

The Effectiveness of Premarital Health Counseling on the Attitude of Prospective Brides in Preparing for a Healthy Pregnancy

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Abstract

There are 51.4% of 1,928 people in their reproductive age in DKI Jakarta who do not know the need to conduct premarital health counseling for the bride, this shows the low essence of the implementation of counseling for prospective brides in preparing for a healthy pregnancy. The purpose of this study was to determine the effect of providing premarital health counseling on the bride-to-be, in preparing for a healthy pregnancy. This research method uses a pre-experiment method with one group pretest-posttest design. The subjects in this study were the bride aged 19 - 45 years who would do a health check at Puskesmas Tanjung Priok, with a total of 42 respondents. The sampling technique is purposive sampling. This research using dependent t-test for data analysis. The result is there is effectiveness in health counseling with p-value = 0,0001 (<0,005) that show significant difference on prospective bride's attitude in preparing healthy pregnancy.

Keywords: *Healthy Pregnancies, Health Counseling; Prospective Brides.*



A. INTRODUCTION

Unpreparedness during the preconception period can have long-term impacts such as complications during pregnancy and childbirth, depression, and even death in the mother and child. According to WHO (World Health Organization), global maternal deaths reached 295,000 people by 2017, this is still far from the target of reducing maternal mortality in the SDGs which targets 70 out of 100,000 live births on a global scale (World Health Organization, 2019). On a national scale, in 2021, maternal deaths in Indonesia will reach 7,389 cases with one of the causes of death being bleeding (Ministry of Health of the Republic of Indonesia, 2021).

The DKI Jakarta region also contributes to the maternal mortality rate in Indonesia. In 2020, the maternal mortality rate reached 117 people, with causes of death such as bleeding and hypertension in pregnancy (DKI Jakarta Health Office, 2021). Psychological impacts can also arise, such as anxiety during pregnancy, or even symptoms of depression during pregnancy. This can occur due to ignorance in responding to changes during pregnancy or the impact of the mother's unpreparedness to experience pregnancy (Mardiana, Musa & Lestari, 2022).

The bride and groom play an important role in preparing themselves to face the pregnancy period. Pregnancy planning, including early detection of problems the prospective bride and groom have, can prevent risky pregnancies from being carried out as early as possible. One of the government's interventions in this problem is to

establish a preconception care program, which includes premarital health counseling which is a mandatory requirement for prospective bridal couples who are getting married. (Kusnanti, 2018; Eka Vicky Yulivantina et al., 2021).

Effective premarital health counseling will improve the quality of preparation during the preconception period, so that a positive attitude from the prospective bride and groom to prepare for a healthy pregnancy can be formed. This statement is supported by research conducted by Surtiarti and Rani (2020) which revealed that premarital health counseling can influence positive attitudes in prospective brides and grooms in the form of responsible behavior and being able to deal with marital problems (Surtiati & Rani, 2022).

Nunuk et al. (2022) strengthen this idea by explaining that the changes in attitudes of prospective brides and grooms that emerge after being given IEC are due to increased experience, knowledge, confidence and learning processes in preparing for pregnancy positively (Nunuk Kusumawati, Megayana Yessy Mareta and Wijayanti, 2022). Even though it was found that there was a positive correlation between premarital counseling and attitudes towards preparing for a healthy pregnancy, in fact the practice of premarital counseling still found gaps such as counseling that was only limited to providing tetanus immunization, or lectures without any counseling that adjusted to the personal needs of the prospective bride and groom (Ryan Chely Susanti, 2018).

Research conducted by Darmayanti, et al. (2019) found the phenomenon that catin counseling was only limited to the flow used by prospective brides and grooms to obtain health certificates and immunizations to register their marriage (Darmayanti, Supiyah & Mesalina, 2020). Based on a public survey conducted by the media publication detik.com, it appears that as many as 51.4% of 1,928 people of reproductive age in DKI Jakarta are not aware of the need to carry out premarital health counseling for prospective brides and grooms (Widiyanti, 2019).

Based on a preliminary study conducted at the Tanjung Priok District Health Center, it was found that 3 out of 5 prospective brides who came before being given counseling, did not know the essence of taking part in the examination of prospective brides and had an attitude that was less supportive of planning a healthy pregnancy. The aim of this research is to see the effectiveness of premarital health counseling on the attitude of prospective brides in preparing for a healthy pregnancy at the Tanjung Priok District Health Center in 2023.

B. METHOD

This research is quantitative research, using a pre-experimental method with a one-group pretest-posttest design. This research was carried out at Catin Poly, Tanjung Priok Community Health Center, which took place from March 2023 – April 2023. The sampling technique in this study used purposive sampling, with the sample being prospective brides who met the predetermined inclusion and exclusion criteria.

The inclusion criteria in this study were prospective brides and grooms aged 19 – 45 years, who were undergoing a premarital examination when the research took place, and were willing to be respondents in this study. The exclusion criteria are prospective brides with mental disabilities and prospective brides with limited time. The number of samples from this research was 42 people. The independent variable in this research is health counseling, and the dependent variable is the attitude of the prospective bride in preparing for a healthy pregnancy. The data collection tool uses a questionnaire about the prospective bride's attitude in preparing for a healthy pregnancy which has been tested for validity and reliability.

This research was carried out in 3 stages. In the first stage, respondents will be asked to fill out a pretest questionnaire. In the next stage, respondents will be given premarital health counseling which discusses preparing for a healthy pregnancy assisted with the help of the Procatin application belonging to the Tanjung Priok District Health Center. After 1 week post-intervention, respondents will be asked to complete a posttest questionnaire to determine changes in attitudes of the prospective bride. Data analysis in this study used parametric tests, paired t-test to assess the effectiveness of premarital health counseling through the average difference in attitudes of prospective brides before and after the intervention was given. This analysis test is used because the existing data is normally distributed.

C. RESULT AND DISCUSSION

Characteristics of Catin for Women at Tanjung Priok Health Center in 2023 presented in the following table:

Table 1. Characteristics of Catin for Women at Tanjung Priok Health Center in 2023

Variable	Total	Percentage (%)
Age		
No risk	36	85.7
Risky	6	14.3
Edycatiion		
Low	5	11.9
High	37	88.1
Job		
In Job	34	81
Jobless	8	19
Total	42	100

The characteristics of the respondents were that 85.7% were of non-risk age (20 - 35 years), 88.1% of respondents were in higher education, namely in the high school to university range, and 81% of prospective brides worked.

Table 2. Tanjung Priok Health Center Women's Catin Motivation in 2023

Variable	Total	Percentage (%)
Motivation		
Of your own accord	36	85.7
At the direction of others	6	14.3
Total	42	100

The frequency distribution of motivation for prospective brides and grooms here is 85.7% of respondents taking part in Premarital Health Counseling activities of their own accord.

Table 3. Women's Catin Knowledge Before and After Being Given Premarital Health Counseling at the Tanjung Priok Community Health Center in 2023

Knowledge	Value			
	Average	Standard Deviation	Minimal	Maximum
Before Intervention	7.86	1.907	3	10
After Intervention	9.17	0.881	7	10

It can be seen that the average knowledge value before the intervention was given was 7.86 and after it was 9.17 with a difference in the average knowledge value of 1.31.

Table 4. Women's Catin Knowledge Level before and After being given Premarital Health Counseling at the Tanjung Priok Community Health Center in 2023

Knowledge level	Before Counseling		After Counseling	
	N	%	N	%
Good	24	57.1%	26	61.9%
Not enough	18	42.9%	16	38.1%
Total	42	100%	42	100%

From the results of the table above, it appears that the level of knowledge before being given good counseling was 57.1% and after being given counseling, the dominant knowledge was in the good category with a total of 61.9%.

Table 5. Exposure to Catin Information for Women at Tanjung Priok Health Center in 2023

Variable	Total	Percentage (%)
Information Exposure		
Exposed	9	21.4
Not Exposed	33	78.6
Total	42	100

Based on the table above, it is known that 33 prospective brides were not exposed to information regarding premarital health counseling (78.6%).

Table 6. Description of Female Catin's Attitude before and after being given Premarital Health Counseling at the Tanjung Priok Community Health Center in 2023

Attitude	Value			
	Average	Standard Deviation	Minimal	Maximum
Before Intervention	52.71	4.474	41	59
After intervention	55.36	3.406	48	60

The average value of the prospective bride's attitude regarding preparation for a healthy pregnancy before being given intervention in the form of counseling was 52.71 and after being given the intervention it was 55.36. It appears that there is a difference in the average attitude value before and after the intervention is 2.12.

Table 7. Attitude Level of Prospective Brides before and After being given Premarital Health Counseling at the Tanjung Priok District Health Center in 2023

Attitude Level	Before Counseling		After Counseling	
	N	%	N	%
Positive	29	69%	25	59.5%
Negative	13	31%	17	40.5%
Total	42	100%	42%	100%

The attitude level before counseling was given was 69% positive. After being given counseling, it appeared that 59.5% of people were still at a positive attitude level. Although there was a decrease in attitude in 4 people.

Table 8. Changes in Catin Women's Attitudes Before and After Premarital Counseling at Tanjung Priok Community Health Center in 2023

Attitude Variables	Value		P-Value
	Mean	SD	
Before Intervention	52.71	4.474	0.0001
After Intervention	55.36	3.406	
Difference in attitude	2.65		

Analysis of the data above used bivariate analysis with a paired t-test which showed a p-value of 0.0001 ($P < 0.05$), so it can be seen that there is significant effectiveness in premarital health counseling on the prospective bride's attitude in preparing for a healthy pregnancy. The effectiveness of providing premarital health counseling can be influenced by factors within the client such as characteristics, motivation to attend counseling, knowledge possessed, and sources of information obtained. Utilizing the characteristics of the client can maximize the effectiveness of counseling to change the client's attitude.

In this study, the majority of prospective brides and grooms were at a non-risk age, which shows that there is readiness in terms of age to prepare for a healthy pregnancy. Apart from that, research by Dewi et al. (2023) adds that age can influence a person's level of maturity, because the older they are, the more knowledge they gain compared to younger age groups (Wayan Erviana Puspita Dewi et al., 2023). Knowing the work background will help counselors to know risk factors that might influence negative behavior in preparing for a healthy pregnancy, such as commercial sex workers. Apart from that, Oktavynany in Kusumawati, et al. (2022), added that work will influence a person's understanding, comprehension and knowledge, which will later change a person's attitude (Kusumawati et al., 2022).

In this research, it appears that the majority of prospective brides and grooms work, so this can influence the attitudes of prospective brides and grooms. The researcher's assumption is that changes in attitude can occur, because while working the prospective bride and groom can discuss pregnancy with their colleagues and the preparations needed. This makes delivery during counseling more effective. Education also influences the effectiveness of providing premarital health counseling. Susanti (2018) explains that the attitude of a prospective bride is influenced by her level of education, the higher a person's level of education, the better the knowledge they have, so the more positive their attitude will be in preparing for a healthy pregnancy (Susanti et al., 2018).

Significant changes in this research can occur due to the high level of education of the respondents which makes communication in counseling take place well due to active interaction, and the counselor's delivery is more easily absorbed by the prospective bride. Researchers themselves see that the majority of prospective brides and grooms participate in premarital health counseling of their own accord, this

shows the high awareness and interest of women in participating in counseling activities to create a healthy pregnancy.

Research conducted by Meda et al. (2020) also supports this statement by stating that the effectiveness of providing counseling will help prospective brides and grooms be able to prepare well for their pregnancy (Yuliani, Mulyati & Maesaroh, 2020). The dominance of respondents who are at a good level of knowledge shows that they have a good foundation, which will influence them in taking the right attitude in preparing for a healthy pregnancy. Research conducted by Fifit (2022) strengthens this idea by saying that counseling can influence women's knowledge. Women who have changes in knowledge after being given health counseling show that the individual cares about their health (Fifit et al., 2022).

In this study, it was very dominant that prospective brides and grooms did not have exposure to information regarding premarital health counseling or preparation for a healthy pregnancy. In fact, exposure to information is one of the enabling factors that can shape a person to take a positive attitude. Apriliana (2022) said that with the many sources of education or information obtained by a person, it will influence his lifestyle to become healthy, considering that education can increase knowledge to grow a person's self-confidence as well as attitudes and behavior to form a positive attitude (Tri Apriliana, 2022).

In this research, it appears that there is the effectiveness of providing premarital health counseling on the prospective bride's attitude in preparing for a healthy pregnancy. The change in attitude that occurred was because respondents began to understand the essence of the implementation of counseling itself, and respondents understood how to plan a pregnancy for themselves according to their conditions. The results of this research are in line with research by Simatupang (2018) which explains that premarital counseling will have a significant influence on respondents before and after health counseling is given, so that counseling can change the respondents' attitudes (Simatupang, 2018).

Yuliani (2020) explains that giving KIE to prospective brides is effective in helping prospective brides to prepare for married life, and be able to prepare for their pregnancy well (Yuliani, Mulyati & Maesaroh, 2020). Balebu, et al. (2019) said that preconception counseling aims to increase women's knowledge in preparing themselves for pregnancy, including establishing an appropriate and balanced diet to prepare for adequate nutrition during pregnancy (Balebu et al., 2019). Premarital health counseling is carried out to explore problems and discuss solutions to overcome these problems (Mundakir, 2016). This method will increase a person's chances of experiencing a change in attitude considering that the preparations made are in accordance with the individual's needs and desires.

D. CONCLUSION

In this study it can be concluded that there is effectiveness of premarital health counseling on the prospective bride's attitude in preparing for a healthy pregnancy, with a p-value <0.05. The change in attitude that occurred in this research occurred because of factors within the client that could help maximize the process of delivering premarital health counseling. However, it is hoped that there will be other researchers who will be able to examine in more depth the factors that most influence the effectiveness of providing premarital health counseling on the attitude of prospective brides in preparing for a healthy pregnancy.

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