

Research Article

EFFECTIVENESS OF PREMARITAL COUNSELING LEVEL OF KNOWLEDGE AND AN ATTITUDE OF YOUNGSTERS IN UNDERGOING COUNSELING BEFORE MARRIAGE

* Vidyashri. R. Professor

Community Health Nursing, Shridevi College of Nursing, Shridevi Institute Medical Science & Research Hospital Sira Road, Tumakuru, India.

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ABSTRACT

Introduction: Marriage is a complex interpersonal relationship. Thus its breakdown generally arises from a variety of causes. With the divorce rate approaching crisis proportions, an urgent need exists for counselors skilled in marital stabilization. So a step before marriage may help in build up the communication effectively than after...so counseling before a marriage is needed for couples to improve good communication to share their expectations with each other. **Objectives:** To assess the existing knowledge of female degree students on premarital counseling. and evaluate the effectiveness of self instructional module regarding premarital counseling among female degree students. **Method:** An interventional study was conducted at Degree College in Bangalore covering 60 students. Enhanced their knowledge regarding premarital counseling through self instructional module. (SIM) **Result:** the level of knowledge among 100% (60) population of which respondents have the several levels of knowledge at pretest level. 65% (39) of population have inadequate level of knowledge, 35% (21) of population have moderate level, and nobody has adequate knowledge about premarital counseling. After SIM about premarital counseling, the test results have shown enormous improvement in one's level of knowledge about premarital counseling. 3.3% (2) of population have moderate level of knowledge, 96.7% (58) of population have adequate level of knowledge and nobody has inadequate level about premarital counseling **Conclusion:** SIM improved knowledge of degree students. Hence, information regarding premarital counseling may overcome several marital problems in their future.

Keywords: premarital counseling, knowledge, attitude, self instructional modul.

INTRODUCTION

Marriage is a difficult transition because renegotiation must include the integration of contrasting issues that each partner brings to the relationship and issues they may have redefined for themselves as couple. In addition the new couple must renegotiate relationship with parents' sibling and other relatives in view of the new marriage, Marriage and family can be among life's greatest assets. If we strive to protect assets than our loved ones, Why not we explore the issues ahead of time to "damage proof", the precious gift of marriage. Now a day the genetic disorders, congenital anomalies, several medical, psychosocial and marital problems are common because of lack of information prior to the marriage. In respect to these problems premarital counseling is one of the most important strategy as a preventive instrument. Premarital counseling is solution focused one and it helps the couples to build a vision for their marriage. Solution focused premarital counseling is strength based approach that focuses on couples resources to develop a shared vision for the marriage. Solution oriented interventions includes solution oriented questions, providing feedback and the couples resource may have original interventions. Premarital counseling based on population will promote the public health goal as an appropriate health care service. Premarital counseling is more needed for unmarried persons who completed 18 yrs age, partners having commitment phobia, couples can't resolve significant issues or crisis in life such as money, parenting, work, sex, previous failed marriage results & want to avoid same mistake in future. Premarital counseling will help to maintain 'damage proof' relationship especially for couples at risk. Premarital counseling assists couples in developing skills to make marriage successful and to identify areas of differences between couple that may become a source of conflict later.

The main components of premarital counseling are:

- Interests and activities
- Role expectations
- Personnel adjustment
- Inter personnel communication
- Religion and philosophy
- Marriage expectations
- Family issues
- Finances.

The genetic disorders are chronic in nature and therefore require continuous support & health care, consequently the genetic disease because formidable economic and psychosocial burdens on the family with negative reflection on the community at large.

The main etiological factors of genetic diseases and congenital malformation are:

- Genetic defects
- Mutation in the genetic material
- Difficult labor injury to the baby during after labor

This above contents review the natural history of common blood genetic disorders & the means of prevention & control, focusing on premarital counseling as a means of prevention. The Saudi royal cabinet developed questionnaire to the participants during 'symposia & awareness lectures' in order to assess the attitude regarding premarital counseling. These results revealed that the majority of participants were convinced that premarital counseling is an effective mean of prevention of blood genetic diseases.

These are indications that the community is aware of the premarital counseling programmed in enriching the knowledge of the citizens. So the Saudi royal cabinet establishes the premarital counseling as a health preventive measure for all Saudis and requesting the all

*Corresponding Author: Dr. T.S.Bheemaraju,

Prof. Psychiatric Nursing, Sridevi College of Nursing, Sridevi Medical College & Hospital Research, India.

prospective partners to carry out a premarital counseling and present a certificate of premarital counseling before wedding. In the U.S modifications in 'family structure and attitudes concerning marriage and family life' have been numerous. A study examined the attitudes of adolescents toward aspects of marriage and family life. A majority of adolescents expressed negative attitudes toward divorce and viewed marriage as a lifelong commitment. Interestingly about half of the adolescents held positive attitudes toward cohabitation. Lastly, the adolescents demonstrated a growing acceptance of premarital counseling and psycho educational interventions regarding marriage and family life. A couple will usually spend many hours for planning their is wedding, but very little time planning for a lifelong marriage. They will spend thousands of dollars for dresses, flowers, reception, and honeymoon but spend nothing for quality counseling. Marriage takes hard work. Most people need to learn the skills necessary to develop this long lasting relationship. Premarital counseling helps the couple learn to communicate effectively and to resolve conflict. Research shows that the way in which a couple resolves conflict is the strongest predictor of marital strength and durability. The World Health Organization has recommended several measures for the prevention of genetic diseases premarital counseling should be compulsory by law but the freedom of couples to act upon the advice should be ensured. Appropriate and simple information on human genetics should be incorporated into the school curriculum so that all students are informed of issues. The public should be made aware of the fact that everyone may carry an inherited disease so as to prevent prejudice and misinformation. Professionals in genetics, health education and the media can work together to increase the awareness of the adult population, for example through television documentaries on specific disease or videos to watch prior to counseling. Marriage is a complex interpersonal relationship. Thus its breakdown generally arises from a variety of causes. With the divorce

rate approaching crisis proportions, an urgent need exists for counselors skilled in marital stabilization. One of the most prevalent underlying factors in the breakdown of marriage is lack of communication. When communication ceases, marital growth deteriorates: so a step before marriage may helps in build up the communication effectively than after...so counseling before a marriage is needed for couples to improve good communication to share their expectations with each other. Experts in marital affairs have advised couples to undergo marriage guidance or counseling session before they get married. Marriage counseling is believed to be the solution to most marital conflicts and it is believed that it is best for couples to undergo marriage counseling before they get married although it is also recommended for married couples. Marriage counseling addresses several issues which may lead to future conflicts. Marriage counseling provides foresight to couples who are about to get married. With this in mind , marriage counseling should be done by couples who are about to get married , along with other counseling sessions available such as family planning and financial planning sessions . Marriage counseling should not only be practiced in Western countries, but also in countries with strong cultural attachments to marriage such as in India and in most Oriental countries like China.

METHODS

A quasi experimental study was conducted at Degree College in Bangalore covering 60 students. Enhanced their knowledge regarding premarital counseling through Self Instructional Module.

The study was limited to unmarried female degree students between the age group of 19-21 yrs. The data was collected period of 4 weeks. The study results are confined to only selected degree Colleges, Bangalore.

RESULTS

Table - 1

Group	Random assignment	Pretest(O1)	Nursing Intervention(X)	Posttest (O2)
Female degree students studying in 1 st , 2 nd , and 3 rd year of BA, Government First grade Degree College Bangalore.	Students are randomly selected by lottery method for experimental study.	Assessment of knowledge and attitude regarding the importance of premarital counseling on 1 st day by using structured knowledge questionnaire and 3-point likert scale.	Administration of Self-Instructional module regarding the importance of premarital counseling.	Reassessment of knowledge and attitude regarding the importance of premarital counseling on 7 th day by using same tool.

Table - 2

S.no.	Level of knowledge	Pre test		Post test	
		frequency	percentage	frequency	Percentage
1	Inadequate knowledge	39	65.0	-	-
2	Moderate knowledge	21	35.0	2	3.3
3	Adequate knowledge	-	-	58	96.7
4	Over all	60	100.0	60	100.0

The above table depicts the score of relating to level of knowledge among 100% (60) population of which respondents have the several levels of knowledge at pretest level. 65% (39) of population have inadequate level of knowledge, 35% (21) of population have moderate level, and nobody has adequate knowledge about premarital counseling. After SIM about premarital counseling, the test results have shown enormous improvement in one's level of knowledge about premarital counseling. 3.3% (2) of population have moderate level of knowledge, 96.7% (58) of population have adequate level of knowledge and nobody has inadequate level about premarital counseling.

Table - 3

S.no.	Level of Attitude	Pre test		Post test	
		frequency	percentage	frequency	Percentage
1	Unfavorable attitude	13	21.7	-	-
2	Neutral attitude	47	78.3	57	95.0
3	Favorable attitude	-	-	3	5.0
4	Over all	60	100.0	60	100.0

The above table depicts the score relating to level of attitude among 100% (60) of population. Of which respondents have the several level of attitude at pretest level. 78.3% (47) have neutral attitude, 21.7% (13) of population unfavorable attitude, and none of them have favorable attitude towards the premarital counseling. After SIM the test results have shown enormous improvement in one's level of attitude about premarital counseling, none of them have negative attitude, 95% (57) have moderate positive attitude and 5% (3) have good attitude towards the importance of premarital counseling and none of them shown unfavorable attitude

Table - 4

Sl.No	Aspects of attitude	Maximum score	N =60							
			Before SIM			After SIM				
			Range	Mean	SD	Mean %	Range	Mean	SD	Mean %
1	Overall attitude	48	20-29	24.75	1.81	51.5	28-36	31.95	2.20	66.5

Above table - reveals that attitude on premarital counseling at pretest level has an overall mean 24.75 with SD 1.81 with mean percentage of 51.5%. This had an extreme improvement after educating the population on premarital counseling attitudes, at posttest level has an improved mean 31.95 with SD 2.20 with mean percentage improved to 66.5%.

DISCUSSION

The level of knowledge of degree students studying in college as represented in table 1 showed that in pretest, out of 60 subjects majority of them i.e. 65% (39) of population have inadequate level of knowledge, 35% (21) of population have moderate level, and nobody has adequate knowledge about premarital counseling. The mean score for overall level of knowledge among students in the pretest was 10.78 with SD 2.06. The highest mean score of subjects is 8.033 with SD of 1.65 in knowledge about the benefits of premarital counseling. The lowest mean score subjects are 2.75 with SD of in knowledge on general information regarding premarital counseling. This decrease in overall knowledge indicates that students studying in degree program need more information on the importance of premarital counseling.

attitude among 100% (60) of population. Of which respondents have the several level of attitude at pretest level. 21.7% (13) of population have unfavorable attitude, 78.3% (47) have neutral attitude, and nobody have favorable attitude towards the premarital counseling. After SIM, 95% (57) have neutral attitude, 5% (3) have favorable attitude and none of them have unfavorable attitude towards the importance of premarital counseling. The mean and standard deviation of attitude variables of students at pretest level has an overall mean 24.75 with SD 1.81 with mean percentage of 51.5%. This had an extreme improvement after educating the population on premarital counseling attitudes, at posttest level has an improved mean 31.95 with SD 2.20 with mean percentage improved to 66.5%.

RECOMMENDATIONS:

On the basis of the study that had been conducted, certain suggestions are given for future study

- A similar study can be done on larger sample to validate and generalize the findings.
- 1.A similar study can be conducted and evaluated using alternative teaching strategies like structured teaching program, video assisted teaching etc.
- 2.A comparative study can be done among rural and students degree students' knowledge and attitude regarding the importance of premarital counseling.
- 3.A descriptive study can be done to assess the public perception about premarital counseling.

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CONCLUSION

In pretest the score relating to level of knowledge is 65% (39) of population have inadequate level of knowledge, 35% (21) of population have moderate level, and nobody has adequate knowledge about premarital counseling and the score relating to level of attitude is 78.3% (47) have moderate positive attitude, 21.7% (13) of population have negative attitude, and nobody have good attitude towards the premarital counseling

In posttest the test results have shown enormous improvement in one's level of knowledge about premarital counseling. , 96.7% (58) of population have adequate level of knowledge 3.3% (2) of population have moderate level of knowledge and nobody has inadequate level about premarital counseling and also the test results have shown enormous improvement in one's level of attitude about premarital counseling, i.e., 95% (57) have moderate positive attitude and 5% (3) have good attitude and nobody have negative attitude towards the importance of premarital counseling. Thus, the self-instructional module was effective in improving knowledge and attitude of adults regarding the importance of premarital counseling... The SIM helped the students to ask the questions regarding the importance of premarital counseling and the process of undergoing this counseling and clarifying their doubts. It also helps them to upgrade their knowledge on the importance of premarital counseling.

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