

Assessment on Knowledge Regarding Family Life Education among College Going Students: A Systematic Review

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Abstract

Background: Family life education refers to the broad programme in home and family living designed to impart knowledge regarding practices, values and attitudes affecting family relationships. Family life education is designed to assist young people in their physical, social, emotional and moral development as they prepare for adulthood, marriage, parenthood, ageing as well as their social relationships in the socio-cultural context of the family and society. Family life education also helps to communicate effectively with others and make wise decision about all matters connected with family life, personal relationships and membership of the community. The family life education helps individuals and couples for living a full and harmonious life. It helps person with problems in family and other members to accept the person as he/she is. **Objective:** The aim of this review was to synthesize the published evidence on family life education and its components such as sex education, parent child Relationship and Marital relationship. Quantitative and qualitative studies published and unpublished were considered. **Methods:** To discuss the articles pertaining to family life education, quantitative and qualitative studies published and unpublished from March 2000 to March 2014, identified in MEDLINE, Pubmed, CINHALL and PsycINFO. **Result:** eight articles finally met the study criteria. Each of the studies in this review was focused on one aspect of family life education. All the eight studies evaluated in this review, recruited adolescent as study sample, those were in needs to have family life education. Discussion: Systematic review reveals that further research is needed to design interventions focused on family life education in young people.

Keywords: Family life education, Adolescent, sex education, Marital relationship and child-parent relationship

Background

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Globally, we are witnessing one of the most profound

demographic changes in the history of humankind. About 43 percent of the world's population is younger than 25 years, and majority of them (60 percent) are residing in the least developed countries (IIPS, 2010)¹. Furthermore, around 27 percent of the world's population are between 10-24 years of age. About 327 millions Indian population (30 percent) ranges between 10-24 years of age and approximately 70 percent of Indian population age below 35 years (IIPS 2011)².

This young brigade, often referred to as the 'window of opportunity' potentially represents future generations of parents, teachers, and upcoming leaders in the globalizing world. However, these cohorts of adolescent and young population are increasingly living in the complex web of urban life style associated with

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