Original Paper

Sexuality and Quality of Life in Postmodernism in University of México

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Abstract

This study analyzes the responses of a group of young University students from the state of Coahuila, México, in relation to variables on Quality of Life. Their responses are analyzed in two groups: sexually active young people, and those who do not. It seeks to find a different lifestyle in relation to Sexuality. They are young people aged between 17 and 25 years old. Although Sexuality is not mentioned as a part of quality life, it is certainly part of the physical, psychological and emotional health of people. Sexuality in Mexico is stigmatized, and deeply rooted in morality; that is why unplanned pregnancies are increasing and at an earlier age. Several authors refer changes in lifestyles between modernity and Postmodernity (Lechner, Lyotard, Lipovetsky, Lanceros, etc.) have been little explored in relation to the Quality of Life and the indicators that measure it. The results allow to affirm that studied youth perceive themselves in two different models of lifestyle: the sexual active with a tendency to postmodern styles, while the non-active, to modern lifestyles.

Keywords

sexuality, quality of life, postmodernism

1. Introduction

1.1 Quality of Life

Currently, there are various instruments that measure or intend to measure the Quality of Life associated with personal and/or social factors. Gómez-Vela and Sabeh (2000) refer that the idea begins to become popular in the decade of the 60, until today becomes a concept used in very diverse areas, such as health, mental health, education, economics, politics and the world of services in general.

The controversy surrounding a definition of unified Quality of Life has not come to be clarified. The fact that since its inception has been linked to other psychological variables that involve themselves the concept of well-being, has made it possible that, to date, still many researchers do not clearly differentiate in their studies each concept or use it indistinct way (Urzúa & Caqueo-Urizar, 2012).

In addition to psychological and social indicators, another important indicator is the subjective perception of people. Urzúa and Caqueo cited Campbell and Rodgers (s.f); and where they say that some psychologists raised that subjective measurements could account for a higher percentage of variance in the Quality of Life of people, as psychological indicators such as happiness and satisfaction explained about 50% of the variance.

Ardila (2003) and Morales (2013) referred by Guadarrama and collaborators, define Quality of Life as a state of general satisfaction, derived from the potential of the person and the combination of objective and subjective aspects that are based on five main domains: physical well-being, material well-being, social well-being, development activity and emotional well-being.

Trying to make an approach of the ontology of the term Quality of Life could see two dimensions that make it up: The objective dimension assumed by specific indicators. The other dimension is assumed as the subjective perception that people refer to themselves and their context. These two dimensions are divided in four contexts: health (physical, psychological and emotional), healthy family and healthy social and access to education (Hornquis, 1982; Shaw, 1977; Calman, 1987; Opong et al., 1987).

1.2 Quality of Life on Postmodern Youth

Also the term Quality of Life has evolved through almost seventy years, the living conditions have also revolutionized. Indicators have fallen into disuse and others have had to be incorporated (internet, social networks, mobile devices, etc.).

Lencher defined Postmodernism as a "climate" in which "a certain disenchantment with modernity" is manifested (1995), and modernity, as defined by Max Weber, is "the disenchantment of the world" (with regard to the religious view that took precedence over him), in that sense, postmodernity would become the disappointment of disenchantment. Like other authors, Lechner believes that Latin America was born under the sign of modernity through the encounter with the Western World in the XVI century, which also implies an encounter with "that other" indigenous. As a result, it changes the geographic chart and the mental maps simultaneously. Latin America is located at the origin of modernity, and, at the same time, it is constituted thanks to it.

Postmodernism, according to the Spanish Royal Academy, is an artistic and cultural movement at the end of the XX century where opposition to rationalism, disenchantment, the cult of forms, individualism and the lack of social commitment prevails. It differs with modernity, where it was committed to progress towards a better world.

The curious and puzzling thing is, that in Mexico, postmodern culture becomes even more diffuse that it is, theoretically, already in itself. If the analytical compile of Postmodernism based in Germany has predicted that the cultural values of the contemporary world will integrate by fragmenting, new cultural

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forms.

What can be expected from the Mexican case, which since its cultural foundation, refers to the transubstantiation of several clashing civilizations?

The post-mexicanism, which we could well define as a Mexican identity of the postmodern, is one of the cultural (and identity) faces.

1.3 Quality of Life and Sexuality

One of the factors that can be referred to as Quality of Life is the factor of being a propagated person. Sexuality in a past puberty person is of great relevance to your physical and emotional health. This should not be confused with the initial age of sexual activity, nor less, the way in which it is exercised (with or without precaution).

According to the Coahuila 2016 yearbook, in the year 2015, there was a population of approximately 260,000 of young people between the ages of 15 and 24 years old in Coahuila. For the Statistic and Geographical National Institute (2016), in 2014, 62.3% of woman aged between 15 and 29 began their sex life; 49.4% of them did not use a contraceptive method during their first sexual relationship.

In our state, data from the ENADID 2009, indicate that the sexual life of adolescents aged between 15 and 19, began on average at 16 years old, while in the total of women in reproductive age (15 to 49 years old) began at 19 years old. In Coahuila, is also notable the large number of women who started their sex life in the adolescence, according to the same survey, in 2009, six out of ten women began their sex life before the age of 19.

The following table shows the use of time among the young people of México as a percentage of the population 15 to 29 years old who performs selected activities in your free time, and average hours per week spent by activity in the year of 2014.

Table 1. Activity of Young People

Activity	Percentage of the population 15 to 29 years old who performs the activity	Average hours per week spent by activity
Watched television	67. 1	9.7
He devoted special time to the members of your home to talk about the daily activities, comfort or advise	56.6	5.5
Reviewed the mail, consulted social networks or chatted	54.8	8.9
Made sport or physical exercise	42.4	5.3
Consulted information or surf the internet	32.1	4.7
Read any book, magazine, newspaper, or other printed material	31.0	3.1

In the National Survey of Demographic Dynamics, ENADID 2014, 62.3% of young women 15 to 29 years old have started their sexual life; one of every two (49.9%), not used a contraceptive method during their first sexual relationship. Differentiating by age groups, for adolescents aged 15 to 19 years, one in three (29.2%) already initiated their sexual life, and of these, 44.9% stated that it had not used a contraceptive method during their first sexual relationship.

In respect of the unpaid activities for other homes that made the young, data from the National Survey on Time Use (ENUT, 2014), show that 18.3% of young people 15 to 29 years spent at least one hour per week to this type of activities. On average, this group of young people spend 5.6 hours per week, six out of every 10 are women and for every 100 hours spent during the week to these activities 69.3 hours, are covered by women.

According to numbers from the Government of Coahuila (Mexico), the proportion of adolescent pregnancies in Coahuila is recorded several percentage points above the national average, although since 2008 is declining, they still represent almost one in four births. This fact reveals adolescent reproduction as a complex phenomenon, with specific resistances that merit strategies other than those that tend to work among the rest of the Mexican population.

According to the birth records of the National Statistic and Geographic Institute, in 2011, Coahuila was ranked second by the proportion of pregnancies in women under 20 years, from the 59,000 births occurring in the state, 22.8% were from girls and adolescents. While the national average was 19.2%, other entities like Chihuahua, Nayarit, Durango, and Campeche had a similar trend to our state.

The National Survey of Time use in 2009 (ENUT, 2009), referred to the men, and diversify the use of their free time with greater ease, as they have minor responsibilities in the home and, therefore, more time is available. On the other hand, women continue to assume the heavier load of family work domestic. In general, the overall time of work of women is higher than men, which obviously takes away time to devote to activities of recreation, entertainment and social life.

Also in this survey (ENUT, 2009) refers to the mexicans to distribute the weekly hours on average to: sports and physical exercise (4 hours, 25 minutes), social life (7 hours 30 minutes), study activities (40 hours), Use of mass media (13 hours, 25 minutes).

Rangel and García (2010) found in a Mexican University, that more than half of the students' population (56.6%) referred to lead active sexual life at the time of application of the instrument, with greater predominance in males (71%) than in women (49.3%).

Since 1998, Sigusch already mentioned that both, men and women, have the right to be sexed individuals, whether in their singleness or marriage, for the simple fact of being human beings.

Guadarrama and collaborators (2014) conclude that the Quality of Life is a concept that is defined from the interaction of multiple factors such as, age, sex, satisfaction of needs, the perception that the subject has of himself and the contexts in which it overwhelms, the potentials with which it counts and can develop, and the practice of norms that express the morality of the context in which it lives, where it will be able to find the welfare and the satisfaction.

In the same way, healthy Sexuality can be considered to be determinant for happiness, physical wellbeing and therefore the Quality of Life of people. Known sexual hyperactivity (lack of desire or sexual urge) is considered a decrease in physical health, and becomes prone to psychological disorders.

2. Method

The present research was quantitative in nature, because the form of data collection was numerical. It was not experimental, because the variables were not manipulated and transversal because the administration of the investigation was done in a single moment, a descriptive and comparative study was conducted.

A survey was used, which divided into three sections, the first one specifies the general data of the respondent with 15 variables, the second section consist of 6 ordinal questions, and the third section consists of 20 questions with a numerical scale (0-10), 20 of them are about the lifestyle dimension. For the lifestyle dimension, the following simple variables are presented: study strategies, exercise, sport, physical activity, food, alcohol consumption, smoking, sedentary lifestyle and leisure.

The study was carried out in the Autonomous University of Coahuila which is the principal house of studies of the state of Coahuila in northern Mexico. Its student population is of 35,668 distributed in 63 academic units. Was elected to the Autonomous University of Coahuila for having the highest percentage of enrollment of students to higher level in the state.

The sample selection was taken randomly, the strategy that was used for the selection of the participants was the method of random stratified sampling with equal proportion conformed by a total of 862 students. The sample was taken from 13 academic units. 44% are men and 56% women, with an average age of 20 years.

2.1 Procedure

At first, the survey pilot was conducted to calculate its reliability, and Cronbach's alpha score was 0.67, so it proceeded to make adjustments to the reagents of the survey, and re-conducted the survey and was applied again. It had a significant improvement in the Cronbach's alpha score (0.80).

3. Results

As seen in tables 2 and 3, the investigated students (862) refer that 44.9% are sexually active and 53.1% are nor active. 1.9% did not answer that question.

Table 2. Percentage of Students Who Do refer to Be Active Sexually and Not

Item	Cases	Percentage	Acumulated Percentage
No	458	53.10%	53.10%
Yes	387	44.90%	98.00%
Lost	17	1.90%	100%

By making groupings by gender, people who refer to not being sexually active, the vast majority are women (63.5%). On the other hand, the group of the sexually active, are very similar on percentage on men (52.3%) and women (47.2%).

Table 3. Percentage of Students That refer to an Active Sexually and Those Who Doesn't Compare to Men and Women

Gender	No	Yes	Total
Male	167 (36.5%)	203 (52.3%)	370
Female	290 (63.5%)	182 (47.2%)	472
All	457	386	842

Subsequently the categorization of the 862 subjects, an independent T-test was performed by groups to know if they present significant differences in the 40 variables that were analyzed (which refer to the modern context or the postmodern context in Quality of Life).

Of the 40 variables, only in 19 were significant differences between the groups: sexual and non-active sexual assets. In the rest of the variables, no differences are present (21). Of the 19 variables with significant differences, in 15 of them there are higher averages in the group of sexually active; it highlights variables of physical activity, drinking alcohol, and greater freedom to do things.

The four variables where there are higher averages in the group of non-sexually active, are variables with content of spirituality, morality, and repentance.

Table 4. T-Test for Students between Active Sexuality Groups and Not

Item	Mean no	Mean yes	t-value	df	p
Do you exercise often to see yourself in shape?	4.24	4.93	-2.82	830	0
Do you dedicate time to practice sports weekly?	4.17	4.82	-2.41	829	0
Do you perform physical activity for more than 30 minutes a day?	5.09	5.75	-2.46	830	0
The way I use alcohol puts me at risk?	1.64	3.15	-7.04	829	0
Do I regularly drink alcohol for fun?	2.51	4.25	-7.07	829	0
Do I think I have an addiction to smoking?	1.09	2.66	-7.3	830	0
Do you regularly consume excessive alcohol?	1.12	2.76	-7.94	830	0

Table 5. T-Test for Students between Active Sexuality Groups and Not (Continuation)

Item	Mean no	Mean yes	t-value	df	p
Do you use your free time to watch videos?	5.78	6.21	-2.04	829	0
Do you usually use your cellphone to play?	4.06	4.86	-3.26	829	0
Do I participate in cultural activities outside the school?	4.41	4.99	-2.25	830	0
Do I participate in cultural activities within the school?	4.03	4.72	-2.7	829	0
Do I buy everything I want?	3.97	4.59	-2.56	830	0
Do I do things that people consider art?	4.33	5.17	-3.18	827	0
Do I respect the social signs?	8.2	7.84	2.12	832	0
Do I protest when I disagree with something?	7.42	7.78	-1.97	828	0.1
Do I belong to a prominent social group?	3.27	3.82	-2.09	829	0
Is it important for me to take care of my spirituality?	6.45	5.86	2.37	831	0
Is it important for me to believe in God?	7.52	6.27	4.91	831	0
Before I make a decision, do I think about the consequences?	7.97	7.53	2.29	831	0

Analyzing only the group of men (370), with the grouping variable Sexuality, from the 40 variables, just nine presented significant differences between the sexually active and not active. In the nine variables the averages were higher in the group of the assets. It highlights variables alcohol, social networks, and again freedom to do things.

Table 6. T-Test Student for Men among Active Sexuality Groups and Not

Item	Mean no	Mean sí	T	df	p
The way I use alcohol puts me at risk?	2.12	3.65	-4.5	366	0.00
Do I regular drink alcohol for fun?	3.04	4.89	-4.8	366	0.00
Do I think I have an addiction to smoking?	1.44	3.5	-5.5	367	0.00
Do you regularly consume excessive alcohol?	1.51	3.6	-6	367	0.00
Do you usually use your cellphone to play?	4.54	5.36	-2.3	367	0.00
Do I participate in cultural activities within the school?	3.89	4.71	-2.2	366	0.00
Do I buy everything I want?	4.19	5.05	-2.4	366	0.00
Do I do things that people consider art?	4.71	5.53	-2.1	366	0.00
Am I part of a prominent social group?	3.81	4.69	-2.3	367	0.00

An analysis was then made to the women's group, dividing it in between active and non-sexually active (Table 7). Of the 40 variables analyzed, significant differences were presented in ten. In eight, the stockings were high in the active group and only in two in favor of the group of the non-active.

The variables in favor of the sexually active, are variables like drinking alcohol, smoking, eating, social media and subversive characteristics. Instead of the non-active, they fall into the order of belief in God and spirituality.

Table 7. T-Test Student for Women among Active Sexuality Groups and Not

Item	Mean no	Mean sí	t-value	df	p
Do you still eat even if you're not hungry anymore?	3.74	4.49	-2.19	460	0
The way I use alcohol puts me at risk?	1.36	2.61	-4.53	458	0
Do I regularly drink alcohol for fun?	2.21	3.53	-4.09	458	0
Do I think I have an addiction to smoking?	0.88	1.74	-3.52	458	0
Do you regularly consume excessive alcohol?	0.9	1.83	-3.84	458	0
Do you use social networks in your free time?	7.54	8.02	-2.03	459	0
Do I participate in cultural activities outside school?	4.2	5.03	-2.31	458	0
Do I protest when I disagree with something?	7.76	8.25	-2.18	456	0
Is it important for me to care of my spirituality?	6.77	6.02	2.24	459	0
Is it important for me to believe in God?	7.98	6.35	4.91	458	0

After the T-test, a concentration of the total of significant variables for men (after the analysis between active and non-active, Table 6) and for women (after analysis between active and non-active, Table 7) is presented, with the objective of visually contrast in which they coincide and in which there is difference. From 19 variable frequencies with significant differences in T-test (Table 8), in four there are differences in both groups (both male and female). The variables were: the risk of alcohol consumption, alcohol consumption for fun, tobacco addiction and excess alcohol.

In what belongs to women only the variables are characterized: excessive consumption of food, use of social networks, participate in cultural activities, protest, care for spirituality and the importance of believing in God. For the men's group, the variables that characterize it are: play with the cellphone, participate in cultural activities inside the school, excess shopping and make art belong to a prominent social group.

Table 8. Concentrating of Significant Variables of T-Test Distinguishing Women of Men (Different) and Those That Coincide

Item	Just Women	Same	Just Men
Do you still eat even if you're not hungry anymore?	X		
The way I use alcohol puts me at risk?		X	
Do I regularly drink alcohol for fun?		X	
Do I think I have an addiction to smoking?		X	

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Do you regularly consume excessive alcohol?		X	
In your free time do you use social networks?	X		
Do you usually use your cellphone to play?			X
Do I participate in cultural activities outside school?	X		
Do I participate in cultural activities within the school?			X
Do I buy everything I want?			X
Do I do things people consider art?			X
Do I protest when I disagree with something?	X		
Do I belong to some outstanding social group?			X
Is it important for me to take care of my spirituality?	X		
Is it important for me to believe in God?	X		
Frequencies: 19	6	4	5

In order to be able to establish a possible characterization between the school trajectory in elapsed time and the Sexuality, T-test was carries out by groups to know if there are differences in the Quality of Life of the students of initial semesters versus the students of advanced semesters.

From the seventh to the eleventh semesters (125) were grouped was advanced versus the students of initial trajectory (first semester: 269).

Table 9. Student Frequencies Per Semester, in Relation to Sexually Active and Not

Semester	No	Sí	Total per semester
1	175	94	269
7	37	35	72
8	0	8	8
9	12	19	31
10	0	7	7
11	1	3	4

To the grouping of advances was carried out a T-test in the forty variables of Quality of Life, only four of them showed significant differences. In favor of the group of assets were the variables: addiction to tobacco, excess consumption of alcohol, generate art. Those who do not have a sexually active life give importance in believing in God.

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Table 10. T-Test of the Advanced Trajectory Group in Relation to Sexually Active and Not

Item	Mean no	Mean yes	t-value	df	p
Do I think I have an addiction to smoking?	0.11	2.1	-3.3	70	0
Do I regularly consume excessive alcohol?	0.89	1.9	-2	70	0
Do I do things that people consider art?	4.24	6.3	-2.5	70	0
Is it important for me to believe in God?	7.51	5.3	2.6	70	0

Among the students of initial trajectory, significant differences were presented in seven of the forty variables of Quality of Life, emphasizing that the sexually active the averages are higher in the variables: the risk of consumption of alcohol, the alcohol as way to have fun, addiction to smoking, compulsively buying. The non-active, give greater importance in believing in God and visiting museums instead of concerts.

Table 11. T-Test for Initial Trajectory between Active Sexuality Groups and Not

Item	Mean no	Mean si	t-value	df	p
The way I use alcohol puts me at risk?	1.73	2.73	-2.5	264	0.01
Do I regularly drink alcohol for fun?	2.11	3.93	-4.24	263	0
Do I think I have an addition to smoking?	1.18	2.37	-3.2	264	0
Do I regularly consume excessive alcohol?	0.94	2.51	-4.45	264	0
Do I buy everything I want?	3.78	4.88	-2.46	264	0.01
Is it important for me to believe in God?	7.6	6.26	2.85	263	0
Do I prefer to go to a museum than go to a concert?	5.39	4.44	1.99	263	0.05

After the T-test, a concentration of the total of significant variables is presented for students with advanced trajectory (after the analysis between active and non-active, Table 11) and the student of initial trajectory (after the analysis between Active and non-active, Table 12), with the objective of visually contrasting in which they coincide and in which there is difference.

Of 8 variable frequencies with significant differences in T-test (Table 13), in three there are differences in both groups (both advanced and initial). The variables were: the excess in alcohol consumption, addiction to tobacco and believing in God.

For the group of advance students, the variable that characterizes it is attendance at museum instead of concerts. In what corresponds only to the initials the variables are characterized: risk of consumption of alcohol, alcohol and compulsive buying.

Table 12. Concentrate of Significant T-Test Variables Distinguishing Advances from Initials (Different) and Matching

Item	Just advanced students	Similarities	Just initial students
The way I use alcohol puts me at risk?			X
Do I regularly drink alcohol for fun?			X
Do I think I have an addiction to smoking?		X	
Do I regularly consume excessive alcohol?		X	
Do I buy everything I want?			X
Is it important for me to believe in God?		X	
Do I prefer to visit a museum than go to a concert?			
Do I do things that people consider art?	X		

4. Discussion

It is assumed that Sexuality is an unavoidable element in the lifestyle of youth and people in general, but, when would be the ideal time to start with this practice? The controversy is increasing and the authors do not agree. It is known that Sexuality is a reality in young people. Other questions that arise are: When is a sexually active person considered? And, when do young people, in a courtship or relationship, needs to have sexual intercourse?

In Mexico, the initial age for sexual intercourse is becoming more at an early age. This does not imply the responsibility or culture of care in a sexual relationship. Although current practices of Sexuality are increasingly with an early sex education, which did not happen in other times.

Sexuality should certainly be considered as an indicator or the Quality of Life, as it is related to the physical, psychological and emotional health of the person. A person who exercises his Sexuality in a healthy way is happier (Hornquist, 1982; Shaw, 1977; Calman, 1987; Opong et al., 1987).

According to the results obtained, young people who are expressed to be sexually active, this Sexuality associate it with socially unacceptable elements such as consumption of alcohol and tobacco. It is perceived a model of young sexed with a high degree of freedom and prone to vice. They perceive in them a vision of postmodern life. Instead, it is clear that another model of youth is not sexually active, with a high social, moral, and religious commitment. Attached to the rules, which clearly distinguishes itself in a modern vision of life.

There is no doubt that a sexual education where Sexuality is dismissed as parties, alcohol, and smoking. To assume a Sexuality should not be related to excess, but educate under the responsible premise in all its expression. That neither the extreme of not assuming a Sexuality, should be linked to a moral or sinful status. That young people assume their Sexuality as a natural element of their Quality of Life.

5. Conclusions

It can be discerned from the study's findings that women are characterized by excessive consumption of food, use of social networks, participation in cultural activities, protest, care of spirituality and the importance of believing in God, also Men are characterized by playing with the cell phone, participating in cultural activities within the school, buying excessively, making the art belong to a prominent social group.

On the other hand about students, initially sexually active students are characterized as having risk of alcohol consumption, as a way to have fun, addiction to tobacco, in addition to being compulsive buying. The non-active, give more importance to believe in God and visit museums instead of concerts and advanced students are characterized by attending museums instead of concerts, as well as having the risk of alcohol consumption and compulsive shopping.

The initiation of the sexual life of young people involves a number of drawbacks both in the family, at school and in society in general that leads to a role of behavior different from the one that has not initiated the sexual practices.

The family in Mexico still exhibits traits of moral, paternalistic and sometimes sexist. The sexuality of a child is viewed from two lenses very different. The first optic is how one perceives the woman as a girl of home, moral, respectful, with little facility to make social life always keeping his sexuality until his marriage. In return the optics to the male is in a sense of more sexual freedom, a symbol of the male with social development. That is, while sexuality is exacerbated in the male, the woman is repressed.

In the mexican education system the disadvantages in relation to sexuality are associated mainly with the lack of flexibility in schools without having public policies of support to: conditions not conducive to the infrastructure to pregnant women. The little support with scholarships or grants to parents waiting for a baby or already with children, this is associated as a strong factor in the school drop-out.

In the new generations of university students has already been a transition to more freedom, more rights, more impact of the social networks by copying sometimes external models with behaviors that were different to the young mexicans. This influence has meant that sexual practices are more liberal, at an earlier age. The role of the young people has been modified and now they are more sexual, they go out to social gatherings, smoke, drink alcohol, and the practice of casual sex is on the rise.

The government should take new strategies for these young post-modernists, since that is on the rise the consumption of alcohol, tobacco, that lead to casual sex without protection. Actions to promote sexual freedom but sexual education is solid. You must generate policies for the eradication of school dropouts through scholarships when there are unplanned pregnancies.

Without a doubt, sexuality is an inherent part of the human being, the social context, family, and school should move to a post-modernity, and a quality of life worthy of our young people.

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