



Category: Applied Research in Health and Medicine

SHORT COMMUNICATION

Nursing and Resilience: Interventions for Adolescents at Psychosocial Risk in Contexts of Social Vulnerability

Enfermería y Resiliencia: Intervenciones en Adolescentes en Riesgo Psicosocial en Contextos de Vulnerabilidad Social

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ABSTRACT

The paper presents a detailed analysis of the role of nursing in a Primary Health Care Center (CAPS) in Barrio Las Flores, Rosario, Argentina, focusing on male adolescents between 12 and 15 years of age attended between March and October 2020. During this period, 276 services were recorded, highlighting health controls, violence due to social vulnerability, consumption of illicit substances, traffic incidents and domestic violence. The research addresses psychosocial risk factors, such as poverty, child labor, and exposure to criminal activities, including drug trafficking and its territorial implications. In addition, the relationship between violence, drug use, and family problems is explored.

The study highlights the importance of resilience and its relationship with the construction of life projects, based on theoretical approaches such as Bronfenbrenner's ecological theory and Nola Pender's Health Promotion Model. Also, antecedents in Colombia and Peru on resilience and protective factors in adolescents are analyzed. It is concluded that nursing has a strategic role in mitigating psychosocial risks through community and educational interventions.

Keywords: Nursing; Psychosocial risks; Resilience; Adolescence; Social vulnerability; Psychosocial risks.

RESUMEN

El documento presenta un análisis detallado sobre el rol de la Enfermería en un Centro de Atención Primaria para la Salud (CAPS) del Barrio Las Flores, Rosario, Argentina, enfocado en adolescentes

varones de entre 12 y 15 años atendidos entre marzo y octubre de 2020. Durante este periodo, se registraron 276 prestaciones, destacándose controles de salud, violencia por vulnerabilidad social, consumo de sustancias ilícitas, incidentes de tránsito y violencia intrafamiliar. La investigación aborda los factores de riesgo psicosociales, como la pobreza, el trabajo infantil, y la exposición a actividades delictivas, incluyendo el narcotráfico y sus implicaciones territoriales. Además, se explora la relación entre violencia, consumo de drogas, y problemas familiares.

El estudio destaca la importancia de la resiliencia y su relación con la construcción de proyectos de vida, basándose en enfoques teóricos como la teoría ecológica de Bronfenbrenner y el Modelo de Promoción de la Salud de Nola Pender. También, se analizan antecedentes en Colombia y Perú sobre resiliencia y factores protectores en adolescentes. Se concluye que Enfermería tiene un rol estratégico en mitigar los riesgos psicosociales mediante intervenciones comunitarias y educativas.

Palabras clave: Enfermería; Riesgos psicosociales; Resiliencia; Adolescencia; Vulnerabilidad social.

Health Centers are public providers of provincial or municipal services strategically located to favor geographical accessibility to health services for individuals, families, and communities that live in remote or vulnerable areas where state intervention is required to implement health promotion and prevention measures. Nursing has a key role in implementing strategies with a profound social impact; it carries out a silent and complex task that requires coordination with other actors in the community and public and private institutions where it is necessary to take care of people and their privacy. This is explained by the fact that the population has safe contact with a member of the nursing staff, a situation that does not occur with the rest of the professionals as part of their daily work. Therefore, the nursing staff becomes the means of communication in the direct relationship between the population and the health center.

In a Primary Health Care Center (CAPS) in the Las Flores neighborhood of the city of Rosario in Argentina, where the researcher performs nursing care duties as part of an interdisciplinary team, 276 services were provided to adolescent males between the ages of 12 and 15 by different disciplines between March and October 2020. The health checks represented 136 routine consultation and check-up activities, 52 cases of violence due to social vulnerability, 41 due to the consumption of illicit substances, 25 due to traffic incidents, and 22 due to domestic violence.

FIGURE 1. Reason for care and services in a Primary Health Care Center (CAPS) in the Las Flores neighborhood of the city of Rosario for male adolescents between 12 and 15 years of age. March to October 2020.

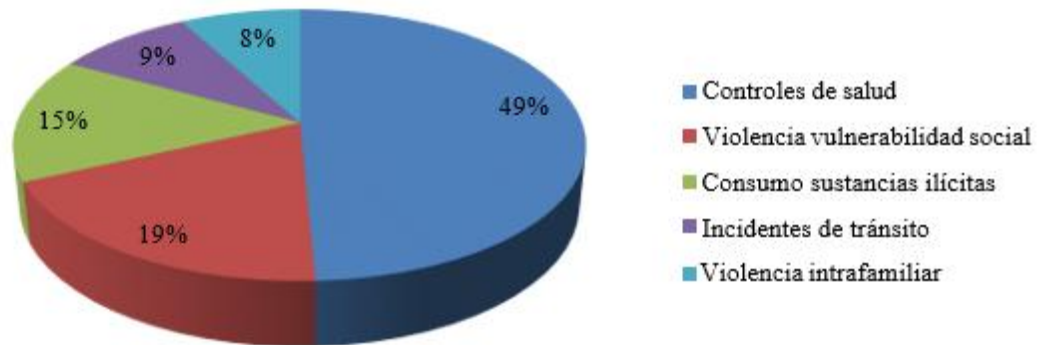
	MOTIVOS DE LAS ATENCIONES Y PRESTACIONES				
TOTAL DE JÓVENES	INCIDENTES DE TRANSITO	VIOLENCIA INTRAFAMILIAR	VIOLENCIA POR VULNERABILIDAD SOCIAL	CONSUMO DE SUST.ILÍCITAS	CONTROLES DE SALUD Y OTRAS
276	25	22	52	41	136

Source: Primary Care Centers Information System (SICAP).

It should be clarified that when we talk about violence due to social vulnerability, this includes benefits for health situations derived from child labor and criminal activity. Illicit substance use provides for the use of drugs and even alcohol, the consumption of which is prohibited in minors. Violence due to social vulnerability is directly linked to poverty and the limited resources that parents have to meet the needs of the family. Sometimes, adolescents accompany their parents in their tasks to obtain resources as an option to not leave them alone at the mercy of multiple dangers. Another

instance is that adolescents try to generate their income by doing child labor and, in this way, are quickly recruited by criminal organizations, which, by offering money in exchange for tasks for the organization, put them directly in danger. The CAPS health team has detected these tasks. It includes surveillance (narco soldiers) of traffic in the vicinity of clandestine drug sales and distribution centers (bunkers), dealing with these substances, recruiting new customers, and fighting over drug sales territories. Another criminal activity is participation in robberies and thefts that cause injuries ranging from minor to severe and even death, either from direct assaults or as a primary cause of traffic incidents. The macro situation of social tension, with its culture of drug and alcohol consumption, reveals secondary mental illnesses and domestic violence that are often hidden by the elderly.

Graph 1. Reason for care and services in a Primary Health Care Center (CAPS) in the Las Flores neighborhood of the city of Rosario for male adolescents between 12 and 15 years of age. Percentage expression March to October 2020. Graph corresponding to the first table presented according to SICAP.



Source: Author's own creation.

This reality is exposed to the public through the journalistic information disseminated with the report of the Public Security Observatory of the Government of Santa Fe in August 2020, which recognizes 172 homicides in the Rosario Department since the beginning of the year, with 142 (85%) perpetrated in the capital city with victims murdered with firearms. 77% of the total number of victims were male, and 70% were the result of territorial disputes over the sale and distribution of drugs. Eugenia Cozzi, a doctor in anthropology and professor of criminology at the law faculty of the National University of Rosario, said that 20% of the murders of young people aged between 15 and 19, the age group that contributes the most individuals to the phenomenon of lethal violence, were related to the information also published by the Public Security Observatory. Cozzi's background in her fieldwork between 2008 and 2015 in working-class neighborhoods of Rosario enables her to emphasize that young people "are socially constructed as disposable, as killable, and their deaths do not generate too many effects; they are not properly investigated or sanctioned." Cozzi argued that "certain explanations that have been given about violence influence the type of proposed interventions." An innovative contribution is his view on the convenience of installing the concept of narco-war as an explanation for the phenomenon to enable a single punitive view of the solution. He proposes to find out what view young people have of the phenomenon beyond those reproduced by the media, political actors, and the judicial apparatus (Couso, 2022). Represa et al. (2018) provided a map of social vulnerability when they used geographic information systems (GIS) to integrate territorial information and 19 descriptive indicators of variables included in the national census of the Argentine Republic. The finding made it possible to generate a social vulnerability map based on a single integrated index that revealed, with

some exceptions, the most affected areas in the western and northern sectors of the country as opposed to the Pampas region, Patagonia, and the Autonomous City of Buenos Aires - the country's capital - which presented the lowest indices.

To characterize the psychosocial risks to which adolescents between 12 and 17 are exposed, Arias Vargas et al. (2017) conducted a study in an educational institution in Villavicencio, Colombia's 13 de Mayo neighborhood. The 171 students from grades six to eleven were selected through purposive sampling. The factors were compiled in a psychosocial risk characterization sheet with 89 items that comprise 24 psychosocial risk factors grouped into three dimensions: individual, family, and social. The instrument was constructed in-house based on the 2012 Comprehensive Intervention Guide for the Prevention of Psychosocial Risks in Children and Adolescents in Peru and was validated by experts before its application. It was found that most students are at average risk in the three dimensions: individual, family, and social, among which the highest risk is in the factors of aggressiveness, teenage pregnancy, unstable economic situation, environmental pollution, and social networks. It is interesting from the recommendations of this research how it accounts for a high score in items selected by adolescents related to feelings of sadness, difficulty expressing emotions, or resolving conflicts.

A separate paragraph - in this same background - is the use of Urie Bronfenbrenner's Ecological Theory (1987), which explains how individuals constantly interact with the environment in which they live and how the environment influences them. The contribution allows us to distinguish four concentric spheres that delimit areas of interaction from the individual -in the central sphere- outwards so that an individual microsystem in direct exchange is included, successively, in the spheres of a mesosystem, an exosystem, and a social macrosystem; all interacting but in different statuses. This approach allows us to recognize the fields of action the healthcare team can and cannot operate, depending on their position about the at-risk adolescent (Arias Vargas et al., 2017).

Background on the possibilities of intervention that the health team has to respond to the situation of vulnerability is shown in the descriptive research of Moreno López et al. (2019), who addressed the level of resilience in 116 adolescents between 12 and 16 years old who were students in public schools in Yopal, Colombia. These adolescents, victims of the armed conflict in their country, were randomly selected to recognize the internal and external protective factors and the empathy factor that played a part in their resilience, such as the ability to rebuild their life projects and relationships in the community. A resilience measurement instrument was applied, and the researchers found that the populations were highly resilient. In this conceptual line of work, it is pertinent to contribute the background of Flores Crispín (2008) despite being produced more than five years ago. The main objective of his research was to determine whether there is a relationship between levels of resilience and the degree of definition of life plans in third-year secondary school students at national and private schools in the Local Education Management Unit (UGEL) under the Ministry of Education in the city of Lima, Peru. The sampling technique was non-probabilistic in defining a sample of 400 students equally divided between males and females. The instruments used to collect data were the Resilience Scale by Wagnild and Young (1993) and the Scale for the Evaluation of Life Projects by García (2002). In a correlational statistical analysis, they concluded that there is a highly significant relationship between the degree of resilience and the degree of definition of the life project of adolescents of both genders.

For these reasons, the present research study was carried out with an approach that exclusively positioned Nursing as a fundamental actor in the care of adolescents at psychosocial risk. The intention was not to denounce or state a right of the patients but to respond to the need of the adolescents to construct a life project and to favor it from the capacity of intervention of the nursing role within the scope of the health team in a CAPS. A theoretical axis was constructed that interpreted psychosocial risk factors as conditioning factors of a situation of social vulnerability and, therefore, as a possible intervention to mitigate or contain these factors. Resilience was interpreted as the possibility that the vulnerability problem could be overcome. Strategies were devised based on Nola Pender's Health

Promotion Model (HPM), which made it possible to understand - from a legitimate nursing approach - human behaviors related to decision-making regarding health and how adolescents could find motivation in the desire to achieve well-being and the potential they are capable of reaching. Understanding the adolescent perspective was a challenge between gathering information and navigating the forbidden territories of social discourse or the control of the adult in charge who accompanied the adolescent during data collection. Talking about the bunkers, about selling drugs in the streets, about criminal activity carries the risk of death, and the neighbors and the CAPS team know it; withdrawing children from the public school in the area becomes a strategy for the few who can cover transportation or pay for private schools. It also means overcoming the challenge of communicating with discourses as perverse as calling being a contributor to the family economy as an urban recycler to the fact that a teenager is rummaging through trash instead of attending school.

This study aims to describe the external protective factors in adolescent males between 12 and 15 years of age at psychosocial risk assigned to the CAPS research context to find strategic spaces where to intervene to favor said resilience and see the possibility of thinking about life projects.

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CONFLICT OF INTEREST

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