. Universidad de Carabobo. Docente de planta, Universidad del Magdalena. Correo electrónico, Email: aromero@unimagdalena.edu.co

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ABSTRACT

This article analyzes the risk factors associated with unwanted pregnancy (END) and sexually transmitted diseases (STD) in adolescents and young schoolchildren in Colombia. For this purpose, it was based on a qualitative, phenomenological, documentary-bibliographic methodology, taking as the main collection method referential sources from the Digital Repository: Universidad de Caldas (Ucaldas), Universidad de Santander (UDES), Universidad de la Guajira (Uniguajira), Universidad Simón Bolívar (Unisimón), Universidad Cooperativa de Colombia (UCC), Universidad Santiago de Cali (USC), Universidad de Cartagena (UdeC) Revista Ciencia y Cuidado de UFPS, Revista Scielo Sanus, Revista Española de Salud Pública, Informe digital de Profamilia, 11 references were taken into account among articles and research that provided important conclusive data for the analysis. It was determined that the social phenomenon of unwanted pregnancy and the transmission of sexual diseases is a problem that has increased, affecting more and more young people in the country. In addition, there are risk factors that indicate this situation, such as scarce or inappropriate knowledge about sexual and reproductive health, irresponsible sexual practices initiated at an early age (less than 15 years old) for which adolescents and young people are not prepared to face the responsibility that sex implies.

Keywords: *Risk Factors, Unwanted Pregnancy, Sexually Transmitted Disease, Education and Sexual Health.*

INTRODUCTION

Adolescent fertility is influenced by individual, family, social and political factors¹. For example, the age difference between the woman and the father of the son or daughter reflects conditions of power asymmetry in couple negotiation on sexuality issues such as the use of contraceptive methods, family planning, decision-making on education and life project, placing the adolescent at a disadvantage, according to the ENDS¹ 4.6% of adolescent mothers were at least 20 years younger than their partner at the time of the first birth; 18.5% were at least 10 years younger, 43.5% were at least 6 years younger.

In addition, the social norm perceived by adolescents and peer pressure for early sexual debut and condom use or non-use is also determinants of pregnancy and sexually transmitted diseases in adolescents.

The increasingly earlier onset of sexual relations is evident when compared over time that women have sexual relations before the age of 18, going from a percentage of 40.9% in 2010 to 65% in

2015, while for men, it increases from 72.9% to 81.2%, respectively. Of this population, 16.3% of women and 33.1% of men aged 15 to 24 had their first sexual intercourse before the age of 15¹. The results show a greater difference between women and men at the onset of sexual relations, with greater precision in rural areas than urban areas¹.

Statistically investigating the situation in Colombia regarding sexual practices and their consequences, it is highlighted that 2 out of every 1,000 girls between 10 and 14 years old became mothers in 2020, as well as 54 out of every 1,000 adolescents between 15 and 19 years old² and their unions are with men over 20 years old³.

At the statistical level, data on non-cumulative percentages of teenage pregnancy at the national level clearly show that the Colombian departments where teenage mothers with children predominate are Vaupés, Guainía, Caquetá, Arauca, Choco, Amazonas and Magdalena, Cauca and Vichada, which are rural areas where the majority of the population belongs to ethnic groups under cultures that establish premature birth and early sexuality¹.

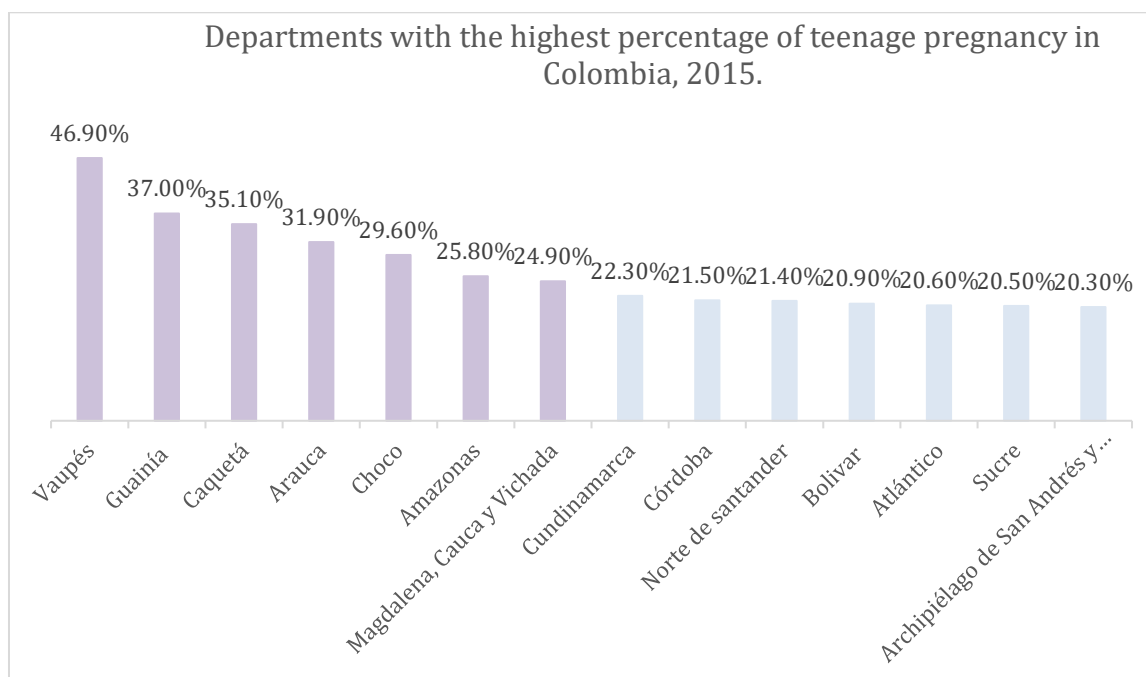


FIGURE 1. Statistics of gestation in adolescent girls with the highest percentage in Colombia.

Source: National Demographic and Health Survey (ENDS, 2015).

At a statistical level, it is important to point out the differences between adolescent pregnancy groups, with a predominance of rural and ethnic areas, as well as the high rate in the Amazon region and coastal and border areas of Colombia.

Regarding STD figures in Colombia, during 2020, referring to HIV, 9,210 cases were diagnosed with HIV; in total, 134,636 people living with HIV were identified according to the General System of Social Security in Health (SGSSS), reported in the Colombian Fund for High-Cost Diseases⁴.

Regarding the use of condoms as a barrier method to prevent pregnancy and STDs, the ENDS in 2015 found that 56% of men and women used condoms in their first sexual intercourse, a figure that decreased in women who only used it 26% in the last sexual intercourse; condom use in the first sexual intercourse is a tracer of behavior, these results show that it is necessary to increase the processes of education and information on the consistent use of condoms in all sexual relations, mainly in women¹.

As a starting point for reflective analysis of the problem in question, the prevalence of early sexual initiation among young people in Colombia should be highlighted; which leads to irresponsible sexual practice due to the non-use of barrier methods, an increase in the possibility of contracting STDs and an increase in teenage pregnancy (AE). Following this situation, this article aims to analyze the risk factors associated with pregnancy and STD infection in young Colombians between 16 and 24 years of age.

Theoretical and Epistemic Support

Initially, it is essential to define reproductive health as a physical state that encompasses mental and social well-being, aimed at a healthy and responsible development of sexual relations, which leads to an enjoyment of sex, but without consequences, i.e., without unwanted pregnancies and the possibility of acquiring a sexually transmitted disease⁵. In this thematic analytical continuum, sexual practices are defined as the physical actions people perform to obtain sexual pleasure, including touching, stimulating genital parts, and penetration⁵.

According to the contributions, reproductive sexual health is oriented to all actions to ensure

safety from sexual practices. Within sexual reproductive health, several aspects can be prevented, among which emotional and psychological stability is indicated; however, the priorities are contraception to avoid unwanted pregnancies and prevent any sexually transmitted disease⁶. It explains that clinical syndromes produce sexually transmitted diseases due to pathogens acquired in the body after unprotected sexual intercourse by oral, vaginal or anal sex⁷.

A further description of the risk factors for STDs reveals that having sexual relations with persons of the same gender, i.e. homosexuality or bisexuality, promiscuity is considered a primary risk factor for acquiring a sexually transmitted disease, poverty, and unprotected sex⁶.

Ultimately, Jiménez et al. state that early or unwanted pregnancy, despite not representing an STD, can change people's lives, especially in conditions of poverty, or very young people, who are not capable of becoming parents, for economic, social, cultural, educational, emotional reasons, among others. Therefore, reductive sexual health encompasses the prevention of unwanted or unsuitable pregnancies and the prevention of STDs⁶.

Analyzing these thematic contributions, state-of-the-art is unveiled around the reflective analysis that supports an investigative journey about sexual practices and their consequences in adolescents, starting with the study of Valencia in 2021, who developed a study entitled "Sexual Risk Behavior in Students of Grade Eleven of the Villa Santana Educational Institution of the City of Pereira" to opt for the degree of Master in education at the University of Caldas, Colombia. Its objective was to determine the sexual risk behaviors of eleventh-grade students of the Villa Santana Educational Institution in the city of Pereira⁸.

The study method was characterized by a qualitative, descriptive approach, with a sample of 30 eleventh-grade students, to whom a questionnaire on sexual behaviors and attitudes validated by the DANE in 2008 was applied under descriptive-statistical processing. It is possible to conclude that, despite certain knowledge, young people have sexual practices that put their health at risk, especially exposure to STDs; apart from this, there is evidence of early

initiation of intimacy, consumption of tobacco, alcohol and drugs, which tend to influence the unprotected sexual act, In addition, the situation is critical, due to the stratum, age, and socioeconomic factors such as poverty, overcrowding, lack of opportunities, family problems, illiteracy of parents, lack of dialogue and drug addiction among some family members, as well as the repetition of specific behavior patterns of parents or those close to the child and social pressures from friends, neighbors and the media.

On the other hand, the study conducted by Soltero et al. in 2020 entitled “Social determinants of health and educational need on sexually transmitted infections in pregnant adolescents” for the Doctor of Nursing Sciences degree at the Autonomous University of Nuevo Leon, Mexico. Its objective was to know the social determinants of health present for an increased risk of pregnancy at an early age and to identify the educational need during the adolescent stage on knowledge of Sexually Transmitted Infections (STI)⁹.

This study presents a descriptive-transversal type of research, with a sample of 60 pregnant young women between 10 and 19 years of age, to whom a scaling instrument was applied to knowledge of the human immunodeficiency virus and other sexually transmitted infections under descriptive processing, expressed in absolute frequency and relative frequency, calculating Cronbach’s Alpha of 88. According to the data processing, it is possible to determine that 38% of the young women have early pregnancy in the family group, followed by 50% of the sample who do not know how HIV or other types of STDs are contracted, which leads to the conclusion that the predominant social determinants in the study were family factors, lack of knowledge of STD prevention, and non-use of contraceptive methods⁹.

In another research carried out by Arias Daza & Campo Solano also in 2020 entitled “Modelo de atención integral para la salud sexual y reproductiva en familias wayuu del distrito especial turístico y cultural de Riohacha” (Model of comprehensive care for sexual and reproductive health in Wayuu families in the special tourist and cultural district of Riohacha) for the Master’s degree in family and family intervention at the Universidad de la Guajira, Colombia. Its main objective was to analyze the

comprehensive care model for sexual and reproductive health in Wayuu families in the Special Tourist and Cultural District of Riohacha¹⁰.

Methodologically, the study was determined under a qualitative, descriptive, interpretative and phenomenological approach, considering a population of officials attached to the IPS of Riohacha, to whom collection instruments such as in-depth interviews and observation records were applied; it should be noted that analytical processing of triangulation of sources was determined. Therefore, it is possible to conclude that the population is framed within a high-risk group due to socioeconomic and socio-demographic conditions. In addition, a discriminatory inequality was determined in the subjects belonging to ethnic groups; unfortunately, this influences the lack of information in the sample and increases the risk of contracting STDs, manipulating and modifying the Wayuu worldview, intensifying the need to transform public policies in health¹⁰.

Regarding the study by Fernandez et al. (2019) entitled “Knowledge, practice and attitude of sexual and reproductive health of adolescent mothers in the border of the Norte de Santander department,” an article from Simon Bolivar University, Colombia, its main objective focused on establishing the possible relationship between family typology and the knowledge, practice and attitude of sexual and reproductive health of adolescent mothers in the border of the Norte de Santander department¹¹.

In order to carry out the study, a quantitative approach, non-experimental design, descriptive-cross-sectional type, to which a survey was applied to a sample of 406 subjects between 10 and 19 years of age, processed under descriptive statistics and represented in tables and figures that revealed the absolute frequency and relative frequency. It is determined that the family nucleus interferes to a great extent with the fact that several young single mothers were oriented by not forming a home with the father of the child continuing in the residence of origin, this leads to a social relationship of a mother, but single, continuing in social expansion to meet other people, maintaining relationships with several partners not stable, which intensifies the risk not only of STD, in addition, of another pregnancy for which they are not prepared¹¹.

Meanwhile, in the study by Rojas et al. (2019) entitled “Risk factors for sexually transmitted infections and early pregnancies in adolescents” to opt for a degree in nursing at the Universidad Cooperativa de Colombia, Colombia, its objective was to describe the Risk factors for sexually transmitted infections and early pregnancies in adolescents¹².

As for the method, a bibliographic documentary study was determined, oriented to a literature review under the sources Proquest, Science Direct and Scopus, and an external database Scielo. By performing a qualitative analysis of the data through triangulation of sources, it was analyzed that the predominant risk factors for early pregnancy were early sexual initiation, non-use of contraceptive methods, alcohol consumption, lack of quality of life in the family and the community, emphasizing that the family should be the main source of information on aspects of the sexual life of adolescents, in addition to the importance of promoting programs aimed at the prevention, treatment and control of STIs¹².

Meanwhile, for the study by Ibarra & Segura (2019) entitled “Knowledge and self-care practices in the prevention of pregnancy in adolescents of an Educational Institution of Santiago de Cali, calendar of 2019” to opt for the degree of Bachelor of Nursing at the University Santiago de Cali, Colombia. The objective was to identify the knowledge and self-care practices to prevent early pregnancy¹³.

Methodologically, the research was quantitative and descriptive, with a universal population of the educational institute, to which a Likert scale survey was applied under statistical-descriptive processing. It was determined that 40% of the subjects initiated their sexuality early, although for several of them, condoms are vital for sexual contact, they do not predominate in the population, which, added to factors such as early pregnancy in several members of the household, and educational, cultural and economic aspects of the family nucleus, directly affect teenage pregnancy, which in the long run implies an irresponsible sexual practice¹³.

For its part, the study by teachers Del Toro Rubio et al. (2018) entitled “Knowledge and practices on family planning methods in school adolescents in Cartagena-Boliva” as a Master’s Thesis article in the Journal *Ciencia y Cuidado*,

Colombia. Its objective was to identify the knowledge and practice of students at an Educational Institution¹⁴ have about family planning methods.

The selected method was descriptive, cross-sectional and correlational, applying a survey to 229 students in ninth, tenth and eleventh grades under descriptive statistical processing. As a result, it is possible to conclude that 95% of the young people have received information about condoms and their use, and 51% of the students state that they have not yet had their first sexual intercourse. Furthermore, 67% of active young people state that the first method of family planning is the condom. Therefore, knowledge about contraceptive methods impacts the sexual and reproductive health of these students¹⁴.

Continuing with the state-of-the-art, the study by Murad et al. (2018) entitled “Determinants of adolescent pregnancy in Colombia: Explaining the causes of the causes” research study by Profamilia, Colombia, is unveiled. Its objective was to analyze the social determinants with the greatest contribution to the occurrence of adolescent pregnancy and to identify those that increase the level of vulnerability to the risk of adolescent pregnancy or motherhood¹⁵.

As for the method, it was documentary bibliographic, under a literature review of the 2015 ENDS. Under a qualitative analysis, it was determined that the educational system and the postponement of the onset of sexual relations are protective factors, being violence and the culture of some populations as high-risk factors for STDs and early gestation. Likewise, early sexual debut and socioeconomic factors interfere with sexual and reproductive health. Given the results, the urgency of developing preventive measures to prevent STDs and unwanted pregnancies is evident. Likewise, public policies and government programs should be aimed at the social benefit of young people and citizens¹⁵.

On the other hand, Herrera et al. (2018), in their article entitled “Reproductive sexual health in university students: knowledge and practice” conducted by the teacher Ivett Herrera in the company of some students of the Universidad del Cauca, published in the *Ciencia y Cuidado* Journal, Colombia, whose objective derived in describing the knowledge and practices related to sexual and reproductive health in students of a University of southwestern Colombia.

As a result, 62% of the sample has little knowledge about reproductive sexual health, 78% began early sexual initiation from the age of 16; also, 12% of the young women used the emergency pill, which is used only in emergency cases, to prevent pregnancy but not of STDs¹⁶.

Continuing with the analysis, Diaz et al. (2018), in their dissertation, developed the study entitled “Knowledge in sexual and reproductive health associated with the prevalence of teenage pregnancy in Cartagena de Indias in 2019.” Its primary objective was aimed at establishing the relationship between knowledge of sexual and reproductive health and the prevalence of teenage pregnancy in the urban area of the city of Cartagena¹⁷.

As for the method, an analytical study was conducted, selecting a sample of 426 adolescents between 15 and 19 years of age by applying the probabilistic sampling formula. To these subjects was applied a form instrument with socio-demographic and family characteristics, in addition to the survey of knowledge about Adolescent Sexuality. From the data processing of the indicated instruments, it is possible to determine that the average age of sexual initiation is 15.5 years. In addition, it should be indicated that 88.7% of the subjects have a high knowledge of the subject. Next, 11.3% of the young women were pregnant. Analyzing the data according to the chi-square test results, there is a direct association between the prevalence of pregnancy and the level of sexual health knowledge. However, despite their information, there is a latent danger of early initiation of sexual relations, which increases exposure to unwanted pregnancies and even to contracting sexually transmitted diseases¹⁷.

Finally, the study by Rojas & Castillo (2017) entitled “Factors influencing pregnancy in adolescents between the ages of 13 - 17 years at the Maternal and Child Unit of La Libertad, San José de Cúcuta” to opt for the degree of Bachelor of Nursing at the University of Santander (UNDES), Colombia is unveiled. Its objective was to determine the factors that influenced pregnancy in adolescents between 13 - 17 years of age attending prenatal care at the Maternal and Child Unit of La Libertad, San José de Cúcuta¹⁸.

Concerning the method, the study was oriented to a descriptive study, under a non-experimental

field design, with a quantitative approach, with a sample of 75 patients aged 13-17, to whom a structured survey was applied under statistical-descriptive processing. The evidence shows that most of the pregnant girls began sexual intercourse at the age of 13 and also used pills sporadically, which prevented pregnancy until they stopped using them, as well as being exposed to STDs due to the lack of use of a barrier method such as a condom. It is important to highlight in the evidence that, among the determining factors for early pregnancy, the poor relationship with their nuclear family or poor relationship with their family is mentioned. Furthermore, in addition to a high lack of knowledge of sexual and reproductive education, they did not know that they could become pregnant without vaginal penetration through other sexual practices besides factors such as having several sexual partners¹⁸.

METHODOLOGY

The methodology determines the techno-operational process of the research approach, where the author is inclined to an approach, type of study, and techniques for collecting and processing information, which will facilitate the collection of evidence that will provide timely responses to the object of study. Following the line of analysis, Fuster¹⁹ states that qualitative studies are oriented toward a search for non-numerical information, analyzed through subjectivity, either based on previous data or the researcher’s perception comes into play. Likewise, Hernández & Mendoza²⁰ determine that phenomenological studies represent the type of research that compares similarities and differences between the participants’ experiences concerning the phenomenon considered and integrates a general or common experience.

Sequentially, Hernández, Fernández & Baptista²¹ state that documentary studies are inclined to a search for bibliographic review that, through literary and epistemic elements, is supported by information analysis. Documentary studies represent an investigative design that facilitates the subjective analysis of social phenomena, being appropriate to answer complex societal problems.

According to the methodological contributions defined, the article is framed within the qualitative approach because it is inclined to the search for the epistemology of previous research, analyzed through subjectivity. In addition, it is framed within the phenomenological type of study, due to the description of facts or situations given by social interaction, in this case of young people, in the implication of risk factors in front of early sexual activity, unwanted pregnancy and sexually transmitted diseases.

In order to expose the elements and data that propitiated the documentary information records, mention is made of the bibliographic sources used in the article; Digital Repository: Universidad de Caldas (Ucaldas)8, Universidad de Santander (UNDES)5, 18, Universidad de la Guajira (Uniguajira)10, Universidad Simón Bolívar (Unisimón)11, Universidad Cooperativa de Colombia (UCC)12, Universidad Santiago de

Cali (USC)13, Universidad de Cartagena (UdeC)14, 17, Revista Ciencia y Cuidado de UFPS16, Revista Scielo Sanus9, Revista Española de Salud Pública6, Informe digital de Profamilia15.

From the collection of bibliographic sources, data processing is carried out through the triangulation of sources technique, where the information from the evidence of the studies is contrasted, and according to it, a subjective analysis of the data is carried out, that glimpses a position of the problems related to the risk factors for early pregnancy and STD.

Reflection and analysis

The process of reflection and analysis of this article is initially based on the contrast of sources, known as triangulation, as follows.

TABLE 1. Triangulation of documentary sources

Author and year	Title	Results	Triangulation of sources	Author's contribution
Valencia (2021)	Sexual Risk Behavior in Eleventh-Grade Students of the Villa Santana Educational Institution of the City of Pereira.	Young people have sexual practices that put their health at risk; there is evidence of early initiation of intimacy, and consumption of tobacco, alcohol and drugs, which tend to influence unprotected sexual intercourse. In addition, the situation is critical due to the stratum, age, and other socioeconomic and behavioral aspects, such as the repetition of behavioral patterns of parents or those close to the child, social pressures from friends, neighbors and the media.	Under the epistemic-documentary review, a triangulation analysis of results is carried out according to the sources, which summarizes that young people begin their first sexual relations before the age of 15, and most of the girls in this period become pregnant; in addition to this situation, it is concluded at the level of generalized epistemic sources. In addition, it is concluded that adolescents have little knowledge about responsible sexual practices (only two studies show good knowledge in the population out of the 10 references taken) and that although the population has good information, they do not apply it, being irresponsible in their sexual practices.	Analyzing the indicated data, it is evident that there are weaknesses from the bibliographic review carried out, where the participants from different departments of Colombia, in schools, sectors, universities, present high deficiencies at the level of knowledge about responsible sexual practices, this situation is aggravated by the irresponsible actions of adolescents. The irresponsible actions of adolescents aggravate this situation, not only in the early onset of their sexuality but also in the absence of the use of contraceptive methods to avoid unwanted pregnancy, the absence of awareness about the use of condoms as a barrier method of protection both to prevent pregnancy and especially as a primary method to avoid sexually transmitted diseases.
Soltero et al. (2020)	Social determinants of health and educational need for sexually	Thirty-eight percent of the young women have early pregnancy in the family group, followed by 50% of the sample who do		

	transmitted infections in pregnant adolescents.	not know how HIV or other STDs are contracted, which leads to the conclusion that the predominant social determinants in the study were family factors, lack of knowledge of STD prevention, and non-use of contraceptive methods.	This situation increases the risk of unwanted early pregnancies and the transmission of sexual diseases due to the non-use of condoms. However, the situation is more complex for some young women who were not even aware that they could become pregnant without penetration, and that STDs are spread by more routes than vaginal penetration. In addition to this situation, psychosocial, family and economic factors (extreme poverty) affect education, culture, and knowledge of sexual practices, which are highly risky for contracting STDs, in addition to early pregnancy, including, for example, in most cases in the family nucleus of pregnant adolescents, their mothers also had teenage pregnancies.	Certainly, the evidence reveals that the latent risk factors are lack of knowledge and irresponsible sexual practices for contracting STDs and becoming pregnant in adolescence; however, other factors cannot be ignored, such as extreme poverty, problems in the family nucleus, poor education, inadequate beliefs on how to avoid pregnancy and STDs, among others, which affect young people in various aspects, such as lack of guidance from their families, early initiation of sexual activity. They are often driven by peer pressure to gain acceptance from their peers. Analyzing this information, it is clear that not only family integration and greater communication are needed, but it is also important that educational institutions promote the issue to inform young people and stop it from being a subject treated with prejudice. Finally, governmental political participation in preventive measures is vital to minimize the consequences of this social problem in our adolescents and young people.
Arias Daza & Campo Solano (2020)	Model of comprehensive care for sexual and reproductive health in Wayuu families in the unique tourist and cultural district of Riohacha.	A discriminatory inequality was determined in the subjects belonging to ethnic groups. Unfortunately, this influences the lack of information in the sample and increases the risk of contracting STDs, manipulating and modifying the Wayuu cosmovision, intensifying the need to transform public policies in health.		
Fernandez et al. (2019).	Knowledge, practice and attitude of sexual and reproductive health of adolescent mothers in the border of the department of Norte de Santander.	There are several young single mothers who are oriented by not forming a home with the father of the child continuing in the residence of origin, this leads to a social relationship of mother, but single, continuing in social expansion to meet other people, maintaining relationships with several partners not stable, which intensifies the risk not only of STDs but of unplanned pregnancy.		
Rojas Román & Duran (2019).	Risk factors for sexually transmitted infections and early pregnancy in adolescents.	The predominant risk factors for early pregnancy were early sexual initiation, non-use of contraceptive		

		methods, and the lack of information and propagation of public health campaigns on the subject, which are also aimed at promoting the prevention and promotion of sexual and reproductive health.		
Ibarra & Segura (2019).	Knowledge and self-care practices in preventing adolescent pregnancy in an Educational Institution of Santiago de Cali, calendar a of 2019.	In addition, the educational, cultural and economic aspects of the family nucleus directly affect the possibility of pregnancy among adolescents.		
Del Toro Rubio et al. (2018).	Knowledge and practices on family planning methods in school adolescents in Cartagena-Bolivar.	The correlation between knowledge and sexual practices is positive, indicating that young people have relevant information on the subject, and it is expected that when they start their sexual activity, they can resort to the use of condoms as a double protection method to prevent pregnancy and STDs.		
Murad et al. (2018).	Determinants of adolescent pregnancy in Colombia: Explaining the causes of the causes.	The educational system and the postponement of the onset of sexual relations are protective factors, and early sexual debut and socioeconomic factors interfere with sexual and reproductive health. Therefore, developing preventive measures to prevent STDs and unwanted pregnancies is essential.		

Herrera et al. (2018).	Reproductive sexual health in college students: knowledge and practices.	In addition to this situation, 12% of the young women used the emergency pill, preventing them from pregnancy but not STDs. This is proportional to a deficient knowledge of sexual and reproductive health, which exposes young people to pregnancy and STDs due to the lack of implementation of an adequate contraceptive method.		
Diaz et al. (2018).	Sexual and reproductive health knowledge associated with the prevalence of adolescent pregnancy in Cartagena de Indias in 2017.	The average age of sexual debut is 15.5 years, and it should be noted that 88.7% of the subjects have a high level of knowledge on the subject, and 11.3% of the young women were pregnant. There is a direct association between the prevalence of pregnancy and the level of sexual health knowledge. However, despite their information, the early initiation of sexual relations is a latent danger.		
Rojas & Castillo (2017).	Factors influencing pregnancies in adolescents aged 13-17 at the Unidad Materno Infantil de la Libertad, San José de Cúcuta.	The pregnant girls began sexual relations between 13 and 17 years of age and also used pills sporadically, which prevented pregnancy until they stopped using them, but they were still exposed to sexually transmitted infections because they did not use condoms. Among the determining factors for early pregnancy, we mention the poor or		

		regular relationship with their nuclear family and a high level of ignorance about sexual and reproductive education.		
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Source: Own elaboration (2022), taken from various bibliographic sources.

CONCLUSIONS

The risk factors that increase the possibility of unwanted pregnancies and sexually transmitted diseases in young people between 16-24 years of age are affected by multiple causes, such as poverty, lack of sex education, prejudices and taboos about sexuality, and irresponsible practices that lead to an increase in the problem.

The bibliographic review determined that young people in the age range of 13 years had initiated their sexual activity early. Also, they do not know how to get pregnant and contract a sexually transmitted disease. For example, they do not know you can get pregnant without vaginal penetration (through fluids). Also, young people are unaware of the forms of transmission of STDs by not implementing the use of barrier methods.

RECOMMENDATIONS

Sexual and reproductive education today must follow the social dynamics of adolescents and young Colombians, and consider updating its content, in order to integrate teaching materials about knowledge and sexual practices that serve as helpful to students, especially in an orientation to the real context, urges that programs for sex education are reformed by a comprehensive sex education, which promotes not only the knowledge of contraceptive methods. Furthermore, the development of communication skills for the resolution and confrontation of conflicts of family, social and community origin, adherence to self-care practices and awareness of the use of barrier methods and contraceptive methods that provide a higher percentage of prevention of sexually transmitted diseases and unwanted pregnancy, promote health days for adolescents in favor of early detection and diagnosis of STDs.

Ultimately, orientation talks should be encouraged for parents and guardians in educational institutions, and medical and health centers. In order to contextualize adults about the requirements that today have the development of adequate sexual and reproductive health in the lives of people at all stages of life, especially in the formation of children, adolescents and young people.

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Conflict of Interest Statement

This article declares its originality, unique and exclusive to the researchers, developed for academic purposes, and carried out using a bibliographic review without affecting subjects; in addition, plagiarism-free writing is guaranteed, considering and adequately referencing the epistemic contributions, but analyzing them under total originality. For this reason, this manuscript does not affect beneficence and maintains the principle of non-maleficence in participants, providing important subjective results to minimize social problems²².

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