

عنوان مقاله:

Parent's Challenges in Sexual Education of their Children : A Qualitative Study

محل انتشار:

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خلاصه مقاله:

Introduction : Sexual education is a training that begins in the early days of life, and its objective is moderate and appropriate development in sexual instinct. The aim of this study was to explore how parents provide sex education for their children, and identify challenges influence the sex education. Method : In this qualitative study, content analysis was used for data analysis. The data were gathered through semi-structured interviews with ۲۵ parents (father, mother or both) in Rafsanjan City, Iran. Results : ۳ main themes of “methods of sex education”, “parents’ challenges in sexual education”, and “limiting challenges and factors which enhance sexual education” were achieved through data analysis. Mothers tended to be the main educators, although a few fathers shared the role. Uncertainties were experienced, especially about giving sons sex education. Participants welcomed access to sources of information and educational programs. Conclusion : Parents were found the main educators in this field, but experienced uncertainty and embarrassment about aspects of their role. Educational programs for parents by experts in this field can enhance their skills and confidence.

کلمات کلیدی:

Sex education, Parents, children, qualitative research

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