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P - ISSN: XXXX-XXXX

E - ISSN: XXXX-XXXX

The Influence of Pre Marriage Education on Readiness Forpregnancy in Prospective Brides at the Health Center

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ABSTRACT

Background. Premarital education has an important role in preparing prospective brides and grooms to face various aspects of married life, including pregnancy readiness.

Purpose. This study aims to compare the results of 20 journals regarding the effectiveness of premarital education in improving readiness for pregnancy.

Method. This study covers various methods of premarital education such as counseling, educational programs, the use of leaflet media, and digital applications. The population in these studies varied from brides-to-be to young couples, with research locations spread across different regions of Indonesia. The sampling techniques used include purposive, random, and stratified sampling. The most common data collection tools are questionnaires, in-depth interviews, and documentation analysis.

Results. Results from the 20 journals consistently showed that premarital education significantly improved readiness for pregnancy, with increased preparedness ranging from 30% to 70% after educational interventions. The statistical analysis used included the Wilcoxon Test, T Test, and Chi-Square Test, all of which showed a significant p-value ($p\text{-value} < 0.05$), indicating a significant influence of premarital education on readiness to face pregnancy

Conclusion. The conclusion of this study is that various forms of premarital education, both through face-to-face, print and digital media, are effective in preparing the bride-to-be to face pregnancy, so it is important to be implemented more widely.

KEYWORDS

Bride-To-Be, Premarital Counseling, Premarital Education, Readiness To Face Pregnancy

INTRODUCTION

Brides-to-be are a strategic target group in an effort to improve health before pregnancy. Ahead of marriage, many brides-to-be do not have enough knowledge and information about reproductive health in their families, so that after marriage pregnancy is often not planned properly and is not supported by optimal health status.

Citation Sari, U.E., Mutmainah, S., Wahyuni, N., Nuranisa, D., Nurahmayanti, Yuliani, N., , Zuhro, L. (2024). The Influence of Pre Marriage Education on Readiness Forpregnancy in Prospective Brides at the Health Center. *Journal of Midwifery History and Philosophy*, 1(2), 59–66.

<https://doi.org/10.70177/midwifery.v1i2.1225>

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Received: June 12, 2024

Accepted: June 15, 2024

Published: June 31, 2024



This of course, can have negative impacts such as the risk of disease transmission, pregnancy complications, records and even maternal and infant deaths. Providing information communication and education about reproductive health to prospective brides is very necessary to ensure that each bride-to-be has sufficient knowledge in preparing for pregnancy and a healthy family (Ministry of Health of the Republic of Indonesia, 2018). Low pregnancy preparation can result in pregnancy with complications, pregnancy with complications can increase morbidity and mortality for the mother and fetus. Lack of pregnancy preparation can cause complaints during pregnancy, the coverage of TTD for pregnant women in Indonesia in 2019 is 64.0%, this figure has not reached the target of the 2019 Strategic Plan of 98% (Ministry of Health of the Republic of Indonesia, 2018).

The purpose of marriage is not only to fulfill orgasm. A happy, peaceful, safe and comfortable home life is a dream for every married couple. Therefore, every bride-to-be should have sufficient provisions to be able to build a relationship that is Sakinah mawadda warahma. Every individual who will hold a marriage must actually prepare the needs that will be faced later in fostering a household, both morally and materially. Efforts to increase provisions in building households can be realized through instructions, namely by opening classes for catins in each health center. Every catin is required to take part in this activity in order to get administrative requirements in registering marriages.

At the global level, health issues Premarital care and pregnancy readiness are important concerns for various world health organizations (Rahmanindar et al. According to the World Health Organization (WHO), premarital education is key to reducing the risk of pregnancy and childbirth complications, as well as improving the overall well-being of mothers and children. Premaritalization education programs in various countries have shown a positive impact in increasing the knowledge and readiness of brides-to-be for reproductive health and pregnancy (Corviana 2023). Nationally, in Indonesia, the government has promoted premarital education programs through various policies and initiatives, such as the Family Planning program and premarital counseling services at Puskesmas and Religious Affairs Offices (KUA) (Ulfa 2022). Statistics from the National Population and Family Planning Agency (BKKBN) show that premarital education contributes significantly to reducing the number of pregnancy complications and increasing the mental and physical readiness of prospective brides in facing the first pregnancy. However, there are still disparities in the implementation and effectiveness of this program in various regions in Indonesia. At the local level, research conducted in Central Pariaman District shows that many prospective brides are still not ready to face the first pregnancy (Anggraini 2021). The study showed that before being given premarital education, most respondents felt anxious and unprepared to face pregnancy, which could negatively impact the health of the mother and the baby to be born. This study aims to determine the effect of premarital education on the readiness to face pregnancy in prospective brides, as well as to assess the effectiveness of the premarital education method used in increasing the readiness. Thus, it is hoped that the results of this research can contribute to the development of a more effective and equitable premarital education program throughout Indonesia.

RESEARCH METHODOLOGY

This study uses a meta-analysis method by looking for theoretical references that are relevant to the case or problem found. According to Creswell John. W in (Model et al., 2020) stated that a literature review is a written summary of articles from journals, through the publish or perissh application related to the influence of premarital education in most provinces in Indonesia from 2017 to 2024 which describes theories and information both past and present by organizing the literature into the topics and documents needed.

The data collection technique is carried out by collecting articles published in the Open Journal System (OJS) using the publish or perissh application. The research was conducted in several provinces in Indonesia. The research was carried out in several health centers and religious affairs offices (KUA) in the region. The population in this study is prospective brides who have registered to get married within that time span, with a total sample of 1169 respondents selected using the purposive sampling technique.

Data was collected through questionnaires designed to measure the level of knowledge, attitudes, and readiness to face pregnancy before and after participating in the premarital education program. In addition, in-depth interviews were conducted to obtain more in-depth information about the respondents' experiences and views related to premaritalization education. Data analysis was carried out using the Wilcoxon Test, T Test, and Chi-Square Test to assess significant changes in readiness to face pregnancy after educational interventions. The results of the study are presented in the form of tables and narratives to facilitate interpretation. Population is the entire research subject or object being researched in the research area. The population in this study is all targets from 20 journals totaling 1169 people. The sample is the object that is studied and think of it as representing the entire population. In this study, the sampling technique uses the total sampling technique, meaning that all population units are sampled in this study. The number of samples was determined using the Total Sampling technique, which used all samples that met the inclusion criteria totaling 1169 people.

After carrying out the data collection process, the author carried out the next stage, namely data analysis. Starting with the research results and are observed from the most relevant. Reading the abstract of each research first to provide an assessment of whether the problem discussed is in accordance with what is to be solved in the research, read the results of the research and see the methods used in the research. Record important and relevant parts of the research problem.

RESULT AND DISCUSSION

From the results of the search and the article selection process, 20 articles involving 1169 samples from 12 provinces in Indonesia were obtained (Table 1). From the results of Table 1, an analysis of the distribution of data is made in the graph (Figure 1-2). Figure 1 shows that from 2017 to 2024, premarital education is still the background of research. In 2020, 2021, 2022 and 2023 there are the highest number of article publications, namely in 2020 there were 4 articles, in 2021 there were 4 articles, in 2022 there are 4 articles, and in 2023 there are 4 articles. Figure 2 shows that based on the origin of the research province. West Java Province is the province where the most research and publications on premarital education are carried out in preparation for pregnancy.

Table 1: The Effect of Premarital Education on Readiness to Face Pregnancy

No	Penulis 1	Jumlah sampel	Hasil penelitian
1	Marisa lia anggraini ¹	38	Pendidikan pranikah dapat mempengaruhi kesiapan menikah dan menghadapi kehamilan
2	Setyaningtyas ¹	28	Pendidikan pranikah dapat mempengaruhi tingkat kecemasan dalam menghadapi kehamilan dan menjadi orang tua
3	Tarsikah	24	Pendidikan pranikah dapat Meningkatkan pengetahuan remaja untuk menjalani fungsi reproduksi khususnya kehamilan
4	Firdayanti ¹	71	Penelitian ini menunjukkan Ada hubungan antara umur dan pendidikan calon pengantin terhadap kesiapan menjadi ibu di KUA Kota Parepare. Sedangkan pekerjaan dan tingkat pengetahuan tidak berhubungan dengan calon pengantin terhadap kesiapan menjadi ibu di KUA Kota Parepare.
5	Fitriani ¹	71	Pendidikan pranikah dapat mempengaruhi efektivitas pencegahan stunting
6	Meda yuliani ¹	43	Peningkatan pengetahuan responden setelah pemberian KIE
7	Kusniyati utami ¹	152	Pendidikan pranikah mempengaruhi pengetahuan dan sikap calon pengantin tentang persiapan kesehatan pranikah
8	Milna corviana	56	Terdapat hubungan antara pendidikan pranikah, status gizi, dan peran suami terhadap kesiapan ibu menghadapi kehamilan
9	Nora rahmanindar ¹	35	Pendidikan pranikah dapat meningkatkan pengetahuan remaja tentang persiapan pranikah
10	Dwi retna prihati ¹	116	Catin diharapkan dapat meningkatkan pengetahuan setelah dilakukan skrining kesehatan tentang pranikah
11	Eny irawati	40	Pengetahuan catin tentang kesehatan reproduksi dan seksual setelah penyuluhan mengalami peningkatan
12	Shella	148	Terdapat hubungan antara usia, pendidikan,

Figure 1. Number of Publications on the Influence of Premarital Education in Indonesia in 2017 – 2024

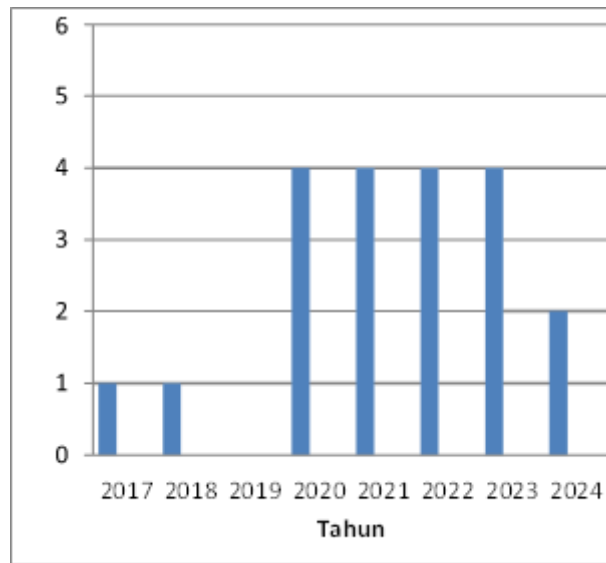
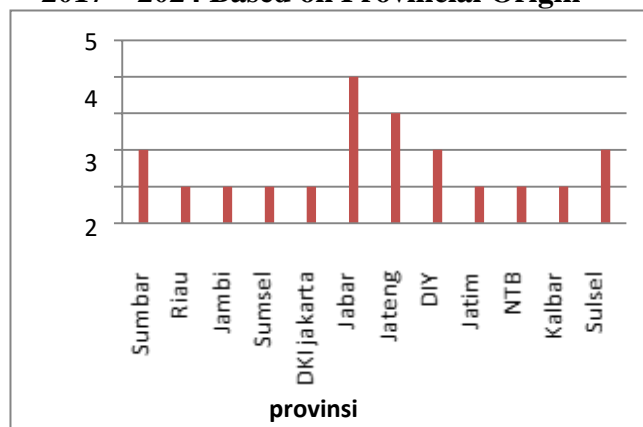


Figure 2. Number of Publications on the Influence of Premarital Education in Indonesia in 2017 – 2024 Based on Provincial Origin



Premarital education can have a significant influence on readiness to face pregnancy

The results of a study by Marisa Lia Anggraini and Ade nurhasanah Amir in 2021 show that premarital education has a significant influence on increasing readiness to face pregnancy in prospective brides in Central Pariaman District. According to the researcher, before premarital education, 5 respondents (22.7%) and 9 respondents (40.9%) were ready, but after premarital education, 2 respondents (9.1%) and 13 respondents (59.1%) were ready, so it can be concluded that there is an effect of premarital education on readiness to face the first pregnancy in prospective brides in KUA District. Central Pariaman, Pariaman City which is indicated by a significance level (p-value) of 0.001. These findings are in line with previous research conducted by Lubis (2017) in Lubuk Begalung, which found that premarital education significantly increases the knowledge and attitudes of prospective brides towards reproductive health and pregnancy. The explanation that can be given for this result is that premarital education provides comprehensive information regarding pregnancy, necessary mental and physical preparation, as well as risks that may be faced during pregnancy.

This research also supports the theory of health education which states that structured educational interventions can change individual behavior by increasing knowledge and positive attitudes (Khasanah et al., 2023). In this context, brides-to-be who get enough information about pregnancy will feel more prepared and confident in facing their first pregnancy. However, there are several studies that are not in line with the results of this study, such as a study conducted by Santoso (2018) in rural areas of East Java, which shows that premarital education does not have a significant influence on readiness to face pregnancy. This difference in results can be caused by differences in methods education used, the socio-economic background of the respondents, and the level of accessibility of health information in each region. Thus, the results of this study emphasize the importance of developing and implementing a more effective and equitable premarital education program throughout Indonesia, taking into account various factors that affect the readiness of prospective brides in facing pregnancy.

There is a relationship between the age and education of the bride-to-be on the readiness to become a mother

Firdayanti's research in 2021 showed that there is a relationship between the age and education of the bride-to-be on the readiness to become a mother at the Parepare City KUA. Meanwhile, the work and level of knowledge are not related to the bride-to-be's readiness to become a mother at the Parepare City KUA. Based on this conclusion, the author recommends that researchers further examine other variables as independent variables that can affect the characteristics of prospective brides and grooms on motherhood readiness, and conduct multivariate tests to see the most significant relationship in the study.

There is a relationship between premarital education, nutritional status, and the role of the husband on the mother's readiness to face pregnancy.

Milna Corviana's research in 2022 showed that the majority of mothers had readiness to plan their pregnancies well as 39 respondents, with premarital education influencing 46 respondents and normal nutritional status of 51 respondents and the role of husbands supporting 48 respondents. The relationship between premarital education and maternal readiness in planning pregnancy with a p-value of $0.018 < 0.05$. The relationship between Nutritional Status and maternal readiness in planning pregnancy with a p-value of $0.007 < 0.05$. The relationship between the role of husband and mother's readiness in planning pregnancy with a p-value of $0.000 < 0.05$. In conclusion, there is a relationship between premarital education, nutritional status and the role of husbands on maternal readiness in planning pregnancy during the pandemic at PMB Midwife Milna Corviana in Bogor in 2022.

CONCLUSION

Premarital education significantly increases the readiness to face pregnancy in candidates. This increase in readiness includes increased knowledge and positive attitudes towards pregnancy (Mariyana, et al., 2022). In addition, further research is needed to explore the factors that affect the effectiveness of education pranikah and develop better intervention strategies to improve preparedness for pregnancy in a variety of different contexts. Premarital education programs need to be implemented more widely and evenly throughout Indonesia. This effort is important to ensure that all brides-to-be get equal access to the information and guidance needed to prepare for pregnancy.

AUTHORS' CONTRIBUTION

Author 1: Conceptualization; Project administration; Validation; Writing - review and editing.

Author 2: Conceptualization; Data curation; In-vestigation.

Author 3: Data curation; Investigation.

Author 4: Formal analysis; Methodology; Writing - original draft.

Author 5: Supervision; Validation.

Author 6 & 7: Other contribution; Resources; Visuali-zation; Writing - original draft.

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