



PREMARITAL HEALTH EDUCATION THROUGH EDUCATIONAL MEDIA ON IMPROVING THE HEALTH KNOWLEDGE OF PROSPECTIVE BRIDES AND GROOMS

PRE-MARRIAGE HEALTH EDUCATION THROUGH EDUCATIONAL MEDIA TOWARDS IMPROVING THE HEALTH KNOWLEDGE OF PROSPECTIVE BRIDES

Gina Muthia¹, Putri Nelly Syofiah^{2*}, Ririn Yesma Anwar³, Febriyona Lathifah⁴, Dina Islamika Fitrah⁵

¹ S1 Midwifery Study Program, Faculty of Health and Science, Mercubaktijaya University Email: ginamuthia@mercubaktijaya.ac.id

*Correspondent email: ginamuthia@mercubaktijaya.ac.id

DOI: <https://doi.org/10.62567/micjo.v2i3.1088>

Article info:

Submitted: 11/07/25

Accepted: 20/07/25

Published: 30/07/25

Abstract

The objective of this research was to prove whether using Choral Reading strategy can improve reading comprehension of the eight grade students of SMP Negeri 13 Palu. This research limited the use of Choral Reading strategy in improving students' reading comprehension, which focuses on literal meaning and descriptive text. This research used quasi-experimental research design involving an experimental class and a control class. The sample of this research were students of VII B as the experimental class, which consisted of 31 students, and the students of VIII A as the control class, which consisted of 31 students. The data was collected through pre-test and post-test. The results confirmed that the mean score of the experimental class had increased from 44.87 to 73.83. On the other hand, in the control class, it has increased from 48.29 to 62.64. The results of the test were analyzed statistically by applying 0.05 level of significance. The researcher found that the value of the t-count was higher than the t-table ($4.59 > 1.67$). In other words, the implementation of choral reading strategy can develop students' reading comprehension of the eighth-grade students of SMP Negeri 13 Palu. This strategy has a significant impact on the English learning process, especially helping students in reading comprehension to find information about the text and understand the entire meaning of the text, so that students can practice choral reading as their independent reading comprehension strategy in the future



Keywords : Pre-marital health education, bride-to-be

Abstract

Prospective brides are the right target in improving health before pregnancy. Prospective brides need to prepare for reproductive health both in the bride and groom, so that after marriage they can have a good health status in order to produce a quality generation. The premarital preparation program in Indonesia is only within the limits of religious debriefing conducted by the head of the KUA. Premarital preparation is carried out using the lecture method for approximately 1 hour in 1 meeting. The time limit of approximately 1 hour is certainly not enough to prepare couples with the skills needed to face marriage. The purpose of this study was to determine the knowledge of prospective brides about pre-marital health education before and after being given education. The type of research used in this study was preexperiment, and the approach used was The One Group Pretest-posttest design. The number of respondents was 22 people, the research site was KUA Kuranji Padang City. The results of the study showed that there was an effect of education on the knowledge of prospective brides at Kuranji KUA.

Keywords : Premarital Health Education for Prospective Brides and Grooms

1. INTRODUCTION

A prospective bride and groom is a couple consisting of a woman aged 20-25 and a man aged 25-30. This age limit aims to protect the health of the prospective bride and groom. Many prospective brides and grooms lack sufficient knowledge and information about premarital preparation, particularly physical, mental, social, and economic preparation, leading to couples' failure to maintain their marriage. Every individual needs to be aware of sexuality and reproductive issues during the premarital period, making reproductive health education essential for prospective brides and grooms.

Marriage is something that everyone desires and is a basic human need. Marriage is a physical and spiritual bond between a man and a woman with the bond of husband and wife that aims to build a complete and happy household life based on the One Almighty God (UU RI, 1974). Prospective brides and grooms are the right target in efforts to improve health before pregnancy. Prospective brides and grooms need to prepare for reproductive health, both the prospective bride and groom, so that after marriage they can have a good health status to produce a quality generation. Based on these problems, the Indonesian government held a course program for prospective brides and grooms, commonly called *suscatin*, which aims to prepare a healthy reproductive health life so that they can produce a quality generation. In this *suscatin*, there is the provision of IEC on reproductive health to ensure that prospective brides and grooms have sufficient knowledge to prepare for pregnancy and form a healthy family.

Efforts to improve the health of prospective brides and grooms can be realized through instruction, namely by opening a class for prospective brides and grooms. Every prospective bride and groom is required to participate in this activity to fulfill the administrative requirements for registering a marriage (Firda et al., 2021). Health education is a form of activity that provides material on health that aims to change the behavior of each prospective bride and groom to ensure they have sufficient knowledge in planning a pregnancy and preparing a healthy family. One of these activities is prioritized in the reproductive health



program listed in the RPJMN and the Strategic Plan of the Directorate of Family Health and Nutrition for 2020-2024. One effort to increase the knowledge of prospective brides and grooms is through counseling. To ensure that the counseling is understandable to prospective brides and grooms, appropriate counseling methods and the use of appropriate media are required.

Until now, many people have not understood the importance of the conditions before conception (the pre-conception phase), so prospective fathers and mothers only concentrate on preparing for pregnancy and childbirth. This is understandable, as this lack of knowledge about pre-conception conditions stems from a lack of education.

According to Amalia and Siswantara (2018) in their study on the Effectiveness of Reproductive Health Counseling in Surabaya City, out of a total of 32 respondents, 62.5% had insufficient knowledge about reproductive health. In another study, it was also described that out of a total of 100 prospective brides and grooms (catin), 12% – 88% did not know about reproductive and sexual health, in this case reproductive and sexual health education which had been described in each aspect such as how to care for reproductive health, reproductive organs, pregnancy, fetal development, tetanus immunization, contraceptives, and so on.

The results obtained from several studies, found that education using video media is very effective because it is easier to understand for prospective brides and grooms. Video media also does not make viewers bored because the material can be modified to be as interesting as possible and enjoyable even though it is studied several times. Video media is more effective in increasing prospective brides and grooms' knowledge about reproductive health, in this study, the author used animated media so that prospective brides and grooms can obtain comprehensive information and counseling about premarital health education.

2. RESEARCH METHOD

The type of research used in this study is pre-experimental, and the approach used is *The One Group Pretest-posttest design*, the research was conducted only on one group with measurements carried out twice, namely before being given treatment called *pre-test* and after treatment called *post-test*⁽⁷⁾. The population in this study was all prospective brides and grooms who were screened at the KUA Kuranji in October-November 2024.

3. RESULTS AND DISCUSSION

Table 1
Average Knowledge Score of Prospective Brides and Grooms Before Being Given Education at the KUA Kuranji Year 2024

	Knowledge		
	Mean	Median	Minimum maximum
Pretest	74.55	75.00	55 85

Based on table 1 above, it shows that of the 22 respondents at the KUA Kuranji Padang in 2024 before receiving education, the average knowledge score (mean) was 74.55, with a middle value (median) of 75.00, with a (minimum) of 55 and a (maximum) value of 85.

Table 2



Average Knowledge Score of Prospective Brides and Grooms After Being Provided Education at the Kuranji KUA in 2024.

	Knowledge		
	Mean	Median	Minimum maximum
Posttest	93.64	93.64	80 100

Based on table 2 above, it shows that from 22 respondents at KUA Kuranji in 2024, after the intervention, the average knowledge score increased after being given education. The knowledge score (mean) was 93.64, with a middle value (median) of 93.64, with a (minimum) of 80 and a (maximum) value of 100. This indicates that there was a significant increase in understanding after being given infographic video education. The average increase in points was from 74.55 (pretest) to 93.64 (posttest).

Table 3
Differences in Knowledge of Prospective Brides and Grooms Before and After Being Given Infographic Video Education on Reproductive Health at the Kuranji KUA in 2024.

Knowledge	Mean	Negative	Positive	Ties	p.value
Before video education	77.05	0	22	0	0.000
After video education	93.64				

Based on Table 3, the average score before the infographic video education was 77.05, while after the infographic education, it was 93.64. From these results, the difference before and after the video education was 16.59 on average. The results of this difference indicate that respondents experienced an increase from before and after as many as 22 respondents. The results of the statistical test using the Wilcoxon Test showed that the reproductive health knowledge score of prospective brides and grooms was lower than (<0.05) with a p-value of <0.000 , indicating an increase in the knowledge score of prospective brides and grooms after being given infographic video education about reproductive health. It can be concluded that providing infographic video education about reproductive health had a significant effect on increasing the knowledge score of prospective brides and grooms. This research is in line with the findings of Mawaddah et al. (2023) which examined the Effect of Reproductive Health Education Using Video Media on the Knowledge and Attitudes of Prospective Brides and Grooms in Planning a Healthy Pregnancy at the "KUA" Cibadak Lebak Banten in 2023. The results of this study showed that education using video media between pre and post showed a very significant increase ($p < 0.001$). Based on the research, researchers found changes in respondents' knowledge from before being given health education through video media and after being given health education



through video media on the knowledge of prospective brides and grooms in planning a pregnancy in 2023. This shows that reproductive health education in planning a healthy pregnancy using video media has proven effective in increasing the knowledge of prospective brides and grooms in planning a pregnancy.

This is also in line with research conducted by Wantini et al. (2022) who studied online reproductive health education for prospective brides and grooms using video media. The study found an average increase in knowledge of 12.41, a minimum score of 20, and a maximum score of 96.67. A p-value of 0.001 (<0.05) indicates a significant difference between knowledge before and after education.

Discussion

The results of this study are almost consistent with research conducted by Agustasari (2022), which examined the influence of audiovisual media on reproductive health knowledge of prospective brides. The average score before audiovisual health education was 75.4%. After education, all prospective brides and grooms had an average score (88.5%) reaching the "good" category.

According to the researcher's analysis, before being given health education, the average number of respondents who received 77.05 could be said to be able to answer 20 questions correctly, but from the questions given, many respondents still got it wrong on number 3, namely the health of the most important reproductive organs in women, namely the fallopian tubes, which are the parts that function as a place for the egg (ovum) to travel from the end of the fallopian tube to the uterus. This occurs because the prospective bride and groom still lack knowledge and sources of information regarding reproductive organs in women.

Similarly, the research conducted by Atik Januarti et al. , entitled The Effect of Reproductive Health Counseling on the Level of Knowledge of Prospective Brides, was found that before the counseling was given, they still had a low level of knowledge, the average value of knowledge before being given video education was 61.04, while the average value of knowledge after being given counseling was 78.80. This shows an increase in subject knowledge during the posttest when compared to the subject during the pretest. The results of statistical tests using the Wilcoxon Test can be seen in the reproductive health knowledge score of prospective brides with a p-value <0.000 smaller than (<0.05) so that there was an increase in the knowledge value of prospective brides after being given infographic video education about reproductive health. It can be concluded that providing infographic video education about reproductive health has a significant effect on increasing the knowledge value of prospective brides.

This research is in line with the findings of Mawaddah et al. (2023) which examined the Effect of Reproductive Health Education Using Video Media on the Knowledge and Attitudes of Prospective Brides and Grooms in Planning a Healthy Pregnancy at the "KUA" Cibadak Lebak Banten in 2023. The results of this study showed that education using video media between pre and post showed a very significant increase ($p < 0.001$).

Based on the research, researchers found changes in respondents' knowledge from before being given health education through video media and after being given health education through video media on the knowledge of prospective brides and grooms in planning a pregnancy in 2023. This shows that reproductive health education in planning a healthy



pregnancy using video media has proven effective in increasing the knowledge of prospective brides and grooms in planning a pregnancy.

This is also in line with research conducted by Wantini et al. (2022) who studied online reproductive health education for prospective brides and grooms using video media. The study found an average increase in knowledge of 12.41, a minimum score of 20, and a maximum score of 96.67. A p -value of 0.001 (<0.05) indicates a significant difference between knowledge before and after education.

4. CONCLUSION

The average knowledge score of reproductive health among prospective brides and grooms at the Kuranji Religious Affairs Office in 2024 before being given infographic video education was 77.05. The average knowledge score of reproductive health among prospective brides and grooms at the Kuranji Religious Affairs Office in 2024 after being given infographic video education was 93.64. There was a difference in knowledge scores before and after being given reproductive health education to prospective brides and grooms at the Kuranji Religious Affairs Office in 2024 with a p -value of 0.000 <0.05 .

5. REFERENCES

- Zulaizeh FM, Pipitcahyani TI, Aini EN, Sholikhah SM. The Effect of Health Education on Increasing Knowledge of Prospective Brides and Grooms Regarding Premarital Health. *J Midwifery Sci Women's Heal*. 2023;4:13–22.
- Mayasari AT, Hakimi M, Hani EN U, Setyonugroho W. Effectiveness of Mobile-Based Reproductive Health Education for Prospective Brides and Grooms on Increasing Health Knowledge. *J Reproductive Health*. 2020;7(1):1.
- Rohmatika D, Prastyoningsih A, Rumiati E. The Effect of Health Education Using the Method of Providing the Perkasa Pocket Book (Healthy Family Preparation) on the Marriage Readiness of Prospective Brides and Grooms. *J Midwifery Indonesia*. 2021;12(1):24–33.
- Wantini, NA, Maydianasari, L., Agni, AS, Christi, I., & Lambi, EJ (2022). Online Reproductive Health Education for Prospective Brides Using Video Media. *Proceedings of the National Seminar on Community Service, Respati University, Yogyakarta*, 1 (1), 191–199.
- Dewi Sagita Widi. (2023). *The Effect of Premarital Mental Health Education Through Infographic Video Media on the Knowledge of Prospective Brides and Grooms at Pracimantoro I Community Health Center*. 31–41.
- Mawaddah, DS, Azis, MA, & Susiarno, H. (2023). The Effect of Reproductive Health Education Using Video Media on Knowledge and Attitudes of Prospective Brides and Grooms in Planning a Healthy Pregnancy in "Kua" Cibadak Lebak Banten the Effect of Reproductive Health Education Using Video Media on Knowledge and Att. *Jurnal Medikes (Health Information Media)*, 10 (2), 175–190.
- Sugiyono. (2021). *Quantitative and Qualitative Research Methodology and R&D*. Bandung: ALFABETA.