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Presentación

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En el primer número es presentado el artículo *Community Project to prevent early pregnancy in september 7th's neighborhood* por LAÍNEZ, Amarilis, SÁENZ, Carlos, JARA, Alexandra, YAGUAL, Sara con adscripción en la Universidad estatal península de Santa Elena, como segundo artículo *Éxito de incubación de la Gaviota Cabecigrís (Chroicocephalus cirrocephalus), Gaviotín Piquigrueso (Gelochelidon nilotica) y Gaviotín Sudamericano (Sterna hirundinacea) dentro de colonias mixtas, en las Piscinas Artificiales de Ecuasal - Pacoa, Provincia de Santa Elena* por GONZALES, Tanya, VILLÓN, Rigoberto con adscripción en Universidad Estatal Península de Santa Elena, en el siguiente artículo está *Interactive tools for sexual instruction Integrated Project. Case of Provincia de Santa Elena, Ecuador* por SUÁREZ, Ma. Dolores, CASTILLO, Doris, SÁENZ, Carlos, LAÍNEZ, Mery con adscripción en Universidad Estatal Península de Santa Elena, como último artículo está *Training Strategies And Life'S Quality: Seniors* por LAÍNEZ, Amarilis, SAENZ, Carlos, LASCANO, Carmen, LAÍNEZ, Mery con adscripción en la Universidad Estatal Península de Santa Elena.

Contenido

Artículo	Página
Community Project to prevent early pregnancy in september 7th's neigboard LAÍNEZ, Amarilis, SÁENZ, Carlos, JARA, Alexandra, YAGUAL, Sara	94-103
Éxito de incubación de la Gaviota Cabecigrís (<i>Chroicocephalus cirrocephalus</i>), Gaviotín Piquigrueso (<i>Gelochelidon nilotica</i>) y Gaviotín Sudamericano (<i>Sterna hirundinacea</i>) dentro de colonias mixtas, en las Piscinas Artificiales de Ecuasal - Pacoa, Provincia de Santa Elena. GONZALES, Tanya, VILLÓN, Rigoberto	104-112
Interactive tools for sexual instruction Integrated Project. Case of Provincia de Santa Elena, Ecuador SUÁREZ, Ma. Dolores, CASTILLO, Doris, SÁENZ, Carlos, LAÍNEZ, Mery	113-124
Training Strategies And Life's Quality: Seniors LAÍNEZ, Amarilis	125-133

Instrucciones para Autores

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Community Project to prevent early pregnancy in september 7th's neigboard

LAÍNEZ, Amarilis*†, SÁENZ, Carlos, JARA, Alexandra, YAGUAL, Sara

Universidad Estatal Península de Santa Elena

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Resumen

La investigación tiene como objetivo diseñar un proyecto comunitario para capacitar a los padres y adolescentes sobre el embarazo adolescente, el 7 de septiembre en la Ciudad La Libertad. El fondo de este Arset investigación, los contextos teóricos de variables de la investigación; proyecto de la comunidad y el embarazo precoz; sociológico, educativo, psicología y aspectos referenciales que contribuyen al desarrollo del proyecto comunitario propuesto. La metodología utilizada es cualitativa, cuantitativa, campo, bibliográfica y descriptiva, que permite recopilar relevante para el desarrollo de la investigación. Los instrumentos de investigación que se utilizaron entrevista y encuesta, el análisis de la recopilación de datos permitió a los puntos de vista de las adolescentes embarazadas y expertos en el campo para conocer el estado actual del problema y buscar estrategias para ayudar a la comunidad de diseño del proyecto.

Los resultados obtenidos condujeron al diseño de un proyecto comunitario en el nombran tres y se establecen estrategias: la formación de ciclo, la recreación y la expo- feria, la misma ya que se basan en la interacción social, lo que permite la sensibilización de los jóvenes para prevenir el embarazo precoz a través de la aplicación práctica de la teoría de la interacción simbólica, la teoría de la Ajuga y la comunicación hipodérmica.

Proyecto de la Comunidad, el embarazo precoz, la interacción simbólica.

Abstract

The research aims to design a community project to train parents and teenagers about teen pregnancy, on September 7 town in La Libertad city. The background of this research arset, the theoretical contexts of research variables; Community project and early pregnancy; sociological, educational, psychology and referential aspects that contribute to the development of the proposed community project. The methodology used is qualitative, quantitative, field, bibliographic and descriptive, allowing gather relevant for the development of the investigation. The research instruments that were used interview and survey, analysis of data collection allowed the views of pregnant adolescents and experts in the field to know the current status of the problem and seek strategies to help design Community project.

The results obtained led to the design of a community project where three named and strategies are established: cycle training, recreation and expo-fair, the same as they are grounded in social interaction, allowing the awareness of young people to prevent early pregnancy through the practical application of the theory of symbolic interaction, the theory of Ajuga and Hypodermic communication.

Community Project, early pregnancy, symbolic interaction.

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* Correspondencia al Autor (Correo electrónico: alainez@upse.edu.ec)

† Investigador contribuyendo como primer Autor.

Introduction

Early pregnancy is a social, economic and public health concerns today's society problem, the changes in adolescence from biological, psychological and social occur, makes it this stage after childhood, it is the most vulnerable of the life cycle; a cause for concern early initiation of sexual relation, which can cause the onset of pregnancy and other problems. (Guruchary, 2005). Therefore should be considered several alternatives to reduce the problem, a possible route for prevention is to perform an educational intervention through a community project, as in this case study in the September 7th district in La Libertad, where there is a high percentage of teenage pregnancy.

According to (Varea, 2008) one of the main cause of early pregnancy is the lack of sexual education of parents to their children; in addition a reflection on how it affects the lives of adolescent to have an early pregnancy, adding little education and social environment in which adolescents live. Among the consequences of having to assume the responsibility of parenthood at an early age, the most outstanding are: The socio-economic circumstances in which teenage mothers is living, limited job opportunities by her poor education, frustration and depression produced by the limitation of not being able to follow a normal life for her age, guilt and low confident, rejection or social environment and bad relations with her own family.

The research aims to design a preventive community project to train parents and teens about teen pregnancy. Qualitative research was used in relation to the research methodology, quantitative, field, bibliographic and descriptive, let them establish important characteristics for the development of the Community project.

The research techniques were interviews and survey; then analyzes the data collected, the conclusions and recommendations allowed to see the current situation in relation to early pregnancy in September 7th district.

According to the results obtained by the theoretical contexts and research methodology, the community project was set up to prevent early pregnancy in the 7th district in September of La Libertad, Santa Elena, three strategies were established: cycle training, recreation and a fair expo; grounded in theories of social science and communication with the pedagogical axis, from the analysis of cooperative work methodology.

Community Project and early pregnancy

In support of the project it was necessary to perform a literature search based on different theories of different authors who have done research in reference to the variables. Conceptualizing and community project management interrelate then these concepts and define the community project for the prevention of early pregnancy was defined.

To (Graffe, 2006) he indicates that the project is "a number of actions defined for the project which includes the identification of activities, time and responsible. For the same author are the bridge project will facilitate the realization of the project in the region, can be short, medium or long economic, political, social, cultural, environmental or infrastructure term."

According to (Narro, 2010) community management "is an active and assertive from acts and steps from the same point within the community and also to enhance the personal attributes of each inhabitant process, to thereby seek to improve living conditions of the community".

This research aims to make a community project for the prevention of early pregnancy, through community and social aspect, using the referential context of symbolic process that considers the person as sociocultural.

The community project for the prevention of early pregnancy neighborhood September 7, it will work with adolescents, parents, enabling them about the importance of educating children, the responsibility for initiating sexually active and potential consequences. If they do not have the maturity because they face a change to family in educational, economic and social level.

To justify the implementation of this project, it was based on the information acquired from the causes and consequences in young teenage pregnancy; the social environment can greatly influence the psychological aspect of teens pregnant because they are vulnerable to discrimination, ridicule and criticism from peers and the people around them in her social environment, generating a community project based on the interactionism hypodermic symbolic and communication theory.

Theoretical and experiential contexts that contribute to the design of the community project

Psycho aspect, the study focuses on how to educate people, psychologically:

How adolescents develop their growth depending on the social and family environment around them, and their relationship with how to learn for decision-making, it is necessary to establish the idea of the social environment and the modification of the cognitive structure like Piaget mention:

(Piaget, 1971) "cognitive theory which states that the individual acquires the capacity of formal reasoning in their teens from 12-13 years of age up to 20 years, there is a different and increasing complexity of intelligence during adolescence; this structural change multiplies, the potential of the child and extends to bring them closer to adult reasoning and this is the basis of all other changes in the psychosocial level."

This theory of psychology aimed at possible solutions in the prevention of early pregnancy, because depending on the family atmosphere surrounding the teenager, education received by parents, and their education, develop their cognitive process, acquiring Information and the experience they receive from their parents and environment.

According to (Vygotsky, 1991), "there are two types of mental functions: the lower and upper. Lower mental functions are those with which we are born, they are the natural functions and are determined genetically. The behavior of these derivative functions is limited; It is conditioned by what we can do. Higher mental functions are acquired and developed through social interaction. Since the individual is in a specific society with a particular culture, these functions are determined by the society.

Cognitive, social and emotional areas are linked, in this sense the situation that occurs in different contexts for example it is known that much of young people face the self-confident problem by physical or psychological abuse, it is a reason to be fragile for indulging in sexual area at an early age, lack of affection, as a result seek to cling to hope for a little love to think that offers privacy.

In the words of adolescents "when I have sex, I feel complete my soul" for the lack of affection without being able to define a logical reasoning, responsible when they have sex, causing an early pregnancy, regardless of the degree maturity to be clear about the consequences of what may cause for their family, professional and social environment.

Specifically may be mentioned that some cases also affect friendships, because the teenager spends most time on social networks, where there is no control due to the subjects that treat each other, also the example of parents, cultural values that are taught to their children, that depends heavily for their personal development, if the mother became pregnant at a young age, they think that is normal to do the same, without think about the psychological damage that would have causes – consequences in their professional development.

Symbolic Interaction's Theory

Symbolic interaction is also a process of analysis between man and the world, which aims to study how to interpret the different meanings produced by the man to negotiate socially, because the bottom line is the social rather than the individual. For the author (Blumer, 1969), "aim to study the interpretation by actors born symbols of their interactive activities, humans act about things on the basis of meaning for them." (p. 62).

The symbolic interaction process focuses on three basic premises:

- Social interaction between individuals.
- Used as interaction process.
- Humans act upon the meanings that things have for them.

The objective of this project is to empower parents and teens about causes and consequences of early pregnancy, for this proposal was designed with recreational and expo fair activities training, with reference to the theory of symbolic interaction and it began to work in the community.

The project is designed to generate expectations in the participants, since it should capture the attention of the person, one way to do that is through the dynamics and the assertive motivation, dialogue and empathy in the training cycle, activities & Expo fair; using participatory methodology and symbolic interaction. The study focuses just on social interaction through symbols that makes the human be connected with the social environment around them.

Analysis and techniques

With the implementation of the research instruments as the interview and surveys, it was reached the following conclusions:

The interview got information about the need to implement projects that help prevent teen pregnancy, because a high percentage of pregnant women are teenagers, and this is a problem that brings health and psychological consequences for them.

The survey got results that contribute to the design of the research proposal. Most of the teenagers surveyed 45% strongly agree that most of pregnant women attending the health center are teenagers.

It also allowed a percentage of 38% of teen who agree that it is necessary to implement a preventive project on early pregnancy.

As relevant data 50% of teens surveyed strongly agree that could prevent the increase of teen pregnancy if they had clear information about the causes and consequences of early pregnancy.

There are also gaps in communication between parents and children to discuss issues of sexuality, along with the causes and consequences that carries the sex without proper responsibility.

Community project to prevent early pregnancy

The proposal aims to reduce teenager’s pregnancy in September 7 neighborhood, through the development of a community project, taking into account the diagnosis that pregnant teenagers and professional opinions on the topic was conducted.

Reference was made to the theory of symbolic interaction of the author (Blumer, 1969), he says “that language is a system of symbols used to signify things and a process of analysis between man and the world, which is object of study, the way he plays the various man-made ways to negotiate socially, because the bottom line is the social rather than the individual.

The symbolic interaction process focuses on social interaction between individuals and states that humans act on the basis of the meanings that things have for them.

The proposal shall consist of the following strategies, which seek to generate participation and social interaction; for the purpose of outlining they have been organized into three parts:

- The first part is the implementation of a series of training through workshops, lectures and forums on themes of life projects, causes and consequences of teen pregnancy.
- The second part is to organize recreational activities for young people.
- The third part is the organization of a fair expo in the sector whose theme is "Teenager’s world". It will also have an assessment to verify compliance with the objectives of the community project.

Community Project Formulation

The development of this proposal will be held in September 7th district of Canton La Libertad, Santa Elena, the project is summarized in the following diagram:

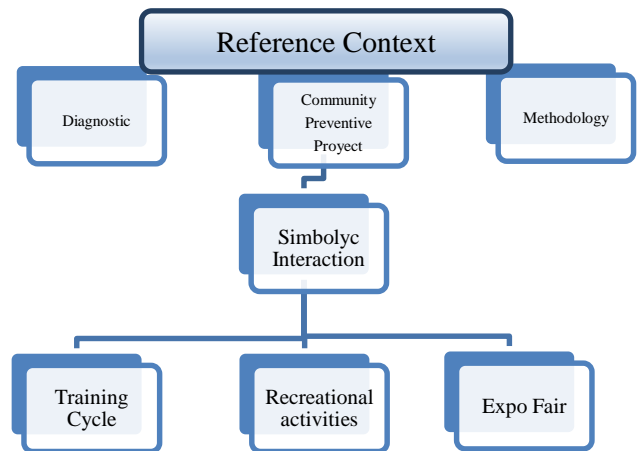


Figure 1 Community Project Source: Information Gathering

Objectives

Main Objective:

To help reducing teenage pregnancy in September 7 neighborhood, through the development of community project, leading to the social development of this sector.

Specific objectives:

-Report sexual education for parents and teens in September 7 neighborhood, through the methodology of the theory of symbolic interaction.

-Encourage communication between parents and children from September 7 neighborhood, carrying out different community activities, to prevent early pregnancy.

-To promote community participation of the local people on September 7 about general learning teenagers' issues.

Programming the community project

This project will work with the theories of social interaction and symbolic interaction with participatory methodology that promotes action and participation of people in community projects.

The lectures and workshops in society have become the main factor of world's communication with people, it is necessary to add other ways to interact and learn, because it is really tired for who has the training. In this sense, the theoretical contexts are addressed, the same that are associated with the social sciences, which is the branch that studies the social development of the people, for the project will need to work with the social interaction, forming a single group for the study of society and structure activities through symbols and strategic lines.

This project aims to achieve the entity and family togetherness, then you must know the meaning of the process of social construction by the symbolism that is a reaction to the reappearance of a symbol, therefore human behavior is guided by thoughtful intelligence, people act intentionally and voluntarily taking always as reference inventing a probable future and gives meaning, meaning to everyday efforts. (Parlebas, 2009).

About the author above also raises attend the driving behavior "it is a total motor act, conduct involving their emotions, their relationships with others and their cognitive abilities and, in reference to his social environment, these actors give a meaning to his action goes far beyond the simple biomechanical intervention of their body segments "(Parlebas, 2009, p. 52). From both approaches the development of activities in the community project will be proposed.

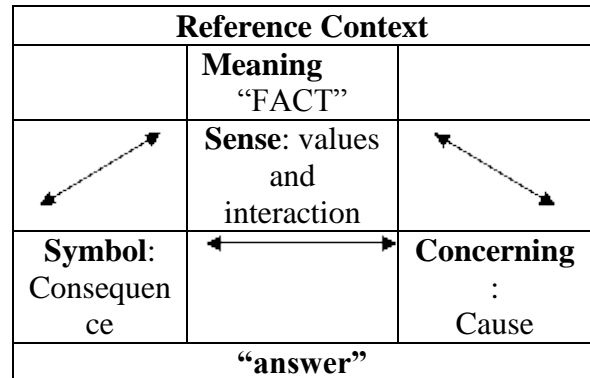


Figure 2 Process of social construction through symbolization Source: (Parlebas, 2009)

According to this scheme, the programming of the activities of the community project, which will work with parents, pregnant adolescents and youth, in which you need to consider the social and cognitive dimensions was performed.

Implementation and project development

For the execution of the project has been divided into three parts, the first is the implementation of a series of training through workshops, lectures and forums on teen pregnancy and the importance of assertive communication between parents and children to talk about different topics marking significance the subject of sexuality, teenage pregnancy causes and consequences among others, the second part is the organization of leisure recreational activities, and will be held with the community to engage in teams, making much does society understand the personality development of young people, and the third part is the expo-fair where they tell everything that goes with the adolescent world from the bio psychosocial dimension.

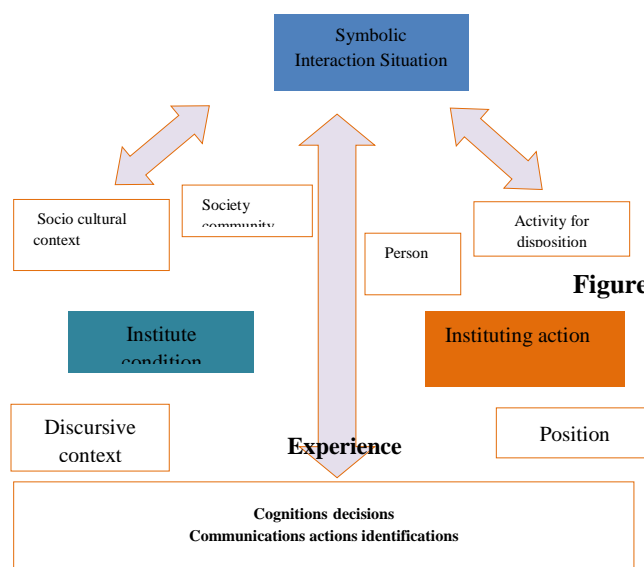
COMMUNITY PROJECT		
PART I		
	ESTRATEGIES	TOPICS
Implementation of a series of training through workshops , talk and forums early - pregnancy - causes - effects-	Nº 1 TALK	- Causes and disadvantages of early pregnancy
	Nº 2 WORKSHOP	- Sexual and reproductive conference
	Nº 3 WORKSHOP	- Successful communication with teens.
	Nº 4 FORUM	- Training for parents to talk about sexual topics
	Nº 5 FORUM	- Social action
PART 2		
	ESTRATEGIES	ACTIONS
Organization of recreational activities	ACTIVITY Nº 1	- Dynamic Educational activities
	ACTIVITY Nº 2	- Partner- Childrengames
	ACTIVITY Nº 3	- Traditional games
PART 3		
		TOPICS AND ACTIONS
Organization of Teenager World Expo Fair	ACTIVITY Nº 1	• Specialization talks about sexual education
	EXPO FAIR	• Public institution talks about
		• Nutrition, health, happiness and wellness

Table 1 Diagram of the parts of the community Project
Source: Information Gathering

Part 1: Cycle training

The workshops consist of a sequence of lectures and forums will be held to the community at a given time by professionals, according to different themes of sex education, in order to encourage citizens to participate in lectures, workshops, forums and find interesting, invite the interaction with other people, to work together to achieve a purpose.

The methodology used is that of symbolic interaction, the situation from the thematic issue will be addressed using the constitutional action of the participants, and addressing the sociocultural context from the perspective of the conditions established in this cycle of trainings prioritize the following as a condition for meaningful learning: Cognitive Area Decision Making, Assertive Communication and the identifying actions.



Figure

3 Symbolic Interaction

Source: (Blumer, The symbolic nature of social life)

Part 2: Recreational Activities

Recreational activities are structured in a playful way, to generate the attention of the participants through games and skill levels. For these activities, although its approach is easy to see common activities, the constraint is that the leaders of each activity are professionals, as they play a key role, because they must be alert at the right time to venture into the explanation of gender, project life, intergenerational gap, conflict management and emotional intelligence.

It is also hoped that these activities promote the integration of people in the sector through group dynamics, sports and traditional meetings between parents and children and fill the final product as socioeconomic survey, plus teens can write their life plans on cards to be buried in a symbolic place of the town, it is suggested to be opened in 10 or 15 years to verify compliance. The methodology of symbolic interaction will indicate the issues of action and activity status fostering the creative freedom to develop activities.

Part 3: Expo fair

It is proposed to make an exhibition and fair in order to promote, encourage, and enhance knowledge on early pregnancy, through the exposure of specialists in the field, aimed at parents, youth and pregnant teens so that they can have the necessary knowledge about early pregnancy, the physical and psychological consequences that very young mothers will have, in the same way that parents can raise awareness of the importance of assertive communication with their children, noting that the material objects do not replace a warm huge or affection.

Using the theory of the hypodermic needle, Harold Lasswell proposed that the talks must be sequential and generate meaningful learning.

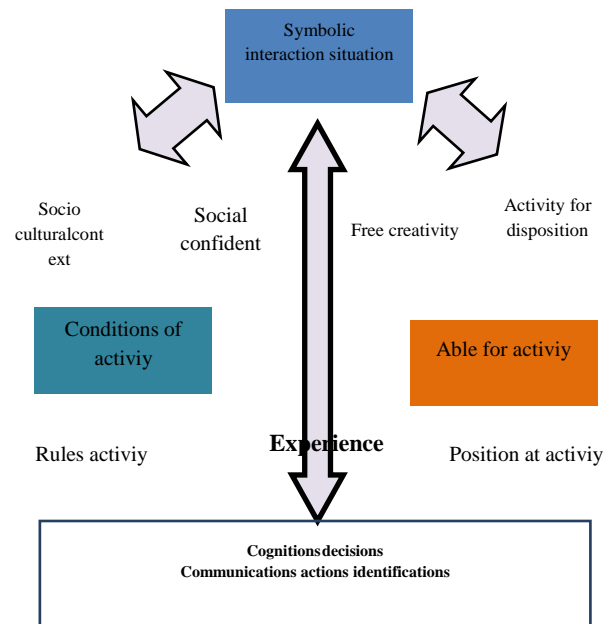


Figure 4 Construction of the experience through activities

Source: (Blumer, The symbolic nature of social life)

The topics are those related to the prevention of early pregnancy, while addressing issues such as health and nutrition, personal development, professional vocation, life plan, happiness and well-being, based on these issues and proposals theories with following recommendations:

- To promote the participation of various governmental and nongovernmental institutions.

Having welcome and to guide the visit according to expectations.

- Plan of incentives and prizes for participants.

- Using computer graphics, posters must be flashy with comprehensible illustrations.

Exhibitors are invited to interact with visitors generate a participatory approach, delivering leaflets, posters will be used.

Evaluation of the Community project

The purpose of the project is to raise awareness among young people that parenthood at an early age is a total change in their life and most times lose their dreams and goals set by the need to work to take responsibility for being parents, most things have to stop studying and cannot finish their career, consequently resulting in the inability to get a good employment situation.

Levels	Time
Level of knowledge about causes and consequences of early pregnancy	Trimester
Level of communication between parents and children	Semester
Level of confident and security in teenagers	Trimester / Semester
Level of interaction between teens	Semester
Level of early pregnancy * Check the computer system Teenager (SIA) , to verify the rate of teenage pregnancies reported in the General Enriquez Gallo neighborhood . * Consult the medical history especially the prenatal area	Semester

Table 2 Leading indicators
Source: Information Gathering

Conclusions

The literature investigation established the theoretical foundations that guide the design of preventive project to help reduce teenage pregnancy. Similarly sociological, educational psychology and referential contexts that establish a social interaction between parents and children to have adequate communication and guidance in sexual education were established.

The research methodology and instruments of applied research allowed to determine the problem of teenage of September 7, as well as its causes and consequences, and the need to implement projects that help prevent teen pregnancy.

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Éxito de incubación de la Gaviota Cabecigrís (*Chroicocephalus cirrocephalus*), Gaviotín Piquigrueso (*Gelochelidon nilotica*) y Gaviotín Sudamericano (*Sterna hirundinacea*) dentro de colonias mixtas, en las Piscinas Artificiales de Ecuasal - Pacoa, Provincia de Santa Elena.

GONZALES, Tanya†*, VILLÓN, Rigoberto

Universidad Estatal Península de Santa Elena

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Resumen

Se estudió el éxito de incubación de una colonia mixta de Gaviota cabecigrís, Gaviotín piquigrueso y Gaviotín sudamericano en las Piscinas Artificiales de Ecuasal –Pacoa, Provincia de Santa Elena. El estudio se realiza durante la época reproductiva, inicia desde febrero hasta julio del 2013; se registra el arribo de las especies y se identifica el sitio, denominándose colonia mixta presente entre los evaporadores 8 y 10. Se obtuvo un registro de 423 nidos con un total de 911 huevos, pertenecientes a: *C. cirrocephalus* 378, *G. nilotica* 498 y *S. hirundinacea* 35. De los cuales sólo eclosionaron 496 polluelos, el éxito de incubación fue de 53.8% en *C. cirrocephalus*, 71.1% en *G. nilotica* y 100% en *S. hirundinacea*.

El número de huevos puestos por las especies estuvo dentro de los rangos reportados para cada especie. El éxito de incubación absoluto fue para *Sterna hirundinacea* que no perdió ningún huevo llegando a eclosionar todos los huevos de las puestas. No ocurrió lo mismo para *Chroicocephalus cirrocephalus* y *Gelochelidon nilotica* cuyas puestas, fracasaron por las causas identificadas como la predación, pérdida y abandono.

Éxito de incubación, huevos, polluelos, Pacoa.

Abstract

Pacoa, Province of Santa Elena - the success of incubating a mixed colony of Gaviota cabecigrís, Gaviotín piquigrueso, Gaviotín sudamericano in artificial pools Ecuasal - Pacoa, Province of Santa Elena. The study was conducted during the breeding season, it starts from February to July 2013; the arrival of species is registered and the site is identified, denominating this mixed colony among the evaporators 8 and 10. *C. cirrocephalus* 378, *G. nilotica* 498 and *S. hirundinacea* 35. Of which only 496 hatched chicks, hatching success was 53.8% in *C. cirrocephalus*, *G. nilotica* 71.1% and 100% in *S. hirundinacea*.

The number of eggs laid by the species was within the ranges reported for each species. The success was absolute incubation was for *Sterna hirundinacea* you will not lose any egg reaching all the eggs hatch in sunsets. It was not the same for *Chroicocephalus cirrocephalus* and *Gelochelidon nilotica* whose set, they failed for identified causes like predation, loss and abandonment.

Successful incubation, eggs, chicks, Pacoa.

Citación: GONZALES, Tanya, VILLÓN, Rigoberto. Éxito de incubación de la Gaviota Cabecigrís (*Chroicocephalus cirrocephalus*), Gaviotín Piquigrueso (*Gelochelidon nilotica*) y Gaviotín Sudamericano (*Sterna hirundinacea*) dentro de colonias mixtas, en las Piscinas Artificiales de Ecuasal - Pacoa, Provincia de Santa Elena. Revista de Sistemas Experimentales. 2015, 2-3: 104-112

*Correspondencia al Autor (Correo Electrónico: annabeltanya@yahoo.es)

†Investigador contribuyendo como primer autor.

Introducción

Las Piscinas Artificiales de Ecuasal en Mar Bravo y Pacoa son identificadas como sitios claves para la reproducción de aves acuáticas congregatorias, razón por la cual han sido designadas como Áreas de Importancia para la Conservación de las Aves (IBA por sus siglas en inglés) (Freile y Santander, 2005) y como primer refugio de aves playeras de la Red Hemisférica de Reservas de Aves Playeras. Constituyen actualmente el hogar de miles de aves acuáticas residentes y sitios de paso claves para miles de aves acuáticas migratorias a lo largo del año, esto valida su designación como IBAs (EC 020 y EC 019), dentro del directorio nacional de áreas para las aves (Birdlife International & Conservación Internacional, 2005).

En las piscinas de Ecuasal, se ha observado la formación de colonias mixtas conformadas por el Gaviotín Piquigrueso (*Gelochelidon nilotica*), el Gaviotín Sudamericano (*Sterna hirundinaceae*) y la Gaviota Cabecigrís (*Chroicocephalus cirrocephalus*). Siendo éste un factor que puede afectar el éxito reproductivo. El estudio de la reproducción relacionado con la producción e incubación de los huevos tienen importancia muy significativa en el éxito de la colonia.

Para conocer el éxito de incubación de una colonia, la técnica más común y extensamente usada, consiste en visitar repetidamente los nidos o un trayecto del área total a través de la colonia y contar la cantidad de huevos y nidos y, registrar el número de polluelos eclosionados.

Todos los aspectos anteriormente mencionados proporcionan información importante sobre el estado actual de las colonias de anidación en los sitios de reproducción en las Piscinas Artificiales de Ecuasal, los cuales se verán reflejados en cada uno de los apéndices que contiene éste trabajo investigativo con el fin de conocer el éxito de incubación en las colonias mixtas.

Metodología

Área de estudio

Las piscinas de Ecuasal en Pacoa están localizadas al pie de la carretera entre San Pablo y Monteverde, provincia de Santa Elena. Las piscinas son marismas artificiales construidas en la línea de costa. La colonia mixta se encuentra a lsur y fue dividida en áreas para su monitoreo.



Figura 1. Piscinas de Ecuasal, Pacoa y sub-áreas de la colonia mixta estudiada. Google Earth. 2013.

El estudio de la colonia se realizó durante la época reproductiva entre los meses de abril y julio del 2013. Se realizó conteos directos una vez por mes de todas las aves marinas en toda el área del humedal. En el área de asentamiento seleccionada como la colonia se la dividió en cuatro áreas, identificándolas con un código y número (C1, C2, C3 y C4).

Cuando las aves empezaron a anidar, iniciamos el monitoreo de la colonia cada 3 días. Cada nido fue marcado con un código único. En cada visita contamos: número de huevos por nidada, los huevos se marcaron con lápiz o marcador de agua (sin alcohol) y se le otorgó una letra A, B, C en base al orden de la puesta. Se registraron las fechas de puesta, eclosión y causas de fracaso en estadio de huevo. El huevo se midió con calibrador (0,5 mm de precisión). Se calculó el volumen del huevo, utilizando la fórmula siguiente: Volumen del huevo: (Ve):

$V_e =$

$$[0.5236 - (0.5236 \times 2(L/W)/100)] * L * W^2 \quad (1)$$

Dónde: L = largo de huevo (cm)

W = anchura de huevo (cm).

Resultados

Fenología reproductiva

Durante el estudio el primer censo en enero, no se detectó ningún individuo de las tres especies, a partir del segundo censo realizado el 28 de febrero se registró: 19 individuos de *Gelochelidon nilotica*, 765 individuos de *Chroicocephalus cirrocephalus*, en éste mes, no se registró individuos de *Sterna hirundinacea*, registrándose en el siguiente censo realizado el 28 de marzo con la presencia de 2 individuos.

El período de inicio de la postura en la colonia de Gaviota Cabecigrís y Gaviotín Piquigrueso fue registrado desde el 10 de abril hasta el 14 de mayo del 2013. Los datos de la primera postura del Gaviotín Sudamericano fueron obtenidos el 1 de mayo y se extendió su registro hasta 1 de julio.

Tanto en *Chroicocephalus cirrocephalus* como en *Gelochelidon nilotica* se registró la fecha de postura dentro de la misma cronología, *Sterna hirundinacea*, inicio su postura tardía en comparación a las otras dos especies que arribaron temprano. Esta colonia tuvo un máximo de 423 nidos en una superficie de 8.26 ha.

La temporada reproductiva se extendió desde abril hasta julio, además debemos considerar, que el arribo de las especies se realizó hasta el mes que se dejó de monitorear la colonia, se pudo observar en las piscinas artificiales hasta septiembre en censos completos. La Gaviota cabecigrís, arribó primero a la colonia en febrero, por lo tanto se registró mayor número de nidos en comparación con el Gaviotín piquigrueso.

El registro de nidos disminuye a finales de abril para la Gaviota cabecigrís y se incrementa a inicios del mes de mayo por el arribo de nuevas parejas reproductivas, igual con el Gaviotín piquigrueso en mayo. El 1 de mayo se registraron los primeros nidos de *Sterna hirundinacea* y se extendió hasta principios de julio registrándose el mayor número de nidos 14 de ésta especie.

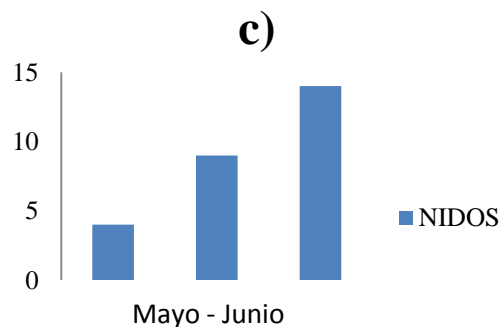
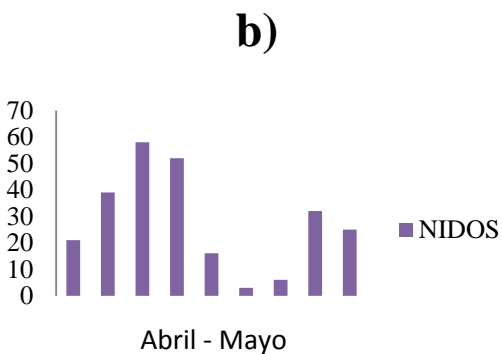
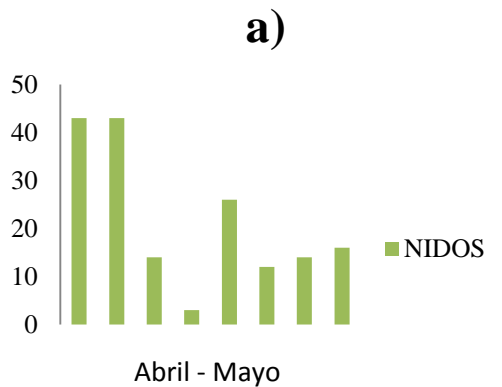


Gráfico 1 Cronología de puesta:
a) *Chroicocephalus cirrocephalus*,
b) *Gelocheilidon nilotica*,
c) *Sterna hirundinacea*.

Los primeros polluelos fueron registrados el 24 de abril, con un número de 7 para Gaviota cabecigrís, y 19 para Gaviotín piquigruoso. El 21 de mayo se observaron los 2 primeros polluelos de Gaviotín sudamericano.

En las Piscinas Artificiales de Ecuasal Pacoa, 14 nidos de la Gaviota Cabecigrís tuvieron un período de incubación cercano a los 21 días, tiempo que estas especies utilizan para incubar. Para el Gaviotín piquigruoso se registró 29 nidos, que produjeron polluelos cercanos a los 21 días. Para el Gaviotín sudamericano, 17 nidos tuvieron eclosión en un periodo aproximado a los 21 días, tiempo estimado para ésta especie.

De acuerdo a los datos obtenidos para la incubación de la colonia mixta se obtuvo una relación lineal entre huevos incubados y huevos eclosionados, lo que demuestra que existe una correlación positiva de 0.97 para Gaviota cabecigrís; 0.99 para Gaviotín piquigruoso; 1 para Gaviotín sudamericano (Gráfico 2), lo que indica que existe un 98% de confiabilidad del éxito de incubación dentro de la colonia mixta por lo tanto no se ve afectada durante éste período.

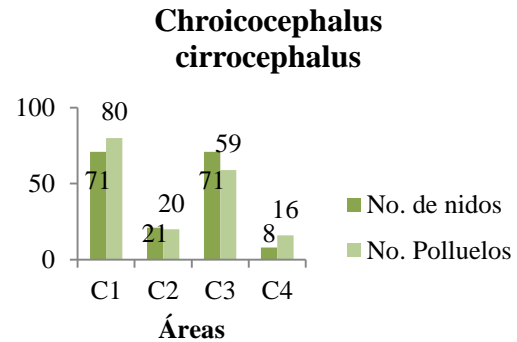
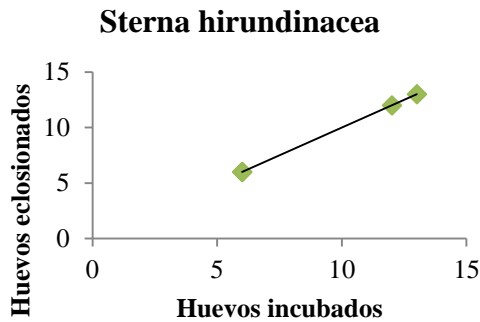
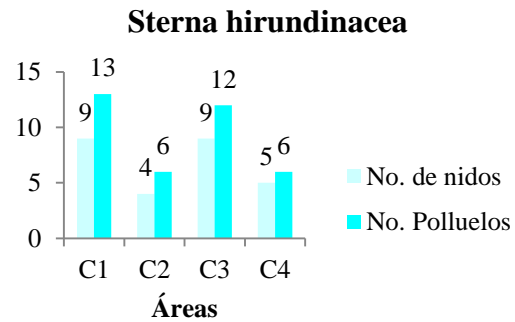
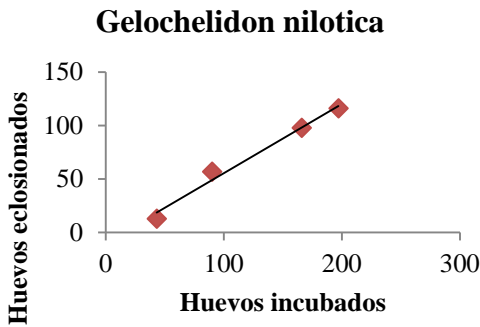
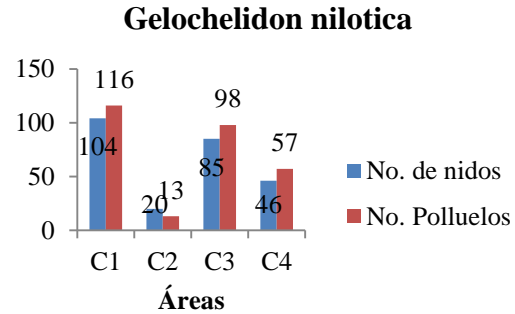
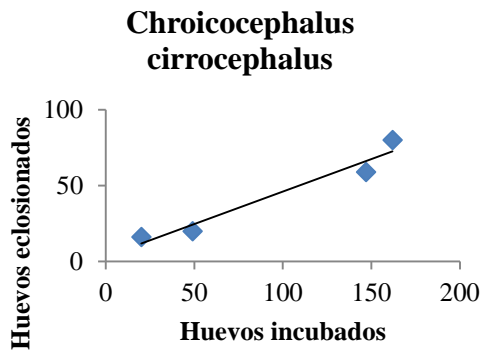


Gráfico 2 Correlación de áreas para cada especie.

El éxito reproductivo fue calculado para las tres especies, los valores de viabilidad indican que el 53.80 % para *Chroicocephalus cirrocephalus* de un total de 171 nidos registros, 71.10 % *Gelochelidon nilotica* de 255 nidos y el 100 % *Sterna hirundinacea* del total de los 27. El éxito eclosión de *Chroicocephalus cirrocephalus* equivale a una producción de 175 polluelos en la colonia de 378 huevos. *Gelochelidon nilotica* tuvo un total de 285 de 496 huevos y *Sterna hirundinacea* con 37 polluelos, Gráfico 3. Esta especie no tuvo ninguna pérdida de ellos en el periodo de incubación.

Gráfico 3 Número de nidos y polluelos producidos por especie.

Gelochelidon nilotica, fue la especie con el mayor tamaño de puesta con 58.43 % de nidos con 2 huevos se registraron 255 nidos en la colonia. *Chroicocephalus cirrocephalus* con el 44.12 % de nidos con 3 huevos, 171 nidos y *Sterna hirundinacea* tuvo 62.96 % de nidos con 1 huevo, se registró 27 nidos.

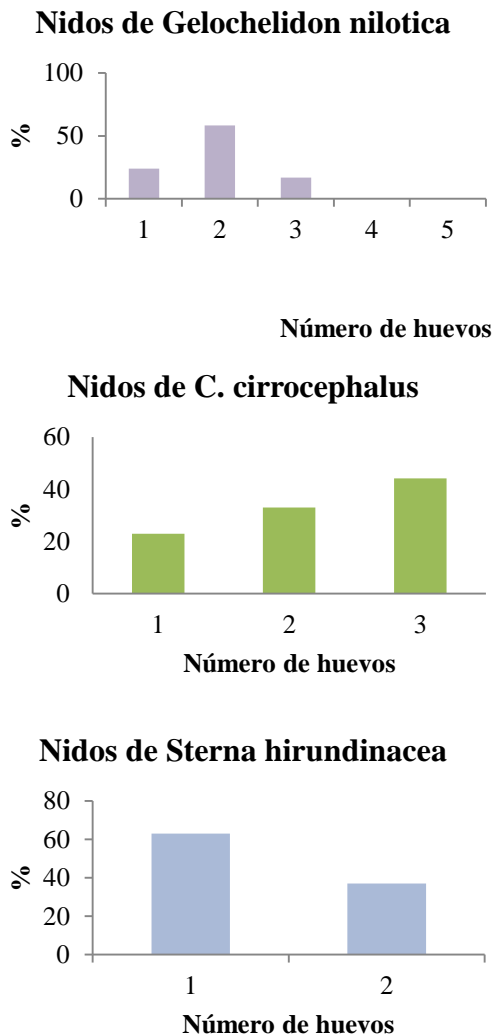


Gráfico 4 Tamaño de nidada a) *Gelochelidon nilotica*, b) *Chroicocephalus cirrocephalus*, c) *Sterna hirundinacea*.

El volumen de los huevos se lo calculó con la fórmula (Ve):

$$Ve = [0.5236 - (0.5236 \times 2(L/W)/100)] * L * W^2 \quad (1)$$

L = largo de huevo (cm)

W = anchura de huevo (cm)

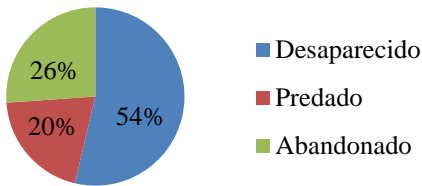
Utilizando la medida del largo y ancho de los huevos. El volumen de los huevos tuvo un promedio de 38.61 cm³ para *C. cirrocephalus*, 26.46 cm³ para *G. nilotica* y 25.66 cm³ en *S. hirundinacea* cada especie tiene diferencia significativa en el volumen, teniendo un volumen mayor los huevos de *C. cirrocephalus*. Existe poca diferencia entre el volumen de los huevos de *G. nilotica* y *S. hirundinacea*.

Las piscinas Artificiales de Ecuasal-Pacoa tiene una extensión aproximada de 900 ha. Las aves en plumaje reproductivo se congregan entre los evaporadores 8 y 10. La colonia tiene un área de 2.92 ha. Ocupadas por las especies para distribuirse y anidar.

Entre las pérdidas de los huevos se identificó tres causas de fracaso como la predación, pérdida y abandono. Se tuvo una pérdida de 203 huevos de la Gaviota Cabecigrís; el 20.20%, de los huevos que fracasaron fue por predación, de éste porcentaje se encontró el cascarrón roto sin el contenido en el interior y con claros signos de haber sido picados por algún depredador.

El porcentaje restante corresponde al 26.11% por abandono de los huevos, estos ya tienen en su mayoría más de 30 días, mientras el 53.69% desaparecieron.

C. cirrocephalus



G. nilotica

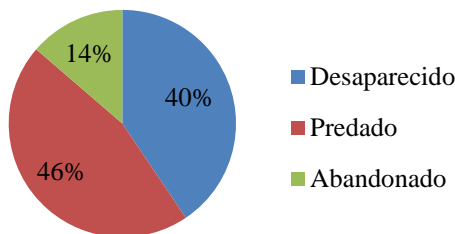


Gráfico 5 Porcentaje de huevos fracasados Gaviota Cabecigrís.

Durante la investigación no se encontró evidencias de que ocurrió con los huevos, simplemente faltaban. El Gaviotín Sudamericano no tuvo pérdida de huevos en su período de incubación.

Especies	Desaparecido	Predado	Abandonado
<i>C. cirrocephalus</i>	109	41	53
<i>G. nilotica</i>	86	97	29

Tabla 1 Número de huevos fracasados en el periodo reproductivo.

Discusiones

En éste trabajo se documentó el éxito de anidación en una colonia mixta de *Chroicocephalus cirrocephalus*, *Gelochelidon nilotica* y *Sterna hirundinacea*, en las Piscinas Artificiales de Ecuasal en Pacoa, Provincia de Sta. Elena. Anteriormente solo se había reportado la presencia de anidación de éstas especies en el sitio (Haase, 2011). Los resultados de éste estudio reflejan la importancia de las piscinas artificiales como sitio de reproducción para estas tres especies de aves marinas costeras residentes de Ecuador continental.

El promedio descrito de largo y ancho de los huevos de *Sterna hirundinaceae* fue similar a los resultados obtenidos por Sarmiento (2009) además, este autor describió el inicio de incubación a inicios de mayo coincidiendo con la fecha registrada en éste estudio para *Sterna hirundinacea*. La presencia de ésta especie reproduciéndose en el Ecuador fue descrita desde el 2003, el primer registro de anidación en las Piscinas Artificiales Ecuasal Pacoa, fue en el 2006, y se confirmó la primera colonia en el 2008 con 18 individuos (Haase, 2011).

Éste gaviotín ha extendido su área de distribución recientemente hacia el norte, la población está bajo observación debido a que la población en Chile están actualmente disminuyendo (Wetlands Internacional, 2002).

Con éste estudio se confirma que en la Provincia de Santa Elena, específicamente en las Piscinas Artificiales de Pacoa, la colonia ésta en aumento, según los registros obtenidos en el 2011, con 114 nidos (Villón & Ágreda 2012), aunque en el 2012, dentro de este estudio solo se registró 27 nidos de Gaviotín Sudamericano, se presume que las aves fracasaron en su primer intento reproductivo y regresaron a la colonia para reanidar.

GONZALES, Tanya, VILLÓN, Rigoberto. Éxito de incubación de la Gaviota Cabecigrís (*Chroicocephalus cirrocephalus*), Gaviotín Piquigrueso (*Gelochelidon nilotica*) y Gaviotín Sudamericano (*Sterna hirundinacea*) dentro de colonias mixtas, en las Piscinas Artificiales de Ecuasal - Pacoa, Provincia de Santa Elena. Revista de Sistemas Experimentales. 2015, 2-3: 104-113

Este es el primer estudio de anidación de *Gelochelidon nilotica* en Ecuador. Se reportó anidación de ésta especie formando colonias mixtas con *Chroicocephalus cirrocephalus* y *Sterna hirundinacea* desde el 2004 (Haase, 2011). Este estudio y las observaciones de Agreda (2011) confirman que los números de parejas de estas tres especies de aves marinas se encuentran aumentando cada año en las piscinas artificiales de Ecuasal en Pacoa. En Colombia se observó una colonia de 20 parejas de *G. nilotica* en el Parque Nacional Natural Sanquianga, se registraron 20 nidos, 35 huevos con un promedio de 4.65 de largo y 3.66 cm, de ancho (Johnston, 2005).

En éste estudio el número de nidos registrados fue 225, 498 huevos, el promedio descrito fue similar para el largo y ancho de los huevos registrados. Teniendo valores altos de anidación en comparación a los registros en Colombia.

Cabe recalcar que durante las observaciones realizadas en la temporada 2012, el éxito de incubación fue menor, 40.6 % en la Gaviota cabecigrís, 40.7 % para el Gaviotín piquigrueso y 53.5 % para el Gaviotín sudamericano en comparación con el éxito de incubación reportado en este estudio para el 2013.

Recomendaciones

Continuar con los registro de la biología reproductiva de las tres especies que están en expansión en las Piscinas Artificiales de Ecuasal Salinas y Pacoa. Explorar nuevos sitios con hábitat favorable que éstas especies utiliza para su reproducción en las costas del Ecuador. Eliminar a los perros que ingresan en las Piscinas Artificiales de Pacoa, debido a que alteran a las especies y puede depredar los nidos y polluelos. Si no se detienen estos afectará a la colonia.

Es necesario que el dique que utilizan para anidar y las áreas potenciales para su anidación, no sea transitado por vehículos durante la época de reproducción de las tres especies.

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Interactive tools for sexual instruction Integrated Project. Case of Provincia de Santa Elena, Ecuador

SUÁREZ, Ma. Dolores†, CASTILLO, Doris, SÁENZ, Carlos, LAÍNEZ, Mery

Universidad Estatal Península de Santa Elena

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Resumen

Esta investigación se resumen las estrategias implementadas para educar a 1.733 participantes de Santa Elena con respecto a la instrucción de sexualidad . Se ha encontrado altas tasas de embarazo en adolescentes , un problema muy común en América Latina y Ecuador . 74 estudiantes de la escuela pre - enfermería de la Universidad Península de Santa Elena Peninsula (UPSE) se utilizaron para educar y para inspeccionar los niños, adolescentes , padres y profesores del área bajo las directrices del proyecto integrado de conocimientos . La recogida de datos fue posible gracias a la colaboración co - conjunto entre la Secretaría de Salud Pública (MSP) , Estrategia Nacional Intersectorial de Planificación Familiar y Prevención del Embarazo en Adolescentes (ENIPLA) y UPSE.The Family First Multimedia Interactiva de DVD se utilizó para educar a todos participantes sobre temas de sexualidad.

Temas de sexualidad, el embarazo adolescente, la educación sexual

Abstract

This research summarizes strategies implemented to educate 1,733 participants of Santa Elena regarding sexuality instruction. It has been found high rates of pregnancy on teenagers, an issue very common in Latin America and Ecuador. 74 students of pre-Nursing school of Universidad Peninsula de Santa Elena Peninsula (UPSE) were used to educate and to survey kids, teenagers, parents and teachers of the area under the guidelines of the integrated project of knowledge. The collected data was possible by a co-joint collaboration between the Secretary of Public Health (MSP), Estrategia Nacional Intersectorial de Planificación Familiar y Prevención del Embarazo en Adolescentes (ENIPLA) and UPSE.The Family First Interactive Multimedia DVD was utilized to educate all participants on sexuality issues.

Sexuality issues, teenager pregnancy, sexuality education

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†Investigador contribuyendo como primer autor.

Introduction

Ecuador has the first place of teenager's pregnancy within the Andean Region and the second place after Venezuela within Latin America. (Plan Andino de Prevención del Embarazo en Adolescentes).

First time teenager mothers have their second kid in a short period of time compared to the ones that had first baby after teenagerhood (Plan Nacional de Prevención del Embarazo en Adolescentes).

In Ecuador, there are 3.684 girls at the age 12 to 14 that are already mothers (Estadísticas vitales del Ministerio Coordinador de Desarrollo Social MCDS, INEC 2010).

Also, 17.2 % of girls at the age of 15 to 19 are already mother, this means 172 from every 1.000 teenagers. (Censo de Población y Vivienda, INEC 2010).

Women that had a pregnancy during teenagerhood normally reach a less level of education and have more probabilities to stay poor or to belong a less stable home compared to other women that did otherwise. (Rosada 2009). 37% of women would prefer to have delayed their pregnancy. (INEC 2010) 23 out of 100 pregnancies belong to teenagers (Estadísticas Vitales INEC 2010)

A women that suffered home violence before the age of 15, has more probabilities to have two or three children, while a women that suffered home violence before and after the age of 15 has a probability to have 4 children (Informe Mundial sobre la Violencia y la Salud, OPS 2003 Santa Elena province registered for year 2010 14% of teenager's pregnancy (3742 girls), for year 2011 it was 11,2% (3472 girls), and for year 2012 it was 8,5% from teenagers (2782 girls).

Figures have been decreasing due to a cooperative work from the whole province, educational and communication programs for parental planning that were given to teenagers students (Estadísticas Dirección Provincial de Salud Santa Elena 2013).

The Integrated Project of Knowledge (Proyecto Integrador del Saber) is a strategy that compromises students and faculty from first level of Nursing School towards teenager pregnancy that has been affecting the community. Family First Interactive Multimedia DVD is a communicational and educational tool created by Estrategia Nacional Intersectorial de Planificación Familiar y Prevención del Embarazo en Adolescentes (ENIPLA). DVD design, production, content analysis and structure were developed and performed by a multidisciplinary team constituted by sexologist, psychologist, sociologist, pedagogic and communication specialists from the government secretaries involved. (ENIPLA MSP 2013)

The purpose of this DVD is to cover sexuality inclusion, physical, psychological and social dimensions of an individual, and contributing to harmonious growing-up stage. It does not only cover sexuality training sessions but self-esteem, communication and rights awareness.

This DVD creates an open dialogue and awareness with no prejudices or sexuality taboos in order to decrease negative concepts about unpleasant experiences on life cycles, covering cross-cutting issues such as sexual violence, teen pregnancy, premature relationships and other risky situations; rather strengthening confidence, affection and making safer and more responsible decisions.

In this context, school authorities of the province were aware of high rates on teenager's pregnancies and in collaboration with the Secretary of Public Health (MSP), worked together to help reduce this alarming tendency by using Family First DVD. This is a friendly tool, easy to use and to understand, by which a larger population could be reached and instructed with. It is not required to have a greater expertise on the subject, but it is considered a bigger chance the message is delivered correctly to this vulnerable group.

Research objective

To measure the effectiveness of the MSP sexuality education interactive tool to prevent teenage pregnancy at Santa Elena

Specific research objectives

-To share with community the Family First Interactive DVD for sexuality education at school level by focusing on community groups as part of school integrator project.

-To measure preference of the Family First Interactive DVD tool Hypothesis.

The acceptance of the Family First Interactive DVD being used for the approach to sexuality issues is high.

Methodology

The project had two stages:

- Family First interactive DVD was shared with prioritized communities utilizing workshops, and focus groups; according to the School Integrator Project.
- Surveys were conducted to the target population.

Also, a tutoring ask was given to participating students. The matrix of questions was: What do we know? How will we achieve it? Who will do it? At what time? What do we need? What materials should be utilized?

In a span of three weeks 74 students formed 14 groups of 5 students each and trained around 120 people per group. By the premise that there are ignorance and myths about sexuality, it was necessary to measure the acceptance level of the Family First Interactive DVD to prevent teenager's pregnancy under ENIPLA umbrella. Family First Interactive DVD were presented to children, adolescents, young adults and parents to educate people to lower rates of pregnancy on teenagers.

Following the DVD presentation, a survey was performed to teenagers and young adult participants and was validated by the Secretary of Public Health. The obtained data was analyzed using descriptive and inferential statistics to assess the following: Would you use in day to day life the information received regarding sexuality education? How did the information received change your existing knowledge on sexuality? How relevant is sexuality education for you? Findings were shared to Secretary of Public Health and school authorities.

Population:

The population consisted of 1733 children with age of 5 and above, teenagers, young adults and parents from province of Santa Elena utilizing discretionary criteria of participants.

Inclusion criteria

- Children over 5 years old, teenagers, young adults and parents from vulnerable sectors.

- Children over 5 years old, teenagers, young adults and parents from surrounding areas

Exclusion Criteria

- Children over 5 years old, teenagers, young adults and parents who refused to participate in the project

Human Resources

74 students of pre-nursing school admitted by the national standardized test were used on the second half of 2013

Resources

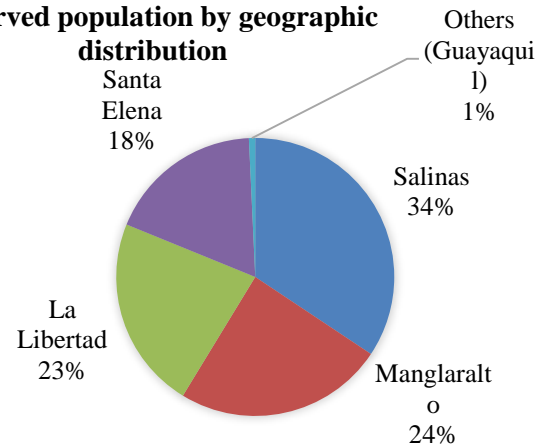
- Family First Interactive DVD
- Action Video (PAE)
- Scheduled speeches
- Surveys
- Final report
- Laptop computer
- Video projector

Timetable

The schedule was fully achieved. Reviews of work progress each week were made by research supervisors appointed by the school. The groundwork of knowledge integration projects were carried out on Tuesday August 13th and the final report was made official on August 19th, 2013.

Results

Observed population by geographic distribution



Graphic 1 Observed population by geographic distribution (Source: field research)

Observed Population by Geographic Distribution	Frequency	%
Salinas	609	34,35
Manglaralto	432	24,37
La Libertad	398	22,45
Santa Elena	321	18,10
Others (Guayaquil)	13	0,73
	1773	100%

Table 1 Observed population by geographic distribution (Source: field research)

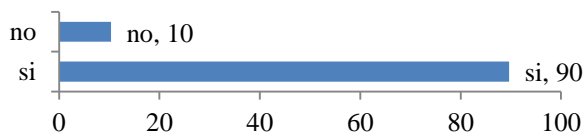
20 towns from Province of Santa Elena were surveyed, 0.73% of population was originally from Guayaquil since one of the participants surveyed his family that currently resides in that city. 34% belongs to Salinas area, which has the highest frequency of teenager's pregnancy, 24% from Manglaralto, 22% from La Libertad and 18% from Santa Elena.

Observed population by age	Frecuency	%
1-4 years	156	8,80
5-9 years	240	13,54
10-19 years	597	33,67
20-35 years	458	25,83
36-45 years	161	9,08
46-65 years	138	7,78
Over 65	23	1,30
Total	1773	100,00

Table 2 Observed population by age (Source: field research)

It is noticeable the largest age group was teenagers (34%), followed by those at age of 20 to 35 years(26%); and 5 to 9 years with (13.5%). Also, an age group of 1 to 4 years (8.8%), although they do not belong to the suggested profile, students indicated they had a good participation within on households' surveys. In some cases, parents once saw the DVD authorizing presence of their kids, for the first 2 issues.

¿Will you use this info on day to day life?



Graphic 2 Will you use this info on day to day life? (Source: field research)

¿Who will you share this info with?	Frequency	%
Family	962	65%
Friends	320	22%
Neighbors	80	5%
Other teens, children or young people on the street	46	3%
Others	70	5%
Total	1478	100%

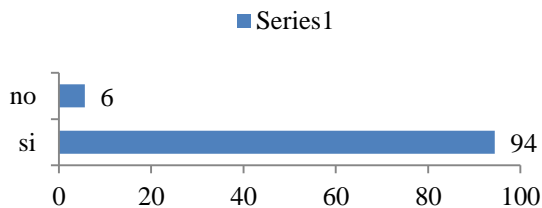
Table 3 Who will you share this info with? (Source: Field research)

94% of the population agreed to share this information: 65% with their family, 22% with friends, 5% with neighbors, 3% with other teens, children or young people on the street. This shows that people after observing various topics, information can flow easily from them to community, fulfilling one of the objectives of this research.

They did not answer the surveys

90% of participants recognized as useful the information received: 30% said t it would serve them to help or advise other young people. 16% expressed it will serve to train others. 15% said it will help to improve communication with family members.

¿Will you share this info?



Graphic 3 Will you share this info? (Source: field research)

List main things you have learned today	Frequency	%
Where are we going?	210	13%
Contraceptives devices	488	29%
Self-knowing/body changes	366	22%
Howtopreventviolence?	16	1%
Sexual dialogues/responsabilty	68	4%
Relationshipissues	159	9%
Masturbation/wetsheets	57	3%
Project of life	168	10%
Others	146	9%
	1678	100%

Table 4 List main things you have learned today(Source: field research)

As far of learning, 29% expressed contraception and STI prevention as most important, 22% self-awareness and body changes. 10% reported what they had learned was relevant for their life project. They were covered also, other issues such as wet-sheets, early ejaculation and masturbation. 9% of surveyed were more concerned about love relationships, specifically regarding "the proof of love" issues.

What difficulties will you find to put this info into practice?	Frequency	%
None	590	41%
No time	71	5%
Shyness	303	21%
No interest/ avoid bullying	309	21%
Without sexuality education material	83	6%
Others	95	7%
Total	1451	100%

Table 5 What difficulties will you find to put this info into practice? (Source: field research)

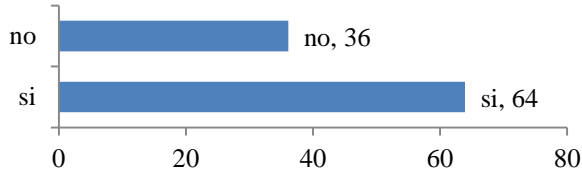
41% of respondents agreed on facing difficulties, while 21% said they had none. It will be important to get rid of prejudices, and not listening to jokes, being not interested or feeling uncomfortable or shy regarding sexual education. 21% of surveyed people felt unprepared to address any sexual issues, recognizing a major shyness. Only 6% said that it would be difficult address sexuality issues at household without Family First DVD tool to facilitate the process.

Who must receive this info?	Frequency	%
Teenagers	204	12%
Adults/familymembers	494	28%
Friends	249	14%
Schools	200	11%
Community	132	7%
Children	317	18%
Others	168	10%
Total	1764	100%

Table 6 Who must receive this info?(Source: field research)

28%of surveyed believed adults should receive this sexuality orientation; 14% agreed their friends might need it as well, 18% agreed children should receive sexual orientation while 12 responded that teenagers must receive it. 11% of surveyed said schools should provide sexual orientation as well.

¿Did you change your mind after whatching this DVD?



Graphic 4 ¿Did you change your mind after watching this DVD? (Source: field research)

64% of surveyed stated a change of sexuality perspective after the workshop while 36% stated there was no change of opinion.

What changed on your mind?	Frequency	%
About my body/ body changes	138	15%
How kids are conceived?	65	7%
Project of life/ measure consequences	66	7%
Eliminate myths Proof of move Masturbation	160	17%
Ninguno	88	9%
Parental planning Condom Sexual diseases	224	24%
Talkaboutsexuality	107	11%
Otherss	89	9%
	937	100%

Table 7 What info made change your mind? (Source: research field)

24% considered family planning as important, along with sexual illness prevention and condom use. 17% of respondents agreed to eliminate proof-of-love test; and myths about love, masturbation and love relationships.15% were concerned on the changes that occur on the body on the body while growing up. 11% indicated talking about sex is not bad. 7% were more concerned on their project of life changes that might influence sexuality education.

What subject has impacted you the most?	Frequency	%
¿Where are we coming from?	159	10%
Ourbody	140	9%
self-knowing	163	10%
Growing-up changes	174	11%
Couple relationships	168	10%
Project of life	280	17%
Protection	253	15%
Myths and believes	124	8%
Extras	126	8%
None	20	1%
Allsubjects	36	2%
	1643	100%

Table 8 What subject have impacted you the most?(Fuente: field research)

Project of life received more attention and curiosity on respondents (17%), and it need to be stressed out at the family circle and at schools since 34% of participants were teenagers. It should call to reflection on the needs of youth and to promote opportunities to stimulate not only their project of life but also the necessary motivation to get it. Sexual protection it was the second of more concern (15%), confirming the fact that the surveyed population was hungry for information to carry out appropriate decisions on self-care and prevention of unplanned pregnancies.

Appendixes

Appendix 1: DVD themes

– Where are we coming from?

Themes: Affection, couple intimacy, pregnancy, delivery

Cross-themes: parental planning, affectionist relationships, gender, interculturality, children rights.

Gender: boys and girls

– Our body

Themes: men's and women's body differences. Respect to other genders.

Cross-themes: Gender differences, interculturality, abuse prevention

Gender: boys and girls

– Self-knowing

Themes: Self-knowing as part of emotional development. Curiosity and body exploration and pleasure. Right to intimacy and own space.

Cross-themes: Gender, interculturality and sexual rights

Age: Pre-teen and teenagers

– The age of changes

Themes: emotional and physical changes. First menstruation. Ejaculation. First love

Cross-themes: Gender equality, sex identity, contraceptive treatments

Age: Pre-teen and teenagers

– Couple relationships

Themes: first couple and feelings expectations, attraction. To have or to delay first sex experience. Proof of love test. Corresponsability.

Cross-themes: Sexual rights (I choose when, how and with whom). Respect for diversity. Contraceptives. Protection, Not planned pregnancy, sexual diseases.

Age: Pre-teen and teenagers

6.-Project of life

Themes: Elaboration of a life project based on the potential of each person. Education and development of motivations; interests and aspirations as factors that can get to delay pregnancy during adolescence.

Cross-themes: equity in gender roles, intercultural development and personal growth, self-esteem, self-determination, autonomy, prevention of teen pregnancy.

Age: Pre-teen and teenager

7.-Protection

Themes: Contraceptive methods. Protection and prevention: care for yourself and others. Responsibility. Couple communication as a protection mechanism.

Cross-themes: Family planning. Gender equality. Rights to sexual and reproductive health.

Age: Pre-teen and teenagers

8.-Myths and believes

Themes: Diversity of myths and false beliefs about human sexuality that generate distortion of sexual behavior and relationships, and the way of living and perceiving the body and sexuality.

Cross-themes: cultural patterns, gender equality, gender violence, intercultural.

Age: Pre-teen and teenagers

Extra Themes

– Exploration games on childhood

It is a normal process. Parents should not censor it. It explains that it is part of one's privacy and should not do it in front of others for self-protection.

– Contraceptives

Various methods, duration, benefits, contraindications and those accessible to family planning consultations within health centers

– Sexual abuse to minors and gender violence

Examples of child abusesituations. Symptoms and signs. The importance of listening to our children. Differentiate covered or uncovered secrets. Violence in relationships. Teaching our children to do not tolerate abuse. Right to live without violence.

– Sexually transmitted infections

List of sexually transmitted infections and how to prevent them. HIV AIDS. Promote HIV testing.

Appendix 2.-Family First cover page



Figure 1: First cover page

Appendix3.-Interview Matrixto participants of Family First Interactive DVD atProvincia de Santa Elena

Question 1:Will you use this info on day to day life?

Yes	No	How	What

Question 2. Who will you share this info with?

Yes	No	With who?

Question3. What difficulties will you face sharing this info?

Question 4. List three things you have learned today

a)

b)

c)

Question 5.Who else should receive this info?And why?

a)

b)

c)

Why

Question 6. Will you be interested in attend to a similar workshop?.

Yes	No	Where? Tellthree places

Question 7 Did you changed your mind after watching this DVD?

Yes	No	Whatdiditchanged?	How?

Question 8. What theme did you like it the most?

Gratitude

A huge gratitude to 74 students of pre-Nursing School at Universidad Estatal Peninsula de Santa Elena that worked on the field with workshops and focus groups. To ENIPLA program of Secretary of Public Health for helping on the methodologic frame

Conclusions

- Inter-sectorial work is critical in the process of diffusion of this tool; it will get better results in less time and with less state resources. It becomes an important factor for later analysis of similar campaigns.
- Acceptance of this communication tool was confirmed by MSP which was used to reduce the ignorance and myths about sexuality issues for prevention of pregnancy in teenagers. Utilization of Family First Interactive DVD is high (90%)
- Motivating young applicants of the state school, to help on this activity for the community. It becomes an important factor for academia purposes such incentives for projects that are linked with the community.

- Strengthening family role on this issue is definitely the right strategy. Acceptance rates are high
- Broadcast sexuality education on mass media since it would reach as many people as possible
- Alarming national and local figures. deserve higher education attention. Higher Education should provide a proposal of solving the problem with a limited budget and excellent results.

From trainees' point of view:

- Results of teaching sexuality education were satisfactory as being able to see ignorance of certain matters. With this project several doubts were resolved
- Sexuality is a topic that must be addressed at home first, parents must encourage confidence and do not be afraid to ask these issues to easy their future and life plans.
- Family First educational DVD should be disseminated at province level, since it had caused a great impact and interest in all community and trainees, changing their view on this subject.

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Training Strategies And Life'S Quality: Seniors

LAÍNEZ, Amarilis†*, SAENZ, Carlos, LASCANO, Carmen, LAÍNEZ, Mery

Universidad Estatal Península de Santa Elena

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Resumen

Esta investigación se basa en las estrategias de formación para mejorar la salud y calidad de vida de las personas mayores en la comunidad Simón Bolívar, su principal objetivo es mejorar las capacidades y habilidades a través de diversas actividades como la participación, la recreación, la terapia de baile, ejercicios, formas de auto- cuidado y chequeos médicos permanentes. Esta etapa se inicia a los 60 y termina cuando la persona muere, por eso los adultos mayores necesitan que los residentes de la comunidad los incluyan y motivar a que se sientan útiles, porque a veces son vistos como una carga económica y no se consideran en las decisiones familiares. La investigación utiliza una metodología de diseño de deductivo, inductivo, el modelado, la acción participativa, exploratorio, descriptivo y de campo. Se aplicaron técnicas tales como encuestas, entrevistas y observación, el mismo que se determinó en la comunidad nunca ha sido ningún tipo de formación que mejoren la calidad de vida de los mayores, en términos de su calidad de vida se ha descubierto que no es satisfactorio y se afectará a su salud. Es necesario definir las líneas estratégicas de la atención que promueven el envejecimiento activo y saludable.

Estrategias, capacitación, calidad de vida, salud.

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Abstract

This research is based on training strategies to improve health and quality of life of seniors in the community Simon Bolivar, its main objective is to enhance the skills and abilities through various activities such as participation, recreation, dance therapy, exercises, forms of self-care and permanent medical checkups. This stage starts at 60 and ends when the person dies, for that reason older adults need that community residents include them and motivate them feel useful, because sometimes they are seen as an economic burden and are not considered in family decisions. The research uses a design methodology of deductive, inductive, modeling, participatory action, exploratory, descriptive and field. Techniques such as surveys, interviews and observation were applied, the same as determined in the community has never been any kind of training that will improve the quality of life of seniors, in terms of their quality of life it was found is not satisfactory and it will affect their health. It is necessary to define the strategic lines of care that promote active and healthy aging.

Strategies, training, life´s quality, health.

*Correspondencia al Autor (Correo electrónico: alainez@upse.edu.ec)

†Investigador contribuyendo como primer autor.

Introduction

In the world, it was estimated that the population in 2005 was 2,936.607 million people over 65 years equivalent to 7 % of the world population, of which 1,386.537 million (5 %) live in developing countries (Population Reference Bureau, 2014).. In Ecuador, according to the latest statistics from the National Institute of Statistics and Census (INEC) there 1'229.089 elderly (people over 60 years), most live in the mountains (596,429) region followed by the coastal region (589,431) . They are mostly women (53.4 %) and the highest amount is in the range between 60 and 65 years old. 11% of older adults living alone, this proportion increases in the Ecuadorian coast (12.4 %) ; while older adults living mostly accompanied live with their child (49 %) , grandchild (16%) and spouse or partner (15%).

The proportion of older adults with reference to the previous census has increased by 5 % , as dumped data report the existence of 341,664 people who are over 60 years old, equivalent to 9.3 % of the Ecuadorian population . According to the same study, health is the right and duty as citizens consulted, it is the most important for this group of the population, whose most diagnosed diseases are osteoporosis, heart problems, diabetes and lung problems.

The rising of seniors currently generates important challenges for society and for international public health organizations, aimed at promoting public policies to improve the quality of life.

In the province of Santa Elena, there are 16,981 (5.50%) older adults of whom 8,393 are men and 8,588 are women, the average age is between 65 years and over. The Manglaralto parish has an area 497.4 km², has a population 29,512 inhabitants, where the elderly population is of 2,558 inhabitants, equivalent to 8.7 % of the population (INEC, 2011)

In the community of LibertadorBolivar, seniors have difficult situations that lead to many consequences, such as loneliness, isolation of families, depression, economic limitation, diseases. There is also little importance of family or public institutions to promote active and healthy aging, as they are not considered in family decisions, and they are seen as an economic burden, and this situation affect their quality of life. The seniors unknown their rights, including the right to live in independence, participation, care, self-fulfillment and dignity, this leads to low self-confidence, feel sick, wanting to not live, they think they are useless , and are reflected in solitude, temper, bad relationship with their environment, sadness, poor diet and diseases.

In most social organizations, there are no policies or programs that are targeted to older adults, the services they can access that is why society devalues and marginalizes the elderly.

There is currently little information on active aging , this generates violence against older adults, according to data presented by the United Nations (UN) , in families the kind of violence that is most exerted on the elderly, is psychological abuse up to 95% . The most frequent insults aggression (85%), humiliation and devaluation (66.3%), death threats (40%) and rejection (48.8%) (ONU, 1954)

There is little importance of family to the elderly people and this attitude creates difficulty performing daily activities, which will result in the loss of independence, physical and mental autonomy and social rejection and family abandonment, so therefore, the purpose of this research is to design a set of training strategies to improve the quality of life of seniors in the Libertador Bolivar community, province of Santa Elena, the same that foster a comprehensive life where relevant information, it is provided to relatives about the practice of daily care, the importance of physical activity as well as the demonstration of the skills they possess (relaxation method), knowledge of their rights and especially promoting healthy living habits.

Older adults

Adulthood is a stage of human development, which starts at 60 and ends when the person dies, for that reason, older adults need training strategies that seek not only to improve the quality of life but also improve family relationships. Growing old, it involves a series of physiological, psychological and sociocultural that most seniors are not prepared to face changes, these changes will happen to both the elderly as well as those around them.

The aging of the individual is a process that begins before birth and continues throughout the life cycle of living beings, it is a set of phenomena that occur continuously over time and it happens to all people who come to the stage of old age. Aging is a set of changes or modifications that occur in the body of the individual and is affected by different factors like these:

Biological, psychological and social. The design of training strategies is based on working with this group of people on issues related to the care, prevention and health promotion (Brañas. 2001).

Active and Healthy aging

Active aging: The process of optimizing opportunities for participation, health and safety, which allow individuals to develop their potential for physical, social and mental well-being throughout their life cycle, participate in society according to their needs, desires and capabilities, provides them security protection and care. Aging well is actively growing old and this essentially involves three conditions: having a social role aging, healthy aging and age with security. Active aging has three basic conditions: participation, health and safety.

These pillars help older adults maintain their independence and autonomy, becoming longer a human potential for many countries (Rodríguez, M. 2006).

Healthy Aging: Adopting healthy lifestyles and active participation in self own cares are important at all stages of each person. Healthy aging is defined based on good physical and mental functioning, which in turn includes a small number of chronic conditions, good mobility, ability to lead an independent life, good cognitive function and absence of depression. For healthy aging should adopt healthy lifestyles, and recommend: to exercise, eat a balanced diet, sleep well, avoid alcohol and smoking habits (Seeman, T., Bruce, M., &Mcavay G, 1996).

Gerontology: Gerontology as science dedicated to study the various aspects of aging and the aging population, such as psychological, social, economic and even cultural. On the other hand includes physical, mental, social, and how they should be addressed by government and non-governmental institutions that serve the aging population. Science and theory of continuity argue that aging does not involve drastic changes in the life of the elderly, habits, tastes and personal styles acquired, developed during life, persist and remain in old age (Metchnikoff, M. E, 1903)

Priority areas of older adults

Older persons and development

Protecting the human rights of older people and create the conditions for economic security, social participation and education that promote the satisfaction of the basic needs of this age group and their full inclusion in society and development.

Promoting health and well-being in old age

Provide access to the elderly to comprehensive health services appropriate to their needs, to ensure a better quality of life in old age and maintaining its functionality and autonomy.

Creating a supportive and enabling environment

Getting older people enjoys physical, social and cultural environments that enhance their development and encourage the exercise of rights and duties in old age.

Training strategies

The strategy is the set of basic aims and objectives of the organization, the main programs of action chosen to achieve these goals and objectives, the most important allocation systems used to relate to the organization with its environment resources. Further characterized by having multiple options, multiple paths and multiple outcomes, its design is more complex and more difficult to implement than other solutions.

As stated by the author, discuss strategies can turn into a tower of babel in which many express ideas and want to enforce them, but nobody understands anyone. This has led many organizations have implemented strategies that have bogged down and have led to serious errors whose effect has been to keep them away from the real objectives towards which they wanted to go or routed (Schendel, D., & Hatten, K, 1972).

Strategies are set of plans for learning goals, also are conceived as organized whole, and controlled the processes performed by the trainees with the aim of reaching a goal involved in conducting a complex and new task.

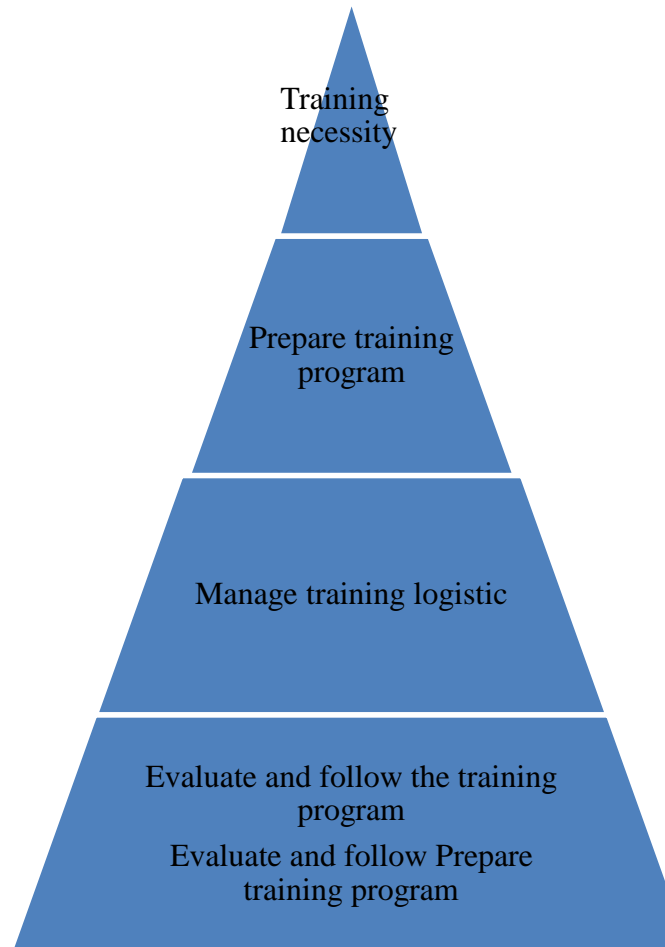
Training

Training is defined as a short-term process through which people learn new skills. From this point of view it is considered training as an important method to reach a goal.

This procedure is planned, systematic and organized, comprising a set of educational and administrative actions aimed at changing and improving knowledge, skills and attitudes of staff, to promote better performance levels consistent with the requirements of the position they hold.

Training is an essential tool because it improves the quality of life of older adults and family (Ibáñez, 1998).

The training process consists of a constant cycle of activity which is represented in the following graph:



Graph 1 Training Cycle

Source: Autor (Chiavenato, 1998)

The training cycle begins determining necessities, it is the first step for institution than want to do capacitation and quality depends the success of our training.

Steps to do training strategies

This process has five steps:

- Analyze needs: identify abilities and needs for knowledge and developing.
- Design the teaching way, made the content of strategy, program, flyer, books, activities.
- Here don't exist wrong strategies and only show a little representation.
- Apply: put in practice training strategy
- Evaluation: that shows the party or headache of strategy.

In order to do this possible, all organization must stablish coworking strategies, do that state, society, families participate and to improve the life's quality of older adults of one specific community.

Training strategies

The training strategies are processes that can be developed during each stage of the Project and the relation between them, telling who must participate, how do the participants will be identity and which skills apply to get the goal. To participate in a leisure activity give freedom to choice, giving more independent sense, more motivation.

To design these strategies of training the community and families must be integrated, to give a better quality of life for seniors, to get better opportunities to give suggestions to improve continuously, with preparation previous, according each rol. (Peterson, C., &Stumbo, N, 2000).

Participative Strategy Features

The most important characteristics have to be made at size, be adaptable, so the seniors can develop abilities, accept the changes for their aging and can resolve different problems during their ages. For this you need an action plan, versus the technique that is rutinary and mechanical. (Beltrán, 1996).

By this strategy the society must be integrated, break social and cultural walls that don't allow improve the quality of life of seniors, for this is necessary develop active participation activities, kermesses, local meetings, to get and active and healthy aging. To promote the collaborative strategy it is necessary to create a participative process, increase opportunities to seniors, to develop social potencial and creativity in seniors, by a nice and secure environment to improve their quality of life.

Strategies to train a better quality of life for seniors

Each country, region or province create public laws where the state, society and family stay included to execute project or programs to help seniors, with general items to get social and political helps to immerse older adults to different programs.

The most important part of life quality is the family, the studies show that olders that live in couple have an unconditional support. The widowed has a big impact in their life, so they feel lonely, it is stronger for women, they live more time. The values and attitude to senior make them feel valious, with a warm care, respect, each adult needs love, and consideration in human relations, to give and to receive building a security base and physical needs satisfied.

Life Quality

It is measurable by a comfortable, satisfied and dignity life, it could be evaluated by 5 areas.

Physical, material, social wellbeing, develop and emotional wellbeing. For seniors be in peace and calm, be care and protected by family, with dignity, love and respect, can express his opinions with freedom, decide, communicate and get information. It is vital for adults that covers his necessities of food, dressing, health and house. (Vera, 2007).

In Ecuador, like in develop and undevelop countries has increase the senior population, that is the reason why is important to care them, be valuated by family, with dignity, love and respect, in this way improve their life, with the help of people around them, with auto care, and high motivation to develop their personal potentials. Increasing of senior population produce the necessity to generate action plans to give an adequate service in health, social and economic area.

In order to guarantee the medical and psychological attention with an inclusive society that don't separate, give dignity and at the same time the state have real laws, to deliver an economical income that allow that population to get a dignify and good quality life. (González, 2002).

Under this context, it is important to define the meaning of quality of life in that age, to find strategies that help to improve the life of senior people. While the older adult can satisfy their necessities, he will be considered psychological healthy, this is the reason why is so important to study the quality of life, including general health, psychological and social wellbeing.

Life's quality dimensions

It has three dimensions: physical, psychological and social. With these dimensions is easy to present a model to integrate personal and social environment dimensions, subjective elements and objective included in senior quality of life.

Physical dimension

The health of seniors is the most important of life, because health influences every aspect of life. When you don't have good health, they become dependent, lost their vision and movement. The principal problems are visual and hearing, that generates isolated and insecurity in each person, that affects the relation with other people.

Social dimension

The author says the aging produce the lost of capacities to move mental and physically, could be a little aggressive and competence, they need less to be with other people, and is happy living alone, because they feel no necessary for other people..

Psychological dimension

The disease comes with psychological problems like depression, anxiety to future, lack of human relations and social activities that affects to older adults. The wellbeing means be well, adapted and satisfied, comfortable, have a purpose for life, it is known like quality of life and it can be measured with human satisfaction in different areas of his life (Ballesteros, R. F, 1993)

Objectives

General objective

To design training strategies with participation in different activities to improve the quality of life in seniors of Libertador Bolivar community.

Specific objectives

Determine theoretical facts about capacitation strategies to support the develop of an active and healthy aging.

Analyze actual situation of older adults, about an active and healthy aging, using surveys, interviews and observation techniques.

Design strategies that allow improve the quality of life of senior by talks, courses, workshops, conferences about health for people of advance age.

Methods and resources

The research design show an effective form of general procedure of a researcher to get multiples questions begins with the problem and the daily activity during Project development.

The used method was deductive, inductive, modelation and active participation. It was deductive analysis of possible causes to determine why the population don't improve their life quality, and design strategies to help adults to have a better life.

Inductive begins at specific population, since Libertador Bolivar community to what happened with seniors around the world, reviewing causes of habitual living of seniors.

Modelation propouse education because for different reasons this adults could not study neither basic grades, female genre have more this problem, in this years this problem has been decreased, because in the last years the government has attended that forgot population.

Participative Action in order to know, examine and analysis of population and its relation with the researcher, talking with the population to get information that support this research, to have an effective proposal for this special group.

The population is the total of people that has similar characteristics to be studied, for this research the population is from Libertador Bolivar community, of Manglaralto, It's population is 240 persons and sample was 69.

Results

CATEGORY	RESULTS	PERCENTAGE
YES	25	36%
NO	44	64%
TOTAL	69	100%

Table 1 Training strategiesapplied Instrument: Survey

64% of senior of Libertador Bolivar community said that hasn't gotten training to improve their quality of life, 36% said they have receive this training. Like suggestion analyse causes and elaborate an activities schedule to improve habilities and skills.

CATEGORY	RESULT	PERCENTAGE
YES	35	74%
NO	12	26%
TOTAL	47	100%

Table 2 Training Assistance Instrument: Survey

74% of senior's shows interest to go to training capacitation, 26% don't want to receive capacitation. Suggest to find the obstacles that affect the assistance to this training to secure the adults assistance.

It is in order to improve their quality of life.

CATEGORÍES	RESULTS	PERCENTAGE
ANSIETY	16	23%
FEAR	20	29%
WORRIES	18	26%
NERVOUS	15	22%
TOTAL	69	100%

Table 3 Feelings to life Instrument: Survey

Only 29% of seniors feel fear for this age stage, 29% are worried, 23% feels anxiety to their future life, 29% fear and 22% has nervous for the future. There is no organization to manage this group in order to improve their quality of life.

CATEGORY	RESULT	PERCENTAGE
EXCELLENT	4	6%
VERY GOOD	8	12%
GOOD	25	36%
BAD	32	46%
TOTAL	69	100%

Tablet 4 Quality of life Instrument: Survey

Only 46% said that their quality of life is bad, 36% said is good, 12% very good and only 6% said that their quality of life is excellent. It is good to teach their families that take care of this group, offer spaces where the senior can get medical analysis periodically and guarantee their quality of life.

Conclusions

After collected, got and analysed the result of this research

In Libertador Bolivar community, they have a lot of problems for senior people, first they do not know the importance of active and healthy aging. At age between 60 -65 the senior population are not considered like productive, they are considered like a charge to their family. Not exist organization that improve their quality of life, so nobody can help teaching the advantage of improve their abilities , healthy habits and get a better health and active aging.

Recommendations

Give information about the importance of a healthy and active aging, and ítems that are useful to study the quality of life, they have to use different strategies to resolve problems own of their age.

Develop strategies lines to give capacitation for senior and their families, so they can help in this way of aging. Knowing the items is easier get an active and healthy aging.

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Resumen

Titulo

Objetivos, metodología

Contribución

(150-200 palabras)

Indicar (3-5) palabras clave en Times New Roman y Negritas No.11

Abstract

Title

Objectives, methodology

Contribution

(150-200 words)

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† Investigador contribuyendo como primer autor.

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Explicación del tema en general y explicar porque es importante.

¿Cuál es su valor agregado respecto de las demás técnicas?

Enfocar claramente cada una de sus características

Explicar con claridad el problema a solucionar y la hipótesis central.

Explicación de las secciones del artículo

Desarrollo de Secciones y Apartados del Artículo con numeración subsecuente

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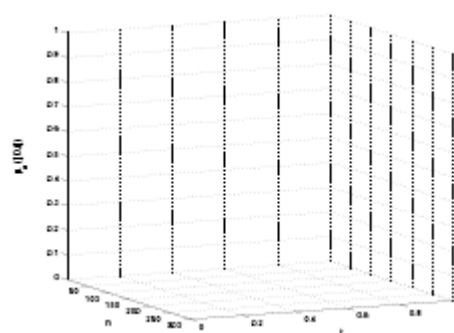


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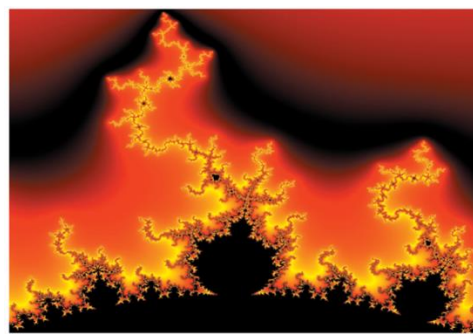


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Deberán ser editables y con numeración alineada en el extremo derecho.

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Dar el significado de las variables en redacción lineal y es importante la comparación de los criterios usados

Resultados

Los resultados deberán ser por sección del artículo.

Anexos

Tablas y fuentes adecuadas.

Agradecimiento

Indicar si fueron financiados por alguna Institución, Universidad o Empresa.

Conclusiones

Explicar con claridad los resultados obtenidos y las posibilidades de mejora.

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