

## The effectiveness of the training program in developing of health reproductive culture in University of Salman bin Abdul- Aziz student

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### Abstract

The main objectives of university education to prepare students for life. Faculty of Education in the Arab community and especially Saudi society have lack of health information, that oblige them both in her life as a wife and mother ,or teacher educates teenage girls and this is what provided the training program (Women's Health), who have been trained Thirty students from students Faculties of Education in Al-Kharj and Dalam ,after test we have be sure and clear that their need urgent to develop a culture of reproductive health and after the end of the training program was re-test the application ,and has also been applied to identify , assessment of the training program, and the results were statistical analysis to confirm the research hypotheses, where he was first hypothesis:

- the existence of differences statistically significant between the average grades and in measuring pre and post.

The results come to confirm the existence of differences by (2.8) which is statistically significant elevated.

- The second hypothesis

And for the imposition of the second: which was provides that the training program find acceptance to the students, the results proved the statistical treatment positive this hypothesis the researchers recommended that need to take care to publish the culture of health reproductive students in Saudi universities ,and the importance of the adoption of training methods rather than traditional teaching methods, they also pointed to the importance of the

study of the training needs of students and university students and meet them, especially in connection with life skills.

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## Introduction

University endure the responsibilities towards its graduates not only in giving them the skills and capabilities of the process that qualifies them for the job market, but in giving them the skills qualify them for life .the responsibility will increase and become difficult for students because of the longer Undergraduate crucial in a girl's life is usually associated with the end of the exit of the girl for her career to raise a family and have children. but more often a college student is a mother and wife, and it is unacceptable that student who has bachelor's degree has a Weak culture with the basic function of life a maternity. In particular that the sources of this culture in our Arab societies limited to the transition from generation to generation within the family. mothers pass on their cultures to their daughters and who pass in turn to their daughters, and with the difficulty of life and high rates of morbidity, and significant progress in the areas of medical , is no longer acceptable to simply move the heritage of what is known as reproductive health from generation to generation which often make mistakes in diagnosis and treatment. It is necessary for the University if they wanted to enable the students of life skills to touch on this important aspect of cultural fields, especially graduates of theoretical disciplines who were not studying a scientific study, just as they provide what is known as the decisions of the health culture, which does not differ in their contents in the faculties of the boys from the girls' colleges.

from here was the need for a program aimed at developing a culture of reproductive health to the female students of colleges of education at the University of Salman Bin Abdul Aziz.

### **Research problem**

The research problem represented in the need of a training program qualifies graduates of colleges of education at the University of Salman Bin Abdul Aziz - for family life through the development of their culture in the field of reproductive health ,where lack health education programs studied by the students to modern information and specialized which requires girls at this important stage of their lives and affecting large in their ability to exercise their roles as wives and mothers.

We consider this training program as a scientific channel for a health awareness in the field of reproductive health.

### **Research questions**

- 1 - What level of reproductive health culture among students of colleges of education at the University of Salman bin Abdul Aziz?
- 2 - What image training program for the development of reproductive health among students of colleges of education at the University of Salman bin Abdul-Aziz?
- 3 - What the effectiveness of a training program in the development of a culture of reproductive health among students of colleges of education at the University of Salman bin Abdul-Aziz.

### **Research hypotheses**

- 1- and the presence of statistically significant differences between the average scores in the measurement and pre and post
- 2- The training program must achieve acceptance have students.

**Research objectives**

- 1- Design a training program fosters a culture of reproductive health have students University College of Education Salman bin Abdul Aziz.
- 2- Test workout the program
- 3 - Determine the effectiveness of the program in the development of the culture of reproductive health.

1 –This research is the first training program that designed to achieve a real need I have a student at an important stage of her life.

2 - Offers a training program information of a private nature is difficult for the girl in the conservative societies (such as the Kingdom of Saudi Arabia) obtained from reliable channels.

3 - Training students on the program is a professor specializing in reproductive health degree, which ensures high accuracy of the information and the effectiveness of the training.

**Second: For the University of Salman Bin Abdul Aziz**

Integrated research goals with the goals of the university is to enable graduates of life skills.

**Third: For those interested in teacher preparation programs and researchers in the development of university programs**

- Choose a sample of students in colleges of education where it is a deliberate choice to prepare parameters pre-university education and who should be educating them, particularly in this area because they teach girls in different age levels.
- If the program proved to be effective, it opens the way for the design of a package of training programs that contribute to enable graduates of life skills.
- Cooperation between the researchers, despite the big difference in terms of disciplines, one specializing in curriculum and teaching methods, and the other in gynecology and obstetrics is a relatively recent trend opens the way for cooperation between the various disciplines in the

university to provide what enriches university education.

### **Research Methodology**

researchers in this research depend on experimental method, where designed pretest to determine the level of the culture of the sample in the field of reproductive health, and then designed the training program and after arbitration and refined and applied to the sample is re-testing, then determine the effectiveness of the program in the development of the culture of the students study sample in the field of reproductive health.

### **Tools of the study**

**1 test attitudes of preparing researchers applied before and after**

**2 the name of training program (Women's Health) prepared by researchers.**

### **The Study Terms**

#### **Reproductive Health:**

How defines reproductive health, as access of a state of complete physical, mental and social development in matters related to the functions of the reproductive system, and its operations, not just the absence of disease or disability, which is an essential part of public health, reflecting the level of health of men and women in childbearing age .

- **United Nations population fund (2003)**

#### **The training program**

**(Allagany and Jamal 75 . 2003 )** mention that the training program is designed to prepare the individual and his training in a particular field or develop knowledge and skills in the profession in which it operates.

(Alsakarneh 2011) says that the training program is: a group of subjects or instructions that are closely linked to the area and what sort and organize in advance according to the structure of certain trace the educational rules.

In the current research the researchers define it as a procedural process that is a change in the pattern of thinking and behavior of students at the University of Salman bin Abdul Aziz - faculty of education -with regard to reproductive health topics in the light of the needs and the problems they face actual or expected response and the aim of improving the health and Upgrading the level of female health.

### **Procedures of the study**

#### **First, the theoretical study**

- 1 - Review of the literature Arab and foreign in the field of health education on reproductive health.
- 2 - Review the goals of preparing teachers education colleges.
- 3 - Review of the literature on the role of the university in the development of life skills for their students.
- 4-Review the literature in the field of training programs and designing training packages

#### **Second: the pilot study**

1 design the period of training course entitled (Women's Health)

- Determine the overall objective of the training program.
- Determine the detailed objectives and formulation.
- Choose the scientific content of the training topics period.
- Selection and design of training activities and exercises.
- Split the topics in the modules.
- Naming the units and topics.
- Design the period to attracts the attention of the trainees and ensures interacted.

- Design the presentations units.
- Display the period and the presentations to a group of specialists to be adjusted.
- Modify the period and the presentations in the light of the views of specialists and put them in the final form.

### **Prepare positions test**

- Design the positions test to measure the effectiveness of the training program
- Display the test on a group of arbitrators for arbitration specialists in the light of the objectives of the training program.
- Modify the test in light of the views of arbitrators and put it final form.

### **Application program**

- Tribal test application. Provide the training program. -Test application  
U day.

### **Results of the study**

- Statistical treatment of the results of the study.
- Interpret the results in light of the hypotheses.
- Answer the questions of the study.
- Progress of the recommendations and proposals.

### **Theoretical framework for search**

#### **First, the historical background of reproductive health**

Began to health services that are interested in women of childbearing age (according to the initiatives of international organizations) at the beginning of the eighties of the twentieth century, under the slogan of child and maternal health and family planning, where the majority of states to establish programs of the quality of family planning in countries with high population growth, in addition to the establishment of sections and special---+ departments in ministries of health for the child and maternal health .After the conference was held in the global population in 1984,

the increased global support for family planning programs and the programs have become administratively and financially independent, and I took care population dimension to family planning, given what ails developing countries, especially in this context

This was followed by the Nairobi Conference for Safe Motherhood in 1987, which came out with recommendations was highlighted by the need to spread awareness about safe motherhood, and to reduce maternal mortality rates, and reduced rates of morbidity, where the Conference decided to urge the States to work on the reduction of maternal mortality by 50% by the year (2000 ) through the adoption of the following strategies: \_

- 1- Establishment of national committees for Safe Motherhood multilateral.
- 2- Develop national policies to activate the safe motherhood programs.
- 3- Care of training the health staff
- 4- Strengthen political and material support to projects motherhood.
- 5- provide good emergency services during pregnancy and childbirth
- 6- . Take care of newborn baby and provide the necessary resources.

In the early nineties of the twentieth century emerged the concept of comprehensive women's health to be an effective framework for interventions on women's health in general, but this framework did not find the necessary support due to the complexity of the subject and the entry of multiple disciplines in his services. In 1994, the World Conference on Population and Development ICPD in Cairo ,which recommended the need to raise awareness of reproductive health, and increased attention to the health of the family, and to highlight the importance of women's health to enable them to do her role in the community, and through the establishment of the concept of a comprehensive reproductive health includes:

- Take care of the Reproductive health problems of integrated and comprehensive manner for men and women.
- Amendment the limited understanding of reproductive health goal of limiting themselves to family planning programs previously.



- Care of some groups that do not receive the care and services such as adolescents.
- Deal with the problems of women's health during her entire life and not only during the childbearing (Life Cycle Approach.)
- Attention to the advice for an important part of reproductive health services.
- Attention to improving the quality of services in all areas of reproductive health.

Has committed to many international organizations and countries to the concept of reproductive health overall, creating departments and ministries of health, rather than motherhood, childhood and family planning, and began to train health staff on the new concept of reproductive health.

But it still faces many challenges, including:-

- 1- Involvement of many sectors involved in reproductive health and health ministries, making it more difficult assembled into a single entity.
- 2- Coordination in services remains a practical option between the different sectors to provide high service level.
- 3- Lack of education and training programs for the new concept of reproductive health.

### **Second: Saudi universities attention to reproductive health**

Students in Saudi universities learn the subject of health education, which includes some topics such as reproductive health (Family Health: includes examination before marriage a necessity, pregnancy and reproductive health, maternal and child health, women's health issues). If the information provided to the students in this context can be considered suitable, but it is not enough at all for students, especially students of colleges of education, and in the same context, we find a number of lectures, workshops and training courses that offer for the various Saudi universities for students . The researcher did not get except a single search Current research in the field has been applied in one of Saudi universities and carried out by a scientific team from King Abdul-Aziz University, which aimed to:

- 1- Evaluating Information, trends and practices of nursing students about reproductive health.
- 2- Action educational program on reproductive health. Test the effect of educational program on reproductive health information and trends of nursing students.

### **The research sample**

The research was conducted on a sample of 60 second year student at the Faculty of Nursing at the University of King Abdul Aziz of Saudi Arabia. For the academic year 2002-2003.

### **Search Tools**

- 1 questionnaire to collect information on students with information about reproductive health.
- 2 students measure of trends in reproductive health.

### **Search results**

Find and resulted in the following findings:

A search for properties Eulma

-Found that 45%. 45% of the parents of the students in order not literate.

-Also found that most parents are working 96.67% and 65% of mothers are housewives.

### **B) Information and trends of nursing students**

The results showed that there were differences statistically significant for the information of students on reproductive health before and after the educational program has improved their information after the program, such as the definition of reproductive health and the importance of the by arranging. and the description anatomic to the reproductive system and its functions, as well as care during the session, marriage, pregnancy, nutrition and how to avoid sexually transmitted diseases and gender discrimination . As well as the results demonstrated that 57.14 who are improved their knowledge about reproductive health changed their way to positive.

### **While the foreign studies have a similar studies since the last century, such as**

The study carried out by the (Office of Vocational Program, 1983) in order to develop a guide to the study of family education for students in colleges of education such as, Maryland, and West

by (61) students (student teachers) each state and ended required ten Topics include the areas of family education:-

- 1- prepare for marriage
- 2- venereal diseases and teenage pregnancy
- 3- sex education
- 4 - evolution of lifestyles
- 4- ways of organizing the families
- 6- preparation elderly to accept the death
- 7-Separation and divorce
- 8 - child care
- 9 - Prepare for paternity
- 10 - alcohol and drugs.

**Third: the age characteristics of the students at the university level and the needs of this stage of the required knowledge and skills in the field of reproductive health**

That the importance in the identification the a university student - target of the proposed program - and on the characteristics of growth and composition of the psychological as well as its problems is the only way to see the quality of information appropriate and need it and then you can start to choose the experiences and content, which provided this information and college student confined to her age between seventeen and twenty two and this stage represents the final stage of adolescence, which begins five years earlier .

**(Hamid Zahran, 1990, FouadBahey0.1975 agreedwithOmarTony0.1973)** that the different growth stages, which passes by the younger:

- 1-phase physical growth-phase
- 2- emotional growth
- 3- stage growth psych.

**characteristics and general features of the body growth**

This stage is characterized by the gender discrimination through physical developments Males and females differ in their characteristics and physical appearance. Followed by a variation of what caused confusion among teenagers and the resulting psychological and social effects are closely related to this manifestation of growth. **(AliaAbdeen, d .t ,.7)**

**Characteristics and general features of emotional growth:**

Adjustment represents the emotional and social compatibility is an important aspect in psychological human health, and reflected on the success of student vocational (**AttiaHena - 1993.64**).

In this period ,we note the tendency of young people towards idealism, also crystallize some personal emotions such as self-esteem and take care of the appearance and manner of speech, as evidenced by the tendency toward the opposite sex, and young people tend to focus on a specific number of the opposite sex. (**HamidZahran1990.367**).

**Characteristics and general feature of the emotions of young people**

1- delicacy: where is characterized by deeply emotional sensitivity .

2- Gloom: It produces about resorting to suppress their emotions so as not to arouse the anger of others.

3-recklessness and starting: shows in their attempts to mimic the all-new.

4-sharpness and violence: where there volt for trivial reasons.

5-volatility and volatility: it shows in their adherence to fashion, and running behind the new fashion and then abandon them and search for new ones.

(ZainabFarghaly, 1997.40-41)

**Characteristics and general features of the social growth in young adulthood:**

(Hamid Zahran, 1990, p 372) said that social growth is the growth in social intelligence and the desire for self-direction and seek to achieve compatibility personal and social: These characteristics and features represented in:-

1-a sense of their special young man and his strong desire in the confirmation it.

2-emergence of the desire to be free from the control of the family and independence in thinking.

3-interest in the opposite sex.

4-mile young people to join the group of guys' age.

(ZainabFarghaly, 1997.41-42)

The presentation of the characteristics and qualities of the public for the growth of young people's social, emotional and physical would help in the formation of a true picture of the nature of the student parameter passing this stage, which helps in building a program subject of research commensurate with the needs and composition Psychological , physical and emotional, as you need to display the basic needs of young people at this stage and to show their problems so that built the program on its light.

**(Hamid Zahran 1990.401)** saw that the basic needs of the youth stage is divided into:

- 1-the need for love and acceptance.
- 2-the need to achieve self.

**(Attia here 1993.67-68)** add that the most important problems of youth are:

- 1- Emotional problems: feeling of anxiety and stress, shame, confusion and poor self-esteem and fear of criticism, and the inability to act in emergency.
- 2 - Social problems: such as fear of meeting people, and the inability to communicate with others, lack of friends, concerns about social behavior.
- 3 - Problems of the profession and work: a lack of vocational guidance - not knowing how and where looking for work, concern of a personal interview and incompatibility vocational.

This, if we look to the needs of a university student tin general, but if we look to the needs of a university student in our Arab countries, particularly Saudi Arabia, we find additional requirements, but a very important trelating to its concepts and information about the role of the first life as a wife and mother, which is information that is no longer appropriate to learn student of her friends or from older women in her family, because of the diversity of his great information and development, and the spread of diseases associated with this area and the plurality of substantially, necessitating the need for requesting this information from specialized scientific channel.

#### **Fourth: Reproductive Health**

Are: a state of well-being and mental health, social, and not only the absence of disease and morbidity.

#### **Reproductive health goals**

Regarding reproductive system and its functions and the reproductive process aims to reproductive health: -

- Improve the quality of life and personal relations.
- Provide advice and medical care related to reproduction and diseases transmitted through sexual contact
- Provide health care for women in the reproductive age in order to gain access to fully physical and mental health
- Maintain adequate social conditions and achieve family happiness.

#### **Components of reproductive health**

##### **Specializes in reproductive health in several key components**

- Provide safe family planning methods to avoid unsafe abortion and unwanted pregnancy.
- Treatment of reproductive tract infection.
- Early detection and treatment of tumors of the breast and reproductive system.
- Advice related to infertility and helping to give birth to a healthy baby at a time chosen by the family.
- Advice on damaged female genital mutilation and avoid distorting practice of female genital tract.
- Safe maternity care in pregnancy and child birth and post-natal care and breastfeeding.
- Non-discrimination for gender.
- Men's involvement in reproductive health.

## Stages of reproductive health

### Childhood

#### Should provide care for the child and in particular as follows

- non-discrimination for gender and non-discrimination between male and female children.
- prevent harmful practices such as female genital mutilation.
- Prevention of various diseases and provide vaccinations German measles and tetanus.
- Provide specific guidance to nutrition. - Adolescence:

Which cares about providing services for girls and in particular with the following:

- education, reproductive and physiological changes.
- raise awareness about public health and the food.
- avoid early marriages. (Teenage culture Unit 4)

### Adolescent reproductive and culture

- definition of adolescence
- reproductive education for adolescents
- the early teens from 9 years to 14 years of age
- general characteristics
- behavior
- late teens from the age of 14 years to 19 years of age
- general characteristics
- behavior

### Definition of adolescence

Is the stage in the middle between the childhood and youth, which is shown a sense of maturity and a sense of self and effect by others from outside of the family and society, and characterized adolescence rapid changes of the aspects of physical, sexual, emotional, psychological, and usually starts at the age of 11 years and ending after the age of 19 years. Puberty varies from one person to another depending on the environment, nutrition and health conditions. That happened at this stage of hormonal changes lead change in the behavior and tendencies of the adolescent and teen must therefore at this stage, opening the door open dialogue with children and reproductive education.

## Reproductive education for adolescents

A lot of parents rejects that their children receive any premium of education in the field of reproductive culture because there is confusion and lack of clarity for many public intellectuals between education and reproductive and sex education.

Most probably have to resort girls to seek knowledge from friends or sources of non-scientific, and the fact that education and education reproductive adolescent scientifically valid does not incite debauchery, but instills in them the confidence and self-esteem, respect and the parents should stop rejecting the establishment of schools in this education and they encourage mothers to open channels of frank dialogue with the girls in all of these things.

The Culture reproductive important for young people of both sexes that they both have known they marry well in advance before the correct scientific information about:

- Respect to the other sex and the proper handling of gender in social bounds of decency.
- Anatomy and physiology of the reproductive system of both sexes.
- How to maintain personal hygiene and health care genitals.
- Venereal diseases and how to prevent them.
- Physiology of pregnancy and childbirth.
- Neonatal care and child rearing.
- Family planning methods.
- Habits and harmful practices prevalent in our society and work to combat.

## Adolescence can be divided into twophases - in case of ages

- Early adolescence: from the age of 9 years to 14 years of age.
- Adolescence: from the age of 14 years to 19 years of age.

## Reproductive rights

Everyone has the right to the enjoyment of the highest attainable standard of physical and health mental. Reproductive rights based on the principles of human dignity and equality of every human being is. Women's reproductive rights and ranging under the terms of human



rights in international law is a homogeneous mixture of a separate human rights.

The reproductive rights embrace certain human rights recognized in national laws and international instruments of human rights and that the whole international community.

- The right to life, liberty and security.
- The right to reach a level of health.
- The right to consent to marriage and equality in marital life.
- The right of all couples and individuals to make decisions for themselves and reproductive freedom and responsibility to report their children and their spacing and timing to have and without discrimination, coercion or violence.
- That are available to them information and means to do so.
- The right to respect for privacy.
- The right to seek to change the habits and traditions that demean women the right not to be subjected to discrimination in any form and in particular gender.
- The right to avoid all forms of oppression and violence, abuse and unjust punishment.

## **Search procedures**

### **1 design research tools**

First, the period of train in gentitled (Women's Health) to develop a culture of reproductive health:

Designed training in its initial presentation to a group of arbitrators (the specialties of curricula and teaching methods, public health and obstetrics and gynecology ) to adjust and give their feedback on it ,and was amended in the light of the opinions and observation .and then was prepared training period design and the addition of exercises ,discussions and divided into sessions .and so on as next.

Unit	Unity address	the contents of the unit	The unit time
The first unit	(Female without problems)	reproductive health 1- Definition of reproductive health. 2- Goals of reproductive health 3- Components of reproductive health	two hours +
Second unit	Youth and beauty) 1.Stages of reproductive health	1. Childhood 2- Adolescence 3-. Stage after childbirth 4-. Men's involvement in reproductive health 5-. Reproductive rights 6 Beneficiary rights in reproductive health clinic	4hours
Unit 3	Soon we have a bride. .	1 - Counseling and examination before marriage 1-What is the purpose of counseling before marriage? 2-Why target the medical examination for those who want to marry? 3-What are the tests to be conducted before marriage and what its usefulness? 4-Is there a vaccine before the marriage	4hours
Unit	Mother for	1. Safe motherhood.	4hour

4	first time - stage of childbearing	2. Family planning. 3- infertility treatment. 4 - Prevention of abortion risk. 5 - Proper nutrition. 6 - Treatment of diseases of the genital tract inflammation.	s
Unit 5	My life safe from abortion	1 -What is abortion 2 - Methods of abortion and its complications 3 - Unsafe abortion 4 - Services PAC 5 -Referral to hospitals for abortion case completes the farthest 6 - Services and the level of health . 7 – Religion views induced abortion.	two hours
Unit 6	tender mother breastfeeding	-When did you start in the mother to breastfeed her child? 2 "COLOSTRUM" 3-benefits of breastfeeding for the baby 4-benefits of breastfeeding for the mother 5-factors that help increased breast milk . 6-How long to continue breastfeeding? 7-Are you equally the benefits of breastfeeding benefits of milk outside? 8-breastfeeding as a means of family planning 9-message breastfeeding hours	

Unit 7	health of my child vaccinations	1-definition inoculation 2-types of inoculation. 3-contraindications inoculation table 4-compulsory vaccinations for infectious diseases in infants and children before school	4 hours
Unit 8	food my child proper nutrition for the child until the fourth month	Between the fourth and sixth months When the child reaches the sixth month From nine a month until the year From the age of a year to two years Weaning off the breast of	4 hours
Unity 9	Beauty and maturation	1-care after menopause 2-natural physiological changes 3-healthy food at some point after forty 4-importance of sport in this stage for	two hours

### And this will be the answer to the second question of the research

What image of the program in the development of reproductive health education among students of colleges of education at the University of Salman Bin Abdul Aziz

### Second

#### Test positions

1-was designed in the light of the objectives of the test and the vocabulary of the program and for multiple positions that put the student in the face of many life choices.

2-Test made in the initial age and display it with the goals that measured in the form of a matrix and display them on a set of arbitrators who specialize in the areas of: measurement and evaluation, and curriculum and teaching methods.

3- Amendment test in light of the views of the arbitrators and put it in its final form and

instructions for adding the solution to the students

### **Standards test positions**

The researcher took into account a number of criteria when preparing the test positions:

- 1- To be verbae and test questions expressive us scorer topics suitable for their content.
- 2 –Positions to be suitable for the level of students sample.
- 3 -Positions of the test to be free of terminology unfamiliar or my sterious dele gated bear more than one meaning.
- 4 - To determine the desired position of each clearly.
- 5 -To be realistic in terms of attitudes and encourage the student the possibility of their occurrence or together with persons you know.
- 6 – Reflects attitudes about the reality of life in the community requesting.

(Abdullah Al Hammadi,2005)

### **Help Test Positions**

Developed test instructions in a clear picture after the drafting of all positions, and takes into account written in simple language and clear and appropriate to the level of the students, the researcher has focused on throwing these instructions verbally to the students, with the a larm on the need to write the data in the full answer sheet

## **2 - Application Search Tools**

First ,the application of experimental test positions on a sample of thirty female students from the seventh level of education faculties in Al-Kharj and Education in Dalam, fifteen students from each college in order to calculate the validity and reliability.

### **First: Stability Reliability**

Researcher adopted in appreciation for the stability of the test on the way Cranach's alpha for internal consistency.

The results were as follows:

Stability testing kidney = 0.79 which reflects the degree of stability of high unreliable .

**Second, the expense of sincerity test Validity:**

First: the expense of self-honesty, a sincerity grades experimental test for grades, which concluded impurities from measurement errors, and self-honesty is calculated by calculating the square root of the reliability coefficient test .

(FouadBahey, 1978.402) and therefore: Honesty Self-test positions = 79, = 88, a high coefficient depends upon the sincerity.

**Second: Believe Vocabulary:** The total score of the scale, according to this method is the touchstone of truth, and the correlation coefficient is used for this purpose, where the correlation coefficient is calculated between all the attitude of the test and the total score in the test, (Fouad Abu Hatab, Mr. Osman O.1984 - pp 112-113).

**Test time was calculated in the light of the following equation**

Calculate the time of the test, which took him=fastest student+ slowness student division 2

$$\frac{50 + 60}{2} = 70 m$$

After the end of these steps has become a test positions in the final image is valid for assessing specific goals.

**Test Application tribal positions**

Secondly ,training students on the training program(Women's Health)

Third ,the application of the test U day.

Fourth :the application of a questionnaire assessing he training program.

**3statistical processing of search results**

First: the presentation and discussion of the results of the first hypothesis, which states:

"The presence of significant differences between the average scores and in the pre and post measurement." And by observing the following table:

Table (1) shows the comparison between pre and post measurement of the experimental group

Paired Samples Statistics(Experimental group)							
		Mean The arithmetic mean	N number	Std. Deviation Standard deviation	Std. Error Mean Standard error	Value t	Sig. The level of significance
Pair 1	pre	48.6333	30	3.75530	.68562	2.215	0.035*
	post	50.6667	30	4.02863	.73552		

Seen from the above tablet hat the values of the computational clear difference in favor of dimensional measurement, which was after the application of the training program. These result accepted hypothesis Search.

Comparison between the results of the control group and the experimental, where represents the control group of students who have been applied to test them (without training) and who have already used the results of the application of the test to calculate the validity and reliability of the test and the experimental group that had been trained on the training program.

Independent Sample T-Test						
group	N number	Mean The arithmetic mean	Std. Deviation Standard deviation	Std. Error Mean Standard error	Valuet	Sig. The level of significance
Experimental	30	50.6667	4.02863	.73552	2.82	0.007*
Control	28	48	3.067015	.57964		

\* D at the level of less than 0.05,  $T(56, 0.05) = 2$

Seen from the above table that the values of (t) calculated the largest of spreadsheets and this indicates the presence of significant difference spirits in between the experimental and control groups and reviewing circles computational clear difference in favor of the experimental group that was trained on the program (women's health), and this is what enhances the previous result and confirms investigation research Hypothesis.

#### **The researchers attributed this result to several things**

1- students already benefited from the training program, including reflected positively on their responses in the test

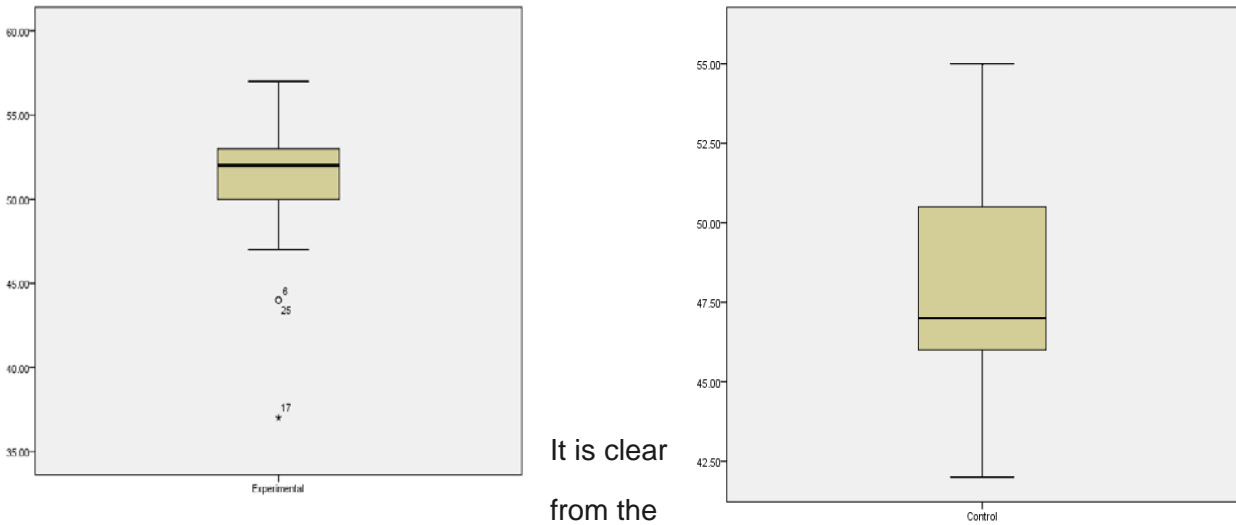
2 - the program has achieved a real need for training students and I have touched the badly needed Information

3-follow the training strategies achieved accommodating the largest of the information contained in the program.

To represent the responses of the two sets of research has been graphically using the form blobs Fund and Box-Plots a form of statistical EDA exploratory talk and so as in the following figure:

Graphical representation of the distribution of scores in the two groups of test research positions( Box Plot).





shape and there is a difference between the mean scores of the two groups of research experimental and control up to (2.6667) degree in test positions for the experimental group.

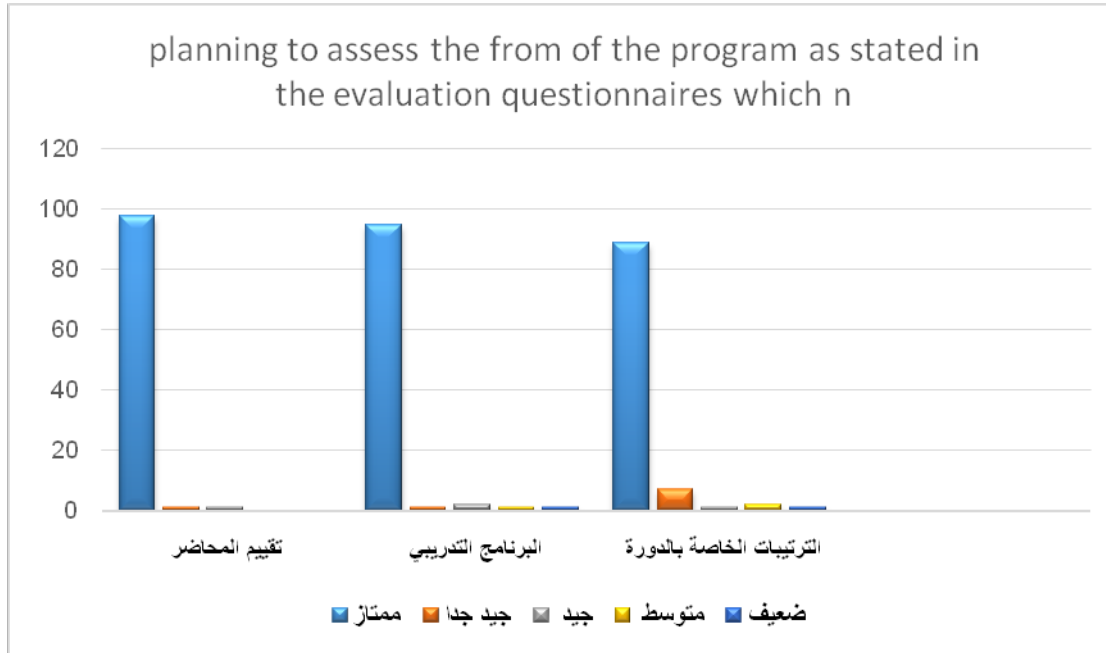
**Second: For the second hypothesis which states**

the training program found acceptable to the students

After applying a questionnaire evaluating the training program has been discharged, treatment and access to the results of the following:

Week	Average	Good	Very Good	Excellent	AxisRating
%	%	%	%	%	Area
%0.0	%0.0	%1	%1	98%	Assessment of the lecturer
%1	%1	%2	%1	%95	The training program
%1	%2	%1	%7	%89	Arrangements for the Session

## Evaluation of the training program



Given the results of the previous table, which was represented in the highest form, we find that the second hypothesis research has achieved very much, where students may interact with the training program and felt its importance, as well as with the trainer and in particular it specializes in gynecology and obstetrics.

### Recommendations and proposals

In light of previous findings researchers recommend including the following

- 1 - attention to the development of a culture of reproductive health have all the students in Saudi universities.
- 2 - focus the attention to the development of life skills among students and university students the research revealed a real need for the development of these skills.

- 3- adoption the training methods rather than traditional teaching methods for its large effectiveness
- 4 - support integration between disciplines faculty in many disciplines to produce research and educational varied and different.
- 5 - study training needs of various students at the university and give distinct training programs.
- 6 - encourage the design and production of training packages to meet the needs of distinct male and female students training.
- 7- Calendar attention in ways that real situations such as tests for effectiveness and for its role in linking education with life.

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