

## COUNSELING BY LEAFLET MEDIA IN INCREASING BRIDES AND GROOM'S KNOWLEDGE AND ATTITUDE ABOUT REPRODUCTIVE HEALTH

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### ABSTRAK : PENYULUHAN MELALUI MEDIA LEAFLET DALAM MENINGKATKAN PENGETAHUAN DAN SIKAP MEMPELAI TENTANG KESEHATAN REPRODUKSI

Latar Belakang: Diperlukan bekal pengetahuan dan sikap serta dukungan yang baik tentang kesehatan reproduksi bagi calon pengantin yang akan menikah dan membangun rumah tangga. Calon pengantin merupakan sasaran yang tepat dalam upaya meningkatkan kesehatan masa pra-kehamilan. Calon pengantin perlu mempersiapkan kesehatan reproduksi baik calon pengantin, agar setelah menikah dapat memiliki status kesehatan yang baik guna menghasilkan generasi yang berkualitas.

Tujuan penelitian: diketahui perbedaan pengetahuan dan sikap calon pengantin tentang kesehatan reproduksi sebelum dan sesudah penyuluhan.

Metode: Jenis penelitian yang digunakan adalah kuantitatif. Desain penelitian adalah pre-experimental design dengan pendekatan one group pretest posttest. Penelitian ini dilakukan di RSIA Santa Anna Teluk Betung Bandar Lampung pada tanggal 14 Februari 2022 – 11 Juli 2022. Jumlah sampel sebanyak 30 orang. Pengambilan sampel menggunakan purposive sampling. Pengambilan data menggunakan kuesioner. Kuesioner yang digunakan adalah kuesioner penelitian sebelumnya dan telah diuji valid dan reliabel. Analisis data menggunakan program komputer. Analisis univariat digunakan dengan melihat nilai rata-rata skor pengetahuan dan sikap. Analisis bivariat dalam penelitian ini menggunakan uji t dependen dengan taraf signifikansi 0,05.

Hasil : Diketahui rata-rata calon pengantin yang mengikuti kelas pranikah sebelum diberikan penyuluhan adalah 57,1 dan setelah diberikan penyuluhan adalah 87,1. Diketahui rata-rata sikap calon pengantin yang mengikuti kelas pranikah sebelum diberikan penyuluhan adalah 24,4 dan setelah diberikan penyuluhan adalah 33,0. Berdasarkan hasil uji statistik antara konseling terhadap pengetahuan dan sikap diperoleh skor P value <  $\alpha$  0,005.

Kesimpulan : ada perbedaan pengetahuan dan sikap calon pengantin yang mengikuti kelas pranikah sebelum dan sesudah diberikan penyuluhan tentang kesehatan reproduksi.

Saran : Bagi para pemberi pelayanan kesehatan diharapkan dapat menjalin silaturahmi untuk meningkatkan kesehatan masyarakat melalui program penyuluhan kesehatan reproduksi melalui kelas pranikah yang dilakukan sebulan sekali.

Kata kunci: Penyuluhan, pengetahuan, sikap, calon pengantin

### ABSTRACT

Background: Needed a good preparation of knowledge and attitude and support about reproductive health for brides and grooms who will marry and build a household. The brides are the right target in an effort to improve the health of pre-pregnancy period. The brides and grooms need to prepare reproductive health either the bride or groom, so that after marrying can have good health status in order to produce quality generations.

Purpose of the research: known the difference of knowledge and brides and grooms' attitude about reproductive health before and after counseling.

Method: kind of the research which used was quantitative. Research design was pre-experimental design by one group pretest posttest approach. This research was done in RSIA Santa Anna Teluk Betung Bandar Lampung on 14<sup>th</sup> February 2022 – 11<sup>th</sup> July 2022. The amount of sample was 30 people. Sample taking used purposive sampling. Data taking used questionnaire. Questionnaire which used was researched questionnaire at before and it was tested valid and reliable. Data Analysis used computer program. Univariate analysis was used by seeing average values of score knowledge and attitudes. Bivariate analysis in this research used uji t dependent by level of significance 0,05.

Result : Known the average of brides and grooms who followed premarital class before being given counseling was 57,1 and after being given counseling was 87,1. Known attitude average of bride and groom who followed premarital class before being given a counseling was 24.4 and after being given counseling was 33,0. Based on the result of statistic test between counseling toward knowledge and attitude was gotten the score P value  $< \alpha$  0,005.

Conclusion :there was difference of knowledge and brides and grooms' attitude who followed premarital class at before and after being given a counseling about reproductive health.

Suggestion : for health service providers are hoped that they can build a relationship to improve public health by reproductive health education program through premarital class which done once a month.

Key words: Counseling , knowledge, attitude , brides and grooms

## INTRODUCTION

Reproductive health is a completed physical condition, mental, social which well-being in all matters that related to function, roles and reproductive system (Endah Mulyani, et al. 2020). Reproductive health problem that mostly appears are sexually transmitted diseases and infertility. One of the ways that can be done by women to prevent reproductive health problem is by doing premarital care. Medical checkup activity which runs in society right now is only Tetanus Toxoid immunization that becomes premarital reporting requirements in Religious Affairs Office (Setiawati, et.al. 2019).

Pregnancy risk is one of factors that cause maternal death of mothers. Pregnancy risk that often experienced by mothers are anemia and chronic energy deficiency. Based on Riskesdas Data in 2018. Prevalence of chronic energy deficiency toward pregnant mothers was 15 -49 years old that around 24,2 % and stated that in Indonesia 48,9 % pregnant mothers have experienced anemia. As much as 84,6 % anemia occurred to pregnant mothers in the groups of 15 – 24 years old (Ministry of Health, 2018). In Lampung Province, chronic energy deficiency occurred to pregnant mothers around 30,17 % where in Bandar Lampung was 14,27 %.

Needed a good preparation of knowledge and attitude and support about reproductive health for brides and grooms who will marry and build a household. The brides are the right target in an effort to improve the health of pre-pregnancy period. The bride and groom need to prepare reproductive health either the bride or groom, so that after marrying can have good health status in order to produce quality generations (Salekha, et.al, 2019).

Indonesian government have held a program that called as Kursus Calon Pengantin or well known as Suscatin that has purpose to prepare the life of reproductive health which is healthy, so that it can produce quality generations (Rohmatika, et.al.2019). In Suscatin , there is a giving of KIE regarding to

reproductive health to ensure brides and grooms have sufficient knowledge to prepare the pregnancy and to form healthy family (Rosaria,et.al.2021).

One of the ways to add knowledge and to change an attitude of brides and grooms related to reproductive health is by giving counseling about reproductive health before the wedding takes place. Counseling about reproductive health can create the same perception and information so that it can improve behavior in reproductive health (Irawati,et.al.2019)

One of good counseling media is leaflet. Leaflet is a form of conveying health information through folded sheets. The benefits in using leaflet are the target can adjust and can learn its contents in leisure time and economic, various information can be given and read by the members of the target group, so that it can be discussed, can give detailed information which cannot be given orally, easy to be made, easy to be multiplied, repaired and easy to be adapted with target group (Umar,F.2021).

Mood et.al (2013) researched about the effect of counseling toward knowledge and attitude of the bride and groom couples who attended the premarital counseling class by researched results stated that 83.2% of the couples had poor knowledge, 16% average, and 0.8% had good knowledge before the intervention. After the intervention, 60.4% of couples had poor knowledge, 31.6% average and 8% had good knowledge. The results also revealed that that the difference in mean scores of knowledges and attitudes regarding reproductive health, family planning, genetic diseases and disabilities was statistically significant ( $P < 0.001$ ).

RSIA Santa Anna Teluk Betung Bandar Lampung is one of health facilities that provides service related to reproductive health and sexual program for brides and grooms especially for them before marrying. Nevertheless, not all brides and grooms understand about the preparation of premarital health like following premarital class so

that it gives impact toward their knowledge and attitude, that is unwell. Survey result in RSIA Santa Anna on February 2022, From 10 brides and grooms were gotten a data 1 person (10%) who understood about reproductive health where it was gotten from her professional education. Whereas, 9 people (90 %) did not understand reproductive health problem after marrying like pregnancy, the preparation of stunting prevention for a baby, they revealed that matter will be known by them after getting married, so that having an attitude with an assumption that it will not become problem later.

Based on the description of the problem above, so the researcher intends to conduct the research about the effect of lecture method's counseling toward brides and grooms' knowledge and attitude of reproductive health.

## METHOD RESEARCH

Kind of the research that used was quantitative. Quantitative method can be interpreted as research method that based on positivism philosophy, used to assess certain population and sample, collecting data used researched instrument, analysis, quantitative data's form by purposing to describe and test hypothesis which late to be set (Yani, et.al, 2017: Alfi, I (2022). Research design is pre-experiment design by one group pretest posttest approach. This research was done in RSIA Santa Anna Teluk Betung Bandar Lampung on 14<sup>th</sup> February – 11<sup>th</sup> July 2022.

Population is generalization area that consists of object /subject which has certain quality and characteristic. Set by the researcher to be learned and after that draw its conclusion (Sugiyono, 2007: Nugroho. 2018). Population in this research was all bride and groom couples in RSIA Santa Anna who followed premarital class on June – July 2021 as much as 33 people. Sample in this research was all bride and groom couples in RSIA Santa Anna on June- July 2022 who were willing to be respondents

and the first-time brides and grooms who will marry as much as 30 people. Sample taking used purposive sampling.

The researcher did data taking by using questionnaires. Knowledge questionnaire consisted of 20 questions in detailed 4 married preparational questions, 3 questions about reproductive organs and 13 questions about pregnancy. There were 10 Attitude questionnaires which consisted of 5 positive questions and 5 negative questions. Questionnaire that used was researched questionnaire before that was Nugraheni's research (2016) entitled the effect of pre-marital course by Religious Affairs Office's officer toward knowledge and attitude of bride and groom related to reproductive health. From Nugraheni's (2016) the result of validity test was gotten:

1. Value r is 0,964 in Knowledge validity test, it means reliable, and the range validity value from 0,738 – 0,879 means valid questionnaire
2. Value r is 0,881 in Attitude validity test, it means reliable question, and the range validity value from 0,738 – 0,879 means valid questionnaire

Instruments were given twice, before and after being given a counseling. Counseling was done based on counseling agenda unit by individual guidance and counseling method with leaflet aid during 30 minutes. Data analysis used computer program. univariate analysis was done by seeing the average value of knowledge and attitude score. Bivariate analysis in this research used t dependent test by significance level 0,05.

## RESULT RESEARCH

### Respondent characteristics

Based on table 1 above known that most ages were not risk by total of 28 respondents (93,3 %). Most of secondary education (High School) by total 25 respondents (83,3 %), based on income was known most income by amount <UMR (Rp.2.400.000,-) totally 18 respondents (60 %)

Table 1  
Respondent characteristics

|           | Variable                  | F  | %    | N  |
|-----------|---------------------------|----|------|----|
| Age       | no risk (20-35)           | 28 | 93,3 | 30 |
|           | risky (<20 and >35)       | 2  | 6,7  |    |
| Education | Secondary (High school)   | 25 | 83,3 |    |
|           | Height (Master 's degree) | 5  | 16,7 |    |
| Income    | < UMR RP 2.400.000        | 18 | 60,0 |    |
|           | ≥ UMR RP 2.400.000        | 12 | 40,0 |    |

## Univariate Analysis

**Table 2**  
The average of brides and grooms' knowledge and attitude before and after being given a counseling

| Variables | Mean | SD  | Min | Max |
|-----------|------|-----|-----|-----|
| Knowledge |      |     |     |     |
| Before    | 57,1 | 7,8 | 45  | 70  |
| After     | 87,1 | 8,6 | 70  | 100 |
| Attitude  |      |     |     |     |
| Before    | 24,4 | 3,6 | 18  | 32  |
| After     | 33,0 | 3,4 | 27  | 40  |

Based on table 2 was known the average of bride and groom 's knowledge and attitude who followed pre-marital class before being given a counseling 57, 1, with deviation standard 7,8, minimal value 45 and maximal value 70. The average of bride and groom's knowledge score after following counseling 87,1 with deviation standard 8,6 , minimum value 70 and maximal value 100. Whereas, on attitude's table was known the average of attitude score before being given counseling by total 24,2, with deviation standard 3,6 , minimum value 18 and maximal value 32 , the average of attitude score after being given counseling was 33,0 with deviation standard 3,4 , minimum value 27 and maximum value 40.

## Bivariate Analysis

Based on table 3 was known the average of knowledge score before counseling totally 57,1 and after counseling 87,1. There was the difference of mean value totally 30. Based on the result of statistical test was known p value =0,000 <  $\alpha$  0,05 which meant there was the difference bride and groom's knowledge who followed pre-marital class before and after being given counseling about reproductive health. The average of brides and grooms' attitude before being given counseling was 24,4 and after being given counseling, it increased become 33,0. Known the different mean 8,5 . based on the result of statistic test was gotten p value totally 0,000<  $\alpha$  0,05 which meant there was the difference score of brides and grooms' attitude who followed pre-marital class before and after being given counseling about reproductive health.

**Table 3**  
Brides and grooms' knowledge and attitude before and after being given a counseling about reproductive health

| Variables | Penyuluhan | Mean | Different Mean | P-Value |
|-----------|------------|------|----------------|---------|
| Knowledge | Before     | 57,1 | 30             | 0,000   |
|           | After      | 87,1 |                |         |
| Attitude  | Before     | 24,4 | 8,5            | 0,000   |
|           | After      | 33,0 |                |         |

## DISCUSSION

**The Difference In Knowledge Of Brides And Grooms Who Take Premarital Classes Before And After Being Given Counseling About Reproductive Health**

Based on the results of statistical tests, p-value = 0.000 (p-value <  $\alpha$  = 0.05) which means that there is a difference in the knowledge of brides and grooms who take premarital classes before and after being given counseling about reproductive health at Rsia Santa Anna in 2022.

In accordance with Quarniasih's research (2020) showed that the average of brides and grooms' knowledge before being given reproductive

health counseling was 61, 042 % and the average of brides and grooms' knowledge after being given reproductive health counseling was 78,8 %. Yuliana's research (2021). The result of bivariate analysis was gotten that p-value 0,000, because of p value 0,000 <  $\alpha$  (0,05), so that could be concluded that there was the effect of knowledge level about brides and grooms' reproductive health before and after being given brides and groom course in Pringsewu 's Religious Affairs Office . based on the result of Chi-Square test was gotten a significancy 0, 118 which meant there was no the difference significantly between two groups after intervention. Based on the result of the research could be

concluded that reproductive health booklet and preconception screening influenced on improvement brides' attitude about the preparation of healthy pregnancy (Nunuk K, 2022).

Based on Notoatmodjo (2002) in Wawan and Dewi (2010), knowledge is a result of knowing something after someone doing senses toward a certain object. Sensing of an object can occur through five senses such as senses of sight, hearing, smell, taste, and touch. In sensing process can be influenced by perception's factor toward an object. Most of human's knowledge was gotten through senses of sight and hearing.

Health promotion is one of ways that can be done to improve knowledge, one of them is counseling (Najahahm Imtihanatun, et.al.2022). health counselling is a way to improve either knowledge of individual, family or society, so that it can influence independent behavior in order to reach healthy life (Purba, Deasy Handayani, et.al. 2021).

Essentially, Health counseling is an activity or effort to convey health messages to society, group, or individual, so that it can get health knowledge. at the end, the knowledge can bring an effect toward the changing of target's attitude (Notoatmodjo, 2010: Mamahit, et.al. 2022) health counseling is an activity in adding knowledge which is for society trough spread of message or information.

Brides and grooms need adequate information about various aspects of reproductive health in the beginning of their married life. Information about high-risk pregnancy, the importance of family planning method and choosing the right method to prevent pregnancy in early years of married life. The using of genetical counseling is for preventing genetical disease that was prior health problem in early years of married life. Therefore, the implementation of premarital counseling class by the experts is one of important health services. Counseling program helps brides and grooms to get information about reproductive health problem and to carry out their marriage based on the right base (Moodi et al, 2013).

Needed preparation of knowledge and good attitude to support reproductive health for brides and grooms who will marry and build household. The brides are the right target as the effort to improve health in pre pregnancy time. The brides and grooms need preparation of reproductive health either brides or grooms, so that after marrying, they can have good health status for producing quality generations (Salekha, 2019).

Counseling or education has important role in a successful education. The speakers are required to be able to master a topic that will be delivered and

more communicative in conveying message in order to be more understood and caught by counseling target ,and use the language that is easy to be understood by counseling target by paying attention toward educational level of the counseling material's receivers . topic that given in counseling is required to be understood easily by respondents whose second and higher education level. Topic of counseling uses right language that based on counseling targets so that the message can be understood. Besides, the tools that used in counseling were very important role in conveying material/ topic, in which this research used tool like leaflet ,so that it helped stimulation of sight sense in conveying message to brain , in addition , it used interested pictures so that counseling was not monotonous.

### **The difference brides and groom's attitude who followed premarital class before and after being given counseling about reproductive health.**

Based on the result of statistical test p-value = 0,000 (p-value <  $\alpha$  = 0,05) which meant there was the difference of brides and grooms' attitude who followed premarital class before and after being given counseling about reproductive health at RSIA Santa Anna in 2022.

Cahyani's research (2019), based on the result of statistical test of Paired Sample t-Test on pretest and post test data , knowledge variable showed Asymp value . Sig. (2-tailed) totally 0,000 (p=0,05) and the result of Wilcoxon test showed Asymp. value Sig. (2-tailed) totally 0,000 (p=0,05). researched Hypothesis test used paired t-test in order to know the influence between health counseling variable and the teenagers' attitude about reproductive health. The result that gotten showed asymptotic significance two tails value or p value totally 0,000 (  $p < 0,05$  ) ,so  $H_0$  was rejected , could be concluded that there was significant influence among two variables (Udu, et.al.2015).

According to Azwar (2015) attitudes are a form of evaluation or feeling reaction. Someone's attitude forming can be influenced by some factors such as personal experience, other people's influence who are considered important, culture , mass media , educational institution and emotional factors.

According to World Health Organization (WHO) , the purpose of health counseling is for changing someone's attitude and or society in health form. Based on Bloom theory , attitudes are divided into three , they are knowledge , attitude and practice (Ginting, et.all, 2022).

Basically, attitudes changing is influenced by knowledge factor, belief which gotten from senses result, one of them is gotten on education or learning process. Education is one of tools to produce the changing on human self, because through education, human is able to know everything which unknown or not known yet before. Education is meant as a process with certain methods so that people get knowledge, understanding and the way of behavior that appropriate with need (Pungky Ristraningsih, 2017).

Based on the result of the research was known that there was changing on respondent's attitude, and there was influence of education which given by researcher, based on the researcher the success of counseling or education which given, not only from counselor factor, topic that given, method that used and media that given but also related to level education of respondent in which this research was secondary and higher level like senior high school and bachelor where those have more structured, open understanding and mindset, so that in accepting counseling material was easier to understand and permeate material that given and were able to give respond toward counseling that given either in the form of question or responses. Based on the result of research was known that after being given counseling about reproductive health, so occurred knowledge improvement that gave effect on their trust and belief about reproductive health so that they were able to influence the changing of attitudes' score about brides and groom's reproductive health.

## CONCLUSION

Known the average of brides and grooms who followed premarital class before being given counseling was 57,1 and after being given counseling 87,1. Known the average of brides and grooms' attitude who followed premarital class before being given counseling was 24,2 and after being given counseling 33,0. There was difference of brides and groom's knowledge who followed premarital class before and after being given counseling about reproductive health at RSIA Santa Anna in 2022 (p-value = 0,000). There was the difference brides and grooms' attitude who followed premarital class before and after being given counseling about reproductive health at RSIA Santa Anna in 2022 (p-value = 0,000).

## SUGGESTION

For health service providers are hoped that they can keep the relationship in improving of societies' health by reproductive health counseling

program through premarital class that can be done once a month.

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