

Sex Education Training Program Effect on Junior Secondary School Students Knowledge and Practice of Sexual Risk Behavior

Authors : Diyaolu Babajide Olufemi, Oyerinde Oyewole Olusesan

Abstract : This study examined the effect of sex education training programs on the knowledge and practice of sexual risk behavior among secondary school adolescents in Ibadan North Local Government area of Oyo State. A total of 105 students were sampled from two schools in the Local Government area. Seventy students (70) constituted the experimental group while thirty-five (35) constituted the control group. Pretest-Posttest control group quasi-experimental design was adopted. A self-developed questionnaire was used to test participants' knowledge and practice of sexual risk behavior before and after the training ($\alpha=.62, .82$ and $.74$). Analysis indicated a significant effect of sex education training on participants' knowledge and practice of sexual risk behavior, a significant gender difference in knowledge of sexual risk behavior but no significant age and gender difference in the practice of sexual risk behavior. It was thus concluded that sex education should be taught in schools and emphasized at homes with no age or gender restrictions.

Keywords : early adolescent, health risk, sexual risk behavior, sex education

Conference Title : ICHSW 2022 : International Conference on Health, Sport and Well-Being

Conference Location : Dubai, United Arab Emirates

Conference Dates : March 21-22, 2022