

## 4<sup>th</sup> International Conference on **Nursing & Healthcare**

October 05-07, 2015 San Francisco, USA

### Attitude of teachers towards sex education in secondary level school of Dharan sub-metropolitan city

Sunita Bhandari Shah, Ruchi Sah and Samjhana Mandal  
B.P. Koirala Institute of Health Sciences, Nepal

**Background and Objective:** Sexual health education in school is regarded as an effective way to increase young people's understanding of Sexually Transmitted Infections (STIs) including HIV (Human Immunodeficiency Virus) infection, unintended pregnancies and abortion, infertility and cancer. Indeed, one of the central characteristics of an effective sexuality education programme is the level at which teachers are willing and show positive attitudes towards teaching it. The objective of the study was to assess the attitude of teachers towards sex education of secondary level schools of Dharan Sub-metropolitan city and its association with selected demographic variables.

**Methods and Materials:** A descriptive cross sectional study design was adopted for the assessing the attitude of secondary level school teachers of Dharan Sub-metropolitan city and finding out the association between the socio-demographic variables and attitude. A total of 84 respondents were selected by using the systematic randomize sampling technique. Data were collected by using the self-prepared self-administered, pretested research tool and analyzed using descriptive statistics and inferential statistics. The P value was calculated at 95% confidence interval and 5% permissible error.

**Results:** This study showed that most 94. % of the respondents had favorable attitude towards sex education. The findings of the study showed that there was significant association between academic qualification and attitude of teachers ( $p=0.040$ ). whereas no significant association between attitude of teachers and other socio-demographic variables like age, sex, religion, type of school, type of family, classes and subjects taught by teacher.

**Conclusion:** Hence most of the respondents had favorable attitude towards sex education, it can be concluded that high level academic qualification of school teachers influences their favorable attitude towards sex education.

#### Biography

Sunita Bhandari Shah has completed her M.Sc. Nursing at the age of 35 years from IOM (Institute of Medicine) Kathmandu, Nepal. At present she is a faculty in department of Child health Nursing, college of nursing at BPKIHS. Her total work experience is 20 years, in which 12 years in clinical activity and 18 years in research and teaching learning activities. The teaching learning activities are like guiding the B.Sc. and M.Sc. Nursing students in the clinical area especially in the Child Health Nursing as well as research. As researcher she has done various studies in the field of Child health which are now published in various national Journals and Indexed Journal as well.

[sunita.shah@bпкиhs.edu](mailto:sunita.shah@bпкиhs.edu)

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