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Factors influencing sexual health self-care behaviors among adolescents in TaiwanYen-Hui Wang^{1,2} and Jiin-Ru Rong²¹Mackay Junior College of Medicine, Nursing, and Management, Taiwan²National Taipei University of Nursing and Health Sciences, Taiwan

Purpose: The purposes of this study were to investigate the correlation among sexual health self-care behaviors, sexual health knowledge, sexual self-concept and self-control of sexual risk behaviors and to examine the predictors for sexual health self-care behaviors.

Methods: A cross-sectional, correlational design was used to examine the effects of sexual health knowledge, sexual self-concept and self-control of sexual risk behaviors on sexual health self-care behaviors. A convenience sample of college students in the northern of Taiwan, were recruited. The questionnaires were completed anonymously and the data collected were analyzed using correlation and simple linear regressions.

Results: The total sample included 153 students (mean age=17.2 years). Most students (60%) had at least one experience of falling in love and the other 40% students have no love experience. Adolescents reported medium level of sexual health knowledge and sexual self-concept and a high level of self-control of sexual risk behaviors. The mean score of sexual health self-care behaviors was 31 (SD=5.44, range13-52). Moreover, the main independent variables (sexual health knowledge, sexual self-concept and self-control of sexual risk behaviors) emerged as significant predictors of sexual health self-care behaviors. Twenty-eight percent (28%) of the variance in sexual health self-care behaviors was explained by the regression. In addition, self-control of sexual risk behaviors had the most influence on sexual health self-care behaviors.

Implications for Practice: Self-control of sexual risk behaviors and sexual self-concept were important predictors for sexual health self-care behaviors among adolescents. In addition, it was necessary to strengthen students' sexual health knowledge and self-control skills of risk sexual behaviors for helping students have positive sexual health self-care behaviors.

Biography

Yen-Hui Wang is currently a PhD candidate at the National Taipei University of Nursing and Health Sciences, Taipei, Taiwan, serving as a Lecturer in Nursing at Mackay Medical Management College. His/Her research focuses on sexual health care and education, nursing education. He/She has published a number of research articles on adolescent sexual health and nursing education in international seminars.

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