

## Table of Content

<b>CHAPTER ONE</b>	<b>1</b>
<b>INTRODUCTION</b>	<b>1</b>
1.1 Palestinian Society: Background and Demographic trends	4
1.1.1 Historical Background	4
1.1.2 Demographic trends	5
1.1.3 Households	6
1.1.4 Education	6
1.1.5 Marriage and reproductive health	8
1.2 An overview of the Health Care System in Palestine:	9
1.3 Significance of the study	13
1.4 Purpose and objectives of the study	15
1.5 The research questions	16
 <b>CHAPTER TWO</b>	 <b>18</b>
<b>LITERATURE REVIEW</b>	<b>18</b>
Introduction	18
2.1 Adolescence: a general framework	20
2.1.1 Adolescents: Demographic indicators and characteristics	20
2.1.2 The theoretical frameworks	22
2.1.3 Adolescence: a developmental approach	23
2.1.4 Broad interpretation of health	30
2.1.5 Adolescents' health studies	31
2.2 The Role of Models and Theories in Health Education	39
2.3 The Role of the Health Educator	43
2.4 The Stimulus-Organism-Response Model	50
 <b>CHAPTER THREE</b>	 <b>59</b>
<b>METHODOLOGY</b>	<b>59</b>
Introduction:	59
3.1 Nursing research methods	59
3.1.1 Types of Qualitative Research Method	61
3.1.2 Types of Quantitative Research	62
3.1.3 Triangulation:	67
3.2 The Study Research Design	68
3.3 Setting and sampling plan	78
3.4 Instrumentation and questionnaire development	82
3.4.1 The Instrument Construction	84
3.5 Gaining Access and Ethical Consideration	89
3.6 Data collection procedures	92
3.6.1 The pre-intervention data collection	92
3.6.2 The post-intervention data collection	94
3.7 Data analysis procedures	95
3.7.1 The pre-intervention (pre-test) data analysis	95
3.7.2 The post intervention (post test) data analysis	100
3.7.3. Sample and Response at post test	102
3.8 Expected outcomes	103

<b>CHAPTER FOUR</b>	<b>105</b>
<b>PRE-INTERVENTION DATA ANALYSIS AND FINDINGS</b>	<b>105</b>
Introduction	105
4.1 The pre-intervention data analysis	105
4.2 Analysis of category III (female adolescents' health beliefs and attitudes toward psychological/emotional development)	107
4.3 Analysis of Category IVA and IVB (beliefs and attitudes of female adolescents toward social development)	111
4.4 Analysis of subjective questions in category V of the questionnaire	118
4.5 Conclusion of the pre-intervention results	125
<b>CHAPTER FIVE</b>	<b>129</b>
<b>THE HEALTH EDUCATION INTERVENTION PROGRAMME</b>	<b>129</b>
5.1 Rational for intervention	129
5.2 The Process of Health Education	131
5.3. The Implementation tactics	134
5.4 The educational sessions	136
5.5 Evaluation for intervention	143
<b>CHAPTER SIX</b>	<b>145</b>
<b>POST-INTERVENTION DATA ANALYSIS</b>	<b>145</b>
6.1 Statistical analysis and results	145
6.2 A comparison of the participants' socio-demographic variables at pre-test and post-test	146
6.3 Analysis of the psychological and social variables	154
6.4 Comparisons of the psychological and social health Beliefs and attitudes at pre-test	154
6.5 Comparisons of the psychological and social health beliefs and attitudes at post-test	156
<b>CHAPTER SEVEN</b>	<b>169</b>
<b>DISCUSSION</b>	<b>169</b>
7.1 Revisiting the purpose and objectives of the study	169
7.2 Methodological consideration	170
7.3 The Instrument employed for the post intervention data collection	170
7.4 Adequacy of the sample size	171
7.5 Statistical analysis and the use of t tests	172
7.6 Limitation of the study	173
7.7 The social and demographic characteristics of the respondents and their families	176
7.8 The health educator role and the intervention approaches	177
7.9 The effectiveness of intervention and pre-test on the adolescents' psychological and social health beliefs and attitudes.	179
<b>CHAPTER EIGHT</b>	<b>188</b>
<b>IMPLICATIONS AND CONCLUSIONS</b>	<b>188</b>
8.1 Contribution of the study to the body of knowledge	188
8.2 Implication of the research globally	192
8.3 Implication to primary health care in Palestine	195
8.4 Recommendations	199
<b>BIBLIOGRAPHY</b>	<b>206</b>