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Do not touch my body awareness training for pre-school children parents

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Introduction: Sexual abuse in children is considered an important public health problem due to its prevalence, incidence and consequences. Pre-school children lack abstinence prevention knowledge and self-protective skills. For this reason, it is important for parents to know what the abuse is, their symptoms and their effects on their children so that they can be protected from abuse.

Aim: This study was planned to create “awareness for sexual abuse” among the parents who have children in the preschool period. In this study, “Single Group Pre-Test Post-Test Model”, that is one of the Quasi-Experimental study methods, was used.

Method: The universe of the research constitutes kindergartens attached to the Ministry of National Education in Denizli Center. The sample of the research forms a kindergarten which is determined by simple random method from two districts located in the center of Denizli. When the study group was selected, appropriate sampling method was used for the purposeful sampling types. When the study group was selected, the convenience sampling method was used for the purposeful sampling types. At this point, care has been taken that the mothers who make up the working group are readily available and willing to participate in the research. The study group consists of 69 mothers with a 6-year-old child attending two pre-school education institutions affiliated to Denizli province center in the academic year 2017-2018. Necessary permits were taken from ethics committee, institution in which study was carried out and from the parents. Data were collected by “descriptive information form” and ““Do not touch my body!” Awareness Form”. The study was carried out by the implementation of questionnaire forms, education for parents and completion of the questionnaire forms at one month after the education. Data were assessed by SPSS 20.0 package program.

Findings: The average age of the parents participating in the study is 34.69. It was found that 98.6% of the parents believed that it was beneficial to give sexual education to children, 69.6% gave sexual education to their children, 91.3% told special body regions, 89.9% explained the child in the face of sexual questions. When parents were asked “the protective person in their child's life”, it was determined that 88.4% of pre-education knew 100% correctly after education. Parents were most likely to kiss their children before and after schooling (before education= 91.30%, after education = 95.65%); it was determined that there were 20.28% of kiddies before the training but not after the training. A large majority of pre-study parents stated that their children did not know the actual name of the genitals (penis 72.5%, anus 89.9%, vagina 78.3%). After training, it was determined that there was an increase in knowledge (penis 89.9%, anus 84.1%, vagina 88.4%). 91.3% of the parents who participated in the study stated that they heard the special regions of the children before education, 85.5% of the special regions. Knowing special zones after training increased to 97.1%, Knowing who can see special zones increased to 100%. 66.7% of the parents stated that they did not feel good touch before training and 62.3% did not feel bad touch. It was found that 97.1% of the parents had good touch and 98.6% of the parents knew bad touch.

Conclusions and recommendations: Parents should be informed about sexual education and should be in contact with their children to prevent sexual abuse. Through sexual education, the child learns to respect his or her own body and the body of the opposite sex. This causes the child to have a healthy, level relationship with his or her gender and the opposite sex in the later life of the child.

Biography

Sebahat Altundağ has completed his PhD at the age of 34 years from Erciyes University. She is an assistant professor of in Faculty of Health Science at Pamukkale University in Turkey. Her main research interests are home accident, adolescent health, child abuse and precautions to be taken, mentally disabled individuals.