

Comparing the Effect of Group Education and Multimedia Software on Knowledge, Attitude and Self-Efficacy Mothers about of Sexual Health Education to the Boys of between 12-14 Years Old

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Abstract : Background and objectives: Sexual health education is an important part of health promotion services. The major role of sex education is on mothers' shoulders. So, they have to be equipped with enough knowledge, attitude and self-efficacy for teens' education. The present study aimed to determine the effect of team-learning and multimedia software on mothers' knowledge, attitudes and self-efficacy in sexual health education to 12-14-year-old sons in Mashhad in 1395. Materials and methods: In this research, two experimental and one control group were employed using random sampling, which was done on 132 mothers of high school pupils. They were randomly assigned into experimental and control groups. The data were collected using demographic information and a researcher-constructed questionnaire to investigate the mothers' knowledge, attitude, and self-efficacy and DASS21(The Depression, Anxiety and Stress Scale). They were run after confirming their reliability and validity. Intervention for the multimedia group was in the form of four CDs- each for 45 minutes- that were given to the mothers each week. At the end of the fourth week, a question-and-answer session was administered for 60 minutes. The team-learning group received intervention once a week (totally four weeks). Two weeks later, the data were collected and analyzed via Chi-square, Fisher, Kruskal-Wallis and ANOVA. Findings: Knowledge, attitude and self-efficacy of mothers in sexual health before the intervention did not have any significant differences ($p > 0.05$). At the end of the study, the difference between the scores of the knowledge, attitude and self-efficacy in the three groups was meaningfully different ($p < 0/001$), but the difference between the two groups of multimedia and team-learning was not significant ($p > 0.05$). Discussion and conclusion: The result reported the efficacy of both team-learning and multimedia software, which implies that the multimedia software training method was as effective as team-learning training one on the knowledge, attitude and self-efficacy of mothers. But, the multimedia training method is highly advised due to its availability, flexibility, and interest.

Keywords : training one on the knowledge, attitude, self-efficacy of mothers, boys

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