

The Effectiveness of Sexual Education on the Sex Scheme and Positive Emotions of Married Women in Abadan

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Abstract

Introduction: Schemas are structures formed on the basis of reality or experience, and as intermediaries, affect the behavioral responses of individuals, and in the structure of psychotherapy, the schema is considered as an agent of the organization. It is essential to understand the experiences of a person's life. The purpose of this study was to investigate the effect of sexual education on sexual schemas, positive emotions of married women in Abadan.

Method: Thirty married women referred to the consultancy and psychology clinic of Abadan Oil Hospital were selected by simple random sampling and divided into two experimental (15 subjects) and control (15 subjects) groups. The research design was pre-test and post-test with control group. The research tools included: Female Sex Scheme Scale, Positive Sense Questionnaire. For intervention, after the random selection of the groups, a test was performed from the experimental and control group, then the sexual education intervention group was performed in 8 sessions, 120 minutes. At the end of the training program, each post-test group was taken and after 1 month of follow-up. Data were analyzed by multivariate covariance analysis.

Results: Findings show that the sex education according to the mean sex scan of the experimental group compared to the mean of the control group, changed the experimental group, and in the follow-up with pre-test control, the subjects in the experimental group and the control group in terms of positive emotions There is a significant difference ($P \leq 0.001$ and $342/84309 = F$).

Conclusion: The results showed that sexual education affects the sex scene and increases the positive emotions of married women, and these results were consistent in the follow-up phase.

Key words: female gender schemata" married women" positive emotions" Sexual education

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