



Zaštita seksualnog i reproduktivnog zdravlja u adolescenciji

Protection of Sexual and Reproductive Health in Adolescence

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Apstrakt

Svetska zdravstvena organizacija (SZO) definiše adolescenciju kao period između 10. i 19. godine života i predstavlja prelazni životni period koji se nastavlja na detinjstvo – počinje prvim znacima puberteta, a završava se kada osoba postigne odgovarajući nivo zrelosti i nezavisnosti. Adolescenciju, pored prepoznatljivih promena na telu, karakterišu i promene u načinu razmišljanja i odnosu prema okolini. Adolescenti neretko imaju osećaj neograničenosti, neranjivosti i impulsivnosti koje, usled nedovoljne informisanosti, najčešće dovode do nepromišljenog i rizičnog ponašanja.

Prisutne promene u društvu, ubrzan razvoj telekomunikacija i društvenih mreža, kao i gubitak porodičnih vrednosti, značajno doprinose porastu rizičnog ponašanja adolescenata koja mogu da ostave brojne posledice na reproduktivno zdravlje.

Reproduktivno zdravlje je definisano kao „stanje potpunog fizičkog, mentalnog i socijalnog blagostanja, a ne samo odsustvo bolesti ili slabosti, u svim pitanjima koja se odnose na reproduktivni sistem i njegove funkcije i procese“.

Zadatak zdravstvenog sistema je da prilagodi programe seksualnog i reproduktivnog zdravlja potrebama adolescenata, sa ciljem da im pomogne u donošenju informisanih odluka i izbora, što podrazumeva omogućavanje pristupa sveobuhvatnom seksualnom obrazovanju, prevenciju, dijagnostiku i lečenje polno prenosivih infekcija, kao i savetovanje o planiranju porodice.

Abstract

The World Health Organization (WHO) defines adolescence as the period between 10 and 19 years of age and is a transitional life period after childhood - it begins with the first signs of puberty, and ends when a person reaches an appropriate level of maturity and independence. Adolescence, in addition to recognizable changes in the body, is also characterized by changes in the way of thinking and attitude towards the environment. Adolescents often have a feeling of limitlessness, invulnerability, and impulsiveness, which, due to insufficient information, most often lead to reckless and risky behavior.

Current changes in society, accelerating the development of telecommunications and social media, as well as the loss of family values, significantly contribute to the increase in risky behavior among adolescents, which can have numerous consequences on reproductive health.

Reproductive health is defined as “a state of complete physical, mental and social well-being, and not merely the absence of disease or infirmity, in all matters relating to the reproductive system and its functions and processes.”

The task of the health system is to adapt sexual and reproductive health programs and services to the needs of adolescents with the aim of helping them make informed decisions and choices, which includes providing access to comprehensive sexual education, prevention, diagnosis, and treatment of sexually transmitted infections, as well as providing advice on family planning.

