

## ORIGINAL PAPER

### The Effects of Toilet and Genital Hygiene Education on High School Students' Behavior

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#### Abstract

**Aims:** This study aims to identify the effects of toilet and genital hygiene education on high school student behavior.

**Methodology:** In total, 145 students participated in this study, which took place in January-September 2006. The research design was a single-group pre-test/post-test pre-experiment. The post-test data were obtained by administering the same question form to the participants six months later to determine the effects of the education administered. The sample comprised 145 students, 39 of whom were girls and 106 of whom were boys, studying at Kılıçkaya Boarding Secondary School (Turkey, city of Artvin, Yusufeli town).

**Results:** The rate of hand washing before toilet use rose from 66.9% to 79.3%. The rate of failing to keep the genital organs dry decreased from 27.6% to 3.8%. The health education that was delivered led to a noticeable change in the behavior, awareness, and toilet-menstruation hygiene practices of the high school students living in rural areas.

**Conclusions:** Behavioral changes in high school students' toilet and menstruation hygiene may be established through health education without negatively impacting the co-operation of health trainers, teachers and family members.

**Key Words:** genital hygiene, toilet hygiene, student, education, nursing