

# Brides' Knowledge About Contraception In Preparation For Pregnancy

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## ABSTRACT

Pregnancy is the period from conception to the birth of the baby, usually the normal length of pregnancy is 280 days or about 40 weeks / 9 months 7 days, therefore it is necessary to prepare for pregnancy for the mother-to-be. Low pregnancy preparation can result in pregnancy with complications, pregnancy with complications can increase morbidity and mortality for the mother and fetus. The National Population and Family Planning Agency (BKKBN) in 2020 also stated that the percentage of unwanted pregnancies in Indonesia in 2020 reached 17.5%, this occurred due to a lack of preparation before pregnancy and became one of the conditions that contributed to the Maternal Mortality Rate, recorded in 2020 which was 305 per 100,000 live births. The purpose of this literature is to find out how much knowledge the bride-to-be has about pregnancy preparation, especially knowledge about contraception. The search method is through Google Scholar and through a database in the form of PubMed, science direct, with inclusion criteria for publication years 2019 to 2024, discussing the knowledge of prospective brides about contraception and pregnancy, speaking Indonesian or foreign languages and using original research. Out of a total of 1,180 articles, 10 articles were selected to be used for scoping reviews. Each article from a different country discusses the knowledge of brides-to-be regarding contraception, it can be concluded that the level of knowledge of brides-to-be regarding contraception gets a good category, even though the research is conducted in different countries.

**Keywords:** contraception, future bride and groom, knowledge.

## INTRODUCTION

Women will later undergo a physiological process in their lives, namely pregnancy.(Ariyanti, 2019). Pregnancy is the union of spermatozoa with egg cells and is followed by implantation.(Rahmawati et al., 2019). Approximately 20-40 million sperm are released, only 1 sperm can fertilize the egg.(Kiki Khoiriyani,

2020). Various changes can be experienced by mothers throughout the pregnancy period, from physical to psychological.(Putri et al., 2023). Changes in a pregnant woman's body that often occur are changes in body size, changes in breast shape, pigmentation in certain areas of the body, and enlargement of the abdomen.(Damiana Rina, Deny Eka, 2022). This can occur due to several factors, namely changes in body weight, hormonal changes, changes in total blood volume and an increase in the size of the fetus.(Kohlhepp et al., 2018). In addition, these changes also occur due to a response carried out by the endocrine system through hormones which are a response to the fetus's need for space, nutrition, waste disposal and protection from injury.(REEDER et al., 2017). For this reason, before getting pregnant, mothers must prepare their physical and mental health.(Widyaningsih et al., 2022).

Preconception health is important for women of childbearing age (WUS), because it is a factor related to the health of the mother, baby and family.(Azodo & Omuemu, 2017). Preconception health is part of the overall reproductive health interests of both men and women.(WHO, 2013). Therefore, knowledge about preconception health must be increased from adolescence, in order to optimize it during pregnancy later.(Alemu et al., 2021). Entering the marriage period, prospective brides and grooms have insufficient knowledge regarding information about reproductive health.(Ministry of Health, 2018). Because of minimal pregnancy planning, it will result in pregnancy with complications, pregnancy with complications can increase morbidity and mortality for the mother and fetus.(Prawirohardjo, 2010).

The prospective bride and groom are the seeds of the formation of a family, so before getting married, the prospective bride and groom need to prepare their health condition so they can have a healthy pregnancy.(Ministry of Health of the Republic of Indonesia, 2020). Prospective brides and grooms need reproductive health information, because they will become mothers and fathers who must have good health.(Zulaizeh et al., 2023). Prospective brides and grooms must prepare reproductive health for both the prospective bride and groom, so that after marriage they can have a good level of health, in order to create superior offspring.(Kurniasih et al., 2021).

One of the government's efforts to increase the knowledge of prospective brides and grooms regarding pregnancy preparation is the Reproductive Health for Prospective Brides (catin) program and publishing pocket books containing information about reproductive and sexual health.(BKKBN, 2014). In the Indonesian Minister of Health Regulation No. 97, 2014, the government through BP4K held a course for prospective brides and grooms (Suscatin) which was held to increase the knowledge of prospective brides and grooms in dealing with household matters.(Ministry of Health of the Republic of Indonesia, 2014). Then there is also the ELSIMIL (Electronic Ready for Marriage and Pregnancy) application which can help reduce stunting rates in Indonesia.(Suprpto, 2018).

Based on research(Sofia Ma'ruf et al., 2023)In the Bantul Sub-district Kua Region, of the 27 respondents who were prospective brides and grooms, around 63.0% had a good level of knowledge regarding pregnancy.(Sofia Ma'ruf et al., 2023). In the research(Murtini et al., 2023)at the Gondokusuman 1 Health Center, Yogyakarta, obtained results from 23 respondents, when *pre-test* only about 17.4% have a good knowledge category about pregnancy preparation. Then the research obtained results from 32 respondents, when *pre-test* only 9.4% have knowledge about pregnancy preparation.

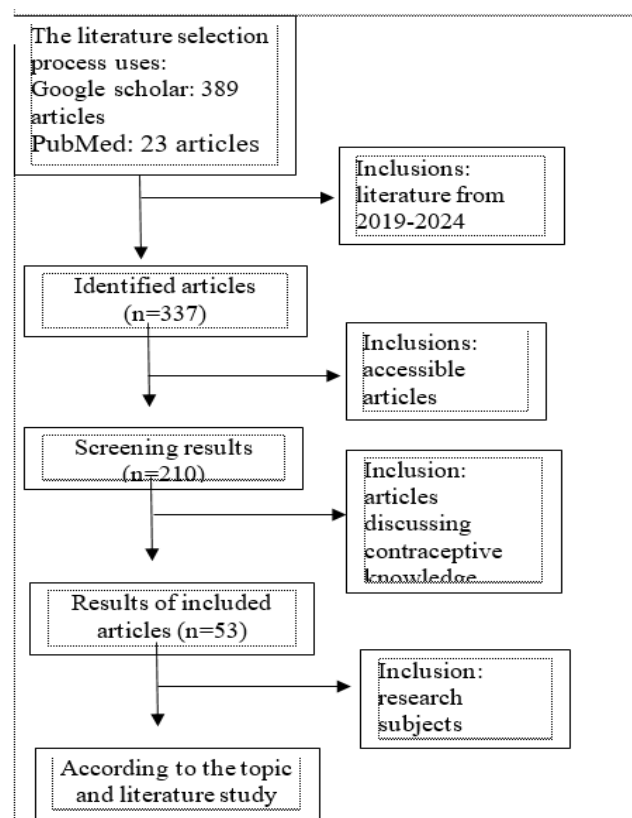
The purpose of making *scoping review* This is to find out the knowledge of prospective brides and grooms about contraception in preparation for pregnancy.

## METHOD

The type of method used in this study is a scoping review to identify prospective brides' knowledge about contraception in preparation for pregnancy.(Utami et al., 2021). Scoping review is a process for analyzing where literature becomes prospective research that will be studied in depth and comprehensively. (Machfudloh & Astuti, 2022). Data were taken from the Google Scholar search tool and the PubMed database, with a period of 2019-2024. The keywords used in the search were in Indonesian, namely "Knowledge of prospective brides", "pre-conception preparation" and "knowledge of prospective brides about contraception" then "Premarital knowledge", "Pre-conception knowledge" in English. Articles were selected based on inclusion criteria, such as (1) original articles (original

research), (2) research discussing knowledge of prospective brides about contraception in preparation for pregnancy, (3) in Indonesian or English, (4) published in 2019-2024 and (5) articles that can be accessed. As for the exclusion criteria, namely (1) articles in the form of opinions, (2) articles in the form of standard operating procedures, (3) articles in the form of systematic reviews, study designs or scoping reviews, and (4) research populations other than prospective brides.

From A total of 412 articles were obtained, then 25 articles were obtained that met the inclusion criteria, then 10 articles were selected for further identification. The selection process is shown in the PRISMA flow diagram. The selected study data were then extracted to identify prospective brides' knowledge of contraception in preparation for pregnancy.



**Figure 1.** PRISMA flowchart diagram literature search

No	Author, Year	Research title	Country	Objective	Research Design	Population and Sample	Results
1	(Muzayanah & Agustina, 2022)	Improving Contraceptive Knowledge in Prospective Brides Through Persuasive Communication	Indonesia	To determine the impact of providing contraceptive education to prospective brides and grooms at the Cilincing KUA	Experimental with pre-post test	113 prospective brides and grooms who come to the KUA every month are the population. 96 respondents were taken using the purposive sampling technique.	There is an increase in knowledge after being given education with P-value = 0.00 or <0.05. So education using video media is more effective than poster media.
2	(Eva Liviana Prince Arisandi et al., 2023)	Health Education for Young Prospective Brides (Catin) Supports Contraceptive Decision Making	Indonesia	To determine the influence of health education on prospective brides and grooms (catin) under the age of 20 years on decision making regarding contraceptives at the Klampokan Situbondo Health Center.	Experiments with static group comparison design	The population of this study was all prospective brides and grooms aged under 20 years. The sample was 44 respondents.	The existence of a P-value of 0.00, which is <0.05, means that there is an influence of health education on the knowledge of prospective brides aged <20 years regarding decision- making in the use of contraceptives.

3	(Sofia Ma'ruf et al., 2023)	Overview of the Level of Knowledge of Prospective Brides and Grooms in the Kua Kapanewon Bantul Area	Indonesia	This study aims to determine the health education needs of brides and grooms at the KUA Kapanewon Bantul.	Descriptive with cross sectional approach	29 prospective brides and grooms at the KUA Kapanewon, Bantul. with a sample of 27 respondents	The frequency of knowledge about contraception is 51.9% with a good category, while the frequency of knowledge about pregnancy preparation is 85.2% with a good category.
4	(Laras et al., 2024)	Knowledge and Attitudes of Men in Surabaya Towards Contraception	Indonesia	To find out the knowledge and attitudes of men in Surabaya towards contraception.	Cross sectional survey	Men aged 17-45 years in Surabaya. with a sample of 100 respondents	Around 55% of respondents had insufficient knowledge about contraception.

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5	(Fitriyatus Shaliha et al., 2022)	The Influence of the Quality of Premarital Counseling Services and Understanding of Family Planning Material on the Attitude of Prospective Brides and Grooms in Using Contraceptives in Sempu District, Banyuwangi.	Indonesia	To analyze the influence of the quality of premarital counseling services and understanding of family planning material on the attitudes of prospective brides and grooms in using contraceptives.	Observational research with analytical descriptive	There were 72 prospective brides and grooms, with a sample of around 42 respondents.	Of the 42 respondents who were prospective brides and grooms, 69.0% had a good level of knowledge about contraception.	42
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6	(Sariningsih, 2022)	<i>The Effect of Reproductive Health Education on “Bridge to Be” Knowledge in Pre-Marriage Preparation in the Working Area of Sukadami Public Health Center</i>	Indonesia	To determine the effect of reproductive health counseling on the knowledge of prospective brides and grooms about premarital preparation. This study was conducted in the working area of Sukadami Health Center, South Cikarang District.	Quantitative	The population is all prospective brides and grooms who came for consultation at the Sukadami Health Center from February to March 2022. Meanwhile, the sample for this study was taken from a population of 52 prospective brides and grooms.	42.31% of respondents had sufficient knowledge before being given counseling. After being given counseling on reproductive health, respondents' knowledge increased by 63.46%.
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7	(Rahmah & Kurniawati, 2021)	<i>Relationship between marriage readiness and pregnancy planning among prospective brides</i>	Indonesia	To determine the relationship between readiness for marriage and pregnancy planning in prospective brides and grooms.	Correlative descriptive	The population in this study is prospective female brides who have Jakarta ID cards. For the sample using around 258 prospective female brides.	The results showed that around 68.2% of respondents stated that they were ready to get married (had good knowledge), then around 68.6% of respondents had good pregnancy planning.
8	(Bag et al., 2022)	<i>Knowledge, Attitude and Level of Involvement of Married Males in Family Planning</i>	India	To assess the knowledge, attitudes and level of involvement of men in family planning and to identify factors associated with men's involvement in contraceptive use.	Cross-sectional research	Married men in the study area with reproductive age partners (15-49 years). The sample used 165 respondents.	It was found that only around 55.8% had good knowledge about Family Planning (KB).

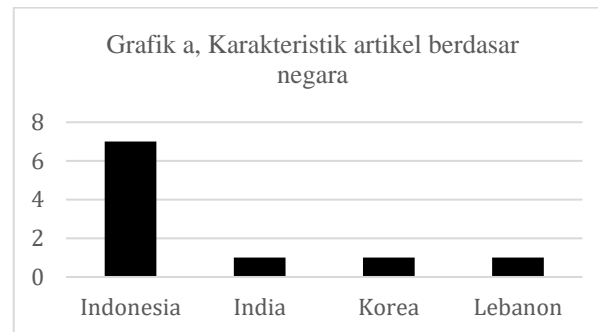
9	(Yi et al., 2022)	<i>Perceptions and Knowledge of Women Regarding Contraception and Current Trends in Contraceptive Use in Korea</i>	Korea	To investigate the perceptions and behaviors of Korean women of reproductive age regarding contraceptive counseling.	Quantitative online	The population of this study were women aged 20–44 years, who had visited a clinic or hospital in the past 6 months for contraceptive counseling and who were currently using contraception in Korea. The sample was 1,011 respondents.	Based on the research results, the respondents who were women had a good level of knowledge about contraception, the top 3 of which were condoms (97.8%), COC (86.5%) and natural methods (85.9%).
10	(Hamdanieh et al., 2021)	<i>Assessment of sexual and reproductive health knowledge and awareness among single unmarried women living in Lebanon: a cross-sectional study</i>	Lebanon	To assess the level of knowledge and awareness regarding reproductive and sexual health among single, unmarried women living in Lebanon.	Descriptive	The population is women aged between 17 and 55 years who are in reproductive age with a population size of around 7 million. while the sample is 491 respondents.	The results showed that around 88.0% of respondents had good knowledge about pregnancy and around 13.5% had good knowledge about contraception.

## RESULTS

Based on ten articles that have been reviewed and related to prospective brides' knowledge about contraception in preparation for pregnancy, the following results were obtained:

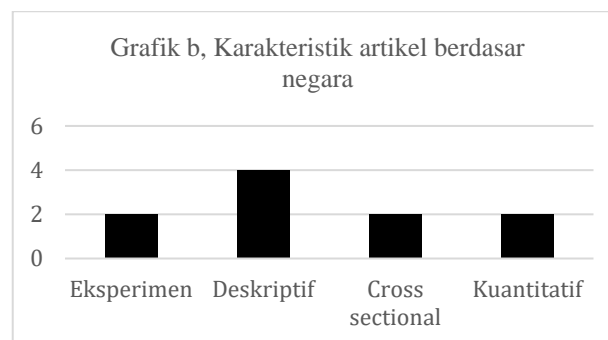
### Based on the characteristics of the article

Characteristics of articles by country.



Based on graph a, the results show that 7 articles came from Indonesia, 1 article from India, 1 article from Korea and 1 article from Lebanon.

Characteristics of articles based on research design.



Based on graph b, the results show that there are 4 descriptive design articles, 2 experimental design articles, 2 cross-sectional design articles and 2 quantitative articles.

Characteristics of articles based on theme

**Table 2. Characteristics of articles based on theme**

No	Theme	Sub Themes	Article
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1	Level of Knowledge of the prospective bride and groom	Good	3, 5, 7, 8, 9, 10
		Enough	6
		Not enough	4
2	Factors that influence	Internal	2
		External	
3	Educational methods	Video	1
		Poster	1
		Health services	5

## DISCUSSION

### 1. Level of Knowledge of Prospective Bride and Groom

The results of the article review show that the level of knowledge of prospective brides about contraception is in the good category, although there are obstacles in the knowledge of side effects and different benefits. Research conducted by (Sofia Ma'ruf et al., 2023) getting results of 51.9% of prospective brides and grooms having knowledge in the good category. (Laras et al., 2024) stated the opposite, namely that around 55% of respondents had insufficient knowledge. Another study conducted by (Fitriyatus Shaliha et al., 2022) stated that around 69% of respondents had mastered effective knowledge and had a positive attitude towards the use of contraceptives. (Sariningsih, 2022) got the result that 42.31% of respondents had sufficient knowledge before being given counseling. In the study (Rahmah & Kurniawati, 2021) 68.2% of respondents mastered the material and had good pregnancy planning. Based on (Bag et al., 2022) only about 55.8% of informants had good knowledge, but almost all respondents had a negative attitude towards the use of contraception in men. While in the study (Yi et al., 2022) reported that respondents had a good level of understanding, especially regarding condoms, which was 97.8%. (Hamdanieh et al., 2021) stated that 88.0% of respondents had a good level of knowledge about pregnancy, but only 13.5% of respondents had good knowledge about contraception.

### 2. Factors That Influence

Not only knowledge can affect prospective brides in using contraception, but there are other factors that can make prospective brides hesitate in using contraception. There are 2 factors that can influence, namely internal and external factors, internal factors are factors that come from the prospective bride and groom themselves, while external factors are factors that come from outside, for example cultural, social, religious factors, and others.(Sofia Ma'ruf et al., 2023) reported that there were differences in decision-making between respondents with the same characteristics with an age of >20 years, some of whom received Health Education and some did not receive Health Education, the results obtained were that 43.2% of respondents who received Health Education chose to postpone pregnancy, while 22.7% of respondents who did not receive Health Education chose not to postpone pregnancy.

### 3. Educational methods

The educational method was chosen to make it easier for respondents to grasp the knowledge conveyed.(Muzayanah & Agustina, 2022)stated that initially the control group and the experimental group had sufficient knowledge, then after education was carried out, an increase in knowledge was found in the respondents in the control group (video) by 27.19%, while the experimental group (poster) increased by 24.79%, so it can be concluded that education with videos is more effective than with posters. Meanwhile(Fitriyatus Shaliha et al., 2022)stated that the educational method with counseling services had no influence on the attitude of prospective brides and grooms to use contraceptives, it was found that the t-test obtained a significance value of service quality of 0.758 ( $<0.05$ ) which indicated that there was no influence of the quality of premarital counseling services on the attitude of prospective brides and grooms.

## CONCLUSION AND SUGGESTIONS

The results of the study stated that 69.0% of respondents had a good level of knowledge regarding contraception.(Fitriyatus Shaliha et al., 2022). In addition, 85.2% of respondents also have a good level of knowledge regarding pregnancy preparation. (Sofia Ma'ruf et al., 2023)and 68.2% of respondents stated that they

were ready to marry with a good level of knowledge.(Rahmah & Kurniawati, 2021). Although many respondents have a good understanding, some of them still have a low level of knowledge, around 55% of respondents have a low level of knowledge regarding contraception. (Laras et al., 2024). Many factors can influence the level of knowledge of prospective brides and grooms, for example, a lack of education.(Eva Liviana Prince Arisandi et al., 2023). So health workers need to provide information by improving premarital counseling services.(Fitriyatus Shaliha et al., 2022). In providing education, health workers need media that can make it easier for prospective brides and grooms to receive information, for example with video media which has proven to be effective in increasing knowledge. (Muzayanah & Agustina, 2022).

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