

RESUMEN

Introducción: Actualmente, según la Organización Mundial de la Salud (World Health Organization: WHO, 2017) la violencia de género es una violación de los derechos de las mujeres y constituye un problema grave de salud mundial. Según el Instituto Nacional de Estadística (INE, 2019), en España en el año 2018 la tasa de violencia de género de mujeres de 14 y más años aumentó 7,9%, es decir, 1,5 de cada 1000 mujeres fue víctima de este fenómeno. Para ser más claros, un total de 31.268 mujeres.

Objetivos: Analizar la eficacia de los programas de prevención de violencia de género en adolescentes; Contrastar las características de los diferentes programas de prevención de violencia de género en el ámbito educativo y examinar la equidad de tratado de las diferentes formas de violencia en los programas de prevención de violencia de género en el ámbito educativo.

Método: Revisión bibliográfica sobre el problema en las bases de datos de organismos oficiales y científicos como Pubmed, PubPsych, Dialnet y Psicothema. Se aplicaron criterios de cribado para obtener información óptima para la investigación, obteniendo un total de cinco programas de prevención de violencia de género dirigidos a adolescentes en el ámbito escolar. Se analizó y contrastó cada programa detenidamente.

Resultados: Respecto a la eficacia de los programas, se muestran cambios significativos a corto plazo pero hay que tener en cuenta que estos cambios no son los mismos en todos los programas. Se observó que a la hora de prevenir, en todos se tuvo en cuenta la violencia psicológica, así como las demás formas de abuso.

Discusión: La revisión proporciona información significativa para desarrollar futuros programas de prevención de la violencia de género en el noviazgo adolescente que sean efectivos para así poder disminuir este fenómeno que aún a día de hoy es un problema de salud pública.

Palabras clave: violencia psicológica, adolescencia, noviazgo, prevención.

ABSTRACT

Introduction: Currently, according to the World Health Organization (WHO, 2017), gender-based violence is a violation of women's rights and a serious global health problem. According to the National Statistics Institute (INE, 2019), in Spain in 2018 the rate of gender-based violence among women aged 14 and over rose by 7.9%, that is, 1.5 out of 1000 women were victims of this phenomenon. To be clearer, a total of 31,268 women.

Goals: Analysing the effectiveness of programmes to prevent gender-based violence among adolescents; To compare the characteristics of the various programmes for the prevention of gender-based violence in education and to examine the fairness of the treatment of different forms of violence in programmes for the prevention of gender-based violence in education.

Method: Literature review of the problem in the databases of official and scientific organizations such as Pubmed, Pubpsych, Dialnet and Psicothema. Screening criteria were applied to obtain optimal information for research, obtaining a total of five programmes for the prevention of gender-based violence directed at adolescents at school. Each programme was carefully analysed and cross-checked.

Results: With regard to the effectiveness of programmes implemented in schools to prevent violence in courtship between adolescents, there are significant changes in the short term, but it must be borne in mind that these changes are not the same in all programmes. On the other hand, it was noted that psychological violence, as well as other forms of abuse, were taken into account in all prevention measures.

Discussion: The review provides significant information for the development of future programmes for the prevention of gender-based violence in adolescent dating, which will be effective in reducing this phenomenon, which is still a public health problem.

Keywords: psychological violence, teen, dating, prevention.

LITERATURE REVIEW ON THE EFFECTIVENESS OF PROGRAMMES FOR THE PREVENTION OF GENDER-BASED VIOLENCE IN ADOLESCENT COURTSHIP IN THE EDUCATIONAL FIELD.

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INTRODUCTION

Currently, according to the World Health Organization (WHO, 2017), gender-based violence is a violation of women's rights and a serious global health problem. According to the National Statistics Institute (INE, 2019), in Spain in 2018 the rate of gender-based violence among women aged 14 and over rose by 7.9%, that is, 1.5 out of 1000 women were victims of this phenomenon. To be clearer, a total of 31,268 women. The first goal is to analysing the effectiveness of programmes to prevent gender-based violence among adolescents.

METHOD



Keywords: psychological violence, teen, dating, prevention.

Name, author and place of application of the program	Characteristics	Efficacy
Program "DARSI" Laura Carrascosa, María-Jesús Cava, Sofía Buelga, Saúl-Neves de Jesus. (Valencia, Spain)	Sample: N= 191 teens. Design: Quasi-experimental with two control groups. Duration: January to May 2017. 12 one-hour sessions each. Evaluation: Pre-test and post-test. It evaluates sexism, myths of romantic love and aggression, including cyber aggression.	Strengths: Significant changes in the short term. Promotes the learning of values of tolerance, gender equality and healthy relationships. Minimizes the repetition of aggressive behavior, also sexist beliefs and myths of romantic love and takes into account all forms of violence.
Program "JOVEN/YOUTH" Rosa Maria Gonzalez-Guarda, Jessica E. Guerra, Amanda A. Cummings, Karen Pino, Maria M. Becerra. (Miami, EE.UU)	Sample: N=82 teens. Design: Experimental with an experimental group and a control group. Duration: October to January (2012-2013). A total of 6 sessions. Evaluation: At the beginning, after one week, at the 3rd week and after 12 months of the intervention. They assessed psychological victimization and physical and sexual perpetration and victimization.	Strengths: Significant changes in the short term. Theoretical framework tested in other programs. It involves Hispanic American culture. Developed in English and Spanish. Parents, legal guardians and teachers received treatment and information about violence.
School program for the prevention of violence in dating relationships Liria Fernández González (Madrid, Spain)	Sample: N=714 teens. Design: Quasi-experimental with control group. Duration: 3 academic years (08/09; 09/10; 10/11). It consists of 8 sessions of 50-60 minutes. Evaluation: pre-test, post-test and follow-up. Social skills, justification of violence, coping strategies and decision-making were assessed.	Strengths: Significant changes in the short term. It reduces the justification of acts of violence. It increases the means to address partner violence. Content and methodology of the intervention are adequate.
Program "Dat-e Adolescence" Virginia SánchezJiménez, Noelia MuñozFernández, Javier OrtegaRivera. (Sevilla and Córdoba, Spain)	Sample: N=1764 teens. Design: Experimental, 4 GE and 3 GC. Duration: February - May 2016; 7 one-hour sessions. Evaluation: Pre-test and post-test. We evaluated myths of romantic love, types of violence, quality in the couple as well as self-esteem and emotional regulation.	Strengths: Significant changes in the short term. It significantly reduces beliefs about romantic love myths. It improves emotional regulation, thus increasing your self-esteem.
Program "ERSG" Dennis E.Reidy, Kristin M. Holland, Kar Cortina, Barbara Ball, Barri Rosenbluth. (Texas, EE.UU)	Sample: N=1678 teens. Design: Cohort Study. Duration: Started in 2011 and finished in 2014. 55 min. sessions. Evaluation: 3 evaluations over time, September-January, April-May and September-February. The different types of perpetration and victimization, both proactive and reactive, were assessed.	Strengths: Significant changes in the short and long term. Separation of groups by sex. It addresses all types of violence. Longitudinal program. Space and support are given to adolescents.

RESULTS

There are significant changes in the short term, but it must be borne in mind that these changes are not the same in all programmes. On the other hand, it was noted that psychological violence, as well as other forms of abuse, were taken into account in all prevention measures.

DISCUSSION

Research is limited because it is a novel research problem and there is not a lot of information so the results can be biased. But the review provides significant information for the development of future programmes for the prevention of gender-based violence in adolescent dating, which will be effective in reducing this phenomenon, which is still a public health problem.

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