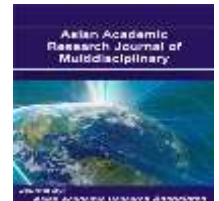




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**PEER EDUCATION AND ITS POSITIVE IMPACT
ON ADOLESCENT HEALTH**

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Abstract

Introduction: Today, the education of adolescents is more concerned with their safety. Peer education is a global movement that takes this into consideration. This study aimed to investigate the impact of peer education on knowledge of the nutritional approach puberty, female students.

Methods: This research was a quasi-experimental study of 120 female students in third and without health educator, has been done. Half of these were considered for the experimental group and half to the control group. In this study, a random sampling process was used. To collect data a questionnaire prepared by the researcher based on their educational content, was used. Data, in two steps, before and after training the subjects were collected. Results of t-test and ANOVA followed's SPSS16 Software were analyzed.

The results: The results showed that the mean difference of post-test scores between the experimental group and the control group had significant difference with each other, so that the average score was higher in the experimental group. ($p < 0.05$)

Conclusions: peer education has a positive influence on adolescents' nutritional knowledge. Kids learn from their use in education not only adds, it makes them profoundly affect the educational systems.

Keywords: peer education, knowledge, nutrition puberty.
