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Original Article

Effects of Lecture Presentation and Presenting Educational Packages on Girls' Knowledge About Adolescence Health

Khakbazan* Z (MSc.) - Jamshidi* F (MSc.) - Mehran** A (MSc.) - Damghanian*** M (MSc.).

*Lecturer, Midwifery Department, Faculty of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran.

** Lecturer of Biostatistics, Faculty of Nursing and Midwifery, Tehran University of Medical Sciences, Tehran, Iran.

*** Lecturer, Midwifery Department, Faculty of Nursing and Midwifery, Islamic Azad University, Tehran Medical Branch, Tehran, Iran

Corresponding Author:

Khakbazan Z

e-mail: khakbaza@sina.tums.ac.ir

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Abstract:

Background & Aim: Adolescents have important role in building the societies. Some deficits were observed in students' knowledge regarding puberty health. This study aimed to compare the effect of two educational methods (lecture-educational package) on girl students' knowledge about puberty health.

Methods & Materials: In this interventional study, 200 students were randomly selected through a multi stage sampling method. Data were collected using a questionnaire. One group received a self-learning educational package and the other group took part in two lecture sessions which totally lasted about four hours. The post test was taken 6 weeks later. Data analysis was performed using Descriptive and inferential statistics.

Results: Results of this study showed that after intervention, both groups' knowledge mean scores increased significantly. Also the average of package group's score after the education was more than the other group's score ($P<0.001$). The difference in knowledge mean scores before and after the intervention was significantly higher in the package group than in the lecture one. The comparison of scores in both groups before and after the education was significantly different ($P<0.001$).

Conclusion: Both educational methods can be considered to be effective in promoting students' knowledge; however, the educational package was more effective than the lecture.

Keywords:

Puberty Health, Knowledge, Educational Methods, Lecture, Educational Package

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