



## The Effectiveness of the of Sexual Training Educational Program on Sexual Knowledge and Gender Identity in Female Students

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### Abstract

The purpose of the present study was to investigate the effectiveness of the sexual training education program on the sexual knowledge and gender identity of female students of secondary school in Andimeshk city. The statistical population subsumed all the female students of the secondary schools. The sampling procedure was multi stage cluster method. A sample of 60 female students (two classes) was randomly assigned to two experimental (30) and control (30) groups. Data were collected via implementing the Role Identity Questionnaire In Different Cultures of Schertz et al (2008), the Sexual Knowledge and Attitude Scale of Farajnia et al (2014) and the Educational Package of Sexual Training Based on Iranian Culture of Hosseini Rostamie (2019). The research method was experimental with pretest-posttest and a 1-month follow-up design. Then the subjects of the experimental group received 8 sessions of 90 minutes of the educational program of sexual training and the control group did not receive any intervention. The data were analyzed by applying multivariate analysis of covariance (MANCOVA). The results indicated significant increase in the mean of sexual knowledge and gender identity in the experimental group compared to the control group in the post-test phase ( $p \leq 0.001$ ). Based on the evidence of this study, the educational program used in this study could be used to enhance the sexual knowledge and gender identity of teenage girl students.



## Extended abstract

**Introduction:** Adolescents, in the process of growing towards independence and adulthood, have an increasing desire to experience and test limits, among which is the experience of performing risky behaviors that may have unfortunate consequences for them. Sexual education training and friendly interactions with teenagers are very effective in forming a correct moral attitude in them and helps them adapt to the norms and values of society as well as protection and prevention against various problems. Sexual education is a set of trainings and creating situations and contexts that acquaints a person with the guidance and adjustment of instinct and protects him from sexual deviation and slippage by providing grounds for the development of his social, moral and cultural personality. Sexual education refers to the teaching of information related to sexual health and hygiene, sexual behaviors and their effects on a person's sexual health, which may be taught by school teachers or related training classes, which, of course, are related to culture, values, and age. And the sexual experience of the participants is proportional. It is very necessary to have a set of correct sexual information and knowledge during adolescence; research findings show that sexual education has an effect on improving sexual knowledge. In addition to taking care of children, the beginning of education will be accompanied by positive reinforcement of gender and acceptance of gender identity in children. And sexual education is effective on the formation of a healthy sexual identity. In the process of identification, the teenager discovers who and what he is through self-knowledge. From the beginning of childhood, when a person becomes aware of his gender and follows gender roles and rules, the formation of gender identity also begins. Therefore, gender identity is formed over time in the process of socialization and interaction with other people, in this way, a teenager with a sense of being a woman conveys his perspective to others with a sense of femininity, and a teenage boy who considers himself a man conveys his point of view to others in a masculine way. Behaves Sex education is effective on understanding and describing teenagers about sexual issues, reproductive health experiences and people's performance in this field. Correct knowledge and life skills prevent risky behaviors during adolescence. According to the mentioned materials and the important role of having correct sexual knowledge and healthy sexual identity in the physical and mental health of adolescents, the present research intends to address the issue of whether sex education is effective on sexual identity and sexual knowledge of adolescents. So the purpose of the present study was to investigate the effectiveness of the sexual training education program on the sexual knowledge and gender identity of female students of secondary school in Andimeshk city.

**Method:** The statistical population subsumed all the female students of the secondary schools. The sampling procedure was multi stage cluster method. A sample of 60 female students was randomly assigned to two experimental (30) and control (30) groups. Data were collected via implementing the Role Identity Questionnaire In Different Cultures of Schertz et al (2008), the Sexual Knowledge and Attitude Scale of Farajnia et al (2014) and the Educational Package of Sexual Training Based on Iranian Culture of Hosseini Rostamie (2019). The research method was experimental with pretest-posttest and a 1-month follow-up design. Then the subjects of the experimental group received 8 sessions of 90 minutes of the educational program of sexual training and the control



group did not receive any intervention. The data were analyzed by applying multivariate analysis of covariance(MANCOVA).

**Results:** The results indicated significant increase in the mean of sexual knowledge and gender identity in the experimental group compared to the control group in the post-test phase ( $p \leq 0.05$ ). Based on the evidence of this study, the educational program used in this study could be used to enhance the sexual knowledge and gender identity of teenage girl students.

**Conclusions:** Sexual curiosities will arise in the mind of every child and teenager growing naturally, and ignorance and the inability to understand the answers to questions would cause them to get confused in the field of sexual issues or to gather information from wrong sources. Therefore, sex education is a method to prevent and keep children safe. Research findings showed that educational interventions were an effective factor in the formation of sexual identity, knowledge and sexual attitudes of the teenager students. By increasing parents' knowledge of the adolescents, it would help to improve relationships and increase their physical and mental health. Based on the evidence of this study, the educational program used in this study could be used to enhance the sexual knowledge and gender identity of teenage female students.

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