



***Acciones para prevenir el consumo de bebidas alcohólicas en la
Secundaria básica "Wilber Galano Reyes"
Actions to prevent the consumption of alcoholic beverages at "Wilber
Galano Reyes" high school***

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Resumen

El consumo de alcohol es un problema de salud que requiere de acciones preventivas inmediatas y de promoción de la salud. El artículo tiene como objetivo presentar acciones para la prevención del consumo de bebidas alcohólicas en estudiantes de la secundaria básica "Wilber Galano Reyes" del municipio Baracoa. Para la investigación se utilizaron métodos teóricos y empíricos que permitieron establecer las direcciones principales en el proceso de la investigación. Se valoró factible la propuesta, lo que permitió corroborar su valor científico y su pertinencia para ser introducido en la práctica educativa.

Palabras clave: Prevención; Adolescencia; Consumo de alcohol; Alcoholismo

Abstract

Alcohol consumption is a serious health problem that requires immediate preventive and health promotion actions. The objective of the article is to present actions for the prevention of alcoholic beverages consumption in students of "Wilber Galano Reyes" High School of Baracoa municipality. Theoretical and empirical methods were used for the research, which allowed establishing the main directions in the research process. The proposal was evaluated as feasible, which allowed corroborating its scientific result and its pertinence to be introduced in the educational practice.

Keywords: Prevention; Adolescence; Alcohol consumption; Alcoholism

Introduction

The problem of alcoholism is a worldwide concern due to the increasing trend of alcohol consumption in all age groups. This is accepted worldwide as one of the main public health problems in the whole planet and represents a serious threat to the well-being and life of humanity, for this reason many countries are currently devoting substantial financial resources to its solution.

In Cuba, this is a matter of exceptional ethical, scientific and state significance. Cuban society, in correspondence with social demands, must take into account that each subject is inserted in a system of social relations, in which they face risk factors, among them alcoholism, and if they do not have an inadequate orientation, from school, they can become vulnerable to such influences.

The High School Model, in its aspiration for the integral formation of the adolescent, is based on a pedagogical process that places the adolescent as the protagonist in his or her formation, so that he or she can discover his or her potential and projections. For this reason, the need to develop prevention through pedagogical work must respond to a greater extent to the characteristics of the school and the contexts in which it operates.

Research on alcoholism prevention by Gorguet (1997), Rodríguez (1998), Oliva (2001), Guillarte (2003), Sandoval and Hernández (2004), González (2005) and Pérez (2011) stands out. These studies address the consequences of excessive drug use at the family and community levels. However, they do not provide a basis for preventing alcohol consumption in adolescents and, on occasions, limit the active role that adolescents can play in promoting a healthy attitude, correct ways of acting in the face of some manifestations of alcoholism and risk factors in the context in which they develop.

In the Cuban context, the pedagogical studies developed in the educational sphere by a variety of researchers who have paved the way for the foundation of prevention in the pedagogical process of the school institution are recognized. In this order, the contributions of Figueredo (1996), and Díaz (2001).

Bell (2002), Briñas (2007), Fernández (2007), De la Peña (2009) and Pérez (2011), which reveal an integral vision in the system of school activities. In the province, researchers such as Ruiz (2009), Guerra (2009), Pérez (2010), Del Toro (2013), Betancourt (2018), among other authors who have addressed alcoholism prevention both in the pedagogical process and in the family and community context, stand out.

However, the need for greater pedagogical argumentation of prevention from a risk approach is revealed, so that preventive action is energized in the pedagogical process, from the conceptualization and contextualization to the educational reality in which adolescents develop, and to treat risk factors that condition the appearance of alcoholism and with it, of inadequate manifestations of school and social behavior.

Therefore, a set of shortcomings have been identified that threaten the prevention of alcoholic beverage consumption among adolescents in high school, and the following problem situation has been identified:

- Little systematization of prevention actions aimed at anti-alcohol education at school.
- Insufficient use of the potentialities offered by the contents of the subjects to form an anti-alcoholic culture in students.
- Systematic consumption of alcoholic beverages by adolescents in the municipality of Baracoa.
- Determination of risk factors associated with alcoholic family members of adolescents.

Derived from the detected insufficiencies, the following scientific problem was determined: How to prevent the consumption of alcoholic beverages in adolescents in the municipality of Baracoa?

Proposing as objective: To design actions for the prevention of alcoholic beverage consumption in adolescents of "Wilber Galano Reyes" High School of Baracoa municipality.

In order to characterize the sample, theoretical and empirical methods were applied to establish the main directions of the research process and to verify the results of the proposal.

Development

The pedagogical process, in correspondence with social demands, must take into account that

Cuban adolescents are inserted in a system of social relations, in which they face risk factors, among them, alcoholism, and if they do not have an adequate orientation, from the family and school, they can become vulnerable to such influences.

The threats of alcoholism in the new generations make it a risk factor that demands pedagogical attention from the different educational spaces in which adolescents are inserted.

When the consumption of alcoholic beverages is frequent and excessive, it can lead to the disease called alcoholism, which is defined by the Committee of Experts of the Pan American Health Organization (2008) as a chronic, generally progressive disease that causes psychological, physical, biological and social disorders, characterized by alcohol dependence and loss of control when drinking.

It is clear that the only effective way to prevent binge drinking is through systematic, creative, gradual and preventive education, adapted to the needs and interests of learners Lescay, Mestre, Romero, (2015, and 2016).

For this, students should be prepared in terms of knowledge about alcoholism, the causes that originate it, the negative consequences for the human organism and the actions to be followed by the school, the family and the community for the formation of healthy behaviors regarding its consumption.

There are precedent researches related to prevention from the school context, by authors among others such as: Briñas (2014), Armas (2014), Ramírez (2011), Rodríguez (2012) and Rubio (2015), who have addressed the treatment to different educational problems and have contributed methodological procedures and educational strategies for such purposes.

In this regard, it is significant to reveal that the pedagogical work in the development of alcoholism prevention is committed to contributing to the formation of qualities, attitudes, behaviors and healthy lifestyles in adolescents, given the risk of alcoholism to which they are exposed in the context in which they develop, hence the role of the school in the pedagogical process.

The results of the application of the different instruments allowed for some critical reflections on the current situation of alcoholism prevention in "Wilber Galano Reyes" High School, in order to

systematize and synthesize regularities that reveal the relevance of the scientific problem stated in the present research, thus the need for its solution. Among the elements analyzed, the following can be mentioned:

- The development of prevention has become an occasional activity and is not had as a work strategy that allows compliance with the requirements of the new model.
- Insufficient professional preparation of teachers for the exercise of the preventive function in the formation process of adolescents.
- Misconceptions persist among teachers about alcoholism prevention, reducing it to an activity that requires the support of specialists, and it is not conceived as a function of the teacher, from the potentialities offered by the teaching process.
- Little exchange with the family with the objective of discarding alcohol consumption in their children.
- Insufficient knowledge of students.....

Actions for the prevention of alcoholic beverage consumption among 8th grade students of "Wilber Galano Reyes" High School

General Objective: to contribute to the prevention of alcoholic beverage consumption in 8th grade students of "Wilber Galano Reyes" High School, through actions that increase the level of knowledge about alcoholism, and in turn, promote healthy lifestyles and responsible behaviors.

Action # 1. Familiarize students with the work dynamics, based on group presentation techniques and the recognition of some characteristics that make them vulnerable to the consumption of alcoholic beverages on an individual basis.

Objective: to create a favorable psychological climate for the development of prevention actions.

Completion date: September 2019.

Action # 2. Determine the level of knowledge of students about addictions, with emphasis on alcoholism.

Objective: to characterize the actual state of the level of knowledge of students.

In order to carry it out, it is possible to:

Apply evaluation techniques and instruments such as interviews, surveys, pedagogical tests, among others.

Conduct individual and group discussions with students.

Achievement date: October 2019

Action # 3. Create a Circle of Interest related to the prevention of alcohol consumption.

Objective: To encourage student protagonism in prevention actions at school and in the community.

Completion date: October 2019

Action # 4. Conduct educational workshops on different topics that contribute to deepen the consequences of drug use in adolescents.

Objective: to stimulate critical analysis in adolescents for the assumption of a healthy lifestyle and as a consequence, increase their quality of life.

The following topics are proposed:

- What happens to my body? Main physical, psychological and social changes during adolescence.
- "Drug use". Myths, realities and consequences for human health.
- Addictions? The importance of making my own decisions.
- What is alcoholism? Consequences of drinking alcoholic beverages for adolescents.
- Can I have fun without drinking alcohol? Healthy recreation.

Completion date: The entire course.

Action # 5. Screening of film debates on alcoholism and its consequences for adolescents.

Objective: To deepen the knowledge of the health consequences and risk perception of alcohol consumption.

The following films are proposed:

- "The Benny"

- "City of God".

Achievement date: November 2019 and February 2020.

Action # 6. Conduct meetings with people addicted to alcohol in the community, who have undergone medical treatment.

Objective: to assess the consequences for physical, psychological and social health of the consumption of alcoholic beverages based on the experiences of people who have suffered from alcoholism.

Achievement date: December 2019.

Action # 7. Hold a discussion with specialists from the MININT's Department of Care for Minors.

Objective: to analyze the harmful nature of alcohol in the human organism, thus its unbalancing action on behavior, the way excessive consumers act and the legal consequences of this inappropriate behavior.

Achievement date: March 2020

Action # 8. Convene the "No to Alcoholism" Contest, the results of which will be presented at grassroots events and exhibitions of the best work presented.

Objective: to confirm what students have learned about alcoholism and its consequences and to make proposals for its prevention.

Target date: May 2020

Action # 9. Conduct social communication campaigns using posters, banners, murals, created by the center's own students in the appreciation workshops, promoting the knowledge they have about the consequences of alcohol consumption, smoking and psychotropic drugs.

Objective: To disseminate the consequences of alcohol, tobacco and psychotropic drug use in public spaces of the school and the community.

Responsible: Art instructor

Date due: The entire course.

Action # 10. Promote healthy lifestyles, starting with healthy recreational activities (traditional games, sports, inter-school competitions, book reading, presentation of cultural events, film watching, etc.).

Objective: To promote healthy recreation among students through different extracurricular activities.

Responsible: Head of Grade and Guiding Teacher.

Due date: The entire course.

Action # 11. Conduct a monthly group assembly to analyze the individual behavior of each student and the group in general, with respect to the consumption of alcoholic beverages.

Responsible: Guiding Teacher and Psychopedagogue.

Date of fulfillment: monthly.

Action # 12. Conduct an experiential closing workshop where students can present the knowledge they have acquired about the consumption of alcoholic beverages and how they apply it in their personal lives.

Objective: to result from the students' experiences,

Completion date: June 2020.

For the assessment of feasibility, the "Rating Scale" technique was applied to the group to determine the students' levels of satisfaction with the prevention actions implemented, with the result that 63% were totally satisfied and the remaining 27% were largely satisfied.

They were also subjected to the assessment of the teachers involved in the research, from a group interview, which allowed demonstrating the feasibility of the same and their practical application, converting the initial state to a higher level of development, which is reflected in the improvement of the students' ways of acting with respect to alcohol consumption.

It is considered that these exposed results are very positive, however it is evidenced the need to work on the development of some qualities for the formation of the students' personality, which is included in the individual diagnosis for the continuity of their treatment in 9th grade.

Conclusions

The proposed actions constitute a way to prevent the consumption of alcoholic beverages in students of high school. They can be implemented in the pedagogical process of schools in the municipality of Baracoa, taking into account the risk factors and the context in which they are developed.

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