



GAMES ON HEALTH EDUCATION FOR ADOLESCENTS
JOGOS SOBRE EDUCAÇÃO EM SAÚDE PARA ADOLESCENTES
JUEGOS EN LA EDUCACIÓN EN LA SALUD PARA ADOLESCENTES

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ABSTRACT

Objective: to develop games that contribute to health professionals acting in the health education process along with adolescents groups. **Method:** cross-sectional research, with scientific, technological and innovative character, with strong perspective of public use and social impact. There will be Learning and Training Workshops for the development of games. A systematic literature review will be held in the main bibliographic databases, to detect the five major health problems of adolescents. There will be the development of three different games for each topic to be addressed, at the basic, medium and complex levels. Finally, health professionals from the Public Health Network will be invited to meet the developed games, which will have democratized access. **Expected results:** to develop games that help health professionals in the health education process along with adolescents groups. **Descriptors:** Health Education; Adolescent Health; Self Care; Recreational Games.

RESUMO

Objetivo: desenvolver games que contribuam na atuação de profissionais da saúde no processo de Educação em Saúde junto a grupos de adolescentes. **Método:** pesquisa de corte transversal, de caráter científico, tecnológico e inovador, com forte perspectiva de uso público e alcance social. Serão realizadas Oficinas de Aprendizagem e Treinamento para o desenvolvimento de games. Será realizada revisão sistemática da literatura, nas principais bases de dados bibliográficos, para detecção dos cinco principais problemas de saúde dos adolescentes. Serão desenvolvidos três diferentes games para cada assunto a ser abordado, nos níveis: básico, médio e complexo. Por fim, profissionais de saúde da Rede Pública serão convidados a conhecer os games desenvolvidos e o acesso a estes será democratizado. **Resultados esperados:** desenvolver games que auxiliem profissionais da saúde no processo de Educação em Saúde junto a grupos de adolescentes. **Descritores:** Educação em Saúde; Saúde do Adolescente; Autocuidado; Jogos Recreativos.

RESUMEN

Objetivo: desarrollar juegos que contribuyen a profesionales de la salud que actúan en el proceso de educación para la salud con grupos de adolescentes. **Método:** investigación de corte transversal, de carácter científico, tecnológico e innovador, con una fuerte perspectiva de uso público e impacto social. Serán llevadas a cabo Talleres de Aprendizaje y Formación para el desarrollo de juegos. Revisión sistemática de la literatura será llevada a cabo en las principales bases de datos bibliográficas, para detectar los cinco principales problemas de salud de los adolescentes. Serán desarrollados tres juegos diferentes para cada tema que se abordará, en los niveles: básico, medio y complejo. Por último, los profesionales de salud de la Red Pública serán invitados a conocer a los juegos desarrollados y su acceso será democratizado. **Resultados esperados:** desarrollar juegos que ayudan a los profesionales de la salud en el proceso de educación para la salud con grupos de adolescentes. **Descriptores:** Educación en Salud; Salud del Adolescente; Autocuidado; Juegos Recreacionales.

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INTRODUCTION

Health education is a multifaceted field and, since it is a pedagogical-political process, requires the analytical construction of reflections on the local situation and presentation of transformative proposals that help the individual achieve his/her historical and social autonomy, as well as being able to contribute to the health promotion for him/herself, his/her family and community.¹

It consists of a knowledge-building process related to health so that the target population can assimilate that information and apply them to their daily lives.² Thus, it is possible to develop some autonomy in their welfare, besides facilitating the communication between patients and health professionals, optimizing the service to the population's needs.³

Currently, two contexts, among many, stand out in that area. The first one relates to the learning about the disease, risk factors, ways of prevention, consequences on the health of the individual and appropriate therapy. The second one deals with socio-cultural aspects that can affect health, represented by the complete physical, mental and social well-being, not just the state of absence of disease, a concept suggested by the World Health Organization.⁴ However, knowing that expanded notion of the health meaning, there are, in practice, many health education paradigms, which influence different actions, and many of them still present reductionist character. Therefore, questions and more integrated views on the subject cannot reach their full potential.⁵

Gamification relates to the use of adapted recreational mechanisms for solving practical problems and/or for the public engagement with specific issues in a context outside the game.⁶ Thus, activities once viewed as tedious become interesting for the public, and, in addition to promoting the engagement, it also enhances creativity.⁷

The game comes into play as a means to draw the attention of young people to a particular subject, so that there are intrinsic incentives to make the participants discuss the topic.⁸ From this discussion, new learning will permeate the reality of those adolescents, which will be used to trigger greater autonomy in practical issues of the health of those individuals.⁹

Recurrently, a major concern of the global health authorities is the low involvement of young people regarding issues related to health self-treatment and preventive measures.⁵

Children and adolescents are increasingly adapted to technological development, used for both interpersonal communication, as for self-learning.⁸ Based on this, the use of games in health education has extraordinary potential, yet little explored, to encourage individuals in those age groups.⁹

This study intends to:

- Develop games that contribute to actions of health professionals in Health Education process along with adolescents groups.
- Develop theoretical material to use in game development for Health Education with teenagers;
- Create and develop Health Education games along with teenagers;
- Make available to health professionals from the Public Health Network games on Health Education, created to facilitate communication/orientation along with teenagers.

METHOD

Cross-sectional research, with scientific, technological and innovative character, with strong perspective of public use and social impact.

Initially, there will be a broad and dynamic systematic literature review at the main bibliographic databases, on the following themes: "Health Education", "Gamification", "Use of games in Health Education", "Use of games in Health Promotion". This step aims at the conceptual training and proper understanding of the subject addressed in the project.

There will be Learning and Training Workshops of the main and most affordable Technological Tools available for the development of games to be used in Health Education of adolescents.

There will be a systematic literature review, at the main bibliographic databases, to detect the five major health problems of adolescents related to self-care, individual preventive measures and Health Promotion in that age group.

There will be development of specific content to be explored within the limits of each item recognized during the detection of the five main problems of self-care/Health Promotion that relate to teenagers.

Three games will be developed for each topic to be addressed, at the basic, medium and complex levels.

Health professionals from the Public Health Network will be invited to meet the developed games, which will have democratized access.

EXPECTED RESULTS

With the development of this project, the intention is to complete the realization of 15 different types of games for Health Education for adolescents. The games will be distributed in five different themes, being three levels for each subject. The social impact will occur through the free access of health professionals from public health network to the developed games.

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