



## Development of a sexual education package for children from birth to 5 years old, especially for parents, and determining its effectiveness on parents' knowledge, attitude and practice towards preventing sexual abuse and their sense of parenting adequacy in two groups of normal and single mothers (parent-mother)

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### Abstract

**Aim:** The purpose of this study was to design an educational package for sex education for mothers and its effect on knowledge, attitude and practice towards sexual abuse and the feeling of parenting adequacy in the group of normal and single mothers. **Method:** This research is a fundamental research in terms of compiling a new educational package and an applied research in terms of its application in parent education. Qualitative method is used in package design and quantitative method is used in evaluating the effectiveness depending on the knowledge, attitude and practice and feeling of parenting adequacy. The statistical population of the study for the parents of the two groups, due to the absence of fathers and the impossibility of educating them, mothers were selected for the study. Mothers of normal children, including mothers who refer to kindergartens and care centers in Tehran, and for single-parent children (parent-mother), the statistical population of control mothers have preschool children. First, in order to extract all the important and practical components in the field of sex education, resources and research related to the subject during the last ten years (2010 to 2020) were selected and reviewed. Then, in order to confirm the important and practical components obtained from written sources, the Delphi questionnaire for specialists and experts in the field of child education, in the field of psychology and educational sciences who specialized in the field of sexual education and sexual abuse, and by method Available and snowballs were selected, sent. In order to implement the designed package, first, among normal and control kindergartens in Tehran, mothers with children under 5 years old are selected by available sampling method. The number of samples for each group of mothers of normal children and single parents was 60 people. Which were randomly selected (120 people in total) and were divided into two groups of control and the first and second experiments (30 people in each group). To collect data, Delphi questionnaire, knowledge questionnaire, attitude and practice questionnaire. Parents' response to sexual harassment, parenting adequacy feeling scale was used. In order to analyze the information obtained, the qualitative method and the Delphi questionnaire were used; In this step, standard analysis was used and inferential statistics and multivariate analysis of covariance were used to evaluate the effectiveness of the training package. **Results:** The results of the study showed that the intervention based on the treatment of child sexual education among mothers, in all components in the experimental group of normal mothers and single parents had an increasing effect on knowledge, attitude, communication performance. The results also showed that there was a significant difference between the pretest and posttest experimental groups and control groups in terms of parental adequacy variable ( $P < 0.001$ ). **Conclusion:** Findings show that the intervention program had a greater effect in the single parent group than the normal group in all variables. **Keywords:** Sex education, knowledge, attitude and practice towards sexual harassment, feeling of parenting adequacy

## Introduction

Sexuality is one of the most important themes of providing mental health. Using it correctly at the right time and in the right conditions is a guarantee of health and abuses and unethical exploitation such as rape and rape are among the most important themes that form widespread psychological problems. Sexual issues start from childhood and at the same time as the child gets to know his body (Deshmukh et al., 2020). Therefore, one of the important areas of child rearing knowledge is their awareness of the quality of the child's sexual development and related issues. Currently, our knowledge of children's sexual development and tendencies is somewhat scattered; Empirical research has provided little information. The lack of scientific knowledge in this field is probably a good reason to evaluate children's sexual behaviors.

Sexual education is a lifelong process of creating a solid foundation for sexual health through the acquisition of information and the formation of attitudes, beliefs and values related to identity, relationship and intimacy. Sex education is a broad term used as a common topic for health education. It is also used to describe teaching about human sexual anatomy, reproduction, sexual intercourse, reproductive health, emotional relationships, contraception, and other aspects of human sexual behavior (Borden, 2014). Sexuality education not only focuses on quantity and reproduction, but also considers all aspects of life that are related to sexuality (Bordon, 2014). Sex education is a very complex topic and is more than just classroom instruction because under its umbrella are a number of related but individual goals. These include answering simple questions from children, providing facts about the anatomy and physiology of the reproductive organs. In general, anything in this program that makes the child aware of his role in life, his relationship with others, facts about health habits, personal development, interest in work, etc.; Undoubtedly, it prepares the child for life in the family and therefore it can be called sexual education. Sex education is very necessary for children and helps them get the right information to avoid unnecessary tensions and worries. Sexual education is to get rid of sexual and organic disorders, creating awareness in sexual-social issues such as gender discrimination, child marriage, prostitution, etc.

In recent years, the increase in the number of single-parent families has been alarming. More children are living in single-parent homes than ever before, and more than half of all children born today live in single-parent homes before childhood (Edo and Ayodel, 2007). Considering the role of each parent in the formation of a healthy sexual identity, it is believed that the absence of one parent can have an effect on the child's sexual education. One of the important questions is whether the type of sexual education and its content should be different for children whose only caregiver is the mother, and what are these differences.

In Iran, there is no coherent program for educating children in a scientific way. Therefore, there is a need for a collection to guide parents in the field of sexual education according to local values. Such programs should be suitable for every age, developmental level and cultural background of children and respect the diversity of values and beliefs reflected in the society (Razzaghi, 2012). In Iran, our way of thinking about sex education is completely different from the Western way of thinking in some aspects. Our purpose of sex education is to nurture, adjust and guide, not to nurture and heighten. On the other hand, in the editorial package, in addition to stating the correct methods of "sex education", parents' awareness about

"sex education" as a broader concept of education is promoted. On the other hand, considering the increase in child abuse and sexual abuse in recent years, conducting research in this field can be very important and useful. Therefore, in this research, he compiled the educational package of sexual education for children from birth to 5 years old, especially for parents, and compared the knowledge, attitude and performance of parents towards sexual abuse of children and the sense of parenting adequacy in two groups of normal and single mothers (parent-mother). . In this research, the following questions were answered:

1. What are the sexual education components of children from birth to 5 years old for parents?
2. What is the sexual education package for children from birth to 5 years old for parents?
3. Is the compiled sexual package for children from birth to 5 years old for parents effective on the knowledge, attitude and performance of parents towards sexual abuse of children and the feeling of parenting adequacy in the post-test stage?
4. Is the compiled sexual package for children from birth to 5 years old, especially for parents, effective on the knowledge, attitude and performance of parents towards sexual abuse of children and the feeling of parenting adequacy in the post-test stage?

### **Method**

This research is a fundamental research in terms of compiling a new educational package and an applied research in terms of its application in parent education. Qualitative method is used in package design and quantitative method is used in evaluating the effectiveness depending on the knowledge, attitude and practice and feeling of parenting adequacy. The statistical population of the study for the parents of the two groups, due to the absence of fathers and the impossibility of educating them, mothers were selected for the study. Mothers of normal children, including mothers who refer to kindergartens and care centers in Tehran, and for single-parent children (parent-mother), the statistical population of control mothers have preschool children. First, in order to extract all the important and practical components in the field of sex education, resources and research related to the subject during the last ten years (2010 to 2020) were selected and reviewed. Then, in order to confirm the important and practical components obtained from written sources, the Delphi questionnaire for specialists and experts in the field of child education, in the field of psychology and educational sciences who specialized in the field of sexual education and sexual abuse, and by method Available and snowballs were selected, sent. In order to implement the designed package, first, among normal and control kindergartens in Tehran, mothers with children under 5 years old are selected by available sampling method. The number of samples for each group of mothers of normal children and single parents was 60 people. Which were randomly selected (120 people in total) and were divided into two groups of control and the first and second experiments (30 people in each group). To collect data, Delphi questionnaire, knowledge questionnaire, attitude and practice questionnaire. Parents' response to sexual harassment, parenting adequacy feeling scale was used. In order to analyze the information obtained, the qualitative method and the Delphi questionnaire were used; In this step, standard analysis was used and inferential statistics and multivariate analysis of covariance were used to evaluate the effectiveness of the training package.

### **Results**

The results of the study showed that the intervention based on the treatment of child sexual education among mothers, in all components in the experimental group of normal mothers and single parents had an increasing effect on knowledge, attitude, communication performance. The results also showed that there was a significant

difference between the pretest and posttest experimental groups and control groups in terms of parental adequacy variable ( $P < 0.001$ ).

### Conclusion

The present study was conducted with the aim of developing a sexual education package for children from birth to 5 years old, especially for parents, and determining its effectiveness on the knowledge, attitude and performance of parents regarding the prevention of sexual abuse and their sense of parenting sufficiency in normal and single mothers (parent-mother). Findings show that the intervention program had a greater effect in the single parent group than the normal group in all variables.

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