

Historical and legal background of the prevention of drug use legal in university students

Abstract

The investigation reveals from the historical study, the need to scientifically deepen in the problematic of the prevention of the consumption of legal drugs in the process of Health Education of the university students, in correspondence With Their single, collective and professional formation. For ITS study, criteria established and stages Were Determined in correspondence with the significant changes and legal categories in Health Education. The conclusive analysis evidences the need to systematize the theoretical and methodological referents That Sustain the development of prevention as a content of health education based on the principle of double pedagogical intentionality for the establishment of theoretical relations between the formative curricula, the personological and the pedagogical professionalism.

Keywords: prevention, legal drugs, health education

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Introduction

In Cuba, the State and the Government draw the education policy aimed at the whole population and particularly to the formation of new generations manner; They are enforced legal categories that support drawn in this direction to undertake this duty and social rights from the institutions created for this purpose policy.

As discussed in Thesis and Resolutions of the First Congress of the Communist Party of Cuba.¹ Education policy aims to form new generations and all the people in the scientific world, i.e, the dialectical and historical materialism develop in all its fullness human intellectual, physical and spiritual abilities of the individual and encourage him lofty sentiments and aesthetic tastes and convert the ideo-political and moral personal beliefs and habits of everyday behavior.

Director of Promotion and Education Program for Health declared as one of the necessary anti-drug anti-alcohol education, tobacco and themes. In Cuba, the political intention of the State and Government implies from the legal point of view, medical and educational to different ministries to realize the educational and preventive measures of drug use. At Glossary of drug prevention in Cuba declared legal drugs and identify: cola, tea, coffee, snuff, alcohol and medications as prescribed by health personnel. The systematic use of these in the population, leading to addictions that affect the bio-psycho-social training of subjects at different stages of life, so to be addressed in the educational system in the process organized and directed that develops awareness and risk perception.

Education for Health approached from the Ministry of Public Health (MINSAP),² the Ministry of Education (MINED)^{3,4} as a political, social to cater for system integration of educational influences involves groups of researchers who contribute to the theory process and practice of education and health promotion in schools and institutions. Among them are: Carvajal,⁵ Torres,⁶ Rafael,⁷ who provide definitions, principles, methods and content, develop methodological processes for the formation and ongoing preparation of students

and teachers in the different processes, identify health problems in different upbringings and establish procedures for care.

However, They stand out in the international and national context in theoretical systematization of different sources related to the prevention of the use of legal drugs: del Toro L,⁸ and the World Health Organization WHO,⁹ Argentine Drug Observatory¹⁰ and Ortiz,¹¹ that from the psychosocial point of view they deepen in health care, address the prevention of legal and illegal harmful influences on biological drugs, psychosocial and legal for individual formation of his personality and the impact on groups. These references are important theoretical foundations, although not explicitly determine studies in the formation of professional education. The sustained development of research and scientific materials related to the health education and drug prevention while contributing their analysis reveals the need to deepen the theory and practice of content preventing use of legal drugs the college student to contribute their individual educational and vocational training.

Develop a historical study and understand the genesis of the need to address the prevention of use of legal drugs in the process of health education requires an analysis of their background. Education for Health was first broached in 1945, after World War II. Later, in 1948, the World Health Organization (WHO), which aimed to global health work, and then the first World Parliament of Educators Health and the International Union for Health Education was organized with common goals was founded: Health world; these historical moments that gave way to growth and adaptation of the increasingly social nature of health and health concept was defined.

For the first time in 1945 discussing preventive health as the main task of medicine also relationships between biological, environmental and personal items for health care and not disease as a reflection of education are addressed in a process continuous. These facts lead to a historical process of health education in the period between 1940 to 1961, which is reflected in education when there was a subject called Health Education which was held in both the Basic General Education and the Normal schools for Teachers. And in 1961, during the Literacy

Campaign, they led teachers to teach health cards hygienic standards in rural areas. Throughout this time the work focused on the aspect of hygiene, preservation of physical health and in order to prevent disease and the relationship between health and disease is more evidence.

It is important to note that since the triumph of the Cuban Revolution education was characterized by fundamental changes such as the Literacy Campaign (1961), the University Reform (1962), the creation of the Pedagogical Institutes (1964), the detachment M. Ascunce (1972), and creating the teacher training institutes in 1976 independently. All these processes contemplated aspects of health education.

In 1970 the departments of Health Education were created in pedagogical schools to organize the preparation of teachers in the aspects of health education.¹² These elements demonstrate the State's concern for the integral formation of the personality of professional education and therefore its impact on children, adolescents and youth in the preventive work is a priority, with the goal of achieving them right habits coexistence, physical and mental health.

With the First Congress of the CCP (1975) Education for Health was established in the Cuban educational policy, which was reflected in the implementation of state objectives guided by the Mined at different educational levels for the theoretical and methodological professional education with regard to the care an individual and collective health.

The Constitution of the Republic of Cuba¹ collected the transcendent aspects on health education and preventive work, which reflected prevention is a priority for the Cuban government, with particular attention to the role of education in the training of adolescents and youth, enabling him to express feelings of rejection towards negative behavior.

From 1979 provincial centers Health Education, who served as trainers of teachers at all levels were created. However, these did not provide precise teacher based prevention guidelines, which reveals that there were limitations to devise preventive work, since the formation of this professional. That same year, as a result of the different phases of development, mainly in the curricular aspect, the subject Education for Health disappeared schemes subjects in general education. In the decade of the 80's a biologicista preventive approach in the process of health education was reflected, although some level of integration was achieved in syllabuses and greater awareness among teaching staff in the task. The analysis of this period shows the interest of addressing health education and provides foundation to go into preventing use of legal drugs in the educational process and formation of personality; allow to have a preliminary overview of the historical evolution of this and thus, the accuracy of aspects to consider and stages for the development of historical study. For the effects of research, based on the field-object relationship, the period between 1986 and 2017, the general criteria determined by the development of legal regulations for the prevention of use of legal drugs was taken into account.

The criteria were determined and allowed target the same were as follows:

Guidelines issued by the principal organs of prevention and their implementation in health education in teaching careers. Integration of different institutions and centers with university teaching careers to develop educational work on preventing the use of legal drugs in health education. Incorporation, study and implementation of content

related to prevention from the process of health education with a teaching professional guidance.¹³

The first stage of the prevention of use of legal drugs in Health Education established between 1986 and 1991: intentionality establishment of general rules of health education and prevention. During the process of improving the national education system, in 1986 the Ministry of Education ruled to continue the work for a culture of health through mainstreaming the contents of Health Education and objectives and contents are defined to be addressed in all subjects in the different programs and educational levels, which was not without teacher training. These guidelines proposed that: Health education must be addressed at all stages of the educational process.

The integration of the contents of health subjects and the whole educational process should materialize into a conscious and systematic act of the teacher as a pedagogical purpose. Is a need to achieve greater integration into the system of knowledge that college student is offered. In 1986 prevention was integrated into a single system through the Committees for Prevention and Social Care, structured at national, provincial and municipal levels, which were represented institutions and recognized organizations for prevention work, and laid the foundations the organization and operation of prevention work. Degree-Law 95 was also enacted as part of the process of rectification of errors and negative tendencies, which regulated and required the operation of social prevention committees in the country and set guidelines at work. That same year were located in schools of different levels to the first doctors exercising their work with special characteristics. This revolutionized the educational work of prevention and health maintenance and formation of a strong culture to strengthen healthy lifestyles in younger generations from the medical-pedagogical integration in schools. Training schools of education professionals had this integration, however, the biological approach was manifested, insisted on treating diseases, health maintenance, without proper emphasis on educational work on prevention use of legal drugs.

In higher education teaching some related prevention Anatomy Developmental and Health school subject until 1987, and thereafter items remained the contents of health education are integrated into teacher training discipline General, denote very general aspects of prevention and not always related to legal drugs. In 1987 adjustments Study Plan B were performed, and modifications were made half. Although the academic nature prevailed, the educational content of the curriculum disciplines were constituted in potential advantage not to develop the process of health education and prevention specifically use of legal drugs. In the same year Degree Law 62 of the Penal Code was adopted, constituting an important social policy document, which sets rates dangerousness, which are habitual drunkenness, dipsomania and antisocial behavior. This highlights the importance of preventing alcohol consumption, which constitutes a legal drug that modifies the mode of action of the consumer in the biological, psychological and social. This Degree confirms the need to develop an individual and collective educational work, the integration of different factors, systematic guidance for achieving prevention; However, teachers are not always aware of intencionar actions organized and conducted for the prevention of use of legal drugs.

In 1989 the National Commission on Drugs (CND) was established and the rules and relations with the various ministries were established. Community projection of health and environmental problems was developed to help reduce the consumption of snuff and alcohol, contribute to creating a healthy environment, free from

harmful physical, chemical and biological factors for health. Aspects that are integrated into the health education and prevention of use of legal drugs that directly affect the college student. Education for Health is working as a crosscutting issue in schools addressed by the Department of School Health Mined. However, not all teachers were able to develop this content and integrate them into the preventive work of the institutions.

Treating the contents of Health Education it has been addressed through the integration of different ministries, with emphasis on the educational process of schools and university student evidenced by different themes and most isolated way work preventive related to the use of legal drugs to promote their individual training. The second stage was established between 1992 and 1999: Directionality of health education and prevention. At this stage there was the remarkable economic crisis known as the "special period", which led to the political decision-making in Cuba as opening the international market, recognizing the great dangers they would face in the formation of values, a new vision of society with the legalization of the circulation of the dollar and the development of tourism, which would bring vices and eradicated; to face these decisions of the State educational activities and control that contributed to the integration of political and mass organizations and institutions of different ministries, which allowed to preserve the values of Cuban society increased.

For the reasons described above Ministerial Resolution (RM 60/1996), which approved the main documents for methodological work in the 1996-1997 course at different educational levels to promote the development of curricular activities, specially focusing on prevention was made official smoking and alcoholism. At this stage normative documents for preventive work that made different ministries for joint action were issued in society, and involving a special way to MINED and the Ministry of the Interior (MININT).

In addition, the Law 175/1997 and Law Degree 87/1999, referring to the amendments to the Criminal Code on social indiscipline, referring to drug use, and Ramal Regulation which provides for the discipline of work activity were implemented education of workers in this sector with respect to use of legal drugs in institutions. These documents facilitated the work of prevention in general, although the need to reorient the process of preventing the use of legal drugs in the Pedagogical Universities inferred.^{14,15}

Different legal regulations provide a higher level of control and typing of consumer behavior; thus legal, social, medical and educational measures individual attention were established to eliminate the scourge of drugs. He MINED it corresponded educational and preventive work with students, teachers, family and community, something that has intensified since the Health Education in training cadres and leaders, be noted that this effort was mainly directed to illegal drugs.

In 1997, RM/35 was instituted for all educational levels, which established the involvement medical school and community in the methodological training of teachers in health education of tobacco and anti-alcohol culture. This year the Ministry of Education Joint Resolution-Ministry of Public Health (Mined-Minsap. RM 1/97), which determined the directions to work together with the active participation of both from the central level to the base was established to develop preventive, curative and rehabilitation of drug users work. This resolution marked as ultimate expression patterns in medical-pedagogical and progress of disease prevention and control integration.

In 1998 the National Drug Commission reorganized its structure and functioning, chaired by the Ministry of Justice (MoJ). From that moment the Cuban National Integral Program was established to prevent drug abuse. This was applied across the country and is the subject of education and training of students and teachers. In 1999 the Director of Promotion and Education Program for Health at the National Education System was established. Very important document because it offers content related to the prevention of the use of legal drugs for better preparation of teachers, university student and family at different educational levels on the subject of tobacco a drug education, and temperance. However, this did not require preventive contents of legal drugs to guide college student from theoretical, methodological and practical knowledge required in this professional training.¹⁶

As need for control and prevention systematic assessment of Circular 4/1999 of Mined was instituted in relation to other ministries, it aims to intensify actions to strengthen the development of values and civic education of children, adolescents and youth. Its content prohibits smoking and drinking alcohol in educational institutions. However, the measures proposed evinced more coercive character to the school and the family, school educational activities as a whole, to achieve an adequate state of individual, collective and preventive health; At this stage a jump in the directionality of preventing the use of legal drugs as a social problem affecting the proper development of new generations is evident, resolutions, codes, Degrees and circulars appear different ministries; basically MINJUS and Minint that involved all institutions of the country in a process of preparation and training to address the scourge of drugs and preserve the values and bio-psycho-social training of Cuban society. Prevention remains the subject of development from the Director Program Promotion and Health Education and curriculum content related to prevention are a potentiality, but not always teaching vocational guidance is achieved. The third stage of preventing use of legal drugs was established between 2000 and 2008: Contextualizing preventing use of legal drugs in health education.

This stage gave continuity to a process of growing regulations, guidelines, application and implementation of integrated actions and as a result new educational needs of the population at the National Specific Program approved prevention of Use Drugs for Higher Education Centers and Mined in period from January 2000 to September 2004, which was addressed to the Director of Promotion and Education Program for Health as a theme, your goal is meeping free university population of drug abuse, by developing systematic and coordinated action to improve the quality of life of individuals and society in general actions. Teaching careers abide by these guidelines and develop actions that promote compliance with the provisions, however, the program is implemented in instructional and educational content from the diagnostic use of legal and illegal drugs, not was addressed in its double intentionality where college student achieve appropriate the theory, methodology and practice for practice.

Education for Health in 2002 covered a larger universe in the formation of professional education, as it standardizes the universalization of higher education in response to political and social economic necessity, and the educational process closely with instruction requires the preparation of university students in municipal offices so you can direct the education of their students in the micro-universe, something that had an impact on preventive work related to the use of legal drugs. In 2003 he performed with the modification of the curricula of all races Bachelor of Education, the careers of Exact

Sciences, Natural Sciences and Humanities were created, and the disciplines of biological area are assigned a high connotation in the development related to health education content, although at the time it was formed as a transverse axis and discussed all subjects in the training of professional education to assign it to the Natural Sciences and specifically biology has been limited multidisciplinary approach and look for other professionals to their impact on teaching vocational training.

Continuous and systematic work in the Higher Pedagogical Institutes and the need to train these professionals with styles healthy, able to face professional problems of context life is made by MINED and the CND in 2003 a methodological brochure for preventive work related to Drug Abuse it offered general guidelines for the treatment of the subject, objectives and specific content. As political will of the country to preserve health and education and raise them to higher planes they were revitalized by the Mined Seminars National Educators, in which issues addressed directed to diagnostic and prevention in relation to the various socializing agencies. Didactic, audiovisual materials, brochures, national research works were offered by the group of school health strategies and health education to professional training is oriented.

In 2007 the State Council approved the Law 242 "Prevention System and Social Care" Degree instituyéndolos levels: National, Provincial, Municipal, in the People's Councils and constituencies. That committee, chaired by the Minister of Labor and Social Security to meet the needs of each place was constituted by permanent representatives of the Ministries of Education, Interior, Health, Labor and Social Security, Culture, Higher Education, Justice and the National Institute of Sports, Physical Education and Recreation; In addition to the student and mass organizations. That year a scientific-methodological material Carvajal, C. Torres, M. (MINED, 2007) that included historical aspects was published, theoretical and methodological that allowed the teacher better guidance and preparation also needed the contents of a drug prevention tobacco education, and temperance. This favored greater integration in the development of prevention consumption of legal drugs.

At this stage it occurred integration of the various ministries that favored the contextualization of preventing use of legal drugs. Curriculum content included elements of preventive work, and education for health was a crosscutting issue in the educational process. Modifications to the curriculum put aside the academic nature of education and labor, research and extension, which are a potential integration knowledge and expertise, Educational Health and preventive work included use of legal drugs. The fourth and final stage of prevention coincides with the curriculum D of the Bachelor of Education, specializing in Biology-Chemistry. It was established from 2009 to 2017: Consolidation of preventing use of legal drugs. With the implementation of the curriculum D in Higher Education, Education for Health, Sexuality and Gender is declared as a curricular strategy, which in its conception the contents to be addressed in different subjects and their inclusion is oriented in the curriculum base, own and optional/ elective. The flexibility of the curriculum allows each project the career system curriculum strategies according to their actual needs. At this stage the chair School Health and Sexuality acquired legal status in the institutions, which allowed him to conduct academic research and scientific papers Student, organize educational work of school health and prevention of legal drugs; The implementation of the strategy curricular Education for Health, Sexuality and Gender in teaching careers (2010-2015) the content

and career guidance for college student is contextualized; as well as points out on the subject of preventing the use of legal drugs based on knowledge of the subjects involved, yet still addressed the content from, outermost, isolated areas without individual and professional involvement to be developed by the student academic. Another important element is the evaluation of the strategy.

In 2013 and 2014 the issue of drug prevention was addressed by specialists Minint and Mined in the radio and television program "Round Table" important articles were written in the newspapers "Granma" and "Juventud Rebelde"; in all the need to increase the educational work of the socializing agencies regarding the problems to achieve healthy lifestyles and healthy lives in all educational levels it was evident. Between 2014 and 2015 brochures were developed by MINED related to addiction prevention for work with health education teachers, however, they direct their attention to adolescents and young people express adequate personal and social and no emphasis on the theoretical and methodological is to design a preparation to achieve comprehensiveness in preventing use of legal drugs with a teaching professional guidance. Between 2016 and 2017 projects and programs in all races are consolidated, there is an increase in scientific research which are specified in master's and doctoral theses dealing with greater emphasis on health education in teacher training. There is a greater socialization of research in national and international events, the publication of scientific journals of high impact articles, the awards of Science Technology and Environment procurement, production of brochures, books and materials that have allowed health education in the teachers. All this evidence interest of professional education for preparation in health education and prevention isolated legal drug treatment. The analysis of the historical study of the object and scope of this investigation allowed to determine that with the opening of the Department of School Health Mined for attention to all educations, legal body, programs, resolutions and circulars created to implement the Health education, however, preventive work related to the use of legal drugs is not explicit greater integration between different ministries and social services for preventing the use of legal drugs institutions is achieved and the incorporation and development of content related to preventing the use of legal drugs in the process of health education without enough evidence contextualization from different disciplines for individual, collective and vocational college student.

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Conflicts of interest

The author declares there is no conflicts of interest.

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