

البحث رقم (6)

English abstract for paper

عنوان البحث باللغة الانجليزية:

Effect of Premarital Orientation Program Regarding Sexual and Reproductive Health: A step to Increase Rural Adolescents Female Awareness

عنوان البحث باللغة العربية:

تأثير برنامج توجيهي قبل الزواج على الصحة الجنسية والانجابيه؛ خطوة لزيادة وعي المراهقات بالريف

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Abstract:

Background: The awareness of human rights in reproductive health and the lack of adequate warning may owing to many hazards. One of the best times for preparing for these problems is pre-marriage. Aim: This study aimed to evaluate the effects of premarital orientation program on the female adolescent's awareness about sexual and reproductive health. Design: A quasi- experimental, pre-test and post-test one-group only design was utilized in this study. Setting: this study was conducted at the international conference hall of the Fayoum University. Sample: A purposive sample of 180 female adolescents living in rural villages at Fayoum governorate, planning and coming to marriage were recruited in this study. Data collection tool: Data were collected by an interview questionnaire used in two stages of pre and post program implementation. Results: the current study findings illustrated that the total mean score of correct answers was significantly increased among participants after receiving program. Conclusion & recommendations: Premarital orientation program was p.0.001 successful in attaining its aim of positively changing the knowledge of participant's female adolescent. So recommend to establish continuous educational training program among health care providers responsible on premarital counseling clinics in rural health center about adolescent's reproductive and sexual health issues.

Key words: Premarital Orientation, Sexual and Reproductive Health, Rural Adolescents.

مقدم البحث

توقيع مقدم البحث

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English summary for paper (6)

Effect of Premarital Orientation Program Regarding Sexual and Reproductive Health: A step to Increase Rural Adolescents Female Awareness

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Introduction:

Introduction:

Adolescent sexual and reproductive health refers to physical and emotional wellbeing it includes the ability to remain free from unwanted pregnancy, unsafe abortion and also all forms of sexual violence and coercion. One of the most basic aspects of life is reproductive health. Yet, due to cultural and political sensitivities, especially in low-income communities, in public policy debates, they frequently receive little consideration.

Premarital care promotes the health and wellbeing of a woman and her partner before marriage and pregnancy; it is considered as the primary health care method for marriage and conception planning for couples; it can recognize and alter medical, behavioral, and other known health risk factors that influencing outcomes of pregnancy.

A considerable percentage of primary maternity and child health care providers need basic premarital therapy training Although information on reproductive health, counseling and the provision of services have been recognized for decades as necessary programs for adults and have become increasingly available, the availability of such programs has more recently been endorsed for adolescents.

Egyptian female adolescents currently receive little accurate health and sexual information, making them more prone to violence, accidental pregnancy, coercion and sexually transmitted infections .

Finally, healthcare providers are very well positioned to impact and maintain service access for those who will work to ensure that early and personalized maternal services are given to young pregnant women to resolve their unique concerns and high risk .

Aim of the study

This study aimed to evaluate the effect of premarital orientation program on the female adolescents' awareness regarding sexual and reproductive health. To evaluate the effect of premarital orientation program on the female adolescents awareness regarding sexual and reproductive health

Research Hypothesis

Implementation of female adolescent's awareness level regarding premarital sexual and reproductive health would be significantly higher than pretest

Subjects and Methods

Design

A quasi experimental research design was used

Settings

The study in the international conference hall of the Fayoum University, Fayoum Governorate

Subjects

A purposive sample of 180 adolescent's female were included in this study, according to the following criteria

- . Age group 15-19 years living in rural villages at Fayoum governorate
- . Planning and coming to marriage
- . Agree to participate in the study
- . Attended the conference
- . Never attended any orientation program regarding reproductive or sexual health
- . Have a telephone number for subsequent follow up communication

Tools of data collection

Data collected through using the following tools

A structured interview questionnaire sheet: A structured interviewing schedule: it designed to assess the participant's awareness about reproductive and sexual health issues based on a review of literature and similar studies conducted elsewhere. This questionnaire included two sections

Part 1: participant's socio-demographic characteristics related data: including (age, religion, level of education, residence and housing condition). Z t

Part 2: participant's reproductive and sexual health related knowledge(pretest and post-test): it consisted of 20 close ended questions to assess the participant's knowledge regarding sexual issues of marital life(.

Part 3: Follow up assessment data: it includes one close end question and 2 open end questions to assess the health problems that encountered among adolescent females after marriage and its early management of each

The content validity of the tool was valid by reviewing the tool by five specialists in Obstetrics and Gynecological Nursing and Community Health Nursing field

Procedure

A scientific seminar was organized by Al- Fayoum University represented in Faculty of Nursing in collaboration with community development associations at Al-Fayoum governorate and associated with the Ministry of Social Solidarity

An official approval was obtained before the study was conducted from the official sponsors of the scientific seminar [Vice President for Community Services at Al-Fayoum University

The study was conducted through the following phases

1- Assessment phase

During which pre-interventional evaluation was carried out after receiving verbal consent from the participant, using the structured questionnaire to test the needs and awareness of the participant on the previously described subjects of sexuality and reproductive health issues in Arabic language. It lasting nearly 15 minutes for the questionnaire to be completed

To test the reliability and applicability of the questionnaire, a pilot study was executed on 10 percent of the study's participant (18 participants) and the required modifications were made accordingly. those pilot participants were included in the study sample

2-Implementation phase

Interventional education comprised of a full day (8 hours) seminar covering 4 sessions lectured by the researchers, including related material on sexual and reproductive issues

The scientific lectures divided into four sessions each one lasting approximately 1 hour

Queries and a panel discussion (2 hours) after all lectures were encouraged by the researchers team

The topics presented during the lectures were an outline of sexual & reproductive health including (reproductive organs physiology, sexual relation and its stages, sexual intercourse positions, characteristics of healthy marital sexual relation, first night of penetration and its common types of problems, hygienic care measures, characteristics of fertile period, essential factors to get pregnancy, family planning methods, genital tract infections and sexual transmitted disease types, causes ,signs and symptoms , complications and it's preventive measures

The researcher was used different teaching methods such as audio - visual aids to further guide of the participant's during the sessions (figures and models, videos) in addition to a booklet given to each participants at the end of the sessions that prepared in a clear Arabic language containing a sufficient knowledge about the previous mentioned topics

3-Evaluation phase

The effectiveness of the program was evaluated immediately after completing the sessions using the same pretest questionnaire (part 2) as a post- test for all participants

4 -Follow up phase

This phase conducted after marriage for girls accordingly by contacting them via telephone call to assess the reproductive health problems and for referral if needed and early management as, urinary tract infection, genital tract infections, sexual health problems, as well as problems related to delaying pregnancy .etc

Results

1-clear up that the participants age ranged from 16 -20 years, more than two thirds were Muslim (78.9% , and 62.2% living with nuclear family. regarding education level nearly illiterate and read and write group were constitute the half of the sample and more(55(%.
2-.As regards knowledge of participants on marital sexual matters revealed that mean +SD score of participant's correct answers were significantly increased after program implementation P.value (0.001)

3- .illustrated that the Mean +SD score of participants correct answers regarding reproduction and fertility before program implementation was 121.2 ± 6.4 that after program this score significantly increased to the 151.3 ± 9.8 ($p=0.033$). Moreover; the same table reported that mean +SD total score of participants knowledge regarding family planning methods were significantly increased in post intervention than pre intervention (133.5 ± 11.4 vs. 20.2 ± 3.4) p. value 0.002

4-.Concerning knowledge of the studied participants regarding RTIs/STDs showed that the participants total mean +SD score of correct answers were significantly increased in post intervention than pre intervention 7.3 ± 3.4 vs. 121.6 ± 8.4 p. value 0.001

5-.premarital screening knowledge of studied participants were significantly increased after receiving the program than before p. value (0.004), as well as their total mean +SD score of correct answers in pre intervention was 9.2 ± 4.4 changed to 158.6 ± 8.6 in post intervention

6 .clear up those individuals with an high educational levels were attained significantly higher score of satisfactory level of knowledge than those with lower educational levels, p. value 0.003

7 :show that there were a significant positive correlation between the common post marriage sexual reproductive health problems that encountered among adolescents female and their age ($p.0.021$), while significant negative correlation was observed regarding level of education ($p.0.003$), and pot-test level of knowledge (p. 0.001.)

Conclusions

Adolescent's female were lacked appropriate knowledge on sexual and reproductive health in pre-program phase. Meanwhile; after implementation of the program significant improvement was found in knowledge and awareness on reproductive and sexual health after using public seminar orientation program so it was effective in attaining its aim of positively shifting the knowledge of those adolescent.

Recommendations

1-.Establish collaborative communication channels among concerned community authorities to develop strategies to overcome the barriers of utilization reproductive health services

2- Establish separate specialized "Adolescent reproductive health in a variety health care setting "

3-Establish continuous educational training program among health care providers responsible on premarital counseling clinics in rural health center about adolescent's reproductive and sexual health issues

توقيع مقدم البحث

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