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Effect of an educational intervention on university student's knowledge and attitudes toward reproductive health in Jordan

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Introduction: Health promotion is the most cost-effective method to reduce and prevent health problems. Using interactive teaching approach showed positive results in changing lifestyles and adopting more healthy practices among students. Little information was found on students' knowledge and attitudes of reproductive health in Jordan.

Aim: To examine the effectiveness of an interactive teaching approach in promoting health awareness of reproductive health in undergraduate non-medical students in Jordan.

Methodology: A quasi-experimental one group pretest and post-test design was employed to examine the change in university students' knowledge and attitudes toward reproductive health. A purposive sample of 210 students aged 18-24 years was used for this study. Knowledge and attitudes regarding reproductive health issues were assessed using a computer-based questionnaire developed by the researchers. Ethical approval was obtained from JUST Board of Ethics. The data was analyzed using Statistical Package for the Social Science (SPSS) version 19. Descriptive and parametric analyses were conducted to analyze the data.

Results: A significant improvement in students' level of knowledge and attitudes toward reproductive health was indicated by the analysis. The results of a mixed between-within subjects analysis of variance showed a significant interaction between gender and students' knowledge (pretest and posttest), Wilks Lambda=0.98, $F(1,208)=4.09$, $p=0.04$, partial eta squared=0.19. While there was no significant interaction between gender and students' attitudes toward reproductive health on pretest and posttest, Wilks Lambda=0.99, $F(1,208)=2.03$, $p=0.16$, partial eta squared=0.01.

Conclusion: The implementation of health promotion courses tapping on reproductive health issues while using interactive style targeting university students is an influential method for students at this age to improve their knowledge and attitudes regarding reproductive health which ultimately will improve their quality of life and health outcomes.

Biography

Reem A Ali has got her graduate degrees from Universities in Canada. Besides earning her academic degrees in Nursing, she had an international exposure to research studies and willing to continue collaboration with researchers from outside Jordan. She is an Assistant Professor at Maternal and Child Health department at Jordan University of Science and Technology for about six years. She has conducted a study examining the relationships between maternal attachment and infant sleep problems in preterm infants following discharge from hospital. Her work is fundamental to understand more about relationships between attachment, maternal settling behavior, and infant sleep. Also, she is conducting research studies on Health Promotion for newborn, children and their families, focusing on children's eating behaviors and reproductive health for youth.

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