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DO THAI PARENTS REALLY KNOW ABOUT SEXUAL RISK-TAKING OF THEIR CHILDREN: A QUALITATIVE STUDY IN BANGKOK

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This qualitative study explores the perceptions of parents and adolescents toward sexual risk taking behaviors. In-depth interviews were conducted with 30 parents and 30 adolescents aged 13-14 in Bangkok, and were analyzed by using coding and thematic analysis. Results showed that even though parents believed in general Thai teens begin having sex at an early age and engage in sexual risk behaviors, they trusted that their teens would follow parental guidance and rules and not engage in sexual activity at this age. Meanwhile, most Thai youth reported that their parents were not really aware of their teen's sexual behaviors because of their tendency to keep their sexual stories secret, for fear of being scolded, blamed and punished. Teens also reported that they want their parents to listen, give them warmth and more freedom, and be more in touch with their activities. Parents expressed their need for knowledge and skills that could help them in guiding their adolescent children so as to avoid sexual risk behaviors. A family intervention specifically to empower Thai urban parents is needed.

Keywords: family; Thailand; sexual risk behaviors; qualitative study; Thai urban parents

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PROCESS OF COPING AND ACCEPTANCE OF MASTECTOMY BY BREAST CANCER PATIENTS

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Breast cancer with %22.6 is the most prevalent cancer among Iranian women and mastectomy comprises %81 of surgeries done for treatment of breast cancer. Mastectomy may create feelings such as deformation or impairment in patients,

cause body-image disorder, and reduce sexuality and sexual activity, subsequently may prone to other disorders.

A grounded theory method was used to guide this study. Twenty participants were recruited. Open, semi- structured questionnaire were conducted. Data analysis was carried out with the constant comparative method using Strauss-Corbin method.

Seven main categories was administered from the collected data; reactions to mastectomy, apposition of lose and death, re-evaluation of evaluation system, consent for undergoing mastectomy, reactions and troubles after lose, confrontation of lose and health, compatibility withy changes and reorganization all of which affected the coping process in patients with breast cancer. The results of the study indicated that patients were informed on their breast cancer and the necessity of mastectomy as the treatment, they passed the seven categories to adaptation with mastectomy.

Keywords: breast cancer; mastectomy; coping; acceptance

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MEDITATION FOR HEALTH PROMOTION AND WELLBEING EDUCATION. A QUALITATIVE APPROACH

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The scientific interest in meditation is rapidly growing in recent years and its role in health promotion and wellbeing education is now actively in discussion (Kabat-Zinn, 2005; Siegel, 2007; 2010). The Embodied Theory (Varela et al., 1991) has here a crucial role because it merges meditation, phenomenology and western scientific approach into the study of the "body-mind problem". Meditation can be considered a "body-mind practice" and a specific kind of experiential learning aimed to develop, among other characteristics, wellbeing, awareness, metacognition and bodily consciousness (Francesconi, 2009). This paper presents and discusses two topics emerging from two qualitative phenomenological studies on the effects of meditative practice on wellbeing perception in adults: 1) the promising alliance between meditation and health promotion, 2) the fundamental role of qualitative research in studying the meditative experience within healthcare and medical fields. In particular, the main categories relating to wellbeing which emerged from the data will be shown, namely awareness, metacognition, proprioception (intero- and exteroception), nonreactivity, emotion recognition, empathy, bodily consciousness,