

Effects of a Short-term Program of Adolescent Sex Education Implemented by Nursing Instructors of Nursing College in Chanthaburi, Thailand

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Abstract

Background

Surveys from Thailand have found that a significant minority of unmarried adolescents are sexually active. Most Thai youth reported that their first sexual experience, whether within or outside of marriage, was without contraception. The adolescent fertility rate in Thailand is relatively high at 60 per 1000.

Methods

The aim of this study was to investigate the effects of an adolescent sex education program. The participants were 213 middle school students in Chanthaburi, Thailand. The study was a one group pretest- posttest design. The intervention was a 6, 1-hour sessions program implemented within 2 months. To test the effects of the program, knowledge and attitude toward sexual risk behaviors in adolescents were collected before and after the program. Data were analyzed by percentage, mean, SD, and *t*-test.

Results

The result showed that among the participants, a mean age was 13.5 (\pm .55) years. Approximately, 51.2% were male. About 21.8% of these students reported that they had never known about sex education. Among these participants, the most significant source of sex education was from television. Concerning the effects of the program in this study, it was found that after the program, the students had significantly higher scores of knowledge about sex risk prevention ($t = 2.34, p < .05$), and positive attitude toward sex risk prevention ($t = 3.00, p < .01$).

Conclusion

In conclusion, this study suggests that a short-term program of sex education implemented by nursing instructors from a nursing college can enhance knowledge and promote positive attitude toward sex risk prevention. However, such a program may need to be continued with booster sessions in regular classes of health education provided by teachers in schools in order to maintain sexual health behaviors in adolescence.

Keywords: Adolescents, Sex education program

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