

## Effect of Educational Program about Premarital Counseling for Nursing School Students

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### Abstract

**Background:** Premarital counseling has significant role in prevention of genetic disorders, congenital anomalies several medical, and psychosocial marital problems. **Aim of the study:** Evaluate the effect of educational program about premarital counseling for nursing school students. **Research design:** A Quasi- experimental study used to achieve the aim of current study. **Sample:** A convenient sample of 120 students used this in study. **Setting:** Nursing school's students at Minya governorate. **Tool:** Two tools used to achieve the aim of this study: **1<sup>st</sup> tool:** Interviewing questionnaire sheet which consisted of three parts demographic characteristics of student, medical history, and knowledge of student about premarital counseling, **2<sup>nd</sup> tool:** Reported practices of student for premarital counseling. **Result:** There was a marked improvement in total student's knowledge as the pre-educational program was (62.4%-32.3%-5.3%) improved to (12.5%-10%-77.5%) during post-educational program, respectively, there were marked improvement in the practices post-educational program from one most (98.3 %) of the student has satisfactory practices with pre-educational program to (100 %) with post-educational program. **Conclusion:** The results of present study supported the research hypothesis that there is marked an improvement in knowledge, and reported practices toward premarital counseling for nursing school students after implement an educational program. **Recommendation:** Apply health education program for couples who will obtain a health certificate for marriage. **Key Words:** Educational Program, Nursing School Students & Premarital Counseling.

### Introduction

Premarital counseling (PMC), refers to therapy or counseling sessions provided to couples who are planning to get married. The primary aim of PMC is to help couples prepare for marriage by addressing various aspects of their relationship and individual expectations. Couples learn effective communication techniques to improve understanding and resolve conflicts. Counselors help couples develop strategies for resolving disagreements and managing conflicts constructively (*Gholizadegan et al., 2024*).

Premarital counseling help couples discuss their expectations regarding roles, responsibilities, finances, children, and other important aspects of married life. Exploration of relationship dynamics, including patterns of behavior, emotional support, and intimacy. Addressing financial management, budgeting, and planning to ensure both partners are aligned in their financial goals and responsibilities. Premarital counseling is one of the most important strategies for prevention of genetic disorders, congenital anomalies and several medical, psychosocial marital problems. It can provide an opportunity to intervene according to the identified risk. This intervention include vaccination, counseling regarding behavior

including those related to human immunodeficiency virus (HIV), and other infections, nutrition, genetic counseling, advice regarding contraception, modification of chronic disease, treatment of infections and medication to decrease teratogenic risk. Couples learn techniques for resolving conflicts constructively. Knowing how to handle disagreements and negotiate differences can prevent conflicts from escalating and damaging the relationship (*Badriah et al., 2023*).

So, health education is one of the tools that provide nursing students with the knowledge, skills, and motivation to make healthier lifestyle choices. However, there is a big lack in knowledge related to reproductive health even among educated persons. Premarital counseling service is lagging behind current attitudes and demands of students. Although students' attitudes towards sexual matters are liberal, their knowledge about reproductive health and premarital knowledge is still limited. A preliminary step for the design of proper health education strategy is to know how much the target group knows about health problems and what their attitudes towards this important element of health care (*Rahmanian et al., 2022*).

The educational program can improve knowledge of participants. The information provided during the educational program could assist in making students better

aware of the dangers and more selective of their future partners. Nursing students will spread their corrected knowledge and ideas to their friends, family and community. Premarital education and couples counseling is to be some of the most effective prevention programs for couples as it considered a way to lower the chances of divorce and increase couple satisfaction after marriage (*Rouhparvar et al., 2022*).

School health nurses have a crucial role to play in premarital counseling. Nursing students communicate with clients verbally and non-verbally so it requires much skill to do this and with the considerations of various domains: biological, psychological, socio culture, spiritual and environment. The role of nurse is very complex as it includes their role as advocator, educator, communicator, consultant, coordinator of care, leader or member of the profession, care giver, empowering agent, researcher user and health promoter, role model and counselor (*Yadassa et al., 2023*).

Nurses can assess the health risks associated with marriage, such as genetic disorders, hereditary diseases, or chronic conditions. Nurses can provide guidance on how to manage these risks and make informed decisions. Nurses can discuss contraception options, family planning methods, and the importance of spacing pregnancies for the health of both the mother and child. Nurses can address concerns about fertility and infertility. Marriage can bring about significant emotional challenges. Nurses can offer support and resources for managing stress, anxiety, depression, and other mental health issues that may arise before or during marriage (*Van et al., 2023*).

### **Significance of the study**

Total number of marriages across worldwide Overall, the trend shows a global decline but only a relatively small one, from 69% in 1970 to 64% projected for 2020. At any given point in the last five decades, around two-thirds of all women were married or cohabitated. Nearly in 2022, 49 % of married couples report attending counseling together at some point in their relationship. Premarital counseling (PMC) reduces the probability of children that might be affected by a disorder, through defining the necessity of treatment or helping the couple to make a decision whether or not avoiding conception in the presence of a high risk of abnormality (*Parhizgar et al., 2022*).

The number of marriage cases recorded 913 thousand in 2021, while the divorce cases hit 198 thousand, averaging 21.7% of divorce ratio to every 100-marriage

case. The divorce rate is common in urban than rural areas and the highest divorce rate recorded in Minya governorate (*Central Agency for Public Mobilization and Statistics CAPMS, 2021*).

Accordingly, Egypt's divorce rate hits an all-time high; there is a divorce case every two minutes. Total number of marriages across Egypt increased to 928,800 contracts in 2021 compared to 887,300 in 2018 with increase of 4.6 percent while divorce certificates meanwhile reached 225,900 in 2019 compared to 211,500 certificates in 2020 with a decrease of 6.8 percent (*Central Agency for Public Mobilization and Statistics, 2021*). So, the current study conducts to evaluate the effect of educational program about premarital counseling for nursing school students.

### **Aim of the study**

This study aimed to evaluate the effect of educational program about premarital counseling for nursing school students **through:**

- 1) Assessing nursing students' role concepts and feelings about relationship pre and post.
- 2) Planning for premarital counseling on nursing school students.
- 3) Implementing premarital counseling on nursing school students.
- 4) Evaluating the effect of premarital counseling outcomes pre and post implementation of an educational program.

### **Research hypothesis:**

The nursing school student's knowledge and reported practices will be improved after implementation an educational program about premarital counseling.

### **Subjects & Methods**

**Subject and methods for this study were portrayed under four main items as the following:**

- I. Technical Item.
- II. Operational Item.
- III. Administrative Item.
- IV. Statistical Item.

#### **1. Technical Item:**

The technical item includes (research design, setting, sample and tools for data collection).

#### **Research design:**

A Quasi- experimental design was conducted to achieve the aim of the current study.

**Setting:**

This study was conducted at nursing school students in Minya Governorate. This building consists of 4 floors. The first floor (ground) contains the training department and schools, which heads the governorate as a whole. The second floor contains the girls' nursing school, where there are four classrooms, each one containing 30 female students. They were taken into the research. The same floor contains two offices for administrators, an office for seven female teachers, and an office for the school principal, a bathroom, and a workroom. On the third floor where there are three classrooms. On the same floor there are two offices for administrators, an office for seven female teachers, and an office for the school principal. The fourth floor of the building contains four examination halls and a bathroom.

**Sample type:**

A convenient sample was included from all nursing students attending to the previous setting in the academic year 2022- 2023 in the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> grades. The sample was chosen according to the following criteria: aged 16 years old and above, and unmarried students and who completely filled questionnaires through the period of 3 months involved in the current study. Their number (120) nursing students.

**Tools of data collection:****Two tools were used to collect data:**

**Tool (I):** Structured interviewing questionnaire was developed by the researcher to collect data, under supervision staff based on reviewing related literatures and expert opinions and written in a simple Arabic language and it was consisted of three parts:

**Part (I): Demographic characteristics of nursing student consisted of 12 items**

**such as:** Age, sex, marital status, place of residence, number of family members, number of home rooms, home crowdedness, arrangement between siblings, mother's occupation, mothers' education levels, father's occupation, and fathers' education levels.

**Part (II): Medical history: It divided to 2 sub-items**

**A-Past medical history for nursing student consisted of 4 items such as:** have a history of certain diseases, had a specific surgery on the reproductive system, have a family history of certain diseases, and had any test done before.

**B-Current health status for nursing student consisted of 7 items such as:** suffer from hereditary blood diseases, suffer from infectious diseases, suffer from psychological

problems, suffer from financial burdens, suffer from weight gain, suffer from diseases of the reproductive system, and suffer from thyroid disorders.

**Part (III): Knowledge of nursing student about premarital counseling:** Adopted from (Al-Shafai et al., 2022).

**This tool consists of sub-items (pre – post implementation of an educational program):**

**Knowledge of nursing student about premarital counseling consisted of 18 closed end questions such as:**

Meaning of healthy marriage, meaning of pre-marital medical examination, purpose of the premarital medical examination program, time of medical examination performed before marriage, types of medical examination before marriage, validity of the healthy marriage certificate, reasons for a medical examination before marriage, genetic diseases that one of the spouses may be exposed to, tests are included in pre-marital examinations, routine tests that are performed for pre-marital medical examination, tests to detect some infectious diseases to detect, genetic tests, fertility tests for women, fertility tests for men, complications of neglecting pre-marital examinations, complications of neglecting pre-marital examinations are for women with thyroid disorders, as this leads to, complications of women neglecting pre-marital examinations, which leads to, and if one of the parties suffers from thalassemia.

**Scoring system,** it included 18 questions; the answer score 2 point for correct answer and complete, 1 point for correct answer and not complete and zero point to wrong or no answer. The total score of nursing school students 36 points knowledge regarding premarital counseling divided into three levels as the following:

- Poor knowledge < 50 % (< 18 score)
- Average knowledge 50 -70 % (18:25 score)
- Good knowledge > 75% (> 25 score).

**Tool (II): Reported practices of nursing student for premarital counseling consisted of 6 items of 49 closed end questions such as:**

**A- Reported practices about their nutrition intake consisted of 9 closed end questions such as:** drink at least 2 to 3 litres of water every day, eat complex carbohydrates instead of simple carbohydrates such as (lentils, beans, and chickpeas), eat nuts and seeds such as almonds, walnuts, flax seeds, chia seeds, and sunflower seeds, eat salads with meals, such as carrots, cucumbers, and tomatoes, eat green leafy vegetables that are full of antioxidants, eat some fruit and also eat between meals, eat your meals as simple as possible, eat foods you should eat to get glowing skin

before your wedding: tomatoes, strawberries, pomegranates, and almonds, and eat dessert as a separate small meal.

**B- Reported practices about their nutrition avoided consisted of 10 closed end questions such as:** eat white flour, eat white sugar, eat sweetened foods, eat white rice, eat trans fats in foods such as cakes, pastries, biscuits and canned juice, eat foods high in saturated fat, such as red meat and full-fat dairy products, have a high salt or sodium intake, drink soda and caffeine, cigarette smoking, and you will use contraception.

**C- Reported practices about their exercises consisted of 9 closed end questions such as:** do abdominal muscles exercise, do frog exercise, do Hinge stretch exercise, do Kegel exercise, do plank exercise, do pelvic thrust exercise, do swimming exercise, do yoga exercise, and do arabesque exercise.

**D- Reported practices about their personal hygiene consisted of 9 closed end questions such as:** removing body hair two days before the wedding, lighten dark areas of the body, shower daily, make sure to use deodorant under your armpits after every shower, wearing tight underwear or those containing synthetic fabrics, wear comfortable cotton clothes that absorb moisture and sweat, clean teeth and brush them twice daily, and take good care of your fingernails and toenails and remove dead skin.

**E- Reported practices about their financial planning consisted of 9 closed end questions such as:** have joint or separate accounts, monthly budget should look the same, pending loan that I should know about, do you have any rent to hide saver or a spendthrift, and have a prenuptial financial agreement.

**F- Reported practices about their marital roles consisted of 3 closed end questions such as:** divide up household chores, make the biggest decisions in the family is the husband, and the most difficult thing or topic in marriage is the financial role.

**Scoring system,** it included 49 questions; 2 points for done, 1 point for sometimes answer and zero point to not done answer. The total score of nursing school students 98 points reported practices about premarital counseling classified into two levels:

- **Satisfactory practices  $\geq 60\%$  ( $\geq 59$  point).**
- **Unsatisfactory practices  $< 60\%$  ( $< 59$  point).** (Almoliky et al., 2022).

#### **Tool validity and Reliability:**

##### **A) Content Validity:**

The revision of the tools for clarity, relevance, comprehensiveness, understanding and applicability done

by five experts from faculty of nursing (3 from community health nursing department and 2 of gynecology and obstetrics nursing department) to measure the content validity of the tools and the necessary modification done accordingly.

##### **B) Tool Reliability:**

Reliability was applied for testing the internal consistency of the tool, by administration of the same tools to the same subjects under similar conditions two times. Answers from the repeated testing were compared (Test-re-test reliability was 0.82 for knowledge), and Cronbach's Alpha reliability was 0.890 for practices.

#### **II. Operational design:**

The operational design includes preparatory phase, pilot study, and field work phase.

##### **A. Preparatory phase:**

A review of recent, current, national and international related literature in various aspects of the problem to design the study tools, then tools of data collection were tested for content validity through pilot study to determine the nursing students needs by using pretest based on the collecting data on the nursing student's knowledge and their practices toward premarital counseling.

##### **B. Pilot study:**

It was conducted on 10% of nursing students (12 nursing students) were chosen randomly to test the content, the aim of the pilot study was to evaluate clarity, visibility, applicability, as well as the time required to fulfill the developed tools. According to the obtained results, modifications such as omission, addition and rewording were done. The number of the pilot study was excluded from the study sample. According to the obtained results, if the modification was a vital /basic & fundamental investigator would be excluded the pilot study from the total sample. While if the result un vital or un fundamental the pilot study would be included from the total sample.

##### **3) Field work:**

Data were collected over 6 months from the beginning of June 2023 to the end of November 2023. The study was carried out by the researcher for the studied sample at nursing school students at Minya governorate. The researcher visited the previous setting 4 days per week from 10:00 am to 12:00 pm- day as it is the time of school working. The average time needed for the sheet was around 30-45 minutes, the average number interviewed at a nursing school student at Minya governorate were 2-3 nursing students/day depending on the responses of the director and application of health education program using teaching

methods and filled out the post program questionnaire for participated students filled. Data were collected through three phases: assessment, implementation, and evaluation phase.

### **Phase 1: Assessment:**

The researcher selected some factors to assess study sample which related the health education can be applied to nursing students as following: This program may be useful to planners of medical examination before marriage, reasons for the upcoming marriage sessions, and how to prepare for counseling sessions for those about to get married. The nursing educational programs were designed by the investigator based on data obtained from pre assessment tools.

### **Phase 2: Program Implementation:**

Program implementation based on conducting session plans using different educational methods, and media in addition to the use of guiding booklet specifically designed and developed based on nursing students' assessment needs. Time was opened for attendance to ask questions and to receive the corresponding answers as well as to express their feedback toward the teaching session. Media used posters, laptop, guidance booklet which includes instruction and information for nursing students as a reference during and post program implementation.

Time allowed: 5 hours has been allocated for health education sessions (45 minute for each session except session 5 needed 30 minutes).

At the beginning of the first session, an orientation about the program and its purposes was given. It was agreed at the time of the sessions with the nursing students. From the second session each session started by a summary about what was given through the previous sessions and objectives of the new one.

By the end of each session a summary were made and time allocated for questions and answers& plan for next session were made. Except for the last session a termination of sessions through feedback was done.

Educational media was used the poster, laptop, guidance booklet which includes instruction and information for nursing students as a reference during and post program implementation. Teaching material was used Arabic Booklet and audiovisual materials.

A Booklet including all content of the program was designed and given to nursing students as an educational reference during program implementation and as self-learning reference post program implementation. Its aim was providing scientific knowledge & practice and health education related premarital counseling.

### **Phase 3: Program evaluation:**

This phase aimed to evaluate the level of improvement in nursing student's knowledge, health practices and their health education regarding premarital counseling. This was done through giving posttest similar to the pretest, evaluation administered to study subjects after completion of the program in order to estimate the effect of educational program about premarital counseling for nursing school students.

### **Ethical consideration**

Informed consent was granted from the directors of the previous setting, and then consent was taken from the study subjects. Anonymity and confidentiality are assured through coding the data, data was used in the purpose for the research study and withdraw from the study at any time is accepted.

### **III. Administrative Design**

An approval letter to conduct the study would be obtained from the administrative authorities of the faculty of nursing Beni-Suef University forward the director of Minya nursing students, including the aim of the study.

### **Statistical Design:**

All data collected were organized, tabulated and analyzed using appropriate statistical test. The data were analyzed by using the Statistical Package for Social Science (SPSS) version 21 which was applied to calculate frequencies and percentage, mean and standard deviation, as well as test statistical significance and associations by using Chi-square test ( $\chi^2$ ) and linear correlation coefficient ( $r$ ) and matrix correlation to detect the relation between the variables (P value).

### **Significance levels were considered as follows:**

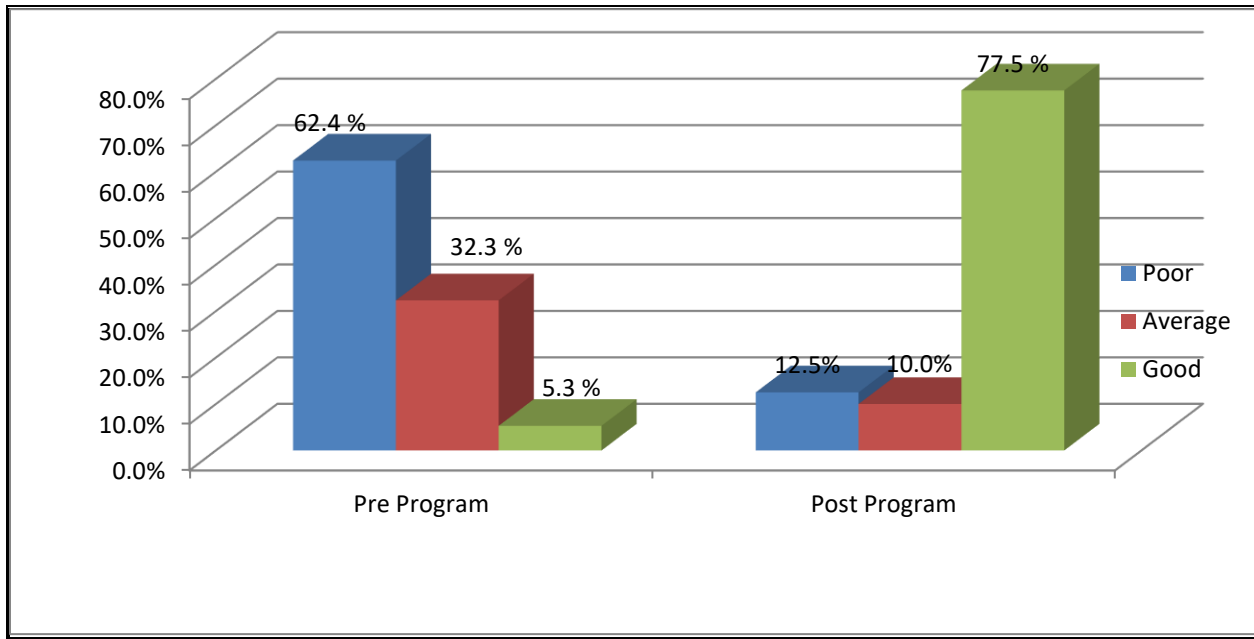
- Highly statistically significant  $P < 0.001^{**}$
- Statistically significant  $P < 0.05^*$
- Not significant  $P > 0.05$

**Table (1): Frequency Distribution of the Studied Nursing Students according to Demographic Characteristics (n=120).**

Demographic characteristics	N	%
<b>Age</b>		
Less than 16 years	25	20.8
16 - 18 years	<u>95</u>	<u>79.2</u>
<b>Mean ± SD</b>		<b>17.4 ± 5.4 years</b>
<b>Sex</b>		
Female	<u>120</u>	<u>100</u>
<b>Marital Status</b>		
Single	<u>120</u>	<u>100</u>
<b>Arrangement between siblings</b>		
First	3	2.5
Second	5	4.2
Third	<u>90</u>	<u>75</u>
Fourth	22	18.3
<b>Income</b>		
Enough and save	25	20.8
Enough to cover basic needs	<u>75</u>	<u>62.5</u>
Not enough to cover basic needs	20	16.7

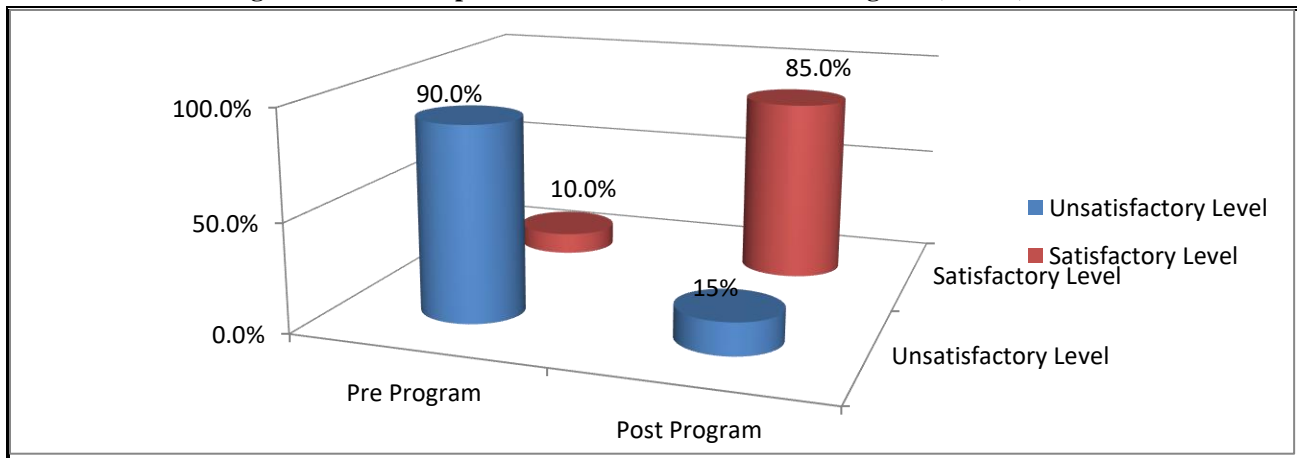
**Table (1):** shows that majority (79.2%) of the studied nursing students are from 16 - 18 years with Mean ± SD=17.4 ± 5.4 years, all (100%) of them are single and three quarters (75%) of them are third rank between siblings, respectively. Less than two thirds (62.5%) of them have enough to cover basic needs.

**Figure (1): Percentage Distribution of Total Knowledge among Studied Nursing Students regarding Premarital Counseling Pre and Post Applying Implementation of An Educational Program (N=120).**



**Figure (1): Illustrates that,** there is a marked improvement in total nursing students’ knowledge as the pretest was (5.3% - 32.3% - 62.4%) improved to (12.5% - 10% - 77.5) during posttest with the following level poor, fair, & good, respectively.

**Figure (2): Number and Percentage Distribution of Total reported practices among Studied Sample regarding Premarital Counseling Pre and Post Implementation of An Educational Program (N=120).**



**Figure (2): Illustrate that,** 90.0 % of studied sample had unsatisfactory with total practice pre implementation educational program. While 85.0 % of studied sample had satisfactory total practice post implementation educational program where P value 0.000 and paired t test =243.9.

**Table (2): Relation between Demographic Characteristics and Total Knowledge of Studied Sample's Pre & Post Implementation of An Educational Program (N=120).**

Demographic characteristic	No	Total knowledge pre						Total knowledge post						T	p-value
		Poor (78)		Average (39)		Good (3)		Poor (15)		Average (12)		Good (93)			
		No	%	No	%	No	%	No	%	No	%	No	%		
<b>*Sex</b>															
Female	120	78	100.0	39	100.0	3	100.0	15	100.0	12	100.0	93	100.0	14.021	.255
<b>*Students age</b>															
Less than 16 years	25	15	60.0	8	32.0	2	8.0	2	8.0	8	32.0	15	60.0	19.522	.04
16 - 18 years	95	63	66.32	31	32.63	1	1.05	13	13.68	4	4.21	78	82.11	15.245	
<b>* Marital Status</b>															
Single	120	78	65.0	39	32.5	3	2.5	15	12.5	12	10.0	93	77.5	13.258	0.000
<b>*Place of Residence</b>															
Urban	32	25	78.13	5	15.63	2	6.25	2	6.25	5	15.63	25	78.13	11.002	.05
Rural	88	53	60.23	34	38.64	1	1.14	13	14.77	7	7.95	73	82.95	10.224	
<b>*Mothers' education levels</b>															
Illiterate	5	3	100.0	0	0.0	0	0.0	0	0.0	0	0.0	3	100.0	16.325	0.000
Read and writes	20	10	45.45	10	45.45	2	9.09	5	22.73	0	0.0	17	77.27	13.001	
Basic education	17	10	66.67	5	33.33	0	0.0	0	0.00	0	0.00	15	100.0	19.254	
Intermediate	22	10	45.45	10	45.45	2	9.09	5	22.73	0	0.0	17	77.27	13.255	
University	56	23	41.82	19	34.54	3	5.45	5	9.09	7	12.72	43	78.18	13.001	
<b>*Fathers' education levels</b>															
Illiterate	3	3	100.0	0	0.0	0	0.0	0	0.0	0	0.0	3	100.0	15.258	.0000
Read and writes	22	10	45.45	10	45.45	2	9.09	5	22.73	0	0.0	17	77.27	13.255	
Basic education	7	10	66.67	5	33.33	0	0.0	0	0.00	0	0.00	15	100.0	15.258	
Intermediate education	24	10	45.45	10	45.45	2	9.09	5	22.73	0	0.0	17	77.27	18.247	
University education	58	23	41.82	19	34.54	3	5.45	5	9.09	7	12.72	43	78.18	15.259	
Others	6	6	100.0	0	0.00	0	0.00	0	0.00	0	0.00	6	100.0	14.328	

(\*) statistically significant & (\*\*) high statistically significant  $P \leq 0.00$

**Table (2): Proves that,** there is highly statistically significant relation between studied nursing students' total knowledge about premarital counseling post- educational program with their marital status, mothers' educational level and fathers' educational level where p value = 0.000. There is a statistically significant relation between studied nursing students' total knowledge about premarital counseling post- educational program with their age and place of residence where p value = 0.05.



**Table (3): Relation between Demographic Characteristics and Total Reported Practices of Studied Nursing Students' Pre & Post Implementation of An Educational Program (N=120).**

Demographic characteristics	No.	total practice pre				total practice post				t	p-value
		Unsatisfactory		Satisfactory		Unsatisfactory		Satisfactory			
		No	%	No	%	No	%	No	%		
<b>*Sex</b>											
Female	120	78	100.0	39	100.0	15	100.0	12	100.0	14.021	.243
<b>*Students age</b>											
Less than 16 years	25	15	60.0	8	32.0	2	8.0	8	32.0	19.522	.05
16 - 18 years	95	63	66.32	31	32.63	13	13.68	4	4.21		
<b>* Marital Status</b>											
Single	120	78	65.0	39	32.5	15	12.5	12	10.0	13.258	.324
<b>*Place of Residence</b>											
Urban	32	25	78.13	5	15.63	2	6.25	5	15.63	11.002	.05
Rural	88	53	60.23	34	38.64	13	14.77	7	7.95		
<b>*Arrangement between siblings</b>											
First	3	3	100.0	0	0.0	0	0.0	0	0.0	15.258	0.354
Second	5	5	100.0	0	0.0	0	0.0	0	0.0		
Third	90	60	66.66	29	32.22	10	11.11	12	3.33		
Fourth	22	10	45.45	10	45.45	5	22.73	0	0.0		
<b>*Mothers' education levels</b>											
Illiterate	5	3	100.0	0	0.0	0	0.0	0	0.0	16.325	0.001
Read and writes	20	10	45.45	10	45.45	5	22.73	0	0.0	13.001	0.001
Basic education	17	10	66.67	5	33.33	0	0.00	0	0.00	19.254	0.001
Intermediate	22	10	45.45	10	45.45	5	22.73	0	0.0	13.255	0.001
University	56	23	41.82	19	34.54	5	9.09	7	12.72	13.001	0.001
<b>*Fathers' education levels</b>											
Illiterate	3	3	100.0	0	0.0	0	0.0	0	0.0	15.258	0.000
Read and writes	22	10	45.45	10	45.45	5	22.73	0	0.0		
Basic education	7	10	66.67	5	33.33	0	0.00	0	0.00		
Intermediate education	24	10	45.45	10	45.45	5	22.73	0	0.0		
University education	58	23	41.82	19	34.54	5	9.09	7	12.72		
Others	6	0	0.00	0	0.00	0	0.00	0	0.00		

(\* statistically significant & (\*\*) high statistically significant  $P \leq 0.00$

**Table (3): Proves that,** there is highly statistically significant relation between studied nursing students' total reported practice about premarital counseling post- educational program with their marital status, mothers' educational level and fathers' educational level where p value = 0.000. There is a statistically significant relation between studied nursing students' total reported practice about premarital counseling post- educational program with their age and place of residence where p value = 0.05.

## Discussion

Premarital counseling (PMC), is an important strategy for helping individuals to learn skills about better understanding of marriage, improving social relationship, resolving marital conflicts and then apply what is learned in everyday lives. Preparing nursing school students for marriage is a key event that is needed for reducing the high divorce rates in the society (*Achigibah et al., 2024*). PMC aimed to provide support the individuals to decrease marital problems and to increase satisfaction in current relationships. These programs teach individuals how to cope with conflicts and problems in marriage, taking precautions before problems occur, preparing couples for roles in the future and teaching them skills to solve the problem before they become serious (*Huriah et al., 2023*). **Regarding to Demographic data of the Studied Sample the current study showed that,** the present study concerning to age, more than two third of studied sample had aged from 16 to 18 years, and this finding was in agreement with *Badriah et al., (2023)* who conducted published study at Philippine entitled as "The effect of comprehensive sexual education on improving knowledge, attitudes, and skills in preventing premarital sexual behavior in adolescents in Bacolod City"., reported that (68.1 %) two third of studied subjects were aged from 16 to 18 years. **From investigator point view, this might be due to in many places, nursing programs are typically pursued after completing high school, which means students would be at least 16 or 17 years old when they enter these programs. Nursing is a profession that requires a certain level of maturity, responsibility, and education, which is why it's more common for students to pursue nursing after completing their basic education.**

**Regarding to Studied Sample's Knowledge about Premarital Counseling,** concerning the effective of the program on total knowledge studied samples, the present study revealed that there was statistical significant difference between pre and post program apply in all knowledge items this finding was supported with *Gülbetekin, & Yildirim, (2024)* whose conducted published study in turkey under title of " The correlation between domestic violence awareness and attitudes toward child marriage" who reported that, there statistical significant difference between pre and post implementation program in the knowledge of studied subjects and recommended with students' perceptions of premarital

counseling may be influenced by their own experiences or observations of relationships within their families or social circles. If they have not been exposed to premarital counseling or have heard negative experiences from others, they may be more likely to hold misconceptions about its effectiveness.

**Regarding to Studied Sample's reported practice about premarital counseling pre & post educational program,** concerning the effective of the program on total reported practices studied samples, the present study revealed that there was statistical significant difference between pre and post program apply in all reported practices items this finding was supported with *Shitu et al., (2023)* whose conducted published study in Ethiopia under title of " Prevalence and Determinants of Premarital Sexual Practice among Youths in Ethiopia " who reported that, there statistical significant difference between pre and post implementation program in the reported practices of studied subjects and recommended with students' perceptions of premarital counseling may be influenced by their own experiences or observations of relationships within their families or social circles. If they have not been exposed to premarital counseling or have heard negative experiences from others, they may be more likely to hold misconceptions about its effectiveness.

**Regarding to Correlation & Relation between the Studied Variables,** the present study clarified that there statistically significant relation was between knowledge and practice pre apply health education program and this finding supported by *Alkhazaleh, & Alkhawaldeh, (2023)* who conducted published study at Berlin under title" Effectiveness of a Premarital Counseling Program Based on Individual Psychology in Reducing Fear of Intimacy and Developing Social Interest" who reported that there was a significant and direct relation between knowledge and practice. **From the investigator's point view, premarital counseling program increase students' knowledge about couples often learn how to identify and address conflicts in a constructive manner during premarital counseling. This can prevent small issues from escalating into larger problems and promote harmony within the relationship.**

Concerning correlation between total percentage of knowledge and practices post apply health education program, the present study show significant correlation between total score knowledge and practice and this finding was supported with *Yavuzer, & Doğanülkü, (2024)*, who conducted published study in Rural China under title of " Development of a systemic premarital

counselling program and evaluating its impact on young adults' couple relationships in Rural China " reported that there was significant correlation observed between premarital counseling for young adults. **From investigator's point view, this might be premarital counseling encourages couples to discuss and clarify their expectations regarding various aspects of marriage, as finances, roles and responsibilities, children, and intimacy. This can help avoid misunderstandings and conflicts in the future.**

Regarding relationship between total knowledge and student's demographic characteristics pre apply health education program, the present study showed no significant relation between them and this finding was in agreement with **Alasmari, (2024)** who published study at Africa under title "Premarital screening program in Saudi Arabia: Insights into men's awareness and perceptions", who reported no statically significant relation between total knowledge and demographic characteristics pre apply health education program. In addition, this finding in accordance with **Hamali, (2023)**, who published study at Saudi Arabia under title "Public awareness and attitude toward premarital screening program in Jazan region, Saudi Arabia" who reported non-significant relation between total knowledge level among the studied subjects and demographic characteristics.

### Conclusion

**Based on the results of the present study and Research hypothesis, the researcher can conclude that: -**

The results of present study supported the research hypothesis that there is marked an improvement in knowledge, and reported practices toward premarital counseling for nursing school students after implementation of an educational program. Finally, there was a highly positive association between studied students' total knowledge, and reported practices.

### Recommendations

**Based on the previous results of the present study and conclusion, the following recommendations are suggested:**

- Regular training program for nursing student to improve their knowledge, and practices regarding premarital counseling.
- Apply health education program for all couples who will obtain a health certificate for marriage regarding premarital counseling.

### In further research:

- Future studies in different cultural settings will shed light on how knowledge and reported practices regulation in nursing student is influenced by different social expectations regarding age, gender, family dynamics, and academic level.
- Replication of study using large study sample in different settings to generalize the results.
- Additionally, using standardized study methods to conduct future research should make it possible to pool individual study data, which may be necessary to obtain precise estimates for assessing knowledge and reported practices among nursing student.

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