

## Health components of reproductive health among female students of the Faculty of Physical Education for Girls - Helwan University

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### Introduction and research problem:

The issue of reproductive health has gained the attention of international organizations concerned with population affairs, family planning and sexual health, as a new approach to the population problem by including the unmarried youth component in this base and determining the performance of family planning programs and raising their effectiveness. (3 : 330)

Reproductive health education constitutes an integration between the physical, mental and social aspects, and aims to prepare individuals who are able to enjoy a safe life at the health and psychological levels, as all that matters to family members is an attempt to integrate them into the development process, starting from the youth category to women, and try to include them in the process of economic and social development, as well as The work is to advance its cultural and educational status, prepare for the social atmosphere, and plan the size of the family in line with human capabilities. (5: 159)

Reproductive health is affected by the status of women in society. In many parts of the world, females are subjected to discrimination with regard to the distribution of family resources and access to health care. Believing in the importance of proper reproductive education for future mothers and fathers, the Ministry of Health and Population has worked to educate young people of both sexes, especially those who are about to marry, by clarifying the aspects Health, psychological and social issues related to marriage and childbearing and answering the questions that circulate in the minds of young people with a commitment to honesty and frankness while respecting the traditions of Egyptian society. (5: 161, 162)

The concept of reproductive health includes natural and health risks in human reproduction and ways to treat them. It is also considered part of the human development necessary for reproduction and reproduction and is not just a medical or technological challenge, as it has health, social and developmental aspects for the purpose of improving the quality of life and personal relationships and not just providing advice and medical care in relation to reproduction. and venereal diseases. (9 : 8)

Women's reproductive health is what constitutes the quality of their daily life. Diseases related to childbearing not only limit a woman's ability, but also affect her abilities towards her family, because her feeling of anxiety and

insecurity prevents her from being productive within her family and thus within society. (2 : 10)

The problem of the research is to identify women's awareness about the health components of reproductive health for all girls who are about to get married, especially adolescent girls, where the rise in the level of reproductive health represents a preventive approach to most women's health problems in the pre-fertility and post-fertility period, and the researcher noted the scarcity of studies that dealt with awareness The health components of reproductive health as one of the fields of health education and public health and its relationship to the sports field, so the researcher decided to address this problem with research and study in order to raise the level of reproductive health in the hope that it will be placed within the public health and health education courses for students of the Faculty of Physical Education, as it represents the importance of the study with its interest in health Women to promote reproductive health in a critical period for girls in the pre-fertility and post-fertility and childbearing periods.

### **Objectives :**

The research aims to identify the health components of reproductive health among female students of the Faculty of Physical Education for Girls - Helwan University, which are:

- Reproductive health education.
- Safe motherhood and maternal health problems.
- Fertility and childbearing

### **Hypotheses :**

There are statistically significant differences in the level of the hypothetical components of reproductive health, which are:

- Reproductive health education.
- Safe motherhood and maternal health problems.
- Fertility and childbearing.

### **Methodology :**

The researcher used the descriptive method.

### **Research community and sample:**

The research sample was selected in an intentional way from the original research community for the academic year 2020/2021, and their ages ranged between (19-23 years), and the main research sample numbering (350) female students were selected, representing 70% of the research community, and the exploratory research sample was selected and numbered (150) female students, but outside the main research sample, and the condition for selecting the sample was the consent of the sample members to apply the research tools without compulsion.

### Data moderation:

The researcher studied the moderation of the data as shown in the following:

**Table (1)**  
**Arithmetic mean, standard deviation and skewness coefficient of the sample responses on the axes of the scale (n = 350)**

n.	Axes	Average	Standard deviation	Skewness
1	<b>Reproductive health culture.</b>	40.46	2.91	0.013
2	<b>Safe motherhood and health problems for the mother.</b>	56.67	4.55	2.63
3	<b>Fertility and childbearing.</b>	56.03	4.53	2.06
<b>Total degree</b>		153.17	9.78	2.28

It is evident in Table (1) that the arithmetic mean values of the sample responses vary on the scale axes, where the axes were arranged according to the responses (safe motherhood and health problems of the mother - fertility and childbearing - reproductive health culture), and the skew coefficient was limited between ( $\pm 3$ ), which indicates the moderation of the data .

### Research areas:

- Time domain: from the second semester (2019-2020) until the first semester (2020-2021).
- Geographical domain: Faculty of Physical Education for Girls-Helwan University.
- The human domain: Female students of the Faculty of Physical Education.

### Data collection tools:

In collecting data, the researcher relied on:

- A- Reference survey of references, research and specialized scientific studies.
- B- Personal interviews with some obstetricians and gynecologists, health education professors, and female students of the Faculty of Physical Education.
- C- Forms for surveying the opinion of experts.

### The survey:

The exploratory study was applied to (150) female students from the Faculty of Physical Education for Girls in Al-Jazeera.

### Suggested program design:

After reviewing the related references and taking the opinions of the research supervisors, the researcher developed a preliminary conception of the scale in the form of a questionnaire that was distributed to (10) experts in the field of health and sports medicine, and the necessary adjustments were made to the proposed scale, and thus the questionnaire in its final form included (56) divided phrases On (3) main axes, and the responses of the research sample are

determined to (3) responses (agree, to some extent, disagree) on a continuous scale (1,2,3) for the positive statement direction (3,2,1) for the negative statement direction.

**Application search experience:**

The research sample is subjected to taking their opinions in the scale forms.

**Statistical treatments used:**

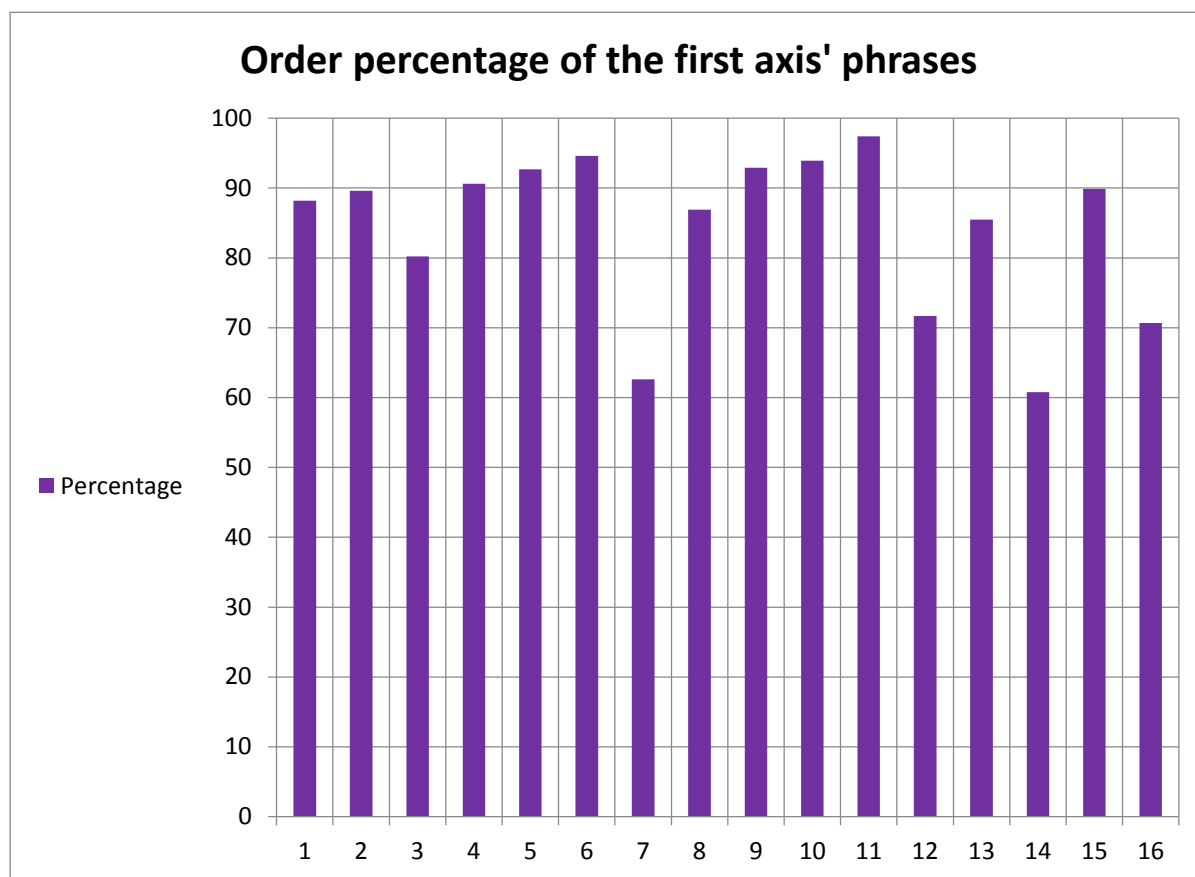
Using the SPSS statistical package, the researcher applied the following statistical treatments: descriptive statistics - Pearson correlation values – Cronbach's alpha values - frequency and percentage (%) - arithmetic mean - standard deviation - skew coefficient.

### Presentation and discussion of the results:

**Table (2) : Frequency and percentage of sample responses to the first axis phrases (reproductive health culture) (n = 350)**

N.	Phrases	Disagree		To some extent		Agree		Degree	%	Order
		Freq.	%	Freq.	%	Freq.	%			
1	I know that the development process starts from the youth category	8	2.3	107	30.6	235	67.1	927	88.2	9
2	I am keen to support reproductive health programs with community participation and cooperation between institutions and stakeholders	21	6	67	19.1	262	74.9	941	89.6	8
3	I am interested in raising awareness of sexual education, especially for children and youth	34	9.7	139	39.7	177	50.6	843	80.2	12
4	I know the necessity of providing sexual information according to the age group, bearing in mind not to cross the red lines	15	4.3	68	19.4	267	76.3	952	90.6	6
5	I know that access to reproductive health services is an essential component in reducing mortality and in improving the health of mothers and future generations	5	1.4	66	18.9	279	79.7	974	92.7	5
6	I believe that the role of women must be empowered, supported and strengthened as an important element in the reproductive aspect	14	4	28	8	308	88	994	94.6	2
7	I am keen to rehabilitate young females for maternity with all its components	163	46.6	66	18.9	121	34.6	658	62.6	15
8	I try to prevent and solve female reproductive health problems and improve the quality of life	4	1.1	129	36.9	217	62	913	86.9	10
9	I know that reproductive culture is not information about sex, but rather the facts of life that pertain to every human being	5	1.4	64	18.3	281	80.3	976	92.9	4
10	I am keen to pay attention to the problems of men and women together in an integrated way	18	5.1	28	0.8	304	86.9	986	93.9	3

11	I believe that reproductive health is very important for both sexes	-	-	27	7.7	323	92.3	1023	97.4	1
12	I think that delaying the age of marriage is particularly beneficial in rural communities	66	18.9	165	47.1	119	34	753	71.7	13
13	I see that there is an economic return that improves the health level of the girl	31	8.9	90	25.7	229	65.4	989	85.5	11
14	I believe that gender-based violence in all its forms is compatible with human dignity	176	50.3	59	16.9	115	32.9	639	60.8	16
15	I know that family planning methods are diverse and vary according to their effectiveness and the way they are used	4	1.1	98	28	248	70.9	944	89.9	7
16	I believe that promoting the health and rights of the individual will eventually reduce fertility and slow the rate of population growth	100	28.6	107	30.6	143	40.9	743	70.7	14



**Figure (1): Order percentage of the first axis' phrases**

It is evident from Table (2) and Figure (1) that the responses varied in the first axis phrases. The first rank was for phrase No. (11) with a percentage of (97.4%), then the second rank for phrase No.(6) with a percentage of (94.6%), followed by the order The third for phrase No. (10) with a percentage of (93.9%), then the fourth place for phrase No.(9) with a percentage of (92.9%), while the fifth rank was for phrase No. (5) with a percentage of (92.7%), followed by the sixth rank of phrase No.(4) with a percentage of (90.6%), then the seventh place for phrase No. (15) with a percentage of (89.9%).

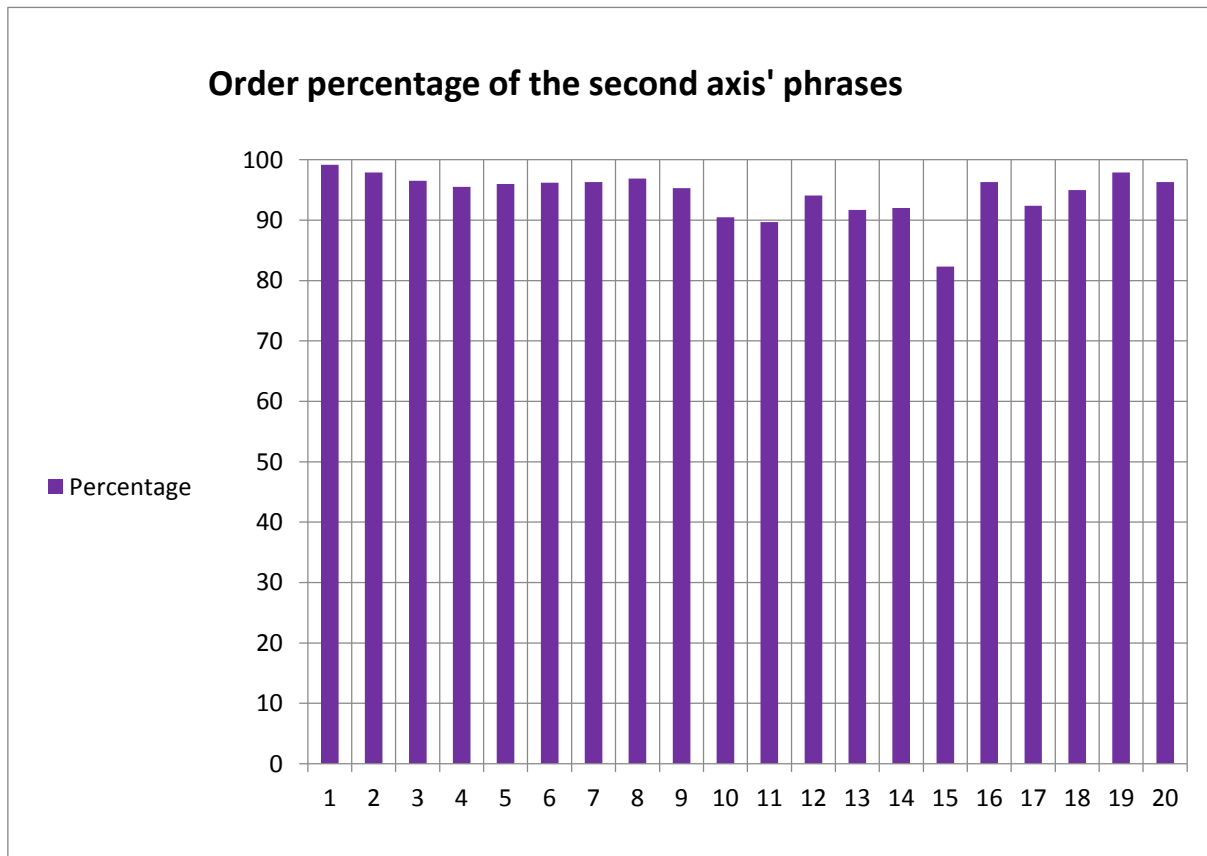
Then the eighth for phrase No. (2) with a percentage of (89.6%), then the ninth for phrase No. (1) at a rate of (88.2%), followed by the tenth rank of phrase No. (8) with a rate of (86.9%), then the eleventh rank of phrase No. (13) with a rate of (85.5%), then the twelfth rank of phrase No. (3) with a rate of (80.2%), then the thirteenth arrangement for phrase No. (12) at a rate (71.7%), and the fourteenth arrangement for phrase No. (16) with a rate of (70.7%), then the fifteenth arrangement for the phrase No. (7) with a percentage of (62.6%), then the sixteenth place for phrase No. (14) with a percentage of (60.8%).

Table (3): Frequency and percentage of sample responses to the second axis (safe motherhood and health problems)(n=350 )

N.	Phrases	Disagree		To some extent		Agree		Degree	%	Order
		Freq.	%	Freq.	%	Freq.	%			
1	I expect to take care of the baby's health during its formation while it is a fetus inside the womb until it comes out of life	-	-	8	2,3	342	97,7	1042	99,2	1
2	I make sure that the mother is not exposed to risks during pregnancy and childbirth	5	1,4	12	3,4	333	95,1	1028	97,9	2
3	I take care to prevent and prevent most risks for the safety of the mother	4	1,1	28	-	318	90,9	1014	96,5	5
4	I take care of the mother's health because of its impact on the health of the fetus and the happiness of the family in the future	7	2	33	9,4	310	88,6	1003	95,5	11
5	I am doing adequate nutrition through my knowledge of the basic food elements	5	1,4	32	9,1	313	89,4	1008	96	10
6	I know the importance of early detection before marriage to prevent and avoid the occurrence of genetic diseases	5	1,4	29	8,3	316	90,3	1011	96,2	9
7	I am keen to provide suitable conditions for the process of normal pregnancy and childbirth in the future	4	1,1	30	8,6	316	90,3	1012	96,3	6
8	I take care to do the necessary tests every once in a while	5	1,4	22	6,3	323	92,3	1018	96,9	4
9	I keep regular checkups and medical care for women	5	1,4	39	11,1	306	87,4	1001	95,3	12
10	I make sure to do a monthly follow-up for a comprehensive medical examination for the mother	9	2,6	81	23,1	260	74,3	951	90,5	18
11	I have information about the danger signs during childbirth to avoid them	19	5,4	70	20	261	74,6	942	89,7	19
12	I know the causes of death for mothers (such as haemorrhage - pre-eclampsia - puerperal fever.)	15	4,3	31	8,9	304	86,9	989	94,1	14
13	I am keen to know about sterilization problems during and after childbirth to avoid any diseases that may occur and to know how to treat them	5	1,4	77	22	268	76,6	963	91,7	17



14	I believe that the occurrence of miscarriage has a strong reason behind it, so who, may God have mercy on him, does not complete the pregnancy in these cases	10	2,9	64	18,3	276	78,9	966	92	16
15	I believe that rest is an essential treatment in the case of a warning abortion	62	17,7	61	17,4	227	64,9	865	82,3	20
16	I believe that the most common types of cancer among women are uterine cancer, breast cancer and cervical cancer	5	1,4	28	8	317	90,6	1012	96,3	6
17	I make sure the mother visits the doctor after childbirth, even if she does not feel any symptoms because it protects her from complications of childbirth	10	2,9	56	16	284	81,1	974	92,4	15
18	I believe that breastfeeding from the breast provides the child with a healthy and complete food and helps the mother to recover quickly	9	2,6	34	9,7	307	87,7	998	95	13
19	I believe that the role of the husband lies in participating and in supporting and assisting the wife during and after pregnancy	-	-	22	6,3	328	93,7	1028	97,9	2
20	I see that the agreement and understanding between the spouses about the occurrence of pregnancy contributes to making the experience of pregnancy and childbirth	5	1,4	28	8	317	90,6	1012	96,3	6



**Figure (2): Order percentage of the second axis' phrases**

It is evident from Table (3) and Figure (2) that the sample responses varied on the second axis phrases and were arranged in descending order as follows: The first rank was occupied by phrase No. (1) with a percentage (99.2%), then the second rank for the two phrases (2 and 19) by (97.9%), respectively, followed by the fourth place by phrase (8) by (96.9%). ), then the fifth place for phrase No. (3) with a percentage of (96.5%), then the sixth place for phrases with numbers (20, 16, 7) with a percentage of (96.3%), then the ninth place for phrase No. (6) with a percentage of (96,

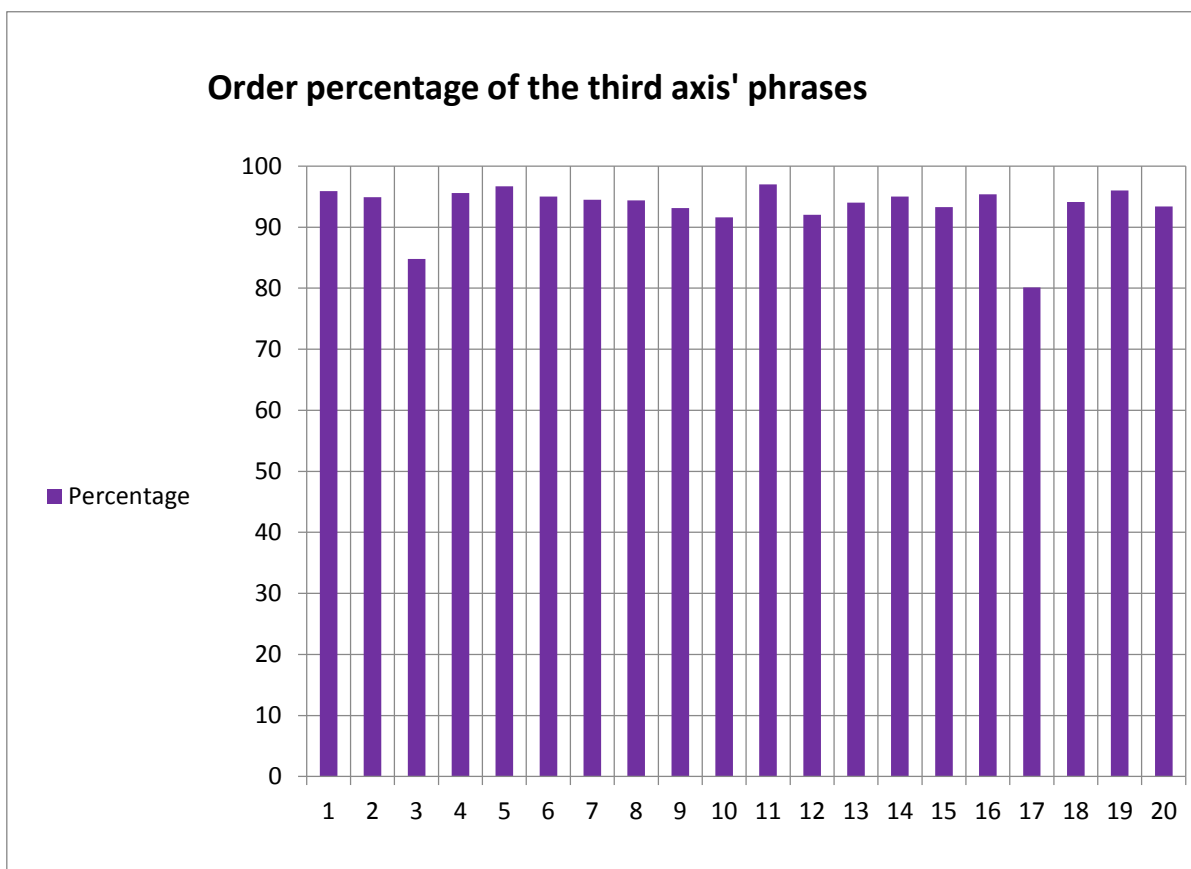
2%). The tenth place for phrase No. (5) with a percentage (-0.96%), followed by the eleventh place for phrase No. (4) with a percentage (95.5%), then the twelfth place for phrase No. (9) with a percentage of (95, 3%), then the thirteenth place for phrase No. (18) with a percentage of (-0.95%), then the fourteenth for phrase No. (12) with a percentage of (94.1%), then the fifteenth place for phrase No. (17) with a percentage of (92, 4%), followed by the sixteenth rank of phrase No. (14) with a percentage (-0.92%), then the seventeenth rank of phrase No. (13) with a

percentage of (91.7%), then the eighteenth rank of phrase No. (10) with a ratio of (90) 5%), then the nineteenth rank for phrase No. (11) with a rate of (89.7%), then the twentieth rank for phrase No. (15) with a rate of (82.3%).

Table (4): Frequency and percentage of sample responses to the third axis phrases (fertility and childbearing) (n=350)

N.	Phrases	Disagree		To some extent		Agree		Degree	%	Order
		Freq.	%	Freq.	%	Freq.	%			
1	I am careful not to discriminate between male and female in childhood	6	1,7	31	8,9	313	89,4	1007	95,9	4
2	I observe the rules of hygiene and the prevention of various diseases	-	-	53	15,1	297	84,9	997	94,9	9
3	I know harmful practices such as female circumcision	62	17,7	35	10	253	72,3	891	84,8	19
4	I take care of prevention and vaccinations against diseases	4	1,1	38	10,9	308	88	1004	95,6	5
5	I am interested in providing guidance on integrated and healthy nutrition for the child	-	-	34	9,7	316	90,3	1016	96,7	2
6	I am keen to educate children and parents about the physical and psychological changes at this age (adolescence).	-	-	52	14,9	298	85,1	998	95	7
7	I care about public health awareness and the dangers of early marriage	13	3,7	31	8,9	306	87,4	993	94,5	10
8	I am keen to raise awareness of the importance of family planning to maintain the safety of the mother, child and family.	5	1,4	48	13,7	297	84,9	992	94,4	11
9	I know the causes of abortion and the definition of the causes of neonatal death	5	1,4	62	17,7	283	80,9	978	93,1	16
10	I am preparing myself to take on the responsibility and burdens of marriage	14	-,4	60	17,1	276	78,9	962	91,6	18
11	I think it is necessary to correct misconceptions about reproductive systems	-	-	31	8,9	319	91,1	1019	97	1
12	I know about reproductive system infections and the need for treatment and prevention	9	2,6	66	18,9	275	78,6	966	-,92	17
13	I am interested in knowing proper nutrition to ensure a safe motherhood and a healthy child	10	2,9	43	12,3	297	84,9	987	94	13
14	I think it is important to recognize the individual differences between females to reach adolescence safely	-	-	52	14,9	298	85,1	998	-,95	7
15	I think it is important to know the environmental pollutants and their danger to the reproductive organs.	9	2,6	52	14,9	289	82,6	980	93,3	15

16	I think it is important to give some important information about the female menstrual cycle before puberty.	11	3,1	26	7,4	213	89,4	1002	95,4	6
17	I think it is important to hide the importance of some female hormones for females	76	21,7	56	16	218	62,3	842	80,1	20
18	I see that there is a definite relationship to nutrition and growth in adolescence	5	1,4	51	14,6	294	84	989	94,1	12
19	I know that it is important to take care of a girl's personal hygiene and that it has a great impact on her married life or beyond.	9	2,6	23	6,6	318	90,9	1009	96	3
20	I believe that it is necessary to adhere to the principles and values in a female's life.	14	4	41	11,7	295	84,3	981	93,4	14



**Figure (3): Order percentage of the third axis' phrases**

It is clear from Table (4) and Figure (3) that the responses to the third axis statements varied, as they were arranged in descending order as follows: The first rank was occupied by phrase No.(11) with a percentage (-97%), then the second place by phrase No.(5) by (96.7%), then the third place by phrase No.(19) by (-96.0%), then Fourth place for phrase No.(1) with a percentage of (95.9%), then fifth for phrase No.(4) with a percentage of (95.6%), then sixth for phrase No.(16) with a percentage of (95.4%), then seventh For phrases No.(6) and (14) with a percentage of (-0.95%), then the ninth place for phrase No.(2) with a percentage of (94.4%), followed by the tenth place for phrase No.(7) with a percentage of (94.5%), then The eleventh rank of phrase No.(8) with a percentage of (94.4%), then the twelfth rank of phrase No.(18) with a percentage of (94.1%), then the thirteenth rank of phrase No.(13) with a percentage of (-0.94%).

Then the fourteenth place for phrase No.(20) with a percentage of (93.4%), then the fifteenth place for phrase No.(15) with a percentage of

(93.3%), then the sixteenth place for phrase No.(9) with a percentage of (93.1%). , then the seventeenth rank for phrase No.(12) with a percentage (-0.92%), then the eighteenth rank for phrase No.(10) with a percentage (91.6%), then the nineteenth rank for phrase No.(3) with a rate of (84.8%) , then the twentieth order of phrase No.(17) with a percentage of (80.1%).

### **Discuss and interpret the results:**

Through the results in Table (2), it appears that there are differences between the average scores of phrases for the reproductive health culture axis, which included (16) phrases, so the sample responses to these phrases varied, and the highest responses were in favor of the two phrases (11), (6), with a percentage of (97,4%), (94.6%), where phrase (11) states the importance of reproductive health for both sexes. Reproductive health cannot be separated from gender equality as a basic factor that is not synonymous with family planning only, but is the responsibility of everyone at all age stages, and phrase (6) The role of women must be empowered, supported and strengthened as an important and essential element in the reproductive aspect.

It is considered the participation of both men and women together to have normal children and take care of their problems together in an integrated manner and they have sufficient information about the various means of family planning because one of the first goals that women plan at the beginning of their family life It is planning for children and enjoying high positive health that enables them to live a happy family life. This result is consistent with the result of **Heba Hafez's study (2019)** and **Khadija Mousi Allawin (2002)** where she came up with a proposed curriculum for teaching sex education in schools and universities. (1) (2)

The sample's responses to statements (7) and (14) decreased by (62.6%) and (60.8%), respectively, as the statement (7) stipulated the keenness to qualify young females for motherhood with all its components, as the researcher believes that the age is not Appropriate for the maternity stage, but this age is suitable for sufficient information to prepare for marriage, early detection, and making the necessary tests for this. This is consistent with the study of **Hala Sabra (2017)**, where the study found an improvement in their information and behavior after implementing the audio educational program on reproductive health. It also agreed with the study of **Laila Abdulaziz (2021)** regarding the level of knowledge about reproductive health, as well as the **Ezz Ibrahim study (2016)** to assess the information and attitudes of girls Adolescent girls towards their reproductive health. (7) (6) (8)

The phrase (14) states that gender-based violence in all its forms is compatible with human dignity, and this was inconsistent with the researcher's opinion, as she saw that violence is a violation of human dignity and honor and made him live the worst psychological experience ever and find it very difficult to get rid of it and return to his normal life.

Table (3) indicates that the sample's responses to the axis of safe motherhood and health problems of the mother varied, as the number of statements for this axis reached (20) statements, and the two highest percentages were for the two statements (1), (2) with a percentage of (99.2%), (97.9). %) The phrase (1) stipulates the concern for the health of the child during its formation while it is a fetus inside the womb until its exit to life, so the concern for the health of the child comes through taking care of the health of the woman until it comes to life without any diseases or problems that hinder it later. of folic acid in the first three months, then conducting the necessary analyzes and periodic follow-up in the specialized clinic, which entails the safety of the mother and the reduction of child mortality, and this is consistent with the recommendations of **the World Health Organization (WHO) 2020** on its official page, which concluded that the appropriate use of antenatal care and care services Skilled delivery has been associated with a reduced risk of infant mortality, and provide women's education to reduce in infant and child mortality has the potential to accelerate fertility decline in Africa. (12)

Phrase (2) also dealt with ensuring that the mother is not exposed to risks during pregnancy and childbirth, as the woman's age during pregnancy and childbirth has a major role in influencing the mother's health and the extent of her tolerance for the period of pregnancy, only the World Health Organization, the ideal pregnant age is the decade of 20. If a woman reaches more than 30 years old. Here, she is more likely to be exposed to many health complications, such as diabetes, high blood pressure, placental abruption, and premature birth in some cases. It is necessary to provide the necessary and sufficient nutrition and to maintain periodic examinations with medical care for her to prevent miscarriage, bleeding, pregnancy poisoning or puerperal fever, and to ensure that An appropriate environment for the process of natural pregnancy and later childbirth, and this is in agreement with what was stated in the recommendations of the **Health policies and systems program in Egypt prepared by the Health and Environmental Development Association in 2005**, which studied the health situation and health services in Egypt as an empirical study of the current situation to develop future visions,



as it suggested encouraging Expectant mothers to attend antenatal clinics for routine checkups so that risk factors for pregnancy-related infections are diagnosed and to create awareness of intensified health education programs so that the People Adopting Positive Health Behaviour, recommended the importance of considering access to maternal health care services, and identified demographic, social, and economic factors associated with maternal health. (13)

The response rates of the sample to the two statements (11) and (15) decreased by (89.7%), (82.3%), where the statement (11) states about information about danger signs during childbirth to avoid their occurrence. The information, and this is consistent with what was stated in the recommendations of the **Guide to Basic Practices in Pregnant, Childbirth and Postpartum Care issued by the Department of Reproductive Health and Research - Health of Families and Communities, World Health Organization - Geneva 2003**, which states the importance of the role of medical supervision in carrying out integrated therapeutic measures for pregnancy and childbirth As births that are carried out under the supervision of specialists have a major role in reducing the deaths of mothers and children, avoiding the dangers of childbirth and taking care of their health condition during and after childbirth. (14)

Paragraph (15) also provided information that rest is an essential treatment in the case of a warning miscarriage, and this is up to the specialist doctor in the case. This is an urgent matter that happens to the woman without warning, and she is surprised by it. Until we dedicate the abortion process and complete comfort, this is to prevent and prevent the mother from being exposed to such risks.

Table (4) indicates the sample responses around the fertility and childbearing axis, where the sample responses varied around the highest two statements (11), (5) with a percentage (-0.97%), (96.7%), where the statement (11) stipulated the need to correct false beliefs. Related to reproductive organs, as many girls do not know them accurately. Reproductive devices such as (fallopian tubes - tubes - uterus).

As stated in statement (5) that it is important to provide guidance on integrated and sound healthy nutrition for the child, while the sample responses to statements (3) and (17), decreased by (84.8%), (80.1%), where it stated Statement (3) on knowledge and knowledge of harmful practices such as female circumcision, and statement (17) on the importance of concealing some female hormones for the female.

### **Conclusions:**

- It became clear through the research that the fertility levels of women increased.
- There are no studies in Egypt that dealt with the subject of research in a comprehensive and detailed manner, except for a few studies that dealt with some issues of women's reproductive health.
- The health of women and the care of their reproductive health in particular is one of the important issues related to sound health practices that enable women to enjoy sound physical and mental health.
- The elements of reproductive health revolve around the safety of motherhood, family planning and matters related to the health of the mother and the care of her child after birth, which constitutes safe family care characterized by social and economic well-being.

### **Recommendations:**

- Activating national laws against marriage before the legal age and activating awareness campaigns about the dangers of early marriage on girls, educationally and healthily.
- Preparing guidance programs in the field of health and natural medicine to raise the level of cultural awareness of reproductive health.
- Holding educational courses for all women in different segments of society, and increasing television programs to raise awareness of women and the family, and to take care of women's health and needs at all age stages, and not only focus on them as a mother.
- Inclusion of a reproductive health course in the new regulations of the faculties of physical education for girls as one of the health sciences courses.

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