



The Effect of Sexual Education of Adolescent Girls Through Problem-Solving on Their Mental Health

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Abstract

Background: Adolescent puberty issues can be solved by applying a practical problem-solving approach.

Objective: This study aimed to evaluate the sexual education of adolescent girls through a problem-solving training approach and its effect on their mental health.

Methods: The present study used the random sampling method to select 30 students (15 experimental and 15 control) based on a pre-test and post-test design with a control group. The data collection tool was Goldberg's abbreviated mental health questionnaire. The experimental group was educated in a problem-solving approach for treating sexual problems in 10 sessions, and the control group received no intervention.

Results: The problem-based sexual education training significantly affected mental health in adolescent girls. In addition, the LSD post hoc test differed significantly between pre-test and follow-up tests.

Conclusions: Based on the results, the problem-based sexual education could increase young girls' and their parents' awareness of the developmental period and the characteristics of puberty. This method helped deal with emotional states and sexual issues related to puberty. Therefore, practitioners are recommended to provide sexual education for adolescents and their families at a low cost and with easy understanding.

Keywords: Mental Health, Sexual Issues, Adolescence, Emotion, Education

1. Background

Adolescence is one of the essential and valuable periods among the different periods of human life. This period of life occurs between 10 and 16 years of age, according to the World Health Organization. The transitional stage from childhood to adulthood is the beginning of physical, psychological, and social changes and transformations, affecting various functions in adulthood (1). The adolescent naturally becomes mature during this period and finds his/her identity as an individual and independent from the family (2). Adolescence is associated with extensive cognitive and behavioral changes, and the mental health of this group of people is crucial (3). Since childhood and adolescence conditions determine the health or illness of future generations, studying mental health and children/adolescents' growth can help optimal fertility in adulthood (4).

A series of physical, psychological, and social changes occur in adolescents, which affect their whole life in adult-

hood and the elderly (5). Most serious issues such as failed marriages, unwanted pregnancies, infertility, sexually transmitted diseases, mortality, disabilities, and many physical, mental, and social problems are rooted in puberty. Both males and females experience mental health issues associated with puberty. There are many complicated questions for adolescents about physical changes, anatomy, menstruation, pregnancy, sexual, emotional, and psychological conflicts (6). Therefore, puberty health involves maintaining and promoting an individual's physical, mental, and emotional well-being during this time period, which requires specialized education. Education on health-related habits has an essential effect on the quality of life in adulthood (7).

Sexual education is a set of educational measures and methods, including teaching protocols, guidelines, principles, and applied science related to sexual issues. Education aims to protect the natural reproduction system and develop sexual and social personality. Sexual education focuses on couples' intercourse and includes specialized

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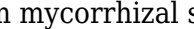
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