

Article

## Development of a “Pocket Book For Prospective Brides” as an Effort to Improve the Knowledge and Attitudes of Reproductive Health of Prospective Brides in Padang City

Uliy Iffah<sup>1</sup>, Laila Hijradesy<sup>2</sup>, Rani Sabrina<sup>3</sup>

<sup>1</sup>Midwifery, Universitas Andalas, Padang, Indonesia

<sup>2</sup>Midwifery, Universitas Andalas, Padang, Indonesia

<sup>3</sup>Midwifery, Universitas Andalas, Padang, Indonesia

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### CORRESPONDENCE

Phone: 085263173228

E-mail: uliyiffah07@med.unand.ac.id

### A B S T R A C T

Healthy pregnancy \_ need preparation physical and psychological for a person woman. Stage this is the most vulnerable period for happening various that problem will influence the condition baby to be born later. this \_ could occur because a woman not enough understand the importance of preparation self on period pre conception consequence lack of knowledge possessed . \_ Aim from study this is for look influence counseling health developed media \_ about health reproduction to knowledge and attitude of catin woman in preparation pre -marriage in the working area of the KUA District Koto Tengah City of Padang on year 2022. Kind study this is *Pre Experiment* with design *One Group Pretest-Posttest* . Collection data done on month October – November 2022. Population in study this is whole paint woman who will married in the KUA . Amount sample study this is as many as 40 subjects . Taking sample done with technique *Purposive Sampling* . Data processing is done with the *Paired Sample T- Test* ( $p < 0.05$ ) . Research results show that there is difference score average knowledge and attitude paint woman before given counseling health reproduction that is 71.95 and after given counseling health reproduction score to 81.05. Analysis results *paired Samples T-Test* obtained mark *p.s value* ( $p = 0.001$ ). There is influence gift counseling health reproduction to knowledge and attitude paint woman . There is influence counseling health reproduction to knowledge and attitude paint woman in preparation pre -marital marriage in the working area of the KUA , Koto Tengah District , Padang City. Expected with study this , government local could do cooperation with party related for make special program in KUA about preparation pregnancy.

## I. INTRODUCTION

According to WHO (2019) the Maternal Mortality *Rate* is total death Mother consequence of pregnancy , childbirth , and postpartum childbirth that took place indicator level health girl. The Maternal Mortality Rate (MMR) is one of the global Sustainable Development Goals (SDGs) targets lower number death mother (AKI) to 70 per 100,000 births live in 2030.

Based on profile health Padang city, on year 2019 death Mother as big 16 soul per 100,000 birth live . Number this experience increase in 2020 to 21 people per 100,000 births live. Cause the most is infection , hypertension , eclampsia and pre eclampsia , abortion , kidney, lung, diabetes HIV/AIDS, malaria and disease heart (Government Padang City, 2020). Padang city still is wrong one contributor BATTERY most in West Sumatra Province ( RI Ministry of Health , 2020).

Death Mother could caused by three factor from risk lateness (3T) that is late in inspection, late in obtain service labor and late arrive to facility service health and 4 too (4T) ie too young, too often , too old and too near ( Regulation Minister Health Republic Indonesia number 2562/MENKES/PER/XII/2011). Statement the in accordance with resultsstudy from (Franciska , 2017) that death maternal could influencedlive by lateness taking decision, lateness in road , lateness get handling and complications obstetrics, whereas influence no direct is pregnancy risky high , no routine in inspection ANC, education and employment mother.

Bride and Groom as someone who will enter gate marriage is very necessary exists information and education about health reproduction specifically about planning proper pregnancy so that later have healthy offspring and mother give birth to with safe (Ministry of Health, 2016). Information and education need given because still many wrong assumption about health reproduction so that needed equality perceptions and information so as not to misbehave in health reproduction. Health education reproduction given to the candidate bride is something effort fulfillment rights reproduction for woman. This is protection for every individual , as well pre condition for obtain rights others without discriminatory (BKKBN, 2016).

Educational program health for candidate bride already proclaimed by the government among them through the Communications program Information and Education (IEC) on Sexual and Reproductive Health implemented in health centers and education programs so called premarital course candidate bride. Material in course candidate bride among them is the law on marriage , family peace , home ideal ladder and Reproductive Health (Sururin & Muslim, 2019). Activity course candidate bride as one effort for give stock knowledge health reproduction to candidate bride this not yet walk in accordance hope because exists a number of obstacles, among others is lack of funds and shortages participation from candidate bride. The KIE Program for reproductive and sexual health at the puskesmas is also not yet can implemented optimally so candidate bride enter gate wedding with stock minimal knowledge.

A number of effort for lowered AKI has carried out by the government of Padang City, among others implementation of the Planning Program Childbirth and Prevention Complications (P4K), use MCH handbook, implementation class Mother pregnant, and activities Health counseling (DKK Padang, 2019). Activity counseling health specialized reproduction for candidate bride and groom at the health center not yet walk with effective. Bride and Groom only come to Public health center for do inspection health, TT immunization, and tests pregnancy as condition for publishing marriage book. Results of interviews conducted to The head of the Padang City Religious Affairs Office (KUA) was found that : 1) Activities course candidate bride ( suscatin ) should be held every one month once 2) Suscatin no implemented in a manner routine because limitations source of funds from center 3) Participation candidate bride for follow course still lacking 4) Method delivery material in suscatin with talk and ask answer 5) Still lacking cooperation between KUA and puskesmas in maintenance activity counseling health for candidate bride.

KUA acknowledged knowing about Book Pocket for the Bride and Groom, but no once given to paint because his book is thick and according KUA catin no will interested for read it. And generally candidate bride originate from background behind different education. Which is not

everything could understand the language written in the book. So, mate tend to be lazy to read content book the very useful though.

There is a number of alternative media that can made could in the form of proven leaflets, posters and videos relate with knowledge , motivation and interest somebody to contents (Febriyeni and Rizka , 2020). book order the more interesting and more simple , then will done development from book the. Development this is overview video creation from book the accompanied with addition Interesting animation, so could raises interest from paint for read and repeat.

## II. METHODS

Study this using the *Pre-Experiment design* with design study use *One Group Pretest Posttest*. Collection data done on the moon October – November 2022. Population in study this is whole candidate bride woman on Month October – November 2022 in KUA Koto Tengah District. Total population in study this is 50 people and samples study is compliant sample criteria inclusion a total of 40 people. Instruments that will used in study this is questionnaire.

## III. RESULT

The results section is where you report the findings of your study based upon the methodology [or methodologies] you applied to gather information. The results section should simply state the findings of the research arranged in a logical sequence without bias or interpretation. A section describing results [or "findings"] is particularly necessary if your paper includes data generated from your own research.

### Table

#### 1. Distribution Level Knowledge Catin Woman Before Given Counseling Health Reproduction

**Table 1. Distribution Level Knowledge Catin Woman Before Given Counseling Health Reproduction Year 2022**

Health Knowledge Reproduction	Mark Pretest	
	<i>f</i>	%
Well	11	27.5
Enough	25	62.5
Not enough	4	10
<b>Total</b>	<b>40</b>	<b>100</b>

Based on Table 1 could is known that before given counseling health reproduction still there is as many as 4 people (10%) which have level that knowledge less.

#### 2. Distribution Level Knowledge Catin Woman After Given Counseling Health Reproduction

**Table 2. Distribution Level Knowledge Catin Woman After Given Counseling Health Reproduction Year 2022**

Knowledge	Amount	%
Well	29	15,7
Bad	156	84.3
<b>Total</b>	<b>185</b>	<b>100.0</b>

Based on Table 2. could is known that after given counseling health reproduction level knowledge respondent experience enhancement that is no there is again which have level knowledge which less.

### 3. Distribution Attitude Catin Woman Before Given Counseling Health Reproduction

**Table 3. Distribution Attitude Catin Woman Before Given Counseling Health Reproduction Year 2022**

Attitude Health Reproduction	Mark <i>Pretest</i>	
	<i>f</i>	%
Positive	11	27.5
Negative	29	72,5
<b>Total</b>	<b>40</b>	<b>100</b>

Based on Table 3 could is known that before given counseling health reproduction there is as many as 29 people (72.5%) which have attitude negative.

### 4. Distribution Attitude Catin Woman After Given Counseling Health Reproduction

**Table 4. Distribution Attitude Catin Woman After Given Counseling Health Reproduction Year 2022**

Attitude Health Reproduction	Mark <i>Posttest</i>	
	<i>f</i>	%
Positive	32	80
Negative	8	20
<b>Total</b>	<b>40</b>	<b>100</b>

Based on Table 4 . could is known that after given counseling health reproduction attitude respondent experience enhancement that is 8 people (20%) have attitude negative to health reproduction.

### 5. Results Test *Paired-Samples T-Test* Knowledge HealthReproduction On Catinin KUA Subdistrict Koto Tengah

**Table 5. Results Test *Paired-Samples T-Test* Knowledge HealthReproduction On Catinin KUA Subdistrict Koto Tengah Year 2022**

Variable	n	Means	SD	SE	<i>p value</i>
<i>Pretest</i>	40	71.95	7,100	1.123	001
<i>Posttest</i>	40	81.05	6,812	1,077	

Based on Table 5 is known that before given counseling health reproduction average score which obtained by respondent is 71.95. After given counseling health reproduction occur

enhancement average score which obtained Becomes 81.05. So that could said that gift counseling health reproduction could Upgrade knowledge paint woman about health reproduction in preparation pre marry. Viewed from results test statistics obtained mark  $p$  value = 0.001 ( $p < 0.005$ ). this result could said meaning so that could concluded that there is influence Among gift counseling health reproduction to knowledge paint woman in preparation pre marry.

#### 6. Results Test *Paired-Samples T-Test* Attitude HealthReproduction On Catinin KUA Subdistrict Koto Tengah

**Table 6. Results Test *Paired-Samples T-Test* Attitude HealthReproduction On Catinin KUA Subdistrict Koto Tengah**

Variable	n	Means	SD	SE	$p$ value
<i>Pretest</i>	40	71.95	7,100	1.123	001
<i>Posttest</i>	40	81.05	6,812	1,077	

## IV. DISCUSSION

On study obtained results that before reproductive health counseling average score of women's satin knowledge regarding reproductive health is 71.95. After being given counseling reproductive health there is an increase in the average score of catin knowledge woman 81.05. There is average increase knowledge score of 9.1. This shows that the provision of counselinghealth reproduction could Upgrade knowledge paint woman about reproduction health pre marry.

Based on the results data analysis using the *Paired-Samples T -test test* obtained mark Sig . as big  $0.001 < 0.005$  or could said meaning. Matter this show that there is influence provision of reproductive health counseling to catin women on knowledge paint woman about reproduction health in preparation pre marry.

This research is strengthened by Moodi *et al* . (2013) on influence provision of pre- marital supplies to the bride and groom who follow class counseling pre marry obtained results that before given debriefing pre -marital bride and groom's average score is 8.7. After given supplies pre marry there is enhancement mark average to 12.4. The results of statistical analysis show the  $p$  value  $0.001 < 0.005$ . So that could conclude that there is influence gift information pre marry on candidate bride which follow counseling premarital knowledge of the prospective bride and groom. This is in line with Yulizawati's research *et al* . (2018) regarding the effect of counseling pre- marriage with a model *family mentoring* on the bride and groom in the pre - conception period where the  $p$  value was obtained  $0.001 < 0.005$  at material regarding the ovulation period so that it can be said that there is influence gift counseling the to knowledge candidate bride regarding period ovulation.

Knowledge is one thing that plays an important role in change behavior . Change will occur if there is motivation forchanged on self individual with method involve he into the something activity certain like activity counseling health reproductionas means for add knowledge. Activity this will provide stimulation to someone so that he wants to participate and raises awareness in in himself. Awareness here it is which will generate encouragement for changed from circumstances which is not good Becomes good ( Soemirat, 2014).

Counseling health reproduction is part from educationhealth in form counseling about health reproduction pre marry aim for give information to candidate bride specifically woman for Upgrade his knowledge in prepare self for dealing with the process of pregnancy in the pre -

marital period. If gift information health reproduction through counseling done more early , before occur process pregnancy ( pre conception ) can Upgrade awareness candidate bride for do inspection health in a manner routine, recognize pregnancy and can Upgrade where is the antenatal possibility ? matter it is very important for realize healthy pregnancy ( Dean *et al.* , 2014). In line with research by Rahim *et al.* (2013) about influencegift education about nutrition and health reproduction on paint woman said that paint woman which get information about nutrition and health reproduction moment follow suscatin moremany do inspection health than women who do n't get information about nutrition and health reproduction . Inspection health before \_ pregnant this is effort in recognize if there is problem on candidate Mother which relate with the preparations in face pregnancy. With do contact more beginning with power health , possibility happening various problem on fetus like disability fetus , incident birth weight \_ low and death fetus could prevented ( Rohanawati and Nawangsih , 2017). So could enlarge possibility Mother for give birth to healthy and fit child becomes generation successor nation which well then day .

## V. CONCLUSION

1. Most paint woman before given counseling health reproduction have level knowledge which enough.
2. Part big paint woman after given counseling health reproduction have level knowledge
3. Most paint woman before given counseling health reproduction have negative attitude
4. Part big paint woman after given counseling health reproduction have positive attitude
5. There is influence gift counseling health reproduction to knowledge paint woman in preparation pre -marital in the work area KUA Koto Tengah District
6. There is influence gift counseling health reproduction to attitude paint woman in preparation pre -marital in the work area KUA Koto Tengah District

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