

SEXUAL CULTURE OF YOUTH AS A PSYCHOLOGICAL PROBLEM

У статті розкрито проблему формування сексуальної культури молоді. Зазначено, що ефективність вирішення поставленої проблеми залежить від наступності статевого виховання (родина, школа, вищий навчальний заклад, суспільство).

Ключові слова: молодь, стать, секс, сексуальна культура, сексуальна освіта, статеve виховання.

The article deals with the problem of forming sexual culture of youth. The author noted that the effectiveness of the solution of the problem depends on the continuity of care (family, school, institution of higher education, society).

Keywords: youth, gender, sex, sexual culture, sexual education, sexual upbringing.

Problem urgency. In the midst of tumultuous changes in society caused by urbanization and scientific and technological progress, the consciousness of modern personality undergoes such transformations. Both in the media and in the narrow circle of close friends, often have to raise a question of psychological development of personality that would adequately correlated with its lifestyle and conditions of existence.

Each new historical era, as clearly evidenced by the historical experience of mankind, places new demands not only social and typological characteristics that should have a personality in the new conditions of life of society, but also the process of its formation.

Unfortunately, in the pursuit of high performance training and material things we have forgotten or lost due diligence on spiritual education of youth. «The main targets of this process – defining priorities in life, find their ways to success, understanding the need to constantly improve their knowledge and skills and above all – serve the people through accumulation in the minds and behavior of moral and spiritual qualities» [1, p.19].

The most important reforms in education basics V.Vernadsky pointed out the principles of rationality and spirituality. Based on their own concept of the noosphere, the scientist claimed that scientific knowledge should serve «the only form of spiritual culture, common to all mankind» [4, c.5].

Today, for the most young people there is only horizontal development of the individual, ice the development of abilities and emotional expressions of character. As a result, all the powers of the soul are not aimed at finding their own purpose, and the maintenance of self-affirmation. A.Harmayev notes that individual spiritual growth occurs only by vertical development. This development of the spiritual senses, strength of soul and spirit [5, p.30].

In this way, it is necessary to form a young person. «It is necessary for the normal perception of existing reality, to create the best qualities of character, to create

a happy family. Spiritual Development can only take place on the basis of Christian principles» [2, p.20].

The future of our country depends on the content of values, which lie in the ideological orientation of young people and how spirituality will be the foundation of their lives. This means that the education of youth, preparing her for independent living has always been one of the most important problems in society. And the main objective of this work is the acquisition of theoretical knowledge, development of modern ideas and views on love, marriage, and the formation of moral values. Sexuality and sexual love are significant events in the life of people and society should give them due consideration.

The purpose of the message – determine the role of sex education and sexual education in shaping the sexual culture of youth.

Raising the question. In the new millennium, humanity has entered many challenges. One of them – sexual life of young people, accompanied by depreciation of love, deep trauma and frustrating. Therefore, sex education designed to inculcate the younger generation thoughtful, deliberate and carefully attitudes towards gender issues, everything connected with them. The purpose of the message – the role of sex education and sexual education in shaping the sexual culture of youth.

The study of sexuality and sexual youth culture reflected in the large number of papers and books of scholars such as Foucault, Giddens, F.Reiss, M.Claye and others. Ukrainian scientists conducting research in psychology of sex and sexuality in the past 20 years. Mainly focuses on the following issues: the study of the theoretical aspects of psychosexual development – V.Pisotsky, to the problem of gender and sexuality psychology – B.Vornyk, T.Hovorun and O.Kikinezhd, the formation of sexual culture of students – L.Hrydkovets, gender roles influence on personality development – A.Kocharyan, the relationship of sexual fantasies of psychosexual behavior – M.Zhydko, psychology, sexuality and sexual – S.Didenko, features sex-role self-adolescent boys – V.Vasyutynsky, the influence of individual psychological characteristics of adolescents on their features sexual behavior – V.Moskalenko, O.Secheyko, the study of sexual practices of adolescents – G.Sokuryanska, L.M.Hrydkovets, the idea of culture as a specific human activity through conscious understanding of their actions and deeds – V.E.Davidovich, A.Zhdanov, N.S.Zlobin, M.Kogan, D.Cheyni. To Russian scientists who carry out their research and development in this area include I.S.Kon, S.Hunger, E.Omelchenko, A.I.Antonov, V.M.Medkova and others.

Today, researchers have concluded the problem that after a long period of so called «asexual education» now come entirely different times.

The objectives of Education to boost the sexual culture is to educate young people in the right positions and the right attitude, first, to their own sex, and secondly, to the opposite sex, and thirdly, acceptance and analysis of the views on those issues that are inherent in society.

Currently significantly increased interest in serious discussion of issues of gender, sex education, sexual culture formation. The most acute of these issues are youth. Now it seeks to implement as soon as possible their physiological needs. Lack

of timely and correct orientation in sexual culture (morals) usually affects other aspects of the behavior of young people.

Problems of human sexuality, sexual culture, its sexual behavior still bypass all levels of education (from pre-school to high), and if they are considered, the surface, generally – especially left unattended sexual culture.

Sexy culture is, as you know, part of the overall culture. It – integrative phenomenon that consists in certain social conditions influenced by psychological, social, psychological and biological factors. A gift of sexuality is not given to man in ready, integral form. Its duty is to nurture and develop this gift for the good of their own and others. For youth education in sexual plane must start with a positive attitude to teaching sexuality. Many adults, especially the older generation, it opposes any form of discussion of gender issues, believe that this knowledge leads to sexual emancipation, promiscuity. They forget or do not realize that knowledge can not corrupt and moral attitudes are formed only by serious permanent cultivation at an early age. Sexuality is often perceived as unclean and forbidden. This attitude to sex is wrong.

Sex is not guilty of fornication, and non-cultural, non-possession relevant knowledge. Old-fashioned moral standards, superstitions, traditions, religious restrictions prevent the formation of modern scientific views and mastering their youth.

Analysis of the literature suggests that the topical is issue of psychosocial adaptation of youth. Youth filled with insurmountable problems, they have long been higher than the critical threshold and threaten social unrest. Educating young people about the formation of sexual culture will be effective subject to certain principles of implementation. Formation of personality – a process of socialization, ice mastering individual social experience as a result of targeted (educational) and natural influences [7, p.5].

The criteria for evaluating the effectiveness of sex education should serve as: a positive attitude toward sex as a moral value category, the perception of its own body, respect for the opposite sex, formed guidelines for chastity and abstinence from early and casual sex, understanding the need to curb sexual desire and ability to control their expression, knowledge of the rules reproductive health and safe sexual behavior and appoint to comply with these rules, the degree of formation of personal responsibility for one's own sex life [9, p.74].

Modern ideas about sexuality is largely determined by the moral, social and psychological meaning, which gave him the previous generation. As pointed out by Michel Foucault in his «History of Sexuality» growth erotic consciousness in the modern West was accompanied by persistent attempts to suppress it, but today the situation has changed. Availability – the ubiquitous presence of erotic images – directly or indirectly, traditional or non-traditional. The youth of today are in a very difficult situation forced interpretation of new texts, images and facts related to sexual behavior.

Sexual behavior of young people at risk often takes the form, as is often accompanied by poor culture of sex, lack of contraception prevalence, especially at first sexual intercourse. The fact that young people tend to «merge» (the term H. Shyhi known scholar age crises personality), almost no one in doubt. However this

type of mergers in adolescence seldom passes without the emergence of various problems in relations with the opposite sex. Often they cause are extremely strong but unconscious influence of cultural stereotypes that are imposed on the media, films, books, education, family relationships, especially the «scenario» based on what we have heard from their parents or close relatives [8, p.95].

A new and very important trend in the sexual sphere of life is that sexually erotic behavior and motivation to end emancipate of reproductive biology associated with procreation. Public consciousness accepted the fact that sexuality is not only aimed at procreation, does not need to legitimize and is self-sufficient. Sexuality – primarily a characteristic of highly cultured interpersonal relationships.

Man brings life, identity and culture are shaped by the totality of the circumstances of her social life. The concept of culture includes not only the characteristics of different communities, but also personality, its individual culture. To individual crops include feelings of culture, culture, relationships, including marital and sexual culture. Sexual culture depends on the individual and the individual psychological differences that contribute to the processing of the obtained information, the effectiveness of the learning process, establish a dynamic stereotype of sexual behavior. Formation of sexual culture must have some concept.

Priority is required to provide family education. Teaching culture family always reflects a certain level of achievement in the field of public education and upbringing of the younger generation. Sex details and sex characteristics of heroes, replicated media hinder the normal process of sexual self-boys and girls. Young people will be negatively affected foreign culture, including sexual. In addition, the gap between the generations on sexual values and behavior, much of which was totally unacceptable to parents whose children believe it is normal and natural. Therefore, it is safe to note that sexual education, sexual culture formation and education of the younger generation is one of the weakest links of family pedagogy [10].

The next step in the formation of problematic sexual culture is youth school. Unfortunately, modern school makes a meager contribution to sexual lumen. Adolescent social community is a special group of people, which occupies a marginal position by virtue of age-related and uncertain status, emerging approach to life and value-regulatory system. Boys and girls are little informed on sexual development, sexual feelings, experiences intimacy. Trying to move as soon as possible to the status of adults, adolescents and simplified uncritically accept information about individual sexuality and liberal sexual culture characteristic of modern reality, contributes to this.

Items that should improve the sexual education topics – gender, sex, intimate relationships, premarital sexual behavior – in fact, remained outside the curriculum. This style of sexual education, as showed, is inefficient, because the interests, needs, desires of the individual cannot be banned, they can only guide in a certain way.

Assessing problems of psychosexual development, it is hard not to notice the large gap between the level of sexual culture and the first lessons learned sexual behavior between physiological, biological maturity and its social, psychological manifestations [6].

Today the culture of sexuality, sexual morality and expediency determines psycho-hygienic maximize the understanding of physical and mental health, prosperity and happiness of the people.

Sexual education and training necessary to resist all modern media, seeking to undermine the morals of young people, to spread the ideology in which sexuality with its problems especially comes to the fore. Representatives of this ideology consciously spread theories that justify sexual promiscuity in any form and maintain fornication. In addition, promoting «free love» free form of marriage, a trial marriage. With the situation that was created in our society, we see that such effects are especially dangerous for young people who are not able to immediately distinguish healthy sexuality perception of «free love», promoted.

Higher education as we know, is the final stage of identity formation. A student who has come to higher education in the early stages of learning activities should certainly learn basic knowledge and skills of human culture at all levels of life. Higher education institutions are minuscule subjects, which would form the sexual culture of youth, preparing it to create a harmonious family healthy.

Formation of youth sexual culture and creating a psychologically healthy personality will be more effective if you treat this process will be at the proper level. This is possible only by joint efforts of all social institutions, without exception, related to learning and identity formation and interested in quality education of the younger generation.

Therefore there is an urgent need to develop a program of lifelong sexual education, family – school-higher education institution, emphasizing the importance of the educational process of high school, because young people from 17 to 25 years is in the final stages of formation, including sex.

In order to achieve the desired results in the formation of sexual cultures of young people need to prepare teachers, psychologists, physicians with a range of relevant skills that need to be erudite specialists; have good knowledge on all issues relating to gender; properly and deeply understand the personal relationships of young people, their psychology; be able to communicate clearly and without embarrassment to talk about emotive life events; have no prejudices regarding gender issues that would interfere with work; be sociable, able to arouse young people confidence in themselves; be able to take without prejudice sexuality as something [3, p.18].

Conclusions. State public sexual culture significantly affects sexual norms and forms of the individual, his sexual behavior, system of values, restrictions and regulations.

It should be noted that the increase in the educational level, the expansion of scientific knowledge of young people – a necessary condition for progress in the development of their sexual mind, enhance sexual culture, the emergence of a conscious need to build an intimate relationship in the best models of ethnic, psychological, sexual cultures. Sexual education and training will enable young people to understand the false and harmful theories. Having mastered all the riches of sexual experience and creating new values, thereby improving young people themselves.

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ШЛЯХИ ОПТИМІЗАЦІЇ Я-КОНЦЕПЦІЇ ПІДЛІТКІВ ІЗ ВАДАМИ ОПОРНО-РУХОВОГО АПАРАТУ ЗАСОБАМИ ТІЛЕСНО-ОРІЄНТОВАНОЇ ТЕРАПІЇ

У статті проаналізовано психологічні особливості формування Я-концепції підлітків із вадами опорно-рухового апарату та можливості її оптимізації засобами тілесно-орієнтованої терапії.

Ключові слова: Я-концепція, Я-концепція підлітка, самооцінка, вади опорно-рухового апарату, функціональні обмеження, тілесно орієнтована терапія, оптимізація, методи тілесно-орієнтованої терапії.

This article analyzes the psychological characteristics of the formation of self-concept of adolescents with disabilities of the musculoskeletal system and the possibilities for its optimization by means of body-oriented therapy.

Keywords: self-concept, self-concept teen, self-esteem, defects of the musculoskeletal system, functional limitations, body-oriented therapy, optimization methods of body-oriented therapy.

Постановка проблеми. Підлітковий вік є періодом становлення самосвідомості людини. Це період посиленних потреб дітей у спілкуванні з однолітками, що супроводжується емоційною вразливістю, протестом проти встановлених правил і порядків, прагненням до незалежності, самостійності й самоствердження себе як особистості [3].