

the necessity of Counselling to avoid the negative implications of sexual behaviors

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Human Sexuality and the Need for Responsible Guidance

Sexuality is known as the one mandatory feature in human lives. It comes with many considerations. It is evident that there is the existence of many dimensions of sexuality that can be explored in the different forms of discipline. The proper understanding of the features of sexuality ultimately helps to make inferences about human sexuality and the particular form of the ability of individuals related to the paradigm of sexuality.

Sexual intelligence is one crucial aspect related to the broader concept of sexuality. It provides necessary assistance to individuals with different sexual skills, which helps them adopt effective sexual behaviors and practices. It also provides necessary indications about the attainment of the necessary sexual knowledge, which helps to address different sexual issues or concerns that are faced by humans in their daily lives. The paradigm of sexual research or knowledge helps to critically understand different forms of sexual behaviors and biological aspects of sexual orientation. It also provides the necessary insights into the psychological developments related to the paradigm of sexuality. Here, the focus is to discuss the feature of human sexuality in the particular form of sexual behaviors in the case of an adolescent.

It is crucial to understand that the facet of sexuality comes up with many concerns. Statistics indicate that adolescents face the issue of sexual behaviors, which leads to adverse psychological implications in the case of adults. The feature of risk in the case of adults can also be identified as a major human health concern. It is notable to mention that the form of high-risk sexual behavior among adolescents can be the reason for many severe and long-lasting health concerns. Sexually transmitted diseases (STDs), HIV/AIDS, and unplanned pregnancy are the major health risks that can be observed in case of inappropriate sexual phenomena.

Counselling Interventions and the Prevention of Risky Sexual Behaviour

Different psychologist proposes the idea that there is a necessary need for effective interventions that help to reduce the risk of sexual behaviors, which can be evaluated in the particular case of an adolescent. If there is the proper adaptability of sex education and the implementation of different

HIV prevention programs, then it can be an effective feature to decrease the risk in case of sexual behavior observed in an adolescent. There is the existence of different behavioral intervention programs that provide the necessary knowledge to individuals about the prospect of sexuality and sex practices. These particular programs help to encourage people to use the appropriate form of condom and adopt effective sexual communication skills, which ultimately helps to reduce the health risks involved in the case of sexual behaviors. It is essential to provide a better approach to understanding sexual facets to adopt a better approach regarding the natural phenomenon of sexuality.

Different psychologists believe it is crucial time for the society to consider the problems and concerns which are associated with the prospect of sexual behaviors of the individuals. There are statistics that show that every year, American society observes the features of pregnancies in the case of 870,000, which is something immensely alarming. There is a need for an immediate form of medical and psychological interference to avoid the negative implications of sexual behaviors, which can be witnessed in different sexual settings. Another influential feature that can be observed in case of inappropriate adaptability of sexual behavior leads to chronic implications in the form of HIV infection. It is notable to mention that the existence of HIV infection in the case of young people is the one major reason for the high death rate in the case of young people in society. The increasing form of risk of HIV infection demands a focus on the issue and adopting necessary measures or interventions to deal with the problem.

Undoubtedly, health issues are the one major concern that exists in the case of human sexuality. There are a number of research studies that reveal that inappropriate forms of sexual behaviors in individuals can be the reason for different chronic health issues. It can be the source of many chronic diseases that lead to death. Sexual connections between individuals can cause different forms of infections, which can be identified as sexually transmitted infections (STIs). These are the particular infections that occur in the case of sexual interaction. These infections are ultimately the reason for the pain, discomfort, and infertility, or they can also be the reason for death due to the severity of the infection (Crooks & Baur, 2016). It is notable to consider that different forms of infections prevail in case of unsuitable approaches to sexual behaviors.

Adolescent Decision-Making, Health, and the Quality of Life

The issue of different health concerns related to human sexuality can be a major concern for people as it immensely damages the quality of life. It is necessary for adolescents to make intelligent sexual decisions to avoid different health issues. These particular issues can be observed in the different forms of infections and the most chronic feature of HIV, which can even be the reason for death. The adaptability of the necessary and realistic sexual approach is crucial to ensure better health positioning concerning the prospect of sexual behaviors. Proper and timely recognition of different

health issues related to sexual practices can be helpful to address this particular issue effectively. Effective knowledge of health concerns related to sexual behaviors helps to identify the possible solutions to the problem. A proper understanding of different health issues in the case of sexual behavior also ensures the elimination of the prospect of transmitting the problem from one individual to another.

It is crucial to consider the aspect of sexual behavior with the consideration of both genders. There is the observation of the difference in the adaptability of different sexual behaviors, which can be observed in the case of both males and females. Different gender norms and roles established by any society play crucial roles in determining and adopting the different facets of sexual behavior. Differentiation of gender roles also determines the socialization feature in both genders (Killermann, 2017). The feature of gender orientation is also related to the identification of different health concerns on the basis of the sexual behavior of an adolescent. It helps societies to adopt a better approach to sexual attitudes towards different individuals.

The particular perspective of counseling plays a crucial role in the case of the sexual behavior of an adolescent. It is important because it provides necessary and effective direction to deal with the health concerns in case of sexual behavior. There is a need for the proper intervention and counseling program that guides people about their decisions regarding sexual behavior. The prospect of sexual intelligence is the key to effectively dealing with the problems related to the risks in the case of sexual behavior. The effective paradigm of counseling ultimately helps to identify problems and areas of change which are necessary to provide assistance to the youth of the society. It is evident to consider the proper approach of the scientific method to effectively utilize the facet of counseling in case of inappropriate sexual behaviors. Innovative behavioral intervention can be the one feasible solution to address the issues related to the concept of human sexuality. It considers all the stakeholders to effectively approach the different concerns that might appear in the case of sexual behaviors.

References

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