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## RESEARCH

Saúde do adolescente escolar: uma pesquisa documental

School teen health: a documentary research

Salud del adolescente escolar: una investigación documental

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### ABSTRACT

**Objective:** characterizing the dissertations and theses available on Theses Database Coordination of Improvement of Higher Education Personnel that concern to the health of school teens. **Method:** this is a documentary research. **Results:** of the 927 identified studies, the final sample resulted in 174 studies, being the majority belonging to the Collective Health (18,39%). 33 studies (18,96%) characterized as doctoral thesis and 141 (81,04%) as Master's thesis. The State of São Paulo is more prominent in the productions, with 60 (34,48%) studies. About the themes stood out oral health with 21 studies (14,28%). **Conclusion:** the study showed the importance to investigate young people through the growing number of publications of dissertations and theses on adolescent health, contemplating the multidisciplinary team and the school as an important social facility for planning and executing activities that promote adolescents' health. **Descriptors:** health, adolescent, school, documentary research.

### RESUMO

**Objetivo:** caracterizar as dissertações e teses disponíveis no Banco de Teses da Coordenação de Aperfeiçoamento de Pessoal de Nível Superior que versem sobre a saúde do adolescente escolar. **Método:** trata-se de uma pesquisa documental. **Resultados:** dos 927 estudos identificados, a amostra resultou em 174 trabalhos, sendo a maioria pertencente à Saúde Coletiva (18,39%). 33 estudos (18,96%) eram teses de doutorado e 141 (81,04%) dissertações de mestrado. O Estado de São Paulo foi o que mais produziu acerca do assunto, com 60 (34,48%) estudos. Sobre as temáticas, destacou-se a saúde bucal com 21 estudos (14,28%). **Conclusão:** evidenciou-se a importância de se investigar a população jovem através do crescente número de publicações sobre a saúde dos adolescentes, contemplando a equipe multidisciplinar e a escola como importante equipamento social para o planejamento e execução de atividades que promovam o adolescer saudável. **Descritores:** saúde, adolescente, escola, pesquisa documental.

### RESUMEN

**Objetivo:** caracterizar las disertaciones y tesis disponibles en el Banco de Tesis de la Coordinación de Perfeccionamiento de Personal de Nivel Superior encargados de la salud del adolescente colegial. **Método:** se realizó una investigación documental. **Resultados:** de un total de 927 estudios identificados, se obtuvo 174 trabajos de los cuales la mayoría pertenece a la Salud Pública (18,39%). De los trabajos, 33 estudios (18,96%) fueron tesis de doctorado y 141 (81,04%) fueron disertaciones de máster. El Estado de São Paulo fue el que más se produjo acerca del tema, con un total 60 (34,48%) estudios. Acerca de los temas, se evidencio la salud bucal con 21 estudios (14,28%). **Conclusión:** se observó la importancia de investigar la población joven a través del creciente número de publicaciones acerca de la salud de los adolescentes, destacando la equipe multidisciplinar y la escuela como importante equipamiento social para el planeamiento y ejecución de las actividades que promuevan el desarrollo de la adolescencia de manera saludable. **Descriptor:** salud, adolescente, escuela, investigación documental.

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## INTRODUCTION

**T**he process of adolescence is a social and psychological phenomenon which generates different characteristics according to the sociocultural environment and economic in which the / teenager develops. It is still a phase characterized by discoveries, blossoming sexuality, increase of the number of friends, group involvement, bodily changes that are experienced differently by girls and boys, and especially by the fact adapt to a new context: the be a man and a woman.<sup>1</sup>

This period of transition from childhood to the adult phase is bounded under the classifications of the Statute of Children and Adolescents, as individuals aged 12 to 18 years old, and the World Health Organization (WHO) as a period covering the second decade of life - 10 to 19 years old - encompassing both biological, psychological, sociocultural aspects.<sup>2</sup>

In Brazil, individuals between 10 and 19 years old account for approximately 18% of the total population of the country; worldwide representing around 20% of the population.<sup>3</sup> However, despite the large population living in this age, many of these young people have access to information and basic health care services. Furthermore, they show resistance approaching health care institutions, resulting in lower demand for health services.<sup>4</sup>

The teenager is an idealistic, curious, oppositional being, and these feelings awakened in him a need for challenges associated with lack of experience and previous experience can lead you to risky behaviors such as drug use, unhealthy diet and early sexual activity, which most often occurs in an unprotected form.<sup>5</sup> Accordingly, various modifications those are related to this population and its self-affirmation in society end up leaving it more vulnerable to existing risk factors.<sup>6</sup>

Facing this reality, increasing indicators of adolescent health problems, such as increased incidence of HIV / AIDS, high risk of pregnancy, nutritional problems, violence, use and abuse of alcohol and psychoactive substances are observed.<sup>1</sup> It is also observed that the health of adolescents in Brazil is still incipient in the context of public programs aimed at improving the quality of life of the population, leaving the gap as emphasis on young people.<sup>7</sup>

It is noteworthy that teenagers have rights safeguarded by the federal constitution, and the article No 227 to make categorical duty of the State and civil society to ensure the priority of meeting the needs of these individuals. Emphasizes, however, that have rights backed by law then requiring a multidisciplinary approach that can detect through a differentiated auscultation eminent health of this population problems.<sup>8</sup>

Thus, it appears that the problems presented by young people from different backgrounds are necessary involvement of a multidisciplinary team, which has a primary role in promoting healthy adolescent process being. Considering the school setting the benchmark for teens, local development and growth, is the ideal base for all health action

space. So familiarize them with the experiences of life and routine of school youths enables measuring the distribution of risk and protective factors for current and future health, essential in guiding policies for this group.

Based on these and considering the importance of highlighting the trends of Brazilian research on the health of adolescent school, it was raised a profile of what is being produced under the national postgraduate programs on the theme. The following guiding questions were formulated: 1) What are the characteristics of dissertations and theses available in Theses Database Coordination of Improvement of Higher Education Personnel (CAPES), which focus on the health of adolescent school? 2) What are the issues involved in the health of adolescent school addressed in the studies?

From the perspective of answering these questions, this study aimed to characterize the dissertations and theses available on Thesis Bank CAPES that deal with the health of the school teenager.

## METHOD

To achieve the proposed objective, a documentary research was conducted in the Theses Database Journal Portal of CAPES for this bank to facilitate access to information of dissertations and theses in the whole country.<sup>9</sup> The choice for using this scientific work is based on the high methodological rigor and the possibility of progress in science that these studies are contributing to, solving important problems.<sup>10</sup>

The desk research was guided by a protocol built for the development of the study, validated by one of the authors with doctoral and structured in an articulated manner on the following points: purpose; guiding questions; search strategies; selection criteria for studies; strategy for data collection; strategy for critical evaluation of the study and data synthesis.

The data collection was performed in pairs, in the months of August and September 2012 for graduate and postgraduate scholarship students. We used controlled descriptors (DECS) "Health" and "Teen" and non- controlled "school" in the search field "subject" through the option "all words". Because the Thesis Bank of CAPES are only available titles and abstracts of dissertations and theses, later, a search in the libraries of universities in development studies, with the aim of finding them in full has been made .

The selection of studies was based on previously established criteria : 1) Inclusion criteria: dissertations and theses available in full electronically those would exercise on the health of school teenagers and that focused on the theme of the school environment - epidemiological aspects; promotion and / or prevention in health care; education and research; 2) Exclusion criteria: dissertations and theses available in full consultation with the registration upon achievement; would lecture about research studies those were not conducted with adolescents or were performed outside the school environment; searches those do not concern one or more indicators collection protocol.

The concept of teen used as a criteria in the study was the World Health Organization (WHO) designating this period as covering the second decade of life, from 10 to 19 years old.<sup>11</sup>

To assist in the evaluation of each dissertation / thesis selected and storing information, a standardized tool in Microsoft Excel with the following indicators collection detail in each column was prepared: academic level; Local development of the study; year of publication; area of knowledge; methodological and thematic design.

The information gathered from the studies and inter-related with the available literature strengthened the discussion of results. The different thematic studies were also grouped by category in the same instrument to facilitate the analysis, since the central theme of the study is broad.

The profile built with the results of documentary research was presented descriptively and by means of figures and tables, facilitating the visualization and understanding of the findings.

## RESULTS AND DISCUSSION

Of the total of 927 initially identified studies those presented the adolescent school health as a central topic of the research (thesis or dissertation), the final sample included 174 studies selected from the prescribed criteria. Thus, the marked difference between the total number of studies and those who were selected for analysis was mainly for the inability to access them in full, due to the need for enrollment in virtual libraries of postgraduate programs as well as the unavailability of the full content of scientific reports on these libraries. Besides the large quantity of researches that were performed outside the school environment and concomitantly with children.

Studies were categorized into various areas of knowledge; thus, belonging to different national postgraduate programs. When the concentration of these studies analyzed by area, stood out : 32 studies in Public Health (18.39%), 24 in Physical Education (13.79%) , 20 in Nutrition (11.49%) , 19 in Dentistry (10.91%) and 16 in Nursing (9.19%), with the remaining 63 distributed in other areas (36.23%), as can be seen in Table 1 .

Table 1 - Distribution of studies by concentration area. Natal/RN, 2012.

Area of concentration	Number of studies
Collective Health	32
Physical Education	24
Nutrition	20
Dentistry	19
Nursing	16
Education	9

Psychology	7
Public Health	7
Medicine	6
Health Sciences	5
Child and Adolescent Health	5
Cardiology	3
Interdisciplinary	2
Multidisciplinary	2
Biomedicine	1
Nutrition Biochemistry	1
Science and Technology of food	1
Medical Sciences	1
Medical clinic	1
Development and the environment	1
Education in sciences and mathematics	1
Epidemiology	1
Physical therapy	1
Nutrition applied to Pediatrics	1
Pediatric Dentistry	1
Pediatric and Psychiatric	1
Urban and regional planning	1
Health Promotion	1
Psychiatry	1
Clinical Psychology	1
Health and environment	1
<b>TOTAL</b>	<b>174</b>

Source: Theses database of Capes.

Observing Figure 1, it appears that the theses and dissertations selected were published in the period between the years 2006 and 2011. The largest number of dissertations addressing the topic was published in 2008, a total of 21 (14.28%) studies; and doctoral theses in 2011, with seven (4.02%) studies.



Figure 1. Distribution of studies according to the year of publication. Natal/RN, 2012.

Regarding the location of development of the studies, the State of São Paulo is more prominent in the productions, with 60 (34.48%) studies, followed by the State of Rio Grande do Sul, with 33 (18.96%), Minas Gerais with 15 (8.62%) and Santa Catarina with 11 (6.32%) representing almost 70% of the total sample (Figure 2).

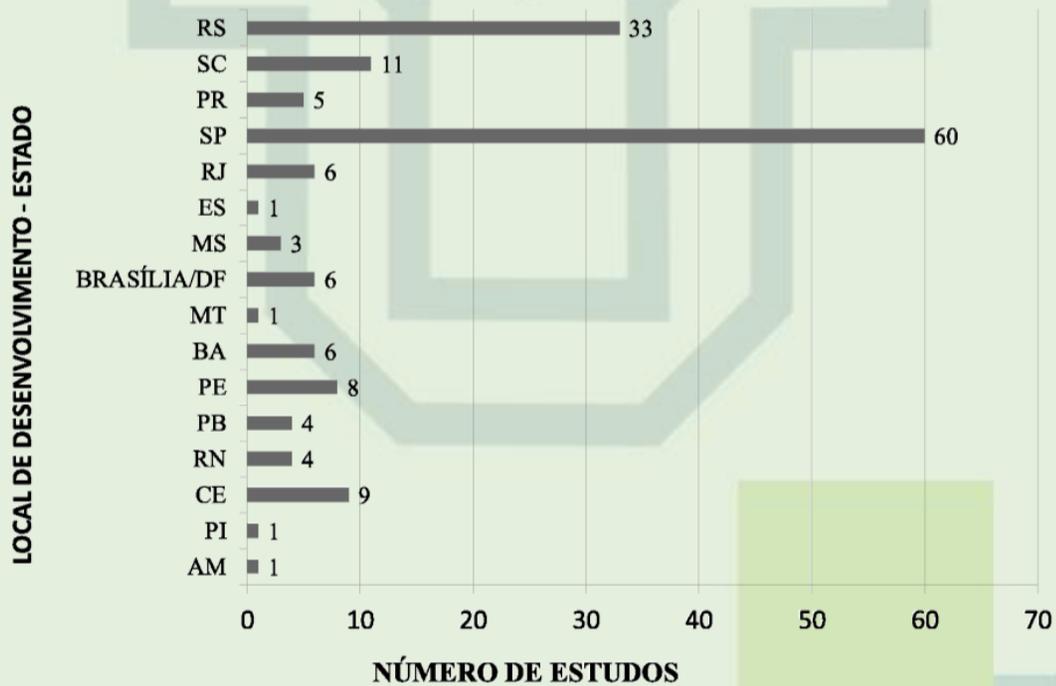


Figure 2. Distribution of studies according to the place of publication. Natal/RN, 2012.

Regarding the academic level, 33 studies (18.96%) are characterized as a doctoral thesis and 141 (81.04%) as dissertation. Concerning the methodological design, 30 (17.24%) were of qualitative nature, 24 (13.79%) of quantitative origin, 14 (8.04%) studies used both approaches and the others did not describe the type of approach adopted. Most studies was characterized as cross (45.40%) and descriptive (17.81%).

Finally, studies were categorized according to the main covered on the health of school adolescents (Table 2) themes, namely: oral health in 21 studies (14.28%), overweight

and physical activity among 13 studies each (14.94%), sexuality and eating habits with 11 trials each (12.64%), nine related to the consumption of any drugs on contraception-nine (10.34%) studies and seven on Sexually Transmitted Diseases (STDs) (4.02%).

Table 2 - Distribution of studies according to the topics addressed. Natal/RN, 2012.

Thematic	Number of Studies
Oral Health	21
Overweight/Obesity	13
Physical activity	13
Sexuality	11
Eating habits	11
Drug consumption	9
Contraception	9
STDs	7
Cardiovascular diseases	5
Nutritional status	4
Body Image	4
Eating habits and physical activity	4
Pregnancy in adolescence	3
Gender	3
Diabetes	3
Hypertension	3
Becoming an adolescent	2
Respiratory tract problems	2
Violence	2
Other themes	45
<b>Total</b>	<b>174</b>

Source: Thesis database of Capes.

Since the 1980s, countries are articulating strongly about the idea of Health Research be considered an essential tool for the advancement of the health condition of populations as well as for health planning and determination of public policy. This fact has contributed to the reduction of social inequalities and improvement actions related to the promotion, protection, recovery and rehabilitation.<sup>12</sup>

Inserted in this context, the Academy plays a central role in the generation of new knowledge. From the Opinion Maciel-Sucupira, No. 977/1965, the Federal Council of Education, the research was outlined in the country leading to a sustained production of knowledge, preferably in the area of graduate education for public institutions.

Thus, currently, 90% of the production of science in Brazil involves most universities and public institutes, predominantly in the South and Southeast Regions.<sup>13</sup> This data reaffirms the existing distribution of Master's and Ph.D. in Brazilian regions disparity, which has a direct influence on both scientific and technological production of the country, since an increase in graduate courses indicates greater knowledge production. It also shows that

state and federal universities account for over 80% of these courses, highlighting the relevance of the public system in Brazilian graduate<sup>14</sup> and confirming a historic trend in which, since the founding of the first programs of graduate in Brazil, the courses were limited to the public sector, with some exceptions.<sup>15</sup>

Government agencies promoting scientific production comes allocating substantial resources to maintain graduate programs and funding to conduct research that result in the defense of dissertations and doctoral theses<sup>(16)</sup>, which, in turn, can determine the quality of graduate programs.

However, the literature reports that when comparing gross national income with the Brazilian intellectual production, it is still considered very small, indicating that investments in science and technology are not viewed as a priority. Suggests, therefore, that although in recent years an increase in titers occur masters and doctorate, the growth of intellectual production in the country was a reply from the front of the search for a standard of excellence in graduate studies political institutions.<sup>17</sup>

Analogous to the reality of many countries, health is the branch that develops more scientific and technological research in Brazil. Territorially, the distribution of this scientific production in health focuses more on the Southeast Region.<sup>12</sup> This finding is consistent with the results obtained in this study about the state of publication of selected theses and dissertations, reflecting a national scenario prevailing yields in the Southeast and South of the country, as seen in Figure 2, highlighting the state of São Paul with 60 studies.

It appears, therefore, a predominance of research that follows the same order of Brazilian federative regions with regard to the distribution of graduate programs in the country.<sup>9</sup> It can be inferred from this that the lifetime of graduate programs can also determine the quality and quantity of work performed.

Regarding the temporality of dissertations and theses evaluated in this study, one can infer that the majority was published in the last 10 years, according to Figure 1, which is consistent with the scenario of growth of Brazilian graduates evidenced in the literature. Because of that, there is an increase of studies in post-graduate, focused on the health of adolescent school. Therefore points to the importance that has been designed to issue, through the increasing number of investigations.

This scenario is consistent with results of studies that showed a positive increase in Brazilian intellectual production related to the health of children and adolescents, besides showing greater visibility of this production at the international level, due to the advancement of publications articles with higher quality.<sup>17,18</sup>

Regarding the indicator "academic level", the research reports analyzed a greater of dissertations regarding theses is found; thus, observing line with the reality of Brazilian graduate. In the country, the academic master is the type of postgraduate course that grows more and more headlines.<sup>19</sup> The doctoral still presents himself outnumbered, being one of the causes suggested by the literature relevant number of teachers who do not continue their studies after completing the Master's.<sup>15</sup>

It is emphasized that even from the increasing development of studies covering different aspects of adolescent health issues and contributions to the research area can be raised. In this sense, the analyses allows highlighting academic research gaps and excel results, contributing to the production of future dissertations and theses in the country,

which have a social duty to communicate their findings not only to the scientific community but also for all society, with a view to the progress and the improvement of the current healthcare system.

Regarding the methodology, qualitative studies and descriptive Spotlight obtained, which can be justified on the objective of the studies and the need that the researchers demonstrated in understanding what happens to the teenager, addressing their knowledge and experiences on the theme crafted.

In qualitative approach, understanding an issue from the perspectives of those who experience it, considering it in the social context, have the descriptive research characterized by exploring situations where further information is required. Want, therefore, to accurately describe the features of a certain reality.<sup>20</sup>

Regarding the indicator " area of concentration " , research results showed an increase in the number of publications developed by various health specialties involving child and adolescent health as an object of study , highlighting , among them , public health and internal medicine.<sup>17,18</sup> It was also demonstrated a lower performance of institutes and academic departments of pediatrics in the increase of Brazilian scientific production about the theme, not observed with the growth in non- pediatric specialties.<sup>17</sup>

These data are consistent with the findings of this desk research showed that a small number of studies have indicated that as the concentration area of child and adolescent health, as can be seen in Table 1. Emphasis is thus needed to investigating the reasons of this scenario, aiming in identifying possible difficulties faced by graduate programs and institutions in the area; thus, developing strategies to change this reality.

The Public Health was the concentration area with the largest number of studies on the subject proposal. Own brand as multidisciplinary, since it's problematic requires diverse readings and admits the construction of different theoretical objects.

According to a study conducted in 2006, there was an expansion of the field of public health within the Brazilian Graduate and observed progress in the area also demonstrates its potential for growth, essential to meet the growing demand, both in universities and related Health System (SUS).<sup>21</sup>

According to the principles of protection to adolescents, professionals from different fields of knowledge, especially health, along with family exert a protecting effect contributing to health problems.<sup>22</sup>

When considering that there is a low demand from teenagers to health services<sup>23</sup>, the school appears, then, much important and crucial for this sector as a partner, assuming a growing importance on the health promotion and disease prevention; therefore, integrating educators, parents, students, health professionals and community members in an effort to transform schools into healthy environments.<sup>24</sup>

Given this reality, this documentary research demonstrated a concern of several professional classes with the health of adolescent school, starting with the oral health through studies carried out by the field of dentistry and public health.

Research indicates that since the 90s , there has been growing interest about oral health , especially related to dental pains , resulting in epidemiological studies that have investigated and expanded its scope not only the prevalence of the problem , but also individual and contextual factors associated with it and its impact on daily activities . Most

of these studies have been developed with teenagers<sup>25</sup>, what explains the considerable number of scientific reports found about this topic.

The questions related to overweight / obesity and physical activity were addressed in each work 13 (14.94%). Despite the limited release, much has been discussed about the risk for development of obesity and its implications for adolescent life factors. The current lifestyle of children and adolescents, especially those more economically advantaged, has caused a reduction in physical activities and unhealthy diets, culminating in overweight.<sup>26</sup> To work successfully with adolescents is required that professionals understand which problems and conflicts faced by this age group. In this sense, it appears that actions aimed at this audience should mainly cover such situation problems. Thus, studies on sexuality, contraception and STDs added 27 jobs.

This confirms a growing concern with the current reality , in that rise cases of young people who contract STDs at the beginning of sexual life , besides the large number of pregnant adolescents , showing that the condom is not a part of their habits , and that the disease does not appear to be more than an abstract concept to them.<sup>5</sup>

The promotion of adolescent health is the subject of debate, both in academic and in health and education institutions. The main concern is to stimulate adolescents' behaviors and lifestyles that insert the shaft of motivation for self-care.<sup>23</sup>

Regarding the use and abuse of drugs, the adolescent population deserves to be accompanied with special attention accordingly. Since this population group has presented, at the household-based survey in Brazil in 2001, the prevalence of indicators relating to the use and abuse of alcohol and other drugs, slightly differs from the other population groups.<sup>27</sup>

## CONCLUSION

When we compared the importance of this theme with the number of studies found, which were addressed, we note that there is still a very early production about it. This raises concern about the relevance of this subject not only for teenagers but also for society as a whole, since this age group corresponds to 18% of the Brazilian population; future adults that will promote growth.

With this study we seek to know which issues are being addressed in the context of school adolescent health through the use of Theses Bank of Capes, especially oral health as the most significant issue in the health care field concerned with the public.

The desk research has shown a growing publishing dissertations and theses on adolescent health, highlighting the importance of investigating such a significant group in our population. The multidisciplinary team discussed here arises as health promotion, encouraging healthy adolescents and investing in educational activities.

Despite the health model provided to adolescents be flawed and often little sought, studies point to the school as a promoter of education and supportive place for implementation of actions planned by the health team. Underscoring the importance of

research in life habits of this group in transition, which is at the mercy of drugs, violence and early chronic diseases that will resonate in adulthood, therefore, confirming the value of a different perspective on the health of these young people.

The data collection in the portal of CAPES, and later in the libraries of the corresponding universities, caused exclusion of studies that were considered important, as they were not found in full in these libraries. This caused difficulty in completing the survey.

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