

ORIGINAL PAPER**Effects of Training for Reproductive Health on Knowledge of Reproductive Health and Behavior in Adolescents**

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ABSTRACT

Background: Adolescence is a period when physical, psychological and social maturity is achieved. Therefore, reproductive health in adolescence is of great importance.

Aims: This study was performed to determine the effects of training for reproductive health and behavior on knowledge of reproductive health and reproductive behavior in adolescents.

Methodology: This is a semi-experimental study and included 700 adolescent from the city of Sanlıurfa, Turkey. The participants were selected from volunteers and aged 15-24 years. A questionnaire composed of questions about demographic features and reproductive health and behavior. The dependent variables tested were mean scores of the participants on reproductive health, breast self-examination of the female participants, testicular self-examination and use of condoms by the male participants. The independent variable tested was training for reproductive health. T-test was used to analyze data about dependent groups and Chi-square test (McNemar) was used to compare between two dependent groups.

Results: The mean age of the participants was 18.80 ± 2.82 years and 51.0% of the participants secondary school graduates. The total score of the participants on knowledge of reproductive health increased from 6.48 before training to 15.80 after training, with a significant difference ($p=0.000$). While the percentage of the female participants performing breast self-examination was 22.9% before training, it increased to 71.2% after training, with a significant difference ($p=0.000$). However, the percentage of the male participants performing testicular self-examination only rose from 14.7% to 29.4% ($p=0.000$). The use of condoms by the male participants increased from 12.2% to 18.3%, with a significant difference ($p=0.000$).

Conclusion: Training for reproductive health did not only increase knowledge of reproductive health but also promote reproductive health behavior. It can be recommended that nurses should continuously perform student centered reproductive health education for adolescents.

Key Words: Adolescent, Reproductive Health Education, Nursing