

## Knowledge Level of Prospective Bride and Groom about Pre Marital Check Up at Religious Affairs Office Kaliwates

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### ABSTRACT

The problems of Maternal Mortality Rate (MMR), Infant Mortality Rate (IMR) and stunting in Jember Regency need to receive comprehensive attention. Because this is a complex issue and involves all parties. Pre-marital examination is an effort that needs to be done for couples to suppress these problems. Pre-marital examination is important for the bride and groom to see their health condition in order to prepare for a healthy pregnancy and produce healthy offspring. The purpose of this study was to see the level of knowledge of the bride and groom about Pre Marital Check Up at KUA Kaliwates, as well as to optimize pre wedding classes for the bride and groom. This type of research is descriptive analytic with a cross sectional approach, data collection with research questionnaires. The sample in this study were all 60 prospective bride and groom couples at KUA Kaliwates. This research was conducted in June 2022 and used total sampling method. Data analysis using frequency distribution. The results showed that 60 respondents (69.8%) consumed Folic Acid, 55 respondents (64%) consumed Fe tablets, 51 respondents (59.3%) received TT Immunization. Most of the prospective bride and groom have a good level of knowledge (65.1%) about Pre Marital Check Up and the rest have a sufficient or insufficient level of knowledge. So it can be concluded that health education related to Pre Marital Check Up must still be carried out as a preventive and promotive effort to improve the health status of women as prospective mothers.

**Keyword:** Knowledge Level; Bride and Groom; Premarital check up

### ABSTRAK

Permasalahan Angka Kematian Ibu (AKI), Angka Kematian Bayi (AKB) dan stunting di Kabupaten Jember perlu mendapat perhatian secara komprehensif. Karena ini adalah masalah yang kompleks dan melibatkan semua pihak. Pemeriksaan pranikah merupakan upaya yang perlu dilakukan bagi pasangan calon pengantin untuk menekan permasalahan tersebut. Pemeriksaan pranikah penting bagi calon pengantin untuk melihat kondisi kesehatannya guna mempersiapkan kehamilan yang sehat dan menghasilkan keturunan yang sehat. Tujuan dari penelitian ini adalah untuk melihat tingkat pengetahuan calon pengantin tentang Pre Marital Check Up di KUA Kaliwates, serta mengoptimalkan kelas pre wedding bagi calon pengantin. Jenis penelitian ini merupakan Deskriptif analitik dengan pendekatan cross sectional, pengumpulan data menggunakan kuisioner penelitian. Sampel pada penelitian ini adalah seluruh pasangan calon pengantin di KUA kaliwates sebanyak 60 calon pengantin. Penelitian dilakukan juni 2022 dengan metode pengambilan sampel secara total sampel. Analisa data menggunakan distribusi frekuensi. Hasil penelitian didapatkan 60 responden (69,8%) mengkonsumsi Asam Folat, 55 responden (64%) mengkonsumsi Tablet Fe, 51 responden (59,3%) mendapat Imunisasi TT. Sebagian besar calon pengantin memiliki tingkat pengetahuan yang baik (65,1%) tentang Pre Marital Check Up dan sisanya memiliki tingkat pengetahuan yang cukup dan kurang. Sehingga dapat disimpulkan bahwa Pendidikan kesehatan terkait dengan Pre Marital Check Up masih harus terus dilaksanakan sebagai upaya preventif dan promotive untuk meningkatkan status kesehatan perempuan sebagai calon ibu.

**Kata Kunci:** Tingkat Pengetahuan; Pengantin; Pemeriksaan pranikah

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## Introduction:

Premarital screening check-up is a series of tests that must be carried out by each prospective bride and groom consisting of a general physical examination, nutritional preparation, TT status screening, reproductive organ health examination, blood examination, urine examination, STI examination (Kemenkes RI, 2018). Premarital screening check-ups are carried out with the aim of preventing them from producing healthy offspring with a healthy pregnancy and delivery process, with the hope of reducing MMR, IMR, and Stunting.

Based on data obtained from the Health Profile of East Java Province, the MMR in East Java has increased in 2020 reaching 98.39 per 100,000 live births. While the description of MMR in East Java in 2020 is highest in Jember Regency, which is 173.53 per 100,000 live births and as many as 61 people and 324 cases of IMR. In addition, the stunting rate of 38 regencies/cities in East Java, Jember is in the third highest position (Profil Kesehatan Jawa Timur, 2020).

The problems of the Maternal Mortality Rate (MMR), Infant Mortality Rate (IMR) and stunting in Jember need comprehensive attention. Because this is a complex issue and involves all parties. Based on the facts in the field that have been obtained, violence against mothers is still common. Domestic Violence (KDRT) that occurs is not limited to physical violence, but also verbal. To overcome this can start from a good household. Not only economically, but also psychologically or mentally (K-radio, 2021).

One of the efforts that can be made by health workers to reduce MMR and IMR from an early age is through medical examinations before marriage. This medical examination must be carried out by all pairs of prospective brides at least 6 months before marriage (Kemenkes RI, 2018). This health check is important to do as a preventive and promotive effort to get a healthy mother-to-be. With the hope that a healthy expectant mother will produce healthy offspring.

Efforts that can be made as one of the promotive and preventive steps to reduce these cases are to provide premarital classes. Premarital class activities and premarital health checks (premarital screening) can be carried out in

primary health care facilities, namely Puskesmas. In addition, pre-wedding class activities have also been carried out at the Ministry of Religion of Jember Regency. Where in 2018 the Ministry of Religion of Jember Regency has carried out premarital guidance at the KUA of each sub-district through two programs, namely (1) Examination of the Marriage Registration file (2) Guidance Program and Bride Candidate Courses but not all KUA in Jember Regency provides premarital guidance. because it relates to the Ministry of Religion's DIPA funds every year. In 2018 there were only 10 KUAs (out of 31 KUA in Jember), KUA Kaliwates including KUA that did not receive DIPA funds (Umami, 2019).

From the explanation above, it is suspected that not all brides and grooms understand the existence of pre-wedding classes because not all KUA carry out these activities. From this background the author is interested in knowing the level of knowledge of the prospective bride about Pre Marital Check Up.

## Methods:

This type of research is descriptive analytic with a cross sectional approach, data collection with research questionnaires. The population and sample in this study were all 60 prospective bride and groom couples at KUA Kaliwates. This research was conducted in June 2022 and used total sampling method. Sample in this study were all prospective bride and groom couples at KUA Kaliwates, with the inclusion criteria for prospective brides who are registered at the KUA Kaliwates in June 2022 and are willing to become respondents. Data analysis using frequency distribution. The results of filling out the questionnaire were analyzed using frequency distribution data.

## Results:

Table 1. Description of General Data of Bride and Groom Candidates at KUA Kaliwates

Category	Count	Frequency %
Education		
SD	2	2,3
SMP	8	9,3
SMA	31	36,0

Category	Count	Frequency %
DIII	6	7,0
S1	37	43,0
S2	2	2,4
Age		
<20	5	5,8
20-35	79	91,9
>35	2	2,3

Source : Data Primer (Kuisisioner)

From the table above, we can see about the general data of prospective brides at KUA Kaliwates, namely the respondent's education data and the respondent's age. Of the 86 respondents, most of them had Bachelor's (SI) education as many as 37 respondents (43%), while the age of the respondents were mostly in the 20-35 years category, namely 79 respondents (91.9%).

Table 2. Overview of Folic Acid Supplementation, Fe Tablets and TT Immunization for Bride and Groom Candidates at KUA Kaliwates

Category	Count	Frequency %
Folic Acid Supplementation		
Yes	60	69,8
No	26	30,2
Fe Tablets		
Yes	55	64
No	31	36
TT Immunization		
Yes	51	59,3
No	35	40,7

Source : Data Primer (Kuisisioner)

The table above describes the number of respondents who consumed Folic Acid Supplementation, Fe Tablets and TT Immunization. There are 60 respondents (69.8%) consumed Folic Acid and 26 respondents (30%) did not consume Folic Acid, 55 respondents (64%) consumed Fe tablets and 31 respondents (36%) did not consume Fe tablets, 51 respondents (59.3%) received TT Immunization and 35

respondents (40.7%) did not receive TT Immunization.

Table 3. An overview of the knowledge level of prospective brides regarding Pre Marital Check Up at KUA Kaliwates

Level Of Knowledge	Count	Frequency %
Good	56	65,1
Enough	16	18,6
Not Enough	14	16,3
TOTAL	86	100,0

Source : Data Primer (Kuisisioner)

The table above describes the knowledge level of the prospective bride and groom about Pre Marital Check Up. From the results of the study, it was found that most of the bride and groom have a good level of knowledge (65.1%), 16 brides (18.6%) have a sufficient level of knowledge, and 14 brides (16.3%) have a low level of knowledge

### Discussion :

Premarital screening examinations are a series of tests that should be carried out by every bride and groom, but are often neglected because not all couples know and understand these tests, they only perceive these series of tests as merely fulfilling administrative requirements (Ulfatun, 2020). From the results of this study, it was found that there were still prospective brides who had a sufficient level of knowledge as many as 16 brides (18.6%) and 14 brides (16.3%) had a low level of knowledge. This research in line with the results of Amalia's research (2018) which stated that 62.5% of respondents had insufficient knowledge so counseling was needed to increase their knowledge (Amalia, 2018). One of the factors causing the low knowledge of prospective brides and grooms about premarital examinations is the lack of interest of prospective brides and grooms in premarital health examinations, and they do not consider premarital tests to be important (More, 2021). One of the factors causing the low level of knowledge of the bride and groom about pre marital check up is the lack of interest of the bride and groom in prewedding



health checks, they consider pre wedding more important than pre marital check up. Actually, premarital classes and premarital health checks (premarital screening) can be carried out in primary health care facilities, namely Puskesmas. Puskesmas can provide complete services for prospective brides as a preventive and promotive effort for prospective brides to prepare for pregnancy and healthy offspring (Umami, 2019). But in reality, the implementation of health checks for prospective brides and grooms does not go completely well, the public's understanding of the importance of health checks is low as a result of low socialization. The big impact is that the goal of health checks is not achieved, namely that every married couple is free from disease, and as a preventive measure for increasing criminal behavior in society (Ulfatun, 2020).

Premarital screening checkup consists of a general physical examination, nutritional preparation of the bride and groom, TT status screening, reproductive organ health examination, blood examination, urine examination, IMS examination (Kemenkes RI, 2018). In this study, the authors still found 35 respondents (40.7%) did not receive TT immunization. It is suspected that this number is prospective brides who have low knowledge of premarital examinations, especially about the importance of TT immunization for prospective brides. Richa (2023) also stated that the TT immunization program to date has not achieved the expected results. One of the reasons for the low coverage of TT is because public knowledge about TT immunization is still low (Richa, 2023). TT immunization is one of a series of health examination activities that is important to carry out to build body resistance as an effort to prevent tetanus infection (Sunarsih; Ana Mariza; Fijri Rachmawati; Putu Candrawati, 2022). The same thing was said by Rayani (2022), from the results of his research stated that there was a relationship between knowledge and the implementation of TT immunization. Knowledge about tetanus toxoid immunization is very important for women of childbearing age because with good knowledge you will know the benefits and objectives of providing tetanus toxoid immunization (Rayani et al., 2022).

Pre-marital preparation and other preconceptions that are no less important are nutrition preparation. Nutritional preparation that needs to be given at premarital screening is about education on the fulfillment of balanced nutrition and giving Fe and folic acid tablets at least 1x/week. Consumption of Fe tablets is closely related to hemoglobin levels in pregnant women. The health condition of the prospective mother in the early stages of pregnancy will affect the health of the pregnancy as well as the health status of the prospective baby who is still in the womb, so that during the preconception period it is recommended that her can maintain a healthy lifestyle (Kusuma, 2020). From the results of this study, 26 respondents (30%) did not consume Folic Acid and 31 respondents (36%) did not consume Fe tablets. The increased need for iron in the bride and groom during the growth period requires iron as much as 0.5-1 mg/day. The results of the same research by Wahyuni, 2021 states that there is a relationship between adherence to taking iron tablets (Fe) and the incidence of anemia. From this study, it was found that the average bride and groom experienced anemia and lack of obedience (Wahyuni, Agustin Setianingsih, 2021).

Consumption of folic acid and Fe tablets for the bride and groom is very important to prepare for a healthy pregnancy, this can be done by increasing the knowledge of the her regarding nutrition and avoiding bad habits that can interfere with pregnancy. Mother's readiness in facing pregnancy is very useful for preventing malnutrition, preparing the body for preparation during pregnancy, preventing the risk of miscarriage, premature delivery, low birth weight, and preventing the effects of problematic health conditions during pregnancy (Chandranipapongse & Koren, 2013). Several studies in Europe and the US have shown that women planning a pregnancy adopt healthy preconceptional behaviors through folic acid intake, smoking cessation, and reducing alcohol consumption (Backhausen et al., 2014).

The state of health and nutritional status of pregnant women is determined long in advance, namely during adolescence and adulthood before becoming pregnant or during being a Woman of

Childbearing Age (WUS). The quality of babies born is very dependent on the nutritional state of the mother before and during pregnancy. Imbalance of nutritional intake to meet the needs and expenditure of energy in pregnant women can cause pregnant women to experience Chronic Energy Deficiency (Yuliasuti, 2013). Chronic energy deficiency is a condition in which a pregnant woman suffers from a lack of food intake that lasts for a long time which results in health problems, so that the increased nutritional needs during pregnancy cannot be met. The impact of women suffering from KEK can result in anemia, maternal death during childbirth, fetal death, low birth weight babies, premature birth, birth defects and infant death (Stephanie & Kartika, 2016). Percentage of KEK (Chronic Energy Deficiency) in women of childbearing age is 14.8%, percentage of anemia in teenagers is 23.9% and anemia in pregnant women is 37.1% (Riskasdas, 2018). When a couple wants to have a healthy family, the couple must confirm their condition and previous health history (pre marital check up) (Permatasari & Mildiana, 2021).

The limitations of this study are that this study only looks at the description of the level of knowledge of the prospective bride and groom about premarital check ups, has not been identified further related to the factors that affect the low level of knowledge of respondents related to pre-marriage examinations. Suggestions for future researchers to deepen this research by identifying the factors that influence the low level of knowledge of the bride and groom to carry out health checks before marriage.

### Conclusions:

The conclusion of this study is that there are still prospective brides who do not understand about pre-marital check-up screening, this is in accordance with the results of research obtained by researchers, namely 16 prospective brides (18.6%) have a sufficient level of knowledge, and 14 prospective brides and grooms. (16.3%) have a low level of knowledge. Suggestions for future researchers to deepen this research by identifying the factors that influence the low level of knowledge of the bride and groom to carry out health checks before marriage

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