

## Evaluating the Effectiveness of Methods That Increase the Knowledge of Youths about the Sexually Transmitted Diseases

**Authors :** Gonul Kurt, Semra Aciksoz

**Abstract :** All types of interventions that increase the knowledge and awareness of youths about Sexually Transmitted Diseases (STD) are considered to be important for safe sex life and sexual health. The aim of this study was to determine the knowledge levels of nursing students about STD and evaluate the effectiveness of peer education and brochure methods to increase the knowledge and awareness about STD. This interventional study was carried out by participation of nursing students attending the first and second grade in a school of nursing on February-May 2015. The study participants were 200 undergraduate nursing student volunteers. The students were given education by peer trainers and brochure methods. First-grade students were divided into five groups with block randomization method and each group were given education by five peer trainers. Second-grade students were given education with brochure by the researchers. The knowledge level of study groups was evaluated before and after educational intervention. The data were collected using the "Data Collection Form" and "Sexually Transmitted Diseases Information Form". The questionnaire forms developed by the researchers after the literature review. The SPSS 15.0 package software was used for the evaluation of the data obtained from the study. Data were analyzed by Mann-Whitney-U-Test, Wilcoxon Signed Ranks Test and Mc Nemar Test. A p value of  $<0.05$  was regarded as statistically significant. All of participants in the study were female nursing students. The mean age of students was  $18.99 \pm 0.32$  years old in the peer education group and  $20.04 \pm 0.37$  in the brochure education group. There was no statistically significant difference between knowledge levels of the students in both groups before the education ( $p > 0.05$ ). It was determined that an increase in knowledge levels of the students in both groups after the education. This increase was statistically significant ( $p < 0.05$ ). It was determined that knowledge level of the students about STD in brochure group was higher than the peer education group ( $p < 0.001$ ). The results of this study indicate that brochure education method was more effective than the peer education method in both increasing knowledge and awareness about STD.

**Keywords :** education method, knowledge, nursing students, sexually transmitted diseases

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