

FACULTY OF SOCIOLOGY SOCIOLOGY DOCTORAL SCHOOL

Ph.D. THESIS ABSTRACT

The influence of psycho-social factors in beliefs, attitudes and sexual behaviors and preventive interventions to youth

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Keywords: sexuality, youth, socio-psycho-sexology, sexual education, dysfunctional sexual beliefs, video-clip-online-intervention, inter-, pluri- and trans-disciplinarity, video-clip-intervention

Ph.D. THESIS ABSTRACT

The fact that our society is going through a period of profound change has become a truism of the observations of today, and is becoming a subject in both scientific papers and popular studies. Ever since Romania became a member of the European Union, it has formed powerful and influential trans-Atlantic connections, developing socially, politically and economically, a context in which we remark a mix of Western models. At the same time, we are still facing the effects of the worldwide economic crisis which is not over, as well as the difficult situation in regards to cultural and moral values. A conservative socio-cultural model of sexuality and lack of a coherent educational approach still dominates the Romanian society. As a result, sexuality is still considered a taboo subject, barely touched upon in family or during the educational process in schools, even though since the beginning of the 21st century remarkable progress has been made through scientific study and dissemination of relevant information in academic disciplines. Within the contemporary European society, which is in continuous development, at least in theory, the quality of life is considered primary, and taking all of its aspects into consideration, we cannot ignore the need to study sexuality through an inter-, pluri- and trans-disciplinary perspective. This will also take into account the durable development of human personality, translated as a basic element of the social system. The multidisciplinary approach assumes a vision which involves health education, including sex education through the perspective of the public health policy. As a result, having the basis of sociological undertaking, health education has to take into account studies in many areas, such as: social psychology, health psychology, sexual psychology, gynecology, urology, endocrinology, etc. (Lupu & Zanc, 1999). The more complex and diverse the approaches are, looked at through the perspective of many fields of study, the better the results are in regards to the reality which we face. This is the only way we can talk about an actual measure, which is through the scientific point of view; an actualized and positive inter-, pluri- and trans-disciplinary of the human sexuality in

resonance with 21st century values. (Klein, 1990; Abbott, 1999; Mason & Goetz, 1978; Zaltman, 1965; Nicolescu, 1999; Lupu & Zanc, 1999)

In contemporary society, the major differences between diverse social groups are generated by multiple factors, such as the specific cultural model and the general one, the geographic area, the specificity of the rural environment in comparison with the urban one, the level of education, social status, religiousness, etc. have generated problems of understanding and adaptation, but have offered opportunities for new studies and research in regards to the phenomenon mentioned above. In the context of technological and information boom, of globalization and the effects of the new systems of communication, brought by new IT technology, the Internet and the telephone, as well as cheaper and faster travelling, new ways of storing information, transfer of both music and movies and online payment have made an obvious change to the social sphere. The expansion of multinational corporations on the globe, in search of new outlets and cheaper labor is a noticeable manifestation, which brings changes to the social and economic aspects. The development of tourism and the ever-growing migration bring new challenges. All aspects that modify the global context should be taken into consideration when analyzing these influences. The contemporary human life is gradually subjected to rapid change. In today's society, researchers have documented new behaviors, attitudes and sexual orientations manifested by the young people (Rotermann, 2008). The communication channels, ways and possibilities are taken through an exponential, fast and dramatic revolution. New technology (or even super-technology) is launched and developed at an exponential rate, radically changing the lives of hundreds of millions of individuals. Now, more than ever, people have easy access to vast amounts of information through the Internet, also through multiple means of modern communication. This trend has at least 2 aspects, on the one hand the access to large amounts of information, and on the other one, the figurative information bombardment which is overwhelming and very hard to process.

Despite the apparently infinite amount of information which youngsters can access on the Internet, they live in a society in which sexuality, even though partially approached, still remains a taboo subject, which is subjected to compulsion due to dysfunctional social and belief systems. This situation correlated with the technology and information boom can lead to harder handling of future trends. The conflict between the expectations of society and the free access to information regardless of age can lead to a "double personality" of the contemporary individual, who will display socially accepted norms in the public in general and sexual in special, whilst in private, will adopt different beliefs, attitude, behaviors and values.

Teenagers' access to a large amount of information can make them believe they know more about sexuality than they did decades ago, but some researchers have shown most of it is a mix of myth, fiction and truth. (Bartle, 1998; Hockenberry-Eaton et al, 1996). The easy access to huge volumes of information can be either useful or not, depending on the capacity of each individual to selectively access, process and filter in an efficient and useful way to suit his own needs, facing the dangers of being confused by the number of sources and the quality of that information. Some analyses support the fact that the vocabulary of some teenagers can seem complex because of the modern ways of communication, but many more studies have shown that this knowledge is not necessarily qualitative (Crosby & Yarber, 2001; Padilla & Baird, 1991). The teenagers' vocabulary is very rich and different because of the major influences on language, thanks to new technology, the Internet and informational globalization. However, the influences are quite linked to the consistencies of the ties kept with the influence environment. In this complex context, it is very important for the relation between information sources and problems regarding sexuality to be understood. Sexuality is still a taboo domain, shyly discussed about in the educational process in both schools and family. In the European society, where the quality of life is put first, we cannot ignore the need to study sexuality from a scientific perspective, putting the durable development of human personality as a key element for the social system first (Merton, 1968; Giddens, 2010; Mills, 1970; David, 2006).

The motivation for writing this paper was sparked by the sexual principles, attitudes, behaviors, myths and tendencies in the Romanian society, compared to others, researched for the past 8 years; followed by studies made in sexology during the master's degree within the University of Medicine in Cluj-Napoca in regards to dysfunctional sexual principles and testing methods of intervention. On the other hand, our previous studies showed a lack of sociological studies of actual and educational-informative concrete steps on sexual beliefs on sexuality in Romanian. The main reason for writing the paper is that while most studies treat various sociological problems of the Romanian society, affecting part of the population, issues of sexuality concern and affect all individuals in a society.

This doctoral abstract is made up of two innovative study ways, which approach beliefs, attitudes and dysfunctional sexual attitudes and behaviours that concern all the individuals in a society. One of these ways concerns the knowledge of these sexual aspects, identification and evaluation. The second way takes into account the sociological intervention through education and information through innovative and modern methods. This approach was meant to be innovative both in its efforts to study the issues of sexuality, as well as informative in the educational intervention approaches. As detailed in the paper, the study was not limited only to the sexual behaviours, but all the less visible aspects were considered as well; these being the subtle dimensions of sexuality, respectively, automated beliefs, beliefs, attitudes and sexual behaviours. Automatic beliefs, dysfunctional beliefs and attitudes, even if at the time they do not produce dysfunctional behaviours, they have an impact on the quality of life as perceived subjectively and individually. While in the absence of preventive and corrective informative, educational approaches can lead to dysfunctional behavior. The significant and meaningful impact of sexuality on the quality of life argues the social dimension for a very simple reason: it refers to all the individuals in society, and they cannot operate independently of social influences. The relationship and interdependence between social factors, aspects of social psychology and specificity of individual psychology and micro-social groups they form, was the main reason for formulating the title of the work: The influence of psycho-social factors in beliefs, attitudes and sexual behaviors and preventive interventions in the case of young people. The inclusion of innovative, educational-informative interventions in the case of young people intended to bring about a specific action in order to meet the problem of the sexual issues identified in the first part of the work, to go beyond finding a status quo, to serve the common good as a basic ethical principle of sociology.

In Chapter I, I shall present the main theories of the social and sexual concepts and approaches to the malfunction, anomie, deviance and social pathology. Starting from the malfunction theories, concepts and sociological definitions (Merton, 1957 Giddens, 2010, Berg 2001 & Clayton, 2007), definitions in dictionaries and definitions of Nobre (2003) and Nobre & Pinto-Gouveia (2006) of dysfunctional beliefs, we have defined in the context of the work its beliefs, attitudes, sexual behaviours and its dysfunctionality. Conceptualization started from the use of sociological approaches and Nobre (2003) and Nobre & Pinto-Gouveia (2006).

In Chapter II I shall present the purpose, objectives, research questions and working hypotheses. It also presents the methodology, data collection techniques, population, stages of research and ethical issues.

The general purpose of this paper is the thorough study and research of social influences towards principles, attitudes and sexual behaviors and the preventive intervention in the case of the young people, through the two ways, which are the dimensions and parts of the paper: sexual and preventive interventions on young people in regards to principles, as well as ways of preventing dysfunctional beliefs in the same category of people.

The objectives and hypotheses can be separated into two large categories, corresponding to the two directions of research of the paper: (A) the study and research of the social factors regarding beliefs, principles, attitudes and sexual behaviors which we will call "the complex of sexual principles" and (B) the study and testing of some modern and innovative methods of preventive intervention regarding sexuality for young people.

A. The objectives and hypotheses regarding the influence of social factors upon the complex of sexual principles.

The objectives of the first direction are the pre-evaluations of beliefs and sexual behaviors on the basis of secondary analysis of the collected data in the questionnaire given out by Gallup Romania in 2007, with a sample of 1999 Romanian adults as the predecessors of our own studies. The first step in the identification of the variables and significant relations in the Romanian social medium, we have analyzed the ascertained relations and the direction of the cause variable. The studies which have been presented within the theoretical part of the research, as well as the secondary analysis of data provided by the Gallup Romania survey (2007), contributed to stating the purpose and the hypothesis of our research.

Furthermore, the objectives of this paper are the measurement of complex dysfunctional sexual principles, the investigation of information sources regarding sexuality and the investigation of the level of trust in the case of problems related to sexuality, separated from both genders, on a minimum number of 500 people of both genders, of different ages, coming from both rural and urban environments.

1.1 Objective 1: The identification and measurement of the complex of dysfunctional sexual principles on the two genders and creating the profiles of principles regarding sexuality on the studied population through questionnaires.

1.1. Hypothesis:

1.1.1. Women have a significantly higher positive correlation on the scale of dysfunctional attitudes on at least 5 factors out of the 6 ones formulated in the SDBQ.

1.1.2. Males have a significantly higher correlation the scale of dysfunctional attitudes on at least 5 factors out of the 6 ones formulated in the SDBQ.

1.1.3. There are significant dysfunctional principles on the studied population.

1.2. Objective 2: The identification of the information sources and trust regarding knowledge, attitudes and sexual behaviors. Establishing the relation between the modern social sources of information and dysfunctional sexual beliefs. This objective is formulated on the basis of the specificity of Romanian reality, in regards to social and cultural models regarding sexuality, but also the absence of proper sex education inside the family, as well as in schools. On the basis of the research made through relevant literature, but also through our personal observations, the lack of credible scientific information for our young people, will lead them towards easier means of informing themselves, and most of the time, these have no scientific backing and are not written by specialists. Identifying the sources, but also the correlations between the sources and dysfunctional principles regarding sexuality are essential to understanding this trend and thinking of new methods of intervention.

1.2. Hypothesis:

1.2.1. The people who took part in this study have more confidence and inform themselves about sexuality mostly through general practitioners.

1.2.2. Dysfunctional principles regarding sexuality correlate with information and educational sources about sexuality.

Completing the previous step, in the next one in our research, the objectives are the identification and measurement of the convictions about intergenerational sexual principles, which have changed significantly in a relatively short period of 25-30 years, for today's young people (18-25 years old) vs. today's adults who were their age during the 80s and 90s. However, another objective is studying the factors which can influence these intergenerational aspects for a better understanding of social factors that influence perceptions, models, principles, attitudes and behaviors regarding sexuality, dealing with both genders separately, on a minimum number of 500 participants, of both genders, of both generations, coming from both rural and urban environments.

1.3. Objective 3: Identification and measurement principles of intergenerational sexuality, which have significantly changed for the young people of today, aged between 18-25 vs. adults who were between 15-25 in the 80s and 90s. A complementary objective is the study of factors which can influence these intergenerational aspects, and identifying the

social factors which influence perceptions, models, principles, attitudes and sexual behaviors.

1.3. Hypotheses:

1.3.1. Compared to the generations of young people in the 80s and 85s, young people nowadays have different models, profiles, principles, attitudes and behaviors regarding sexuality directly or indirectly, more different and more tolerant attitudes besides socio-sexual behaviors and attitudes considered deviant in the past.

1.3.2. Informed sources regarding sexuality have diminished inside schools and families and will be replaced by unscientific sources, for both generations.

1.3.3. Public unscientific information sources and the access to them is significantly more popular for today's generation in comparison with the 80's one

1.3.4. In the case of both generations, the perception regarding the influence of one's sexuality is closely linked to the social and religious model, rather than the educational one

Completing the two previous objectives, the objectives of the third stage of research exclusively target young people of both genders, aged between 18-25, on a number of at least 500 people coming from both rural and urban environments. The objectives centered on youths have at least a triple motivation as a futher step to take in addition to the previous ones, firstly, the relevant literature studied by us attracts our attention regarding this segment of age, secondly, the lack of information and education regarding sex and its influence on the new generation and thirdly, the informative and educational interventions can have a preventive effect on the youths who are still forming themselves as individuals.

1.4. Objective 4: Identification and measurement principles about sexuality for young people, using the previous questionnaires, as well new ones adapted for the young Romanian generation. Another objective is the use and measurement of the information sources held by young people regarding sexuality.

1.4. Hypothesis:

1.4.1. The young population of Romanians has a significantly different score against the Portuguese population researched by Nobre.

1.4.2. Both genders used personal experiences, the Internet, magazines and friends instead of school, family or specialists as viable sources of information regarding sexual problems.

1.4.3. In the case of both genders, the highest level of education and the urban environment were variables that showed less dysfunctional principles about sexuality, and individuals that used the Internet or friends as sources of information regarding sexuality, had higher dysfunctional principles scores.

B. Objectives and hypotheses regarding innovative preventive interventions

In our first stage of research, the formulated objectives were about investigating and measuring dysfunctional principles about sexuality, the investigation of information sources about sexuality and the investigation of the level of trust when it comes to sexual problems. The second stage was about the study of the informational and educational interventions for preventing and influencing dysfunctional principles, attitudes and behaviors of the sexual nature of young people. But to test this hypothesis, the first stage of this study will be directed at young people and adults because it is only through video interventions that we can distinguish a higher influence on young people in relation to adults. The motivation for this intervention has many important elements, firstly, the identification of one problem or a whole set of problems which needs a measure of prevention or correction any way possible. Secondly, we presume that the youngsters on whom the interventions will be applied will be successful. The objectives are directed towards new and innovative methods through informational and educational video interventions for the young and they will be short, punctual, centered around the problem and capture their attention.

1.5. Objective 5: Pretesting, study and experimentation on PC and online video intervention which will be informative and educational for youths and adults of both genders and will follow many factors regarding the efficiency of this method, possible correlations and pretesting the efficiency of them in hope of reducing dysfunctional principles about sexuality. Before the actual study, a pre-objective and following objective is the analysis of a theoretical material to build the foundation regarding education on two directions: one which is about the general health education (since sexuality is a part of it) and the other one is about the contemporary paradigms in education, both having the goal of building the correct foundation for updated information and education through video interventions.

1.5. Hypothesis:

1.5.1. Subjects familiar with using the PC as a comfort have significantly higher trust of online interventions.

1.5.2. Subjects familiar with using software such as Skype have a higher comfort and trust when it comes to online interventions

1.5.3. Youths between the ages of 18 and 25 are significantly more open to information and sex education through video intervention and more closed towards face to face or long documentary films

1.5.4. Adults aged 31-45 are significantly more open to information and sex education through documentary films and are less open to face to face or short video interventions.

1.5.5. Trust and comfort for online interventions correlates positively to younger subjects and negatively with older ones

1.5.6. Trust and comfort for online interventions record significant differences when it comes to the subject the interventions are about

1.5.7. The need for sex education significantly increases after specialists talk about its importance.

1.5.8. The reduction of dysfunctional principles regarding sexuality depends on the number of interventions

1.6. Objective 6: Application of one of the innovative interventions (videos combined with following focus groups) on Romanian young people, identified by their high score on dysfunctional principles, with the aim of reducing it. The measurement of dysfunctional sexual principles is made three times: before the intervention, one week after the intervention and 6 months later.

1.6. Hypothesis:

1.6.1. The scores of dysfunctional sexual principles on the four scales will be significantly smaller after the interventions.

1.6.2. The scores of general dysfunctional sexual principles DAS will be significantly smaller after the interventions.

1.6.3. The scores of dysfunctional beliefs about sexuality on the four scales will keep low after the 6 month period following the intervention.

1.6.4. In the control group the differences will not reach significant values on the DAS score of dysfunctional principles regarding sexuality .

After the pragmatic analysis of the possibilities of research on the necessary resources and complexity of the work, we chose the methodological mix to cover all aspects studied. To achieve the objectives of each stage of the study several questionnaires were used, such as those of Nobre, Weissman & Beck and Handbook of Sexuality Related Measures of Davis & Co., adapted and validated on the Romanian population, depending on the subject of study for each stage. In this regard, the following questionnaires were applied: SDQ, DAS, ESPIAS, MACS, PTOL and DOIBS presented in the Annexes. The first three samples of the study had a total of 1696 18 to 55 year-old participants, of both genders, from urban and rural areas, throughout Romania. The second part of the paper concerning interventions, had 335 participants, 18-50 years old of both sexes, from urban and rural areas, throughout Romania. All participants were selected on a volunteer basis, they have been informed about the theme, goals, objectives and their role in these research efforts. Each participant received an ethical and confidentiality commitment in writing and signed it as a guarantee for respecting the principles stated above, with the name: "Ethical and Confidentiality Commitment" presented in the Annexes. In the development of the present thesis the ethical and sociological aspects detailed in the thesis were taken into consideration. All the studies were made from 2009 up until 2012, and all the 7 studies were presented at the international congresses and published in scientific journals, two marked ISI, two more in a publishing house recognized by CNATDCU and the last three in a C.N.C.S.I.S. recognized journal.

Chapter III presents the research and studies that have followed the methodological model mix, to complement each other, complementary during the stages of research to study the areas assessed to finally be tested the intervention methods with sociological dimension.

The thesis has two innovative parts, with two ways of study: (1) the first way that studies and investigates beliefs, attitudes and sexual behaviors which has three stages: (a) the study of sexual beliefs, behaviors and the information sources on a group made out of 593 participants between the ages of 18 to 55; prior to this stage I have made a secondary analysis of the data in a social survey made by Gallup Romania in 2007 on a number of 1999 Romanians which included a set of items which evaluated sexual beliefs and behaviors, because I considered I could not rely on small samples; (b) study of the change of sexual models, beliefs and behaviors between generations, the young people vs. the adults, on a group made up of 500 subjects; (c) the study of sexual beliefs and behaviors, and the sources of information in regards to sexual education on a group made up of 599 young people, aged between 18 to 25.

The second part (2) is about the study and testing of the informative and educational interventions to reduce the amount of dysfunctional beliefs about sexuality and it is made up of 3 stages: (d) the theoretical study in regards to health and sex education and the contemporary paradigms updated regarding education, for the foundation of new theoretical principles; (e) studying the methods of informative and educational intervention and their impact on a group of 130 individuals aged between 18 and 50, and another one made up of 105 participants aged between 18 and 30, who had a high score in regards to dysfunctional beliefs about sexuality; (f) the studying of methods of informative and educational interventions for reducing dysfunctional beliefs about sexuality; through videos focused on the problem, on a group of 100 young males aged between 18 and 25, an intervention group and a control one, with measures taken before, after one week and six months following the interventions.

The results of the thesis are presented for each stage division of the two parts respectively on the two ways of study. Analyzing all the statistical data from within the barometer we can conclude a significant relation (Sig. < 0.05) in the majority of analysis regarding gender, age, religion and the residential environment. The least significant relations were in the case of education. The negative correlations are with religiousness. Not all predictable factors had the foresight effect, but, they illustrate the filtering of some important variables without wasting them. Following the analysis of the data, all the 13 hypotheses from the first direction of research were validated. We will present some of the most relevant results. Five factors correlated with the six ones in regards to both female and male participants: females: sexual conservatism, sexual desire and pleasure were sins, beliefs attached to age, body image, maternity; males: sexual conservatism, feminine sexual power, the "Macho" belief, restrictive attitudes towards sex, sex as an abuse of male power. 29,15% of females and 41,81% of males questioned presented very high, high and medium dysfunctional beliefs about sex. The lowest percentages were recorded in the cases of the ones who claimed they inform themselves in schools, books and magazines. In case of sexual issues, only 13% would resort to seeing a doctor and 12% a psychologist while 60% would rather talk to their best friends or their closest family member about the matter5. 44% answered that they have accumulated the information from personal experience, 18% from family and friends, 23% on the Internet, 13% from books and magazines and only 2% in schools. The results of the intergenerational study showed a radical change in the investigated items between youngsters of today and the '80-'85 generation, because the corporal care has changed, the "macho" model was declining in favor of a new modern model, new sexual attitudes and behaviors that were not present back then are emerging now, tolerance towards bisexuality and homosexuality increased. To both generations, school, family and books were a reduced source of information, merely between 0% - 15%, whilst personal experience and friends predominated. Both generations rated social model between 85% - 91% as being the greatest influence on sexuality. The third study of young people, established that dysfunctional sexual beliefs were rated the highest among those who used the Internet and friends as the main source of information regarding sexuality, and smaller on those who read books about sex education. Despite the fact that reading books on sex education can have a positive effect on sexual beliefs, youngsters count more on personal experience, the Internet or friends. The least used ways of information were parents and schools. A percentage of 67% had their own experience, friends and the Internet as an information resource and only 15% gained it in school or from family and books.

After processing and analyzing the data from the second study, all thirteen hypotheses were validated. We will present the most relevant results. From the first research regarding the interventions, it has resulted in higher confidence for the online interventions for people familiarized with IT technology, there being a negative correlation with age. Adults are significantly more open to information regarding sexuality derived from documentaries and books (70%), whereas young people prefer short videos which are on the point (70%). Both generations are not that open to informing themselves face to face in regards to sex education (5%-20%). The need for sex education greatly increases regardless of age once specialists reason with the subjects (85%-90%). Dysfunctional beliefs about sex reduce significantly after interventions and correlate negatively with the number of those. The second study of interventions came to the conclusion that youngsters from the targeted group had significantly smaller scores regarding dysfunctional sexual beliefs at all utilized scales. The scores were lower one week later, following the intervention, and after 6 months they stayed the same. The control group did not reach significant scores.

In chapter IV I shall present the general interpretation of the results, conclusions and limitations of studies and recommendations for future studies and approaches.

Dysfunctional beliefs about sexuality positively correlate with the lack of information and sex education, but correlate negatively with the level of education. We notice the lack of confidence and courage to consult a specialist when having a problem related to sex. 60% would seek advice from a friend or family member and only 27% would seek help from a specialist. Another conclusion is that the people who took part in the study gained 85% of the knowledge regarding sexuality and STI's through personal experience, friends and the Internet and only 2% gained it in schools or from other forms of education. In only 25-30 years, new beliefs, attitudes and behaviors have emerged that are hard to understand and be accepted by adults.

The overall conclusions of the studies regarding innovative interventions are able to point out the efficiency of video-clip-interventions in correcting the dysfunctional beliefs regarding sexuality during the educational process. It is very likely that the efficiency of these video-clips are particularly related with the fact that they are indeed able to address properly the causes that generate such distorted beliefs, especially the lack of accurate information and of sexual education. (Phillips & Freederick, 1995). The latter study, using short and personalized video-clips focused on identity issues, highlights the excellent results of such an innovative process of education especially when young people are targeted; nevertheless, the impact on adult people is significant as well.

We conclude that the handling of these situations needs to be less rigid and less critical and has to lead towards knowledge, understanding and the acceptance of new trends, which will create more efficient and coherent ways to manage future challenges that society will have. Another conclusion is the evidence that sources of high quality information have a hard time against ones with no scientific backing because of the psychological comfort they provide and the easy access to them. It is necessary to invest more effort and resources to reduce this discrepancy. The overall conclusions regarding interventions are quite encouraging, motivating us to keep connected with the exponential progress of the research that is being done within this field, and with the technological advancement as well, by using combinations of different modern intervention technics which involve the IT&C technologies.

There are certain limits in our research which are related to the fact that there is a larger number of myths and dysfunctional beliefs regarding sexuality which need to be investigated and deconstructed. The research has been also limited to a geographical area and to a number of interviewed people which were able to be covered within the possibilities of an individual research. Professional partnerships among various organisations in this field of sexuality would allow for such a study to be consistently extended to more relevant categories of people and geographical areas. Another limit in this research is connected with the relatively small numbers of educational video-clips; there is a dire need to increase the

number of such video-clips of intervention and for sexual education textbooks in tune with the realities of the youth who are part of the Romanian society, in order to cover all relevant myths and dysfunctional beliefs on sexuality.

Recommendations and future directions of the study are focused on the development of the field of social-sexology, psycho-socio-sexology, sexology and psychosexology for training in in the field of, pluri- and cross-disciplinary education for health professionals in sexual education, awareness campaigns, prevention, counselling, therapy and intervention in the area of sexuality, sociosexuality and psychosexuality based on fundamentation and scientific research.

In the general path of future research studies in continuation of our work we propose several approaches:

- Evaluation through new studies of the attitudes, convictions and sexual behaviors among young people and adults alike, for having a constant supply of current and valid scientific data concerning the young people on one hand;

- On the other hand, the investigation among adults, namely educators and parents to identify their perception of reality upon the contemporaneous sexuality among young people to be involved in the preventive education process.

- Collection, processing and data reformulation of current scientific studies existing in the sexuality of the young people in contemporary society, with an accessible language, both to educators, whether teachers or parents and addressable and directly accessible to young people.

- Possible involvement of the research for the parents, teachers and educators in the underage sex education among youth programs, for the increasement of the understanding and acceptance of these actions, and the awareness and increasing responsibility of people. Without hiring in these efforts of parents, their resistance to the minors' sex education will be high and educational efforts, informative and preventive, will be increased by and often delayed.

- Promotion of the information, educational materials about sexuality on the online environment, with thematic video clips, short, straightforward and explicit and specialized internet pages which will meet the needs of the individuals belonging to the generations of today and of the future. As future research ways and recommendations, which are addressed especially to us, as specialists, are the inclusion and inter-, pluri- and trans-disciplinary approach with a dynamic and adaptive perspective of high-tech IT&C (Information Tehnology and Communications), internet respectively, smartphone applications and other technologies which will appear in the future. We strongly believe that the contemporary educator, teacher and researcher should adopt a detached, professional position, which we call "politically correct", free of prejudice, analysing the facts and reality with competence and openness and to make all the efforts to understand, without passing hasty or conservatory judgement. In reality, scientific research efforts are needed, which may apply to the nowadays challenges and requests from the actualized contemporary paradigms, augmented and proved in our thesis.

We plan to develop the great potential of the method and turn to developing online automatized applications. We propose an inter-, pluri- and trans-disciplinary approach in the method of training of the specialists from several fields such as: education, sociology, medicine, psychology, sexology, psychosexology etc. In the future, our aim is to train besides the specialists from many domains, professional associations in the field of sexuality, schools and youth organizations. Thus, with shared goals and projects, we should invite the mayors, local, regional and national authorities, Ministry of Health and the Ministry of National Education to promote sexual education, as well as innovative sexual education scientific fundamented on local, regional and/or national political level. We intend the exchange of best European and international practice to be part of our future efforts.

The adaptive dynamic scientific approaches based on contemporary paradigms from an inter-, pluri- and trans-disciplinary perspective, need to anticipate the progress and evolution to meet these transformations. Thus, we propose their involvement in the implementation of the measures required as a result of the findings of completed and future studies, to concretely serve the common good as a key ethical principle of sociology.

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Annex 4 – Published Articles

The following research and studies of the work were published as footnotes and are attached:

- Psychosocial factors in beliefs about sexuality ¹
- Models of intergenerational sexual beliefs²
- Psychosocial influences on youth sexual beliefs³
- Prevention through Education for Health⁴
- New actual paradigms in education⁵
- New models of video-clip-intervention⁶
- Innovative Interventions in sexual dysfunctional beliefs⁷

³ **Published** Article: Bălănean, Radu (2012). En "*Psycho-social influences in postmodern society upon distorted information and dysfunctional beliefs of sexuality regarding young people*". ²ndWorld Conference on Learning, Teaching and Administration, Bahcesehir University Istanbul, Turkey. <u>Publicat în:</u> *Procedia - Social and Behavioral Sciences 31*, (2012) 714 – 718 (indexat/cotat ISI). http://www.sciencedirect.com/science/article/pii/S1877042811030588.

⁴ **Published Article**: Bălănean, Radu (2012). *"Educația pentru sănătate și educația preventivă dintr-o perspectivă inter-, pluri- și transdisciplinară - o problemă de interes pentru formatori"*. Conferința Internațională "Formarea adulților – paradigme postmoderne în context european" 2012. <u>Publicat în</u>: *Tendințe actuale în formarea adulților paradigme postmoderne în context European*, (2013). Editura Pro Universitaria, București. (editură recunoscută **CNATDCU**).

⁵ **Published** Article: Bălănean, Radu (2012). "Formarea adulților - paradigme postmoderne în context european". Conferința Internațională "Formarea adulților – paradigme postmoderne în context european" 2012. <u>Publicat în</u>: *Tendințe actuale în formarea adulților paradigme postmoderne în context european*, (2013). Editura Pro Universitaria, București. (editura recunoscută **CNATDCU**).

⁶ **Published Article**: Bălănean, Radu (2012). "*Modele noi de psihoterapie în contextul globalizării și exploziei tehnologiei comunicării și informației*". Congresul Internațional de Psihologie: Cercetarea modernă în psihologie: Direcții și perspective ?". <u>Publicat în</u>: *Cercetarea modernă în psihologie* (2012). Ed. Universitară, București, <u>C.N.C.S.I.S.</u>.

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¹ **Published Article**: Bălănean, Radu (2010). *"Rolul factorilor psihosociali asupra convingerilor disfuncționale despre sexualitate*". Congresul Internațional de Psihologie: *"Cercetarea modernă în psihologie: Cercetări calitative vs. Cercetări calitative ?". <u>Publicat în</u> : <i>Cercetarea modernă în psihologie: individ, grup, organizație: studii aplicative,* (2011). Ed. Universitară, București, <u>C.N.C.S.I.S.</u>

² Published Article: Bălănean, Radu (2012). "Modele noi ale convingerilor, atitudinilor şi comportamentelor sexuale la tineri în contextul transformarii sociale postmoderne şi a globalizării". Congresul Internațional de Psihologie: "Cercetarea modernă în psihologie: Direcții şi perspective ?". <u>Publicat în</u> : Cercetarea modernă în psihologie, (2012), Ed. Universitară, Bucureşti, <u>C.N.C.S.I.S.</u>

⁷ **Published Article**: Bălănean, Radu (2012). En "*Innovative psycho-social interventions aimed at reducing dysfunctional sexual beliefs*". ^{2nd} World Conference on Learning, Teaching and Administration, Bahcesehir University Istanbul, Turkey. <u>Publicat în</u>: *Procedia - Social and Behavioral Sciences 31*, (2012) 719 – 723 (**indexat/cotat ISI**).