

A Study to Assess the Effectiveness of Self Instructional Module on Knowledge regarding Premarital Counselling among Adults at Selected Rural Area

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Abstract: *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. 1.To assess the existing level of knowledge regarding premarital counselling among adults at selected rural area. 2.To evaluate the effectiveness of self-instructional module regarding premarital counselling among adults at selected rural area.3.To associate pre-test level of knowledge among adults regarding premarital counselling with their selected demographic variables. The methodology of the study includes the description of the research approach, research design, setting of the study, sample and sampling technique, development of data collection tools & questionnaire, procedure for data collection and the plan for data analysis. There is a significant difference between pre-test and post-test knowledge scores on knowledge about premarital counselling.*

Keywords: Adults, premarital counselling, self-instructional module

1. 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. The premarital counsellors, who can either be a family therapist or a member of the clergy, assist the couple by providing them with activities that help develop skills that they will need to successfully navigate through their marriage. The counsellor also helps identify what the

Problem areas or differences are between the couples which may later cause, conflict, and help them resolve them earlier.

2. Literature Survey

A cross-sectional study was conducted with an aim to know the knowledge, attitude and practice of the population through a structured questionnaire at Safdarjung hospital, New Delhi. Only 11% of males knew of premarital counselling and none of the females were aware of premarital care. Contraception knowledge was also poor among females as 7% females knew only I-Pill as the method of contraception. After knowing the importance of premarital counselling and screening 92% males and 52 % females agreed for premarital counselling and screening. Premarital care nurtures it and fills its "Neev" with the goodness of health. Therefore, it is recommended that premarital care is important before every marriage for the happy and healthy family ahead.

3. Problem Definition

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Objectives:

- 1) To assess the existing level of knowledge regarding premarital counselling among adults at selected rural area.
- 2) To evaluate the effectiveness of self-instructional module regarding premarital counselling among adults at selected rural area.
- 3) To associate pre-test level of knowledge among adults regarding premarital counselling with their selected demographic variables

4. Methodology/Approach

The methodology of the study includes the description of the research approach, research design, setting of the study, sample and sampling technique, development of data collection tools & questionnaire, procedure for data collection and the plan for data analysis. The methodology of the study includes the description of the research approach, research design, setting of the study, sample and sampling technique, development of data collection tools & questionnaire, procedure for data collection and the plan for data analysis.

5. Result

Thus the result shows that post test score was more than the pre-test score thus the self-instructional module on knowledge regarding premarital counselling among adults was effective.

The data was analysed and is presented in following section:

Section I: Description of demographic characteristics of the samples. This section includes distribution of adults in relation to demographic data by using frequency and percentage.

Section II: Assessment of pre-existing knowledge scores of adults regarding premarital counselling by using frequency and percentage of pretest knowledge scores. Assessment of posttest knowledge scores of adults regarding premarital by using frequency and percentage of posttest knowledge scores

Section III: Data analysis in relation to find out the association of pre-test knowledge score with selected demographic variables by using chi square test of association.

Section IV: It deals with the analysis of data related to the effectiveness of self-instructional module on the knowledge scores by calculating difference between percentages of mean pre-test and post-test knowledge scores

Section V: Testing of Hypotheses by using paired “t” test

Group	Frequency	Mean	S.D.	t value	P value
Pre Test	60	8.13	4.57	14.67	0.000
Post Test	60	17.66	5.13		

Thus the result shows that post test score was more than the pretest score thus the self-instructional module on knowledge regarding premarital counselling among adults was effective.

6. Discussion

The present study was conducted with the purpose to evaluate the effectiveness of self-instructional module on knowledge regarding premarital counselling among adults at selected rural area. In order to achieve the objective of the study, a quasi-experimental one group pre-test, post-test without control group design with evaluative approach was adopted and for that simple random sampling technique was used to select the subject for the study. The data were collected by using structured questionnaire, from 60 adults before and after the administration of self-instructional module on knowledge premarital counselling among adults at selected rural area. The analysis of the findings was done according to the study objectives by using descriptive and inferential statistics.

7. Conclusion

The study findings concluded that adults had poor knowledge regarding premarital counselling. The self-instructional module had great potential for accelerating the awareness regarding premarital counselling among adults at selected rural area.

8. Future Scope

Nursing Practice

Nurses are uniquely qualified to bring information on premarital counselling to public. They have both the necessary scientific background and communication skill to get the message across in an understandable way. Their expertise in health promotion and behavioural changes also equips to foster life style choices.

Nursing Education

It emphasizes that adequate knowledge owned by the nurses may help to update themselves on the recent advancements, which in turn helps the nurses to give health education for people who are seeking medical care and in the community

Nursing Administration

Staff development program in any organization is the prime responsibility of the nurse administrator.

Nursing Research

Nursing research is the means by which nursing profession is growing. Nursing professional organizations need to support research on the public health. They need to conduct research and draw up publicly available policy documents on the long-term assessment of the impact of attending premarital counselling

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Author Profile



Leena Shingare Lecturer Guru Govind Singh Memorial School of Nursing Nanded, India. She has been working in the field of community health nursing department since 4 years.

