

Male and Female Nursing Student's Perception Regarding Premarital Counseling and Examination

Thesis

*Submitted for Partial Fulfillment for Requirements of
Master Degree in Maternity and Gynecological Nursing*

By

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List of Abbreviations

Abbreviation	Meaning
ACA	American Counseling Association
AIDS	Acquired Immune Deficiency Syndrome.
C V S	Central Venous System
CAPMAS	Central Agency for Public Mobilization and Statistics.
DNA	Deoxyribonucleic Acid
F G	Female Genital
FGM	Female Genital Mutilation
FSH	Follicle-stimulating hormone
HIV	Human Immunodeficiency Virus.
L H	Luteinizing Hormone
MOHP	Ministry of Health.
PMC	Premarital Counseling.
PMCEs	Premarital Counseling and Examinations.
Rh	Rhesus Factor
STDs	Sexual Transmitted Diseases.
UNICEF	United Nations Children's Fund.
UNIFPA	United Nations Population Fund.
VDRL T	Venereal Disease Research Laboratory Test.
WHO	World Health Organization.

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Abstract

This study was aimed to assess nursing student's perception regarding premarital counseling and examinations. **Study setting:** The study was conducted at Faculty of Nursing Ain-Shams University. **Study design:** A descriptive study design was used. **Sample subjects and size:** The study was conducted among students at third academic year at faculty of nursing 210 students. **Study sample:** A convenience sample. **Study Tools:** Self administrated structured questionnaire sheet, and Likert scale were developed to collect data. **Results:** The study findings revealed that, 74.6%, 75.7% of students had correct knowledge & positive attitude respectively regarding premarital counseling and examinations. There was highly statistically significant difference ($p < 0.001$) between students' total score of knowledge & total score of their attitude. **Conclusion:** The present study findings revealed that, three quarters of the studied sample had correct knowledge & positive attitude regarding premarital counseling and examination. **Recommendation:** The researches are needed to assess effect of students' parents' communication on their children's perception about premarital health & to investigate students' barriers for utilization of premarital care health services.

Keywords: perception, premarital, counseling & examinations (PMCEs).

Introduction

Pre-marital examination considered the most effective means of prevention that could limit the birth of affected children, through minimizing the marriage of the carriers of the blood genetic disorder. It is also the most appropriate procedure, as it is generally acceptable from the religious and ethical point of view as well as its minimal health, and economical requirements (*Petro, 2013*).

Pre-marital examination objectives can be summarized as follows: 1) To uncover blood genetic disorders, in those who are preparing for marriage. 2) To limit the occurrence of blood genetic disorders. 3) To limit those marriages among those who are carriers or suffering from blood genetic disorders. 4) To explain the pattern of inheritance of genetic disorders and the means that are appropriate to adopt in the case of carriers of these disorders, where it is feasible for the carrier or the affected to marry a normal person and have normal children or carrier children, but not diseased 5) To save the families from having affected children suffering from a chronic disease and psychosocial problems. 6) To minimize the economic burden on the family and on the government that results from seeking

treatment for chronic and disabling genetic disorders (*Kaufman & Smelyanskaya & Van et al., 2016*).

Premarital counseling is a therapeutic couple's intervention that occurs with couples who plan to marry. Premarital counseling is a skill for training procedure which aims to provide the couples with information on ways to improve their relationship once they are married. Premarital counseling programs have emerged as a way to lower the chances of divorce and also to increase couple satisfaction after marriage (*Trozer, 2013*).

Typically couples who participate in premarital counseling demonstrate overall positive psychological health and to have serious relationship problems. It occurs in a wide range of settings and is provided by practitioners from a different professions (e.g, clergy, professional, and lay counselors, community agency workers) (*Trozer, 2013*).

Premarital counseling includes interpersonal communication, decreases conflict by addressing expectations within marriage "premarital education", and medical and genetic counseling. Medical counseling explains the basic reproductive health, and family planning issues to the couples in terms of teaching them facts

concerning the male and female reproductive parts, how menstruation, ovulation and fertilization happen, and family planning methods) (*Hamamy, 2012*).

Premarital counseling and examination helps for educating the couples on reproduction in terms of teaching them facts concerning the male and female reproductive parts, how menstruation, ovulation and pregnancy happens, family planning methods and the common preventable problems (e.g. Rh incompatibility and Down's syndrome). Although helps for identifying the potential health problems and risks for couples and also their offspring through a comprehensive group of tests especially for couples in a consanguineous marriage who run the risk of having children with genetic birth defects so it is vital for these couples to be screened in order to help them take the necessary precautions or treatment (*Al-Husain et al., 2010*).

Perception is a process of receiving, selecting, organizing, interpreting, checking and reacting to stimuli. This is like an input-through put-output process in which the stimuli can be considered as 'inputs' transformation of 'input' through selection, organization and interpretation as 'through puts' and the ultimate behavior/action as 'output' (*Jungers & Gregiore, 2013*).

The whole perceptual process can be presented as follows: These are explained one by one Receiving Stimuli. The first process in the perception is the presence of stimuli. The stimuli are received from the various sources. Through the five organs. It is a physiological aspect of perception process. Stimuli may be external to us (such as sound waves) and inside us (such as energy generation by muscles) (*Jungers & Gregiore, 2013*).

Perception can be affected by some factors as external and internal factors. External factors relate to stimuli such as intensity of stimuli, its size, movement, repetition, etc. Internal factors, relate to the perceiver such as his/her age, learning, interest, etc. Normally, he will select the objects which interest him and will avoid that for which he is indifferent. This is also called 'selective perception' and Organization of Stimuli. Organizing the bits of information into a meaningful whole is called "organization". There are three ways by which the selected data, i.e., inputs are organized (*Hertzog & Verhaeghen, 2016*).

Nurses have a crucial role to play in premarital care and examination. They 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 there 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 as a counselor (*Leifer, 2013*).

Justification of the problem:

In Egypt, lack of premarital counseling and examination services prevent young male and female to screen for genetic disorders. According to *WHO; Egypt, (2014)* congenital anomalies affect an estimated 1 in 33 infants and result in approximately 3.2 million birth defects related disabilities every year. The percent up to 7.65 million, nearly 9 % of the population, who are suffering from Thalassemia (*Deif, 2015*).

Nowadays premarital counseling and examination are of great importance in Egypt because of high prevalence of divorces, the total number of divorces in 2015 reached 199,867 in comparison to 180,244 in 2014, the Central Agency for Public Mobilization and Statistics (CAPMAS) stated in its annual report on marriages and divorces (*CAPMAS, 2016*).