

The effectiveness of the child sex education training program for mothers with children aged 3 to 6 years

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Abstract

Introduction: Sex education is one of the important educational aspects of children that plays an important role in the development of human personality and has a great impact on his thoughts, feelings, emotions and behaviors. This shows the increasing need of families for knowledge and awareness in this area. The aim of this study was to evaluate the effectiveness of sexual education training program for children with mothers of children aged 3 to 6 years.

Methods: The research design of this study was quasi-experimental (pre-test-post-test with control group) and the statistical population of this study was all mothers with 3- to 6-year-old children in Tehran in 2016-2017. They were selected by available sampling method and considering the entry and exit criteria and were randomly placed in groups. The instruments of this study were the "Researcher" (1399) and the GHQ Mental Health Questionnaire (for screening mothers). In the experimental group, a sexual education training package (researcher-made) was taught. After the training, post-test was followed from both groups and 2 months later.

Results: The results of repeated measures analysis showed that sex education (for mothers) on the change of mothers' attitudes toward sexual education of 3- to 6-year-old children with an effect size of Eta: 0.853 was obtained.

Conclusion: The results of this study show that the education package of children's sexual education is effective on mothers' attitudes and leads to improving mothers' attitudes in this area.

Keywords: sex education" change in mothers' attitudes" sexual education of children aged 3 to 6 years

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