



SEX EDUCATION – A REVIEW OF ITS EFFECTIVENESS

Anna Treessa

Kristu Jayanti College Autonomous Bengaluru

ABSTRACT :

This study provides a detailed analysis of the thirty-three empirical research projects that looked at the efficacy of sex education initiatives between 1981 and 2022. A review by Richard L. Wanlass and Bernard Sullivan synthesises the results of a wide range of studies to assess the impact of sex education on a number of outcomes, such as the acquisition of knowledge, attitudes, behaviours, and health effects related to sexual activity.

Numerous approaches, such as qualitative analysis, randomised controlled trials, and longitudinal investigations, are employed in the evaluated papers. Sex education programmes have been demonstrated to be successful in raising participants' awareness of sexual health issues, encouraging positive attitudes towards sexuality, and encouraging safer sexual behaviours. The review underscores the necessity of conducting additional research on the enduring effects of sex education programmes and the most effective approaches for diverse populations and settings. All things considered, this review contributes to the ongoing discussion over the importance of sex education in promoting the sexual health and welfare of young people and adolescents.

KEY WORDS : Sex education, college students; educators; counselors; medical school population; human sexuality

INTRODUCTION:

Learning about the psychological, physiological, and social aspects of sexuality is known as "sex education". Sex education programmes should include information on menstruation, condom use, preventing sexual assault, puberty, sexual orientation, gender identity, and body image. Sex education is essential in schools because it informs pupils about adolescence, related organs, STDs, and reproductive health. Furthermore, academic success builds the foundation for future stability for children who feel comfortable and supported in their school environment and are able to avoid early pregnancy, sexual abuse, STIs, harassment, and interpersonal violence. For the wellbeing and sexual health of young people, sexual education among students is crucial.

According to the World Health Organisation "A healthy sexual development is essential to overall mental and physical well-being" and In the 1994 ,International Conference on Population and Development report says that," Sex is an essential aspect of human life, and sexual health is closely related to both physical and mental health". The sexual health of adolescents and young adults can be enhanced by sexuality education, which is a reliable source of knowledge and direction on sexuality, relationships, and sexual health. Informed by the opinions of young people themselves, such education is most effective.

REVIEW OF LITERATURE

According to the study conducted by the National Association for the Education of young children, Rather than being limited to age 3–8, early childhood covers infancy ,Children at this age pick up knowledge through experimentation, observation, and social interaction. Two years to adolescence is considered childhood. A wide range of years in human development can be implied by the phrase "childhood," which is non-specific in its chronological span. Early childhood (two to six years old) and Late childhood (six to twelve years old) are the two main phases of childhood. Adolescents will be equipped with the necessary knowledge to make wise decisions in life if sex education is introduced in schools. The young person receiving sex education learns important lessons for their interpersonal relationships and personal behaviour. Awareness of the need for a scientific understanding of sex issues is known as sex education. It explains all educational strategies that support developing kids in comprehending and overcoming life's challenges. Teenagers face numerous issues throughout puberty due to bodily changes and the advent of sexual emotions. It includes gender roles, affection, intimacy, interpersonal interactions, sexual development, and sexual and reproductive health. High school sex education helps prepare students better for life transitions including puberty, menopause, and ageing. Students might reach puberty with enhanced abilities and self-esteem thanks to sex education. Maria Maqbool and Hafsa Jan , et.al.

Another study says that The young person getting sex education gains valuable knowledge for their behaviour and interpersonal interactions. Sex education is the awareness of the necessity for a scientific understanding of sex issues. It describes all of the instructional techniques that help growing children understand and overcome obstacles in life. Puberty presents a number of challenges for teenagers because of physical changes and the emergence of sexual feelings. sex education also helps in understanding Gender roles, intimacy, affection, interpersonal relationships, sexual

development, and sexual and reproductive health are all included. Students who receive sex education in high school are more prepared for life's transitions, such as puberty, menopause, and also ageing. Sex education may help students enter puberty with improved skills and self-worth. Yepoyan et.al.2014

According to a study which conducted with the purpose to ascertain the current state of knowledge on teenagers' experiences with online sex education. The literature revealed four main themes, which are as follows: (a) teenagers report using the internet to look up sex-related information; (b) teenagers are interested in a variety of subjects, such as pregnancy and STDs; (c) teenagers are able to assess the quality of sex-related information they find online, even though it may not always be of high quality; and (d) teenagers can benefit from internet-based interventions to learn more about sexual health. The literature's inconsistencies are examined, and recommendations are provided for further study Laura Simon, Kristian Daneback et.al. (2013).

Another study with the context family life education (FLE) and sex education in Indian society have always been contentious topics. There's a growing need to teach sex education because of the rise of HIV/AIDS, RTIs/STIs, and teenage pregnancies. However, different facets of Indian society have always responded differently to the introduction of sex education in the classroom. Information and Techniques By evaluating data from the District Level Household and Facility Survey (DLHS-3: 2007–08) and Youth Study in India (2006–07), we want to comprehend the aspirations and experiences of youth surrounding family life education in India. In this study they used Descriptive techniques were employed to examine the degree of FLE accessibility and sociodemographic trends among young Indian individuals. Findings and Discussions: They discovered a sizable unmet need for FLE in the proportion of young people who thought sex education was important compared to those who actually received it. Compared to their peers, youth who obtained FLE had a comparatively higher awareness of concerns related to reproductive health. Regardless of age or gender, the majority of Indian adolescents supported the introduction of FLE at the school level, ideally starting with standard 8. Creating a culturally-sensitive FLE curriculum that is acceptable to all societal groups is now the problem. Niharika Tripathi, TV Sekher et.al. 2013

A study conducted in China shows that Despite the thousands of years of rich sexual culture that China has enjoyed, Chinese people are typically reluctant to talk about sex in public. Some parents don't even realise their kids' sexual attitudes and behaviours have changed. Teenagers in China are growing far more sexually liberated these days. Teenage unintended pregnancies and premarital sex are on the rise. HIV/AIDS and other sexually transmitted diseases (STDs) are also expanding quickly. Nonetheless, young people are ignorant about the fundamentals of AIDS and STDs, and they have no idea how to prevent unwanted pregnancies or safeguard themselves against these illnesses. This document mentions some significant youth peer education projects in China. The Australian-Chinese AIDS/STD/Safer Sex Peer Education Programme for Youth, a four-year programme, is one of them that is covered in some detail. Thus far, the project has impacted more than forty thousand college and high school pupils. The training is successful in changing students' attitudes towards AIDS patients and dramatically raising their understanding of AIDS and STDs, according to evaluation results. Furthermore, the pupils give the programme great marks. Y Gao, ZZ Lu, R Shi, XY Sun, Y Ca. et.al.2001.

A study conducted in San Francisco it states that "It is difficult to imagine a juicier subject, or a more thoughtful, fluent, trustworthy guide for its exploration." When Sex Goes to School exposes a battle with deceptively simple and tragically personal stakes. It is a chronicle of the two decades that renowned sociologist Kristin Luker spent observing parents in four American towns involved in a passionate war of ideas and values. Beyond politics, religion, or even friendship, many parents have much deeper concerns about how their kids should be taught about sex. The New York Times Book Review's Judith Shulevitz writes, "The drama of this book comes from watching the exceptionally thoughtful Luker try to figure [sex education] out." In the process, Luker recounts the history of sex education from the hygienist movement at the beginning of the century to the marriage-obsessed 1950s and the 1960s sexual and gender revolutions. Kristin Luker. et.al.2007.

Reviewing scientific research on educational initiatives pertaining to health professionals' training in sexuality between 2003 and 2013 was the aim of this study. According to the findings, individuals who work in hospitals and other healthcare facilities, are recent college graduates, or are seniors in college are not sufficiently trained to address the sexual requirements of their patients. Regardless of the course load, numerous studies have demonstrated that health professionals' capacity to address patients' sexuality-related concerns has improved following taking part in sexuality-related training programmes. The analysed publications indicate that funding for educational initiatives is required to enhance the competence and comfort level of medical professionals in handling patients' sexuality-related concerns. Barton-Burke and Gustason. et.al.2007.

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