

SOCIAL AND PSYCHOLOGICAL PROFILE OF CHILDREN AND ADOLESCENTS EVALUATED IN A CONTRACT INSTITUTION IN PONTA GROSSA-PR

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Abstract: Introduction: The Guarda Mirim de Ponta Grossa is an institution that assists children and adolescents in situations of social vulnerability. **Objectives:** Outline the social and psychological profile of minors assisted in Guarda Mirim in order to be able to plan some type of intervention to be carried out later in favor of a better quality of life for these individuals. **Method:** A questionnaire was applied about various personal, emotional and clinical information of minors. **Results:** It was observed that these are people in fragile and precarious situations who have experienced traumatic situations and have complaints of anxious and depressive symptoms, have impaired sleep and inadequate nutrition. Interventions have already started, with lectures on the most frequent topics in interviews, such as insomnia. The project contributes significantly to the well-being of the population served and brings knowledge and experience to participating academics. **Keywords:** Childhood. Adolescence. Social vulnerability. Psychological profile.

INTRODUCTION

The Guarda Mirim de Ponta Grossa is a welfare and educational institution, called the Duque de Caxias Educational Institute. Children and adolescents in situations of social vulnerability who need the most diverse types of support (financial, educational, emotional, social, medical, etc.) are assisted there daily, after school hours, in extracurricular activities. The activities offered on site include food, pedagogical, cultural, musical, sports, environmental and emotional education, digital inclusion and others. In this sense, there is a partnership with the UEPG Medicine course regarding health education and support.

It was observed that these children have medical and psychological problems that

require careful professional evaluation to outline possible interventions and thus improve their quality of life. For this reason, the activity reported in this study was a way of defining the personal issues of each child and adolescent and observing each case individually to understand what demands are incumbent on physicians and medical students.

The general objective of the proposed activity was to evaluate the psychological, social and clinical profile of children and adolescents assisted in the Guarda Mirim de Ponta Grossa, to screen cases that need evaluation and professional help and to suggest possible interventions. As specific objectives, there is the intention to create a bond between the academic and the minor assisted, in addition to providing a safe listening space so that he can express himself. On the other hand, there is the objective of developing the academic's ability in anamnesis and interview and problem solving.

METHODOLOGY

A questionnaire was applied to the children attended at the Guarda Mirim de Ponta Grossa, in which questions were asked about personal data, family, routine, social life, emotional issues, food and child health and this questionnaire will work as a medical record, that is, will be stored to be consulted in any subsequent calls. Subsequently, all questionnaires were carefully evaluated and transcribed into a medical anamnesis, scoring the most relevant issues observed during the conversation with the child and suggesting a possible intervention, such as medical or psychological referral.

RESULTS AND DISCUSSION

Interviews were conducted with 61 children and adolescents attended at the

Guarda Mirim de Ponta Grossa in the morning and afternoon, aged between 6 and 16 years, 34 males and 27 females. Most of the minors interviewed live with their parents and siblings, some live with grandparents, uncles or other family members and report liking their parents or guardians. However, there were children who reported feeling afraid of family members. A total of 30% of the people interviewed reported having gone through traumatic situations in their lifetime; being considered as such violence witnessed or suffered, accidents, bullying and robberies. Within this, reports were heard of students who lost their parents, grandparents and other family members in violent conditions, such as murders or accidents, in addition to situations of domestic and sexual violence. (Table 2). These students carry many negative emotions related to grief and the insecurity of the situations they have experienced.

According to psychology, a child who has experienced a traumatic situation needs environmental resources to elaborate and signify this fact, which provide the child with care that can sustain him in his helplessness in the face of these situations. (ZAVARONI, 2015). In this sense, the minors interviewed do not seem to live in environments that allow these resources and ended up developing negative emotions and psychiatric symptoms that directly impact their neuropsychosocial development. Regarding emotional issues, some of the interviewees presented or reported negative emotions during the anamnesis (anxiety, sadness, fear, nightmares, worries, inattention, feelings of anger and aggression).

With regard to anxiety symptoms, many have excessive concern, irrational fear, insomnia and impatience. (Table 1) These data corroborate the fact that anxiety disorders in children and young people are frequent and represent the largest group of

mental health problems during childhood. Some authors say that today's children are "hurried children", saying that currently everything is too fast and that there is an insistence on the premature development of the child, which makes childhood stressful and, paradoxically, worsens development. (SAINTS, 2022). It is observed that this is a problem for all children nowadays; however, for the socioeconomically vulnerable, these diseases take on greater proportions, as the conditions in which human beings develop contribute significantly to the health-disease process, whether physical or psychological. (SOUZA, 2019)

In addition, most children complained about sleep quality, including reports of insomnia and drowsiness during the day. In part, it seems to be due to the excessive use of electronic devices (cell phones, tablets, video games, computers and televisions) associated with a lack of discipline regarding bedtime on the part of those responsible. Most children share a room and bed with their parents or other family members; either for reasons of lack of space inside the house or even by choice of the family. In addition, many have complained of nightmares and night terrors. The fact is that sleep disorders in childhood, which affect around 30% of Brazilian children, are proven to be related to social habits within the family, which seems to be the case of children treated at the Guarda Mirim. Such disorders lead to deleterious consequences on the cognitive development, mood, attention, behavior and quality of life of the individual in training. (NUNES, 2015). Due to this complaint, a lecture was held on the subject of insomnia in childhood and adolescence, in which the academics presented the children with the main causes of this disease and ways to avoid and alleviate the problem.

	Insomnia	Negative emotions	Somnolence	No complaints	Total
Masculine	2	17	4	11	34 (55,7%)
Feminine	9	10	2	6	27 (44,3%)
Total	11 (18%)	27 (44,3%)	6 (9,8%)	17 (27,9%)	61 (100%)

Table 1 - Most common complaints, by gender: complaints of anxiety, sadness, fears, nightmares, inattention, anger and aggressiveness were considered as “Negative emotions”.

Source: from the author.

	Traumatic experience reported	Did not report experience traumatic	Total
Masculine	8	26	34 (55,7%)
Feminine	10	17	27 (44,3%)
Total	18 (30%)	43 (70%)	61 (100%)

Table 2 - Number of minors interviewed who suffered traumatic situations, such as witnessed or suffered violence, accidents, bullying and robberies.

Source: from the author.

	Eat fruits and vegetables	Eat processed foods and sugars	Eat at school	Total
Masculine	8	16	22	34 (55,7%)
Feminine	8	12	13	27 (44,3%)
Total	16 (26%)	28 (46%)	35 (57,4%)	61 (100%)

Table 3 - Eating habits of children and adolescents interviewed, in absolute numbers and percentage.

Source: from the author.

Regarding food data, it was observed that in the home environment they have a diet rich in industrialized foods, such as instant noodles, crackers and cookies, and 46% of the children interviewed reported eating this type of food daily. Only 26% of students reported ingesting at least one serving of fruits and vegetables daily. At school and at the after-school institution, they eat complete and balanced meals, contemplating the nutritional pyramid necessary for good development; however, the number of respondents who have meals at school is 57.4%, therefore not covering all students.

According to the Brazilian Society of Pediatrics and the Ministry of Health, children must not consume sugar in the first two years of life and in other age groups consumption must be limited. However, it is observed that children currently have greater access to ultra-processed foods and consumer goods in general, which has increased the incidence of chronic degenerative diseases such as overweight/obesity, high blood pressure and diabetes mellitus. (WEFFORT, 2016). The eating pattern of the children assisted in the project follows the same worldwide pattern that has led to all these bad outcomes. Thus, based on these data obtained, it is necessary to work on this to try to change this risk factor, which is modifiable.

CONCLUSION

This way, the results brought us data similar to those known in the literature, aggravated by the precarious socioeconomic situations in which they live and which are subject to intervention. In addition, as stated by the World Health Organization (WHO), injustices and social inequalities are the determinants that cause the greatest impact on human health. For this reason, these children and adolescents, who are individuals

who were born in socially marginalized homes, have limited options, which mark the entire process of personal and social development, including professionalization and the construction of a being with good physical and mental health, therefore, they are even more vulnerable clinically than other individuals of the same age who live in better social situations. (SOUZA, 2019)

The extension project has contributed and can contribute significantly to the performance and improvement in the quality of life of these individuals in growth and construction, as it can act directly on their complaints and demands and, in advance, brings experience and knowledge to the academics who participate in it.

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