Implementation of Pre Marital Check Up in Catin Couples
As a Healthy Preconception and Preparation Effort

Yuni Handayani1,*, Ririn Handayani1
1Universitas dr. Soebandi
*Email: yunih579@gmail.com

Abstract

The bride and groom are potential fertile partners who will build relationships in the household and produce offspring by preparing for healthy reproduction. Reproductive health plays an important role in newlywed couples to produce offspring, therefore one way that can be done to mature prospective brides is through premarital counseling. Reproductive readiness is obtained through premarital counseling and preconception screening. As for its activities through preconception health care, it is a treatment that refers to biomedical, behavioral and social prevention interventions that can increase the chances of having a healthy baby. The purpose of this activity is to provide information, education and pre-marital check-up screening. The implementation of pre-marital skin check-up activities for catins will be carried out in the working area of the Kaliwates Health Center, Jember Regency. The activities carried out are providing reproductive health education and catin health checks. The output of this activity is the publication of journals and documentation of implementation results which are published via social media. After providing education, the bride-to-be understands more about the importance of paying attention to and maintaining reproductive health. From the results of the premarital check up on the bride and groom, it was found that several participants had anemia and normal blood sugar levels.

Keywords: implementation, pre marital check up, Catin, preconception

In marriage it can cause the collapse of domestic life. In this regard, reproductive health plays an important role in newlywed couples in producing offspring, therefore one way that can be done to mature the prospective bride and groom is through premarital guidance (Umami, 2019). Based on target coverage data, community health centers have a minimum achievement target of 50% providing reproductive health services for prospective brides and grooms (Health, 2020). Meanwhile, data on prospective brides and grooms in 2020 in Jember Regency was 2400 couples (Jember Regency Health Service, 2020).

An increase in the number of prospective brides and grooms registering will also have an impact on maternal and child mortality rates. This is due to the readiness of the prospective bridegroom both physically and related to reproductive and psychological health. Apart from that, this is due to the lack of knowledge of the prospective bride and groom regarding reproductive health. So it is necessary to provide information, education and early examination to detect reproductive health readiness before pregnancy. As for the implementation of promotive activities, preventive and curative health interventions are very effective in
improving the health of mothers and children so that they bring health benefits to adolescents, both women and men during their reproductive period, both physically, psychologically and socially healthy, regardless of their plans to become parents (Yulivantina et al., 2021). Based on the data above, the implementation of this community service activity aims to implement pre-marital check-up screening for pregnancy readiness in the Kaliwates Community Health Center working area, Jember Regency.

Identification of Problems
Prospective brides do not pay attention to their reproductive readiness due to a lack of knowledge about reproductive health. There is a need for a solution to overcome the problem of increasing maternal and child mortality rates, so several activities or providing care to prospective brides and grooms are needed to meet their needs related to physical and mental readiness. Providing information, education and early examination to detect reproductive health readiness before pregnancy.

As for the implementation of promotive activities, preventive and curative health interventions are very effective in improving the health of mothers and children so that they bring health benefits to adolescents, both women and men during their reproductive period, both physically, psychologically and socially healthy, regardless of their plans to become parent. Apart from that, there is an initial examination as a pre-marital check-up screening as an effort to early detect the reproductive health of the prospective bride and groom.

Implementation Methodology
The implementation of this activity will be carried out by the drafting team with their respective divisions of tasks. As the chief compiler, he is responsible from the beginning of the proposal, implementation and accountability report of the results of community service activities. As a member, collaborate with the chairman and participate in the implementation of community service activities so that they can run according to expectations. Starting with an approach with the community service work partner and making an agreement between the work partner and the community service implementer.

Carry out permits for the implementation of activities based on procedures and carry out activities according to the schedule that has been prepared. Providing information, education
and examinations is carried out offline and uses leaflets, presentation of material via power points and video playback. Meanwhile, for examinations using medical equipment. The plans for implementing community service activities are as follows:

- Conduct an initial assessment of the prospective bride and groom by using a checklist
- Carry out pre-marital screening on cats including physical examination, laboratory examination (Hb)
- Provide catin education regarding physical, mental and reproductive readiness.
- Evaluate and follow up on the findings of the pre-marital catin screening.

**Results and Discussion**

**Knowledge**

The level of female catin's knowledge regarding reproductive health in preparing for a healthy pregnancy is mostly understanding readiness before marriage. Bride-to-be The respondent's level of knowledge describes the extent to which the respondent knows about reproductive health. The higher the respondent's level of knowledge, the higher their awareness of the importance of reproductive health (Yuliana et al., 2021). Apart from that, women's level of catin knowledge is influenced by factors, one of which is age. Meanwhile, age greatly influences individual development, especially as the bride-to-be matures, the more she is able to control herself in determining what best meets her needs (Riyadi & Larasaty, 2021). It is hoped that the prospective bride has prepared herself well in terms of knowledge by paying attention to her level of education and age maturity for marriage. This is because it is to support understanding of mental readiness in preparing for reproductive health before preconception.

**Health Education**

Health education has a strong influence on the prospective bride and groom's knowledge, because it can influence the perspective of recipients of health information (Adyani et al., 2023). Providing Health Education is the delivery of information, messages and giving confidence to the public to know and follow recommendations (Amalia & Siswantara, 2018). Reproductive health IEC materials for prospective brides and grooms by health workers in implementing the bride and groom course program, in the form of: reproductive health knowledge (reproductive health, gender equality in reproductive health, reproductive health and rights, reproductive organs and functions, and how to care for reproductive organs), knowledge about pregnancy (pregnancy, pregnancy planning, prospective brides and grooms with certain conditions such as anemia, malnutrition, and hypertension), diseases that need to
be watched out for, namely sexually transmitted infections, diabetes mellitus, Toxoplasma, Human Immunodeficiency Virus Acquired Immuno Deficiency Syndrome, Gondii, Rubella, Cyto Megalo Virus, Herpe Simplex Virus, malaria, and genetic diseases, mental health of prospective brides or grooms or mental health and harmonization of husband and wife couples, and preparing a quality generation.

**Pre Marital Check Up**

Pre marital screening check up or premarital test is a series of tests that couples must do before getting married. Premarital screening is a mandatory requirement for couples who are getting married. Tetanus Toxoid (TT) Immunization for prospective brides and grooms that each prospective bride and groom have been immunized against Tetanus Toxoid (TT) at least 1 month before the couple registers to get married at the Religious Affairs Office (KUA) as proven based on the immunization certificate/immunization card of the prospective bride and groom. (catin) and is an administrative prerequisite (Shodikin & Garfes, 2020). This is because not everyone has a good health history. It is possible that someone who appears healthy may have disease-carrying characteristics (Health, 2020).

Puskesmas is a health facility that provides primary services in public health in preventive and promotive efforts and is affordable for all groups of society. The pre-marital screening program really needs to be studied and researched to the extent that primary health centers close to the community can carry out examinations for prospective brides and grooms to be checked before providing a health certificate as a condition before marriage. Premarital screening does not aim to cancel the marriage if problems are found, but rather to find the right solution to prevent problems and complications in reproductive health (Wijayanti, 2022). Through the Pre-Marital Check Up, prospective brides can find out about their reproductive health to prepare for a healthy pregnancy and produce healthy offspring.

https://blambangan-scholar.com/index.php/BJCS
Figure 1. Image display of activities

Table 1. List of PKM Activities

<table>
<thead>
<tr>
<th>No</th>
<th>Implementation</th>
<th>Location</th>
<th>Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Health Assessment of Adolescent Girls</td>
<td>KUA Kaliwates</td>
<td>Conduct an assessment via Google form regarding the prospective bride's knowledge of reproductive health readiness</td>
</tr>
<tr>
<td>2</td>
<td>Health Education About Fulfillment of Fe and Blood Addition Tablets</td>
<td>KUA Kaliwates</td>
<td>Education has been provided to prospective brides through lectures, distribution of reproductive health pocket books, discussions about the importance of reproductive health. The response generated by young women was quite enthusiastic, which could be understood by the prospective bride.</td>
</tr>
</tbody>
</table>
| 3  | Prenatal check-up blood examination           | KUA Kaliwates | 1. An anthropometric examination has been carried out on the prospective bride, including age, weight, height, lila and blood pressure. From the inspection results, all targets were within normal limits.  
2. Hemoglobin and blood sugar levels have been checked using an electrical detection device. The results of the Hb examination were obtained from all targets, there were 5 people who had mild anemia and 45 people who were normal.  
3. Blood supplement tablets have been distributed to all targets, 10 tablets each to be taken, 1 tablet per day. |
| 4  | Evaluation of Program Implementation Results  | KUA Kaliwates | An evaluation has been carried out using a Google form and the majority of prospective brides understand adolescent reproductive health after being given education. |

**Conclusion**

Providing education in preparing for reproductive health in cats is very necessary to increase knowledge and understanding before conception occurs. Pre-marital check-ups are very effective in identifying or early detection of problems or complications that occur in the catin so that healthy pregnancies produce healthy offspring.
Acknowledgments

We would like to thank all parties involved, especially KUA Kaliwates, for facilitating this activity so that it can run smoothly.

References


