

eISSN : 2579-8324

pISSN : 2579-8323

Alamat Korespondensi:

Ruang Redaksi Andalas Obstetrics and Gynecology Journal, Lantai 3 PPDS Obstetri dan Ginekologi Universitas Andalas, RSUP DR. M. Djamil Padang, Jl. Perintis Kemerdekaan Padang, Sumatera Barat 25127

Website:

<http://jurnalobgin.fk.unand.ac.id/index.php/JOE>

RESEARCH

The Effectiveness of Reproductive Health Counseling on Increasing Knowledge of Reproductive Health for Bride and Groom Couples at KUA Padang City

Harly Pratiwi Indah¹, Desmiwanti²

Affiliations : 1. Resident of Obstetrics and Gynecology, Faculty of Medicine, Andalas University, Dr. M. Djamil Central General Hospital Padang; 2. Sub Division of Social Obstetrics and Gynecology, Obstetrics and Gynecology Department, Faculty of Medicine, Andalas University, Dr. M. Djamil Central General Hospital Padang

Correspondence: Harly Pratiwi Indah, email : harlypratiwiindah@yahoo.co.id, Hp : 085263345671

Abstract

Objective : To find out the effectiveness of reproductive health counseling on reproductive health knowledge for bride and groom couples in the KUA, Padang City, October 2017 - March 2018.

Methods : This study is an analytical study using a cross-sectional study design with a population, namely couples who received prenuptial counseling and a sample of respondents who received prenuptial counseling at KUA Padang City during the period October 2017 - March 2018. The sample was taken using simple random sampling technique. The data were taken from post counseling questionnaires that were distributed to the prospective bride and groom couples. Data were analyzed by univariate and bivariate using chi-square test and independent T test with 95% CI. The research results are presented in tabular form.

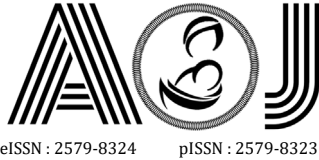
Results : During the study period, 147 respondents were given a post-counseling questionnaire on reproductive knowledge. It is known that more than half of the respondents (61.2%) had a low level of education, namely elementary, junior high and high school education, while 38.8% of respondents had higher education, namely at the diploma, undergraduate and postgraduate levels. Of the 147 respondents, more than half (79.6%) with a high level of knowledge about reproductive health after being given prenuptial counseling and all respondents (100%) stated that premarital counseling was beneficial. And it can be concluded that there is no difference in the mean age between respondents with high knowledge of reproductive health after being given counseling with low knowledge ($p > 0.05$). The results of the analysis showed that there was a significant relationship between the education level of the respondents and knowledge about reproductive health after being given counseling ($p < 0.05$).

Conclusion : More than half of the respondents (79.6%) have a high level of knowledge about reproductive health after being given pre-marital counseling on reproductive health.

Keywords: Pre-marital Counseling, Reproductive Health

INTRODUCTION

Premarital counseling is an effort to help prospective husbands and future wives by a professional counselor, so that they can develop and be able to solve the problems they face through ways that are respectful, tolerant and with understanding communication, so that family motivation is achieved. development, independence, and welfare of all family



eISSN : 2579-8324

pISSN : 2579-8323

Alamat Korespondensi:

Ruang Redaksi Andalas Obstetrics and Gynecology Journal, Lantai 3 PPDS Obstetri dan Ginekologi Universitas Andalas, RSUP DR. M. Djamil Padang, Jl. Perintis Kemerdekaan Padang, Sumatera Barat 25127

Website:

<http://jurnalobgin.fk.unand.ac.id/index.php/JOE>

members.¹ In the pre-marriage counseling process, counselors need to instill several important factors that are prerequisites for entering marriage and marriage. One of these factors is the psychological factor in marriage, namely health in general, the ability to have sexual relations. This factor is important for a husband and wife to understand, because one of the goals of marriage is to carry out the regeneration function (to continue the family's descendants). Understanding the conditions of each will facilitate the adaptation process in terms of meeting these needs.²

According to WHO, sexual and reproductive health (Sex and Reproductive Health) is defined as individuals who have a safe and satisfying sexual life and have reproductive abilities and are able to make decisions about when and how reproduction should occur.³ Sexual and reproductive health is very important for individuals, partners and families to achieve reproductive health, improve relationships between partners, develop healthy sexual decision-making processes and participate in the socio-economic development of the community.⁴

This encourages the author to examine the effectiveness of reproductive health counseling on knowledge of reproductive health for bridal couples in KUA, Padang City.

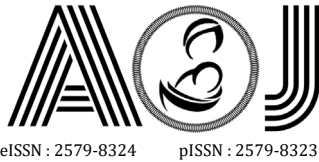
METHOD

This research is an analytical study using a cross sectional study design with a population, namely couples who receive prenuptial counseling and the research sample of respondents who received prenuptial counseling at the KUA Padang City during the period October 2017 - March 2018. The sample was taken using simple random sampling technique. The data were taken from post counseling questionnaires that were distributed to the prospective brides. Data were analyzed by univariate and bivariate using chi-square test and independent T test with 95% CI. The research results are presented in tabular form.

RESULTS

Table 1. Characteristics of Research Respondents

Characteristics of Research Subjects	f	%
Education		
Low	90	61,2
High	57	38,8
Level of knowledge		
Low	30	20,4
High	117	79,6
Benefits of counseling		
Usefull	147	100
Useless	0	0



eISSN : 2579-8324

pISSN : 2579-8323

Alamat Korespondensi:

Ruang Redaksi Andalas Obstetrics and Gynecology Journal, Lantai 3 PPDS Obstetri dan Ginekologi Universitas Andalas, RSUP DR. M. Djamil Padang, Jl. Perintis Kemerdekaan Padang, Sumatera Barat 25127

Website:

<http://jurnalobgin.fk.unand.ac.id/index.php/JOE>

Table 2 Relationship between Age and Education of Respondents and Knowledge

Characteristics of Research Subjects	Knowledge		p value
	Low (n=58)	High (n=89)	
Age	25,8 ± 6,6	27,4 ± 6,7	0,24
Education			
Low	25 (27,8%)	65 (72,2%)	0,01
High	5 (8,8%)	52 (91,2%)	

Based on Table 1, it is known that more than half of the respondents (61.2%) had a low level of education, namely elementary, junior high and high school education, while 38.8% of respondents had higher education, namely Diploma, S1 and S2 levels. Of the 147 respondents, more than half (79.6%) with a high level of knowledge about reproductive health after being given pre-nuptial counseling and all respondents (100%) stated that premarital counseling was beneficial.

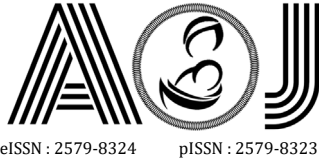
Based on Table 2, it is known that there is no difference in the mean age between respondents with high knowledge of reproductive health after being given counseling with low knowledge ($p > 0.05$). The results of the analysis showed that there was a significant relationship between the education level of the respondents and knowledge about reproductive health after being given counseling ($p < 0.05$).

DISCUSSION

Based on the results of the study it is known that more than half of the respondents have good knowledge about reproductive health after being given pre-marital counseling. All respondents stated that premarital counseling was beneficial. So it can be concluded that the pre-marital counseling given has been effective in its implementation.

Research conducted by Susanti et al (2018) on prospective brides in Lubuk Begalung, Padang City shows the same thing as this study where from 31.6% of respondents with low knowledge before pre-marital counseling were given to 97.4% with high knowledge after counseling.⁵ Likewise with research conducted by Moodi et al (2013) where the results of the study showed that 83.2% of couples had low knowledge before being given pre-marital counseling. After pre-marital counseling was given 60.4% had low knowledge.⁶ This shows that pre-marital health counseling can affect respondents' knowledge.

The period before marriage (premarital) is an important period to prevent serious problems that often occur in households. In developed countries such as Europe and America, couples who are going to get married are advised to take part in a counseling program before marriage as well as in Indonesia today. The effectiveness of the program can increase satisfaction in marriage, which is related to the function of sexuality.⁷



eISSN : 2579-8324

pISSN : 2579-8323

Alamat Korespondensi:

Ruang Redaksi Andalas Obstetrics and Gynecology Journal, Lantai 3 PPDS Obstetri dan Ginekologi Universitas Andalas, RSUP DR. M. Djamil Padang, Jl. Perintis Kemerdekaan Padang, Sumatera Barat 25127

Website:

<http://jurnalobgin.fk.unand.ac.id/index.php/JOE>

Every couple who is getting married must have a fairly good knowledge of the reproductive system which includes the benefits of contraceptive methods, the use of suitable contraceptives in the early days of marriage if they do not want pregnancy, and other reproductive health problems. WHO states that sexual education is needed for people who are sexually active and who engage in sexual activity. The results of the study reported that couples who received prenuptial counseling could reduce the chance of divorce by 31%.⁸

CONCLUSION

More than half of the respondents (79.6%) have a high level of knowledge about reproductive health after being given pre-marital counseling.

SUGGESTION

Additional counseling materials are needed regarding Ante Natal Care (ANC) and the role of husbands and families in pregnancy and childbirth assistance.

REFERENCES

1. Kertamuda, E Fatchiah. (2009). *Konseling Pernikahan untuk Keluarga di Indonesia*. Jakarta: Salemba Humanika.
2. Latipun. (2010). *Psikologi Konseling*. Malang: UPT Penerbitan Universitas Muhammadiyah Malang
3. World Health Organization. Sexual and Reproductive Health. World Health Organization; 2014. Available from: <http://www.afro.who.int/en/clusters-a-programmes/frh/sexual-and-reproductive-health/overview.html>
4. Pourmarzi D, Rimaz S. Sexual and reproductive health educational needs in engaged couples in Tehran in 2010. *Sex Res Soc Policy* 2014;11:225-32.
5. Susanti D, Rustam Y, Doni AW. Pengaruh Pendidikan Kesehatan Pranikah terhadap Pengetahuan dan Sikap Calon Pengantin di Lubuk Begalung Padang. *Jurnal Sehat Mandiri*. 2018;13(2):18-25
6. Moodi M, Miri MR, Sharifirad GR. The effect of instruction on knowledge and attitude of couples attending pre-marriage counseling classes. *J Educ Health Promot*. 2013;2(52):1-5
7. Yazdanpanah M, Eslami M, Nakhaee N. Effectiveness of the Premarital Education Programme in Iran. *ISRN Public Health*. 2014;2014:1-6
8. Mahmoodi G. The effect of marriage counseling on the knowledge of the married couples. *Int J Med Res Health Sci*. 2016;5(7S):354-35