

# The Effects of Booklet Media on the Knowledge of Prospective Brides and Grooms Regarding Physical and Psychological Preparation at the KUA of Sokaraja District

Alfia Putri Kusumawardani<sup>1</sup>, Kris Linggardini<sup>2</sup>

<sup>1,2</sup>Faculty of Health Sciences, Universitas Muhammadiyah Purwokerto, Indonesia

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## ABSTRACT

Prospective brides and grooms are two individuals planning to start a life together in marriage, aiming to form a harmonious and sustainable family. They need to prepare their reproductive health, both for the bride and groom, so that after marriage, they can have a good health status to produce a quality generation. This quantitative research used a Pre-Experiment approach with One Group Pre-Test and Post-Test design. The population in this study was 492 prospective brides and grooms, with a sample of 44 respondents. Data analysis was performed using the Wilcoxon Test. Wilcoxon test results  $p$ -value of  $0.00 > 0.05$ . Hypothesis ( $H_a$ ) is accepted which shows the results of the study that there is a significant influence of booklet media on the knowledge of prospective brides and grooms. Booklet media significantly affects prospective brides and grooms' knowledge regarding physical and psychological preparation at the KUA of Sokaraja District.

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### Corresponding Author:

**Kris Linggardini**

Faculty of Health Sciences, Universitas Muhammadiyah Purwokerto,  
Soepardjo Rustam Street KM. 7, Banyumas, Indonesia

Email: [linggardini75@gmail.com](mailto:linggardini75@gmail.com)

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## 1. INTRODUCTION

Marriage is a relationship that includes physical and emotional aspects between a woman and a man who are not directly related, with the aim of forming a happy, loving, and compassionate family [1]. Preparing reproductive health conditions for brides-to-be is an important step in improving health before pregnancy. This action is important for both the bride and groom, so that after marriage, they can maintain optimal health to support a quality future generation. According to information from the National Population and Family Planning Agency (BKKBN), the minimum age for marriage is 21 years for women and 25 years for men. This age is considered the time when a person is biologically and psychologically ready to form a family. Thus, the risk of complications during childbirth can be minimized due to mature physical and mental readiness [2]. The roles and responsibilities of the KUA, the head of the KUA, the penghulu, the counselor, and their staff are very strategic in providing services, guidance, and guidance to the community in applying the applicable law.

As a law enforcer, the Office of Religious Affairs (KUA) has a crucial role in the social and religious life of the community. The existing legal regulations aim to make prospective husbands and wives understand how to live a good family life, because the quality of marriage is greatly influenced by the readiness and maturity of both partners in managing the household. A person's maturity is influenced by factors such as emotional development, education, social background, and others [3]. In conducting counseling, it is important

to choose methods that can increase understanding of the counseling process itself. Brides-to-be need information media that is practical and accessible in various places. One of the media options that can be used is a booklet [4]. The purpose of this study was to determine how the influence of booklet media on the knowledge of prospective brides about physical and psychological preparation at KUA Sokaraja District.

The benefit of this research is to expand the knowledge of prospective brides about premarital physical and psychological preparation through the use of booklets as information media. There are 393 brides and grooms who have been married. The results of interviews obtained from representatives of prospective brides and grooms at the KUA Sokaraja District, they have undergone pre-marital guidance for 2 days and they have received material related to preparing a harmonious family and preparing a quality generation. Based on previous research by conducting a survey of prospective bridal couples in May-July 2020 with the title "The Effect of Health Education with the Method of Providing a Mighty Pocket Book (Healthy Family Preparation) on Marriage Readiness of Prospective Brides". The survey conducted by researchers was to collect respondents as many as 36 prospective brides.

From the results of the data it can be concluded that the results of the study with the Wilcoxon test, which results in a z value of -2.828 and a significance of  $p < 0.005$  ( $p > 0.050$ ) so it can be concluded that there is a significant difference before and after the intervention of giving the PERKASA pocket book to prospective brides (Catin) for marriage readiness. Thus it can be concluded that statistically it is believed that there is an effect of providing the PERKASA pocket book for catin on the readiness to marry the bride and groom [5].

## 2. RESEARCH METHOD

This type of research is quantitative research with the Pre-Experiment method using the One Group Pre Test and Post Test design. The population in this study were 492 prospective brides and grooms at the KUA Sokaraja District. The sample used was 44 people. The sampling technique in this study used Consecutive Sampling. The research time was April-May 2024. The research location was at the KUA Sokaraja District, Banyumas Regency which has received research ethics permission with registration number: KEPK/UMP/30/V/2024. This research instrument used a questionnaire that was announced to prospective brides and grooms containing questions about the prospective brides and grooms' knowledge regarding physical and psychological preparation.

## 3. RESULTS AND DISCUSSIONS

When presenting results in a table or figure, do not repeat all those contents in the text. Present only the summary of the text. Describe only new and important aspects of the study. Do not repeat all information from results section or any section above. Present limitations of the study. Write the issues that are new or unsolved, for future research. This section consists of the information on What/How the presented data were produced, no raw data should be present in the article. The produced data are presented in tables, or figures with an explanation of what is the result/findings from the work.

### 3.1 Univariat

According to .

**Table 1** Based on the results data, there are 28 females (63.6%). Based on age range, the majority are between 17-25 years old with a total of 24 people (54.5%). Based on the last education, the majority are high school graduates totaling 31 people (70.5%). Based on occupation, the majority are unemployed with a total of 11 people (25.0%) and the majority have attended marriage counseling/guidance on physical and psychological preparation totaling 44 people (100%). According to **Table 2** the average value of prospective bride and groom knowledge before receiving the Media Booklet Education minimum value 7, maximum 15, standard deviation 1.676, with a median of 11.50 and mean 11.57. After receiving the Media Booklet Education the results increased to a minimum of 13, maximum 15, standard deviation 0.695, median 15 and mean 14.43.

In line with research by Wulandari et al (2020) entitled "Education Using Preconception Care Booklets Increases the Knowledge and Self-Efficacy of Bride-to-Be" (2020) [6]. Based on the pre and post groups, it was found that there was no significant difference between the level of knowledge and self-efficacy before and after the intervention ( $p$ -value  $0.000 > 0.05$ ) in prospective brides and grooms. Another statement was made by Septi Andri Astuti (2023) "The Influence of Premarital Mental Health Education through Booklet Media on the Knowledge of Prospective Brides at the Pracimantoro I Health Center" (2023), [7] Based on the results of the.

**Table 1.** Frequency Distribution of the Number of Prospective Brides and Grooms at the KUA, Sokaraja District, Banyumas Regency (n=44)

Characteristics of Respondents	f	%
<b>Gender</b>		
Male	16	36.4
Woman	28	63.6
<b>Age</b>		
12-16	1	2.3
17-25	24	54.5
26-35	17	38.6
36-45	2	4.5
<b>Education</b>		
Junior High School	4	9.1
Senior High School	31	70.5
Diploma III	5	11.4
Bachelor	4	9.1
<b>Occupation</b>		
Not working	11	25.0
Laborer	10	22.7
Private Employee	10	22.7
Self-employed	5	11.4
Nurse	6	13.6
Teacher	2	4.5
<b>Have Participated in Counseling</b>		
Already	44	100.0
Not yet	0	0

**Table 2.** Average Value of Knowledge of Prospective Brides and Grooms Before and After Participating in Marriage Counseling/Guidance (n=44)

Parameter	Pre Test	Post Test
Mean	11.57	14.43
Median	11.50	15.00
Std. Deviation	1.676	0.695
Minimum	7	13
Maximum	15	15

**Table 3.** Uji Wilcoxon

	N	Mean (Minimum-Maximum)	Perbedaan Rerata	P Value
<i>Pretest</i>	44	11.57 (7-13)	2,86	0.000
<i>Posttest</i>	44	14.43 (15-15)		

Wilcoxon test, the Asymp value was found. Sig is 0.000 ( $p < 0.05$ ), which indicates that the alternative hypothesis is accepted. The results of the study after being given the kespro catin booklet, most respondents had good knowledge, namely 51 respondents (91%). Education through booklets has proven effective in increasing the knowledge of prospective brides and grooms.[8]. The results of this normality test have a post-test knowledge value of 0.000, in testing the data is said to be normally distributed if the significance variable is  $> 0.05$ , if the results of one or both data are  $< 0.05$  then the data is said to be normally distributed [9]. The results of the post-test value have a p value  $< 0.05$  so that the data is said to be not normally distributed, so the difference test used is to use the Wilcoxon test. The following table shows the results of the difference test using the Wilcoxon test.

Based on **Table 3** the results showed that the average knowledge before being given physical and psychological preparation education was 11.57 and after being given 14.43. The results of statistical tests using the Wilcoxon test obtained a p value with a result of 0.000. This means that there is an influence on the knowledge of prospective brides about physical and psychological preparation before being given a booklet and after being given a booklet. This is supported by research by Wulandari et al. (2020) on Education Using Preconception Care Books to Improve Knowledge and Self-Efficacy of Prospective Brides and Grooms,

showing that in the pre and post groups, both in terms of knowledge and self-efficacy, a p value of  $0.000 > 0.05$  was obtained, indicating that there was a difference between the initial test (pretest) and the final test (posttest) regarding knowledge and self-efficacy in prospective brides and grooms [10]. Research by Arsyad et al. (2022)

This study shows that providing 1000 HPK nutrition education to prospective brides and grooms has a significant effect [11]. Research by Gita Kostania (2020) This study shows that the average at the time of the post-test was higher than before being given treatment in the form of counseling using premarital booklet media ( $7.04 > 4.63$ ). The results of the difference test showed a p value =  $0.001 < 0.05$ . In other words, there is a significant difference between the two groups. So that the premarital booklet is effective in increasing the knowledge of prospective brides and grooms about pre-conception health [12].

#### 4. CONCLUSIONS AND RECOMMENDATION

Based on the results of the study entitled the influence of booklet media on the knowledge of prospective brides and grooms about physical and psychological preparation at the KUA Sokaraja, it can be concluded that most of the respondents were women, most of them were on average 17-25 years old, most of the respondents did not know what knowledge needed to be prepared before getting married, there was a significant influence after being given booklet media as a guide to knowledge for prospective brides and grooms at the KUA Sokaraja District.

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