



Research

A Comparative Study of the Effectiveness of Video and Pocket Book to Improve the Couples' Knowledge of Reproductive Health

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A B S T R A C T

Background: The implementation of the sexual and reproductive health KIE program for prospective brides and groom in Bukittinggi has not been carried out according to standards due to various obstacles both from the input, process and output aspects. The most fundamental aspect is the absence of a local government-level policy that serves as a reference for implementing personnel to run this program. The results of research on the Analysis of the Implementation of Sexual and Reproductive Health KIE to prospective brides and groom in Bukittinggi, found that the media used were flip sheets and leaflets.

Purpose: The purpose of the study was to determine the effectiveness of using video media and pocketbooks on the knowledge and attitudes of prospective brides and grooms.

Methods: This is a quantitative with a Quasi-Experimental Two-Group pre-test-posttest research design, at 2 (two) health centers and Religious Affairs Offices (KUA) in 2 (two) Districts in Bukittinggi. Sampling was carried out by cluster sampling with the number of samples for groups using pocket book media and groups using video media. There were 30 samples for each media. The instrument used was a questionnaire. The analysis used Paired sample t-Test test n Gain score.

Results: The results showed a significant difference in knowledge before and after intervention with pocket book and video media, $p=0.00$. The results of the N Gain Score test obtained the average value of pocket book learning media (66.46%) is greater than the average video media (58.14%), meaning that the use of learning media with pocket books is more effective and good for changing the level of knowledge of prospective brides and groom about sexual and reproductive health material.

INTRODUCTION

The utilization of health services, including reproductive health services, is still experiencing challenges such as problems of access, quality and disparity. (Irianto, 2015; Ministry of Health of Indonesia, 2015). According to the 2019 Profile of Indonesian Children, adolescents aged < 15 years old who were married 36.6%. (Profil Anak Indonesia, 2019) Riskesdas data shows the prevalence of Chronic Energy Deficiency (CED) risk in pregnant women aged 15-49 years old is 24.2% (Riskesdas, 2013) and it increased to 36,8% on 2018 (Riskesdas , 2018) and the prevalence of anemia in women and adolescents aged 15-24 years old is 18.4%. This situation can indirectly affect the pregnancy and threaten the mother's and the baby's safety. [1], [2]

Adolescent knowledge about reproductive health is also still low. The result of Amalia's study in Puskesmas Pucang Sewu Surabaya, shows that 62.5% of respondents have a low level of knowledge about reproductive health. [3]. In line with

Susanti's research where 31.6% of respondents have low knowledge of premarital reproductive health.[4] . Irawati's study the low level knowledge of the bride and groom (70%) and negative attitudes about reproductive health (30%).[5] Even though 92% participants thought it is important to carry out premarital screening, only 53% favored making it obligatory before marriage [6]. The majority of the participants (84.5%) believed that PMCS was necessary, and 49.5% supported the view of making PMCS compulsory [7]. The results of a paired t test showed a significant relationship between the level of marital satisfaction in the intervention group before and after the intervention ($P < 0.001$), and also before and two months after the intervention ($P = 0.004$). Marital satisfaction in the intervention group was significantly higher than in the control group. [8]

Ismawati's research shows that there was an increase in knowledge after being given education through leaflets, pocket books and videos. The most effective media for increasing knowledge is video. It is in line with the results of Agustina's research, where health education with audio-visual media has an effect on increasing the attitudes of high school students. [9]. Pragita's research found that there was a significant influence between health education using the strategy method and audio-visual media on adolescent reproductive health knowledge. [10].

The Ministry of Religious Affairs commands that before marriage, the couples should be given education and information about the meaning of a marriage live through a bride and groom to be course, with the guidelines from *Surat Edaran Dirjen Bimas Islam Nomor DJ.II/491/2009*. In line with this, in 2015 the Ministry of Health through the Directorate General of Nutrition and Maternal and Child Health launched a national guideline on The Implementation Guidelines for Information Communication and Education (KIE) on Sexual and Reproductive Health for Bride and Groom. The implementation of the KIE program for reproductive and sexual health for bride and groom to be in Bukittinggi has not been carried out according to standards due to various obstacles in terms of input, process and output aspects. The most basic aspect is that there is no policy at the local government level in accordance with local conditions that can be a reference for implementing personnel to carry out this program. The results of Darmayanti's research in 2019 on the Analysis of the Implementation of KIE for Reproductive and Sexual Health in Bride and groom to be in Bukittinggi, It was found that the results of the implementation of reproductive health KIE activities were not standardized. The media used are flipcharts and leaflets.[11]. After being given KIE on reproductive and sexual health by the Puskesmas staff which was carried out at KUA, out of 87 respondents, 51 (58.6%) couples had poor reception of the material and 36 (41.4%) couples have good material acceptance. Half (55%) of respondents have a positive attitude about KIE on reproductive and sexual health. [11]

In this study, the author also produced a pocket book "KIE Pocket Book on Sexual and Reproductive Health for Bride and groom to be" and tested it in a 2021 study. The results of a preliminary study with 2 KIE implementers at the community health center (*puskesmas*), an overview of the KIE implementation once a week at *Kantor Urusan Agama* (KUA), the material is provided using flipcharts, with 1-2 hours duration. Not all of the materials are provided. This condition makes it difficult for health checks, including laboratory tests that should be carried out at the community health center.

In accordance with technological developments in health promotion including the use of audio-visual media including video, with its many advantages. In this study, the authors conducted a comparative study between pocket books and KIE videos on reproductive and sexual health for bride and groom to be. The results of this study are expected to become a reference for health promotion media implemented by related stakeholders which are audio-visual in nature so that they have an impact on increasing the knowledge and attitudes of prospective brides about reproductive and sexual health. The purpose of this study is to determine the effectiveness of using pocket book and video media in the implementation of KIE for sexual and reproductive health for the bride and groom to be.

METHOD

1. Reseach Design

This research used Quasi Experimental design using a quantitative approach, with a Two Group pretest-posttest design

2. Time and Place

This research was carried out at the work areas of the Health Office, Public Health Center and the Office of Religious Affairs (KUA) of Bukittinggi

3. Population and Sample

The sampling technique used was cluster sampling. There are 30 samples from Guguk Panjang District by using video media and 30 samples were taken at KUA Mandiingin Koto Selayan District for groups using pocket book media

4. Sample Criteria

The sample criteria were the brides and grooms, male and female, able to write and read, have a mobile phone with the WhatsApp application.

5. Instrument of Research

The instrument was a questionnaire. The questionnaire was made using a grid according to the subject matter in the pocket book. Data collection was carried out using a questionnaire containing knowledge and attitudes about the reproductive and sexual health of the prospective brides and grooms via the Google form which was sent to the Whatshap group.

6. Data Analyze

The analysis used was the Paired sample t-Test test n Gain score.

RESULT DAN DISCUSSION

The age characteristics of the respondents in the KIE intervention group in the Pocket Book media were an average age of 28-33 years old. The youngest is 21 years old, and the oldest is 48 years old, while the average age characteristics of the respondents in the video media group are 27.07 years old, with the youngest being 19 years old and the oldest being 40 years old.

Table 1. Frequency Distribution of Respondents Based on Respondents Characteristics Pocket Book and Video Media Group in Bukittinggi

Variable	Score	
	Pocket Book	Video
Educational level		
- Low (<High school)	16 (53,3%)	12 (40%)
- High (UNI)	14 (46,7%)	18 (60%)
Employment		
- Unemployed	4 (13,3%)	0
- Employed	26 (86,7%)	30 (100%)
Income		
- Below average (<UMR)	17 (56,7%)	12 (40%)
- Average (\geq UMR)	13 (43,3%)	18 (60%)

Based on table 1, it is known that the higher education level of the Video respondents is greater (60%) than the Pocket Book respondents. All of the video respondents is employed (100%), and more than half earn above UMR (60%). While the

Employment status of Pocket Book respondents is, 13.3% of respondents is unemployed, and more than half of them earn less than UMR (56.7%).

Table 2. The Use of Pocket Book Media for KIE Respondents knowledge on Sexual and Reproductive Health for Couples in Bukittinggi

Studied Aspect		Knowledge after KIE				<i>P</i>
		Low		High		
		N	%	N	%	
Knowledge before KIE	Low					
	High					
Premarital physical preparation	Low	7	23%	5	17%	0.326
	High	23	77%	25	83%	
The hygiene of the reproductive organs	Low	15	50%	7	23%	0.010
	High	15	50%	23	77%	
Gender equality	Low	11	37%	1	3%	0.002
	High	19	63%	29	97%	
Contraceptive method	Low	8	27%	8	27%	0.769
	High	22	73%	22	73%	
High risk pregnancy	Low	9	30%	7	23%	0.601
	High	21	70%	23	77%	
HIV-AIDS information	Low	7	23%	2	7%	0.031
	High	23	77%	28	93%	
Early detection of cervical cancer	Low	17	57%	4	13%	0.000
	High	13	43%	26	87%	
Early detection of breast cancer	Low	13	43%	7	23%	0.043
	High	17	57%	23	77%	
husband and wife sexual life	Low	14	47%	6	20%	0.017
	High	16	53%	24	80%	
Husband and wife sexual disorder	Low	12	40%	4	13%	0.010
	High	18	60%	26	87%	

Based on the table above, we can argue that almost all aspects of knowledge have a significant relationship with knowledge increase through the use of KIE pocket books, namely about cleanliness of the reproductive organs (0.010), gender equality (0.002), information about HIV/AIDS (0.031), early detection of cervical cancer (0.000), early detection of breast cancer (0.043), sexual life of husband and wife (0.017) and sexual disorders of husband and wife (0.010).

Table 3. The Use of Pocket Book Media with Respondents Knowledge of KIE Reproductive and Sexual Health for Prospective Bride and groom in Bukittinggi

Studied Aspect		Knowledge after KIE				Total	<i>P</i>	
		Low		High				
		N	%	N	%			
Knowledge before KIE	Low	7	28	18	72	25	100	0.000 ^b
	High	1	20	4	80			
Total		8		22		30		

Based on table 3, before the implementation of KIE, the respondents with high knowledge were 1 person and after the implementation of KIE with Pocket Book media, respondents with high knowledge became 4 people. The results of the analysis showed the value of $p = 0.000$ ($\alpha < 0.05$) so it was concluded that there was a difference in knowledge before and after the implementation of KIE by using a pocket book.

Table 4. The Use of Pocket Book Media with Respondents Attitude of KIE Reproductive and Sexual Health for Prospective Bride and Groom in Bukittinggi

Studied Aspect		Attitudes after KIE				<i>P</i>
		Negative		Positive		
		N	%	N	%	
Attitudes before KIE	Negative Positive					
Preparation before marriage	Negative	6	20%	0	0%	0.043
	Positive	24	80%	30	100%	
Tetanus toxoid vaccine	Negative	26	87%	21	70%	0.269
	Positive	4	13%	9	30%	
Infant immunization	Negative	9	30%	0	0%	0.147
	Positive	21	70%	30	100%	
Gender equality	Negative	4	13%	1	3%	0.231
	Positive	26	87%	29	97%	
Ideal pregnancy	Negative	8	17%	0	0%	0.147
	Positive	22	73%	30	100%	
High risk pregnancy	Negative	26	87%	18	60%	0.054
	Positive	4	13%	12	40%	
P4K program and KIA book	Negative	12	40%	6	20%	0.017
	Positive	18	60%	24	80%	
Early initiation of breastfeeding (IMD)	Negative	15	50%	9	30%	0.204
	Positive	15	50%	21	70%	
HIV-AIDS	Negative	18	60%	23	77%	0.269
	Positive	12	40%	7	23%	
Early detection of breast cancer	Negative	2	7%	0	0%	0.109
	Positive	28	93%	30	100%	

Based on the table above, it can be explained that a few aspects of the attitude that have a significant relationship with the attitude of the couple through the use of the couple's KIE pocket book are the pre-wedding preparation (0.043) and the P4K program and the MCH book (0.017).

Table 5. The Use of Pocket Book Media with Respondents Attitudes of KIE Reproductive and Sexual Health for Bride and groom to be in Bukittinggi

Studied Aspect		Attitudes after KIE				Total		<i>P</i>
		Negative		Positive		N	%	
		N	%	N	%			
Attitudes before KIE	Negative	14	60,9	9	39,1	23	100	0.267 ^b
	Positive	4	57,1	3	42,9			

Based on table 5, before the implementation of KIE, the respondents with a positive attitude were 4 people. After the implementation of KIE with Pocket Book media, 3 people had a positive attitude. The results of the analysis showed p 0.267 ($\alpha > 0.05$) There was no difference in the attitude of the respondents before and after the implementation of KIE by using a pocket book.

Table 6. The Use of Video Media for KIE Respondents knowledge on Sexual and Reproductive Health for Couples in Bukittinggi

Studied Aspect	Knowledge after KIE				<i>p</i>	
	Low		High			
	N	%	N	%		
Knowledge before KIE	Low		High			
Premarital physical preparation	Low	12	40%	4	13%	0.021
	High	18	60%	26	87%	
The hygiene of the reproductive organs	Low	12	40%	8	27%	0.248
	High	18	60%	22	73%	
Gender equality	Low	1	3%	0	0%	0.317
	High	29	97%	30	100%	
Contraceptive method	Low	14	47%	6	20%	0.011
	High	16	53%	24	80%	
High risk pregnancy	Low	17	57%	7	23%	0.004
	High	13	43%	23	77%	
HIV-AIDS information	Low	2	7%	1	3%	0.317
	High	28	93%	29	97%	
Early detection of cervical cancer	Low	12	40%	4	13%	0.005
	High	18	60%	26	87%	
Early detection of breast cancer	Low	15	50%	6	20%	0.013
	High	15	50%	24	80%	
Sexual life of husband and wife	Low	9	30%	5	17%	0.026
	High	21	70%	25	83%	
Sexual disorder of husband and wife	Low	9	30%	3	10%	0.034
	High	21	70%	27	90%	

Based on the table above, it can be concluded that the results of the analysis of aspects of knowledge through the use of KIE videos for couples that have a significant relationship with increasing couple's knowledge are about premarital physical preparation ($p=0.021$), information about contraception methods ($p=0.011$), information about risk pregnancy high (0.004), early detection of cervical cancer ($p=0.005$).

Table 7. Use of Video Media with Respondents Knowledge of KIE Reproductive and Sexual Health for Bride and groom to be in Bukittinggi

Studied Aspect	Knowledge after KIE				Total		<i>P</i>	
	Low		High		N	%		
	N	%	N	%				
Knowledge before KIE	Low	8	44,4	10	55.6	18	100	0.002 ^b
	High	0		12	100	12	100	

Based on table 7, before the implementation of KIE, none of the respondents have a high knowledge, and it became 12 people with high knowledge after the implementation of KIE with Video media. The results of the analysis showed the value of $p = 0.002$ ($\alpha < 0.05$) It was concluded that there were differences in the knowledge of respondents before and the implementation of KIE by using video media.

Table 8. The Use of Video Media with Attitudes for the Respondents of KIE Reproduction and Sexual Health for Couples in Bukittinggi

Studied Aspect		Attitudes after KIE				P
		Negative		Positive		
		N	%	N	%	
Attitudes before KIE	Negative Positive					
Preparation before marriage	Negative Positive	0 30	0% 100%	0 30	0% 100%	1.000
Tetanus toxoid immunization	Negative Positive	13 17	44% 56%	15 15	50% 50%	0.776
Infant immunization	Negative Positive	0 30	3% 100%	0 30	0% 100%	0.739
Gender equality	Negative Positive	0 30	47% 100%	0 30	0% 100%	0.665
Ideal pregnancy	Negative Positive	0 30	57% 100%	0 30	0% 100%	0.480
High risk pregnancy	Negative Positive	28 2	93% 7%	26 4	87% 13%	1.000
P4K program and KIA book	Negative Positive	0 30	0% 100%	0 30	0% 100%	1.000
Early initiation of breastfeeding (IMD)	Negative Positive	15 15	50% 50%	9 21	50% 50%	0.038
HIV-AIDS	Negative Positive	19 11	63% 37%	11 19	37% 63%	0.033
Early detection of breast cancer	Negative Positive	1 29	3% 97%	0 30	0% 100%	0.153

Based on table 8, before the implementation of KIE, the respondents with a positive attitude were 4 people. After the implementation of KIE with Pocket Book media, 3 people had a positive attitude. The results of the analysis showed p 0.267 ($\alpha > 0.05$) There was no difference in the attitude of the respondents before and after the implementation of KIE by using a pocket book.

Table 9 Use of Video Media with Respondents Attitudes of KIE Reproductive and Sexual Health for Bride and groom to be in Bukittinggi

Studied Aspect		Attitudes after KIE				Total		P
		Negative		Positive		n	%	
		N	%	N	%			
Attitudes before KIE	Negative	11	73,3	4	26,7	15	100	1.000 ^b
	Positive	5	33,3	10	66,7	15	100	

Based on table 9, before the implementation of KIE the respondents with a positive attitude were 15 people and after the implementation of the KIE the respondents with a positive attitude were 14 people. The results of the analysis showed p 1.000 ($\alpha > 0.05$) so it was concluded that there was no difference in the attitude of the respondents before and after getting KIE by using a video media.

Differences in Knowledge and Attitudes of Respondents Before and After KIE Activities with Pocket Book and Video Media

Table 10. Differences in Knowledge and Attitudes of Respondents Before and After KIE Activities with Pocket Book and Video Media in Bukittinggi City

Groups	Variable	<i>p value</i>
Pocket Book	Knowledge	0.000
	Attitudes	0.142
Video	Knowledge	0.000
	Attitudes	1,000

Based on table 10, it is known that the use of pocket book media and video media in the implementation of KIE activities of reproductive and sexual health for prospective bride and groom have a significant difference in the knowledge variable ($p = 0.000$). Meanwhile there is no difference in respondents' attitudes after the implementation of KIE activities by using Pocket Book (0.142) and Video (0.888).

The Effectiveness of Using Pocket Books and Videos on Respondents Knowledge and Attitudes

Table 11. The Effectiveness of Using Pocket Books and Videos on KIE Activities of Reproductive and Sexual Health for Bride and groom to be to Respondents Knowledge in Bukittinggi

Knowledge	N Gain – Score		
	Means	Minimum	Maksimum
- Pocket Book Media	66,46 %	16,67 %	100 %
- Video Media	58,14 %	66 %	100 %

Based on table 11, it can be explained that the percentage of the average N Gain-score of the respondents knowledge level who get KIE with pocket book media (66.46%) is greater than with video media, meaning pocketbook media is more effective in increasing knowledge by the level of effectiveness according to the category of interpretation of the effectiveness of N Gain is quite effective (56 – 75).

Knowledge

The results showed that knowledge before KIE activities of reproductive and sexual health in the bride and groom to be group with pocket book media, only a small percentage (16.7%) of respondents had high knowledge, and after an KIE knowledge intervention the percentage increased (73.3%), as well as in the video media group, the percentage of respondents with high knowledge (40%), increased after an KIE knowledge intervention (73.3%). There are similarities with the results of Amalia's research, where before being given counseling, there was no high knowledge, and sufficient knowledge (37.5%), after counseling there were good knowledge (28.2%) and those with sufficient knowledge became 59.3%. (Amalia, 2018) In contrast to the results of Susanti Dewi's research, it was found that high knowledge before counseling was carried out as much as 68.4%, and after counseling, it was increased to 76.3%. (Dewi, 2020). In line with Sariningsih's research, there was an increase in good knowledge, where before being given counseling it was 38.46%, after being given counseling it increased to 63.46%. [12]. Similar to the results of Ortiningsih et al's study, it showed an increase after counseling was carried out where good knowledge was 7.5% in the control group and 30% in the intervention group. [13].

The increase in knowledge before and after being given KIE counseling from this study, there was a significant difference ($p = 0.000$), both with pocket book and video media. The counseling media used by both have a positive impact on the knowledge

of bride and groom to be about sexual and reproductive health. In theory, counseling is one of the educational activities for prospective brides and grooms that is used to place more emphasis on efforts to change cognitive abilities. The significant increase in the level of knowledge of prospective bride and groom could also be because of the influence of their educational background, in the video media group, more than half (60%) of the respondents have a higher education, while in the pocket book media group (46.7%). A person's educational level has a positive impact on the absorption of the information obtained. Knowledge is also defined as the result of humans or the result of knowing someone about an object they have, by itself at the time of sensing, it produces knowledge. The results showed that there was an effect of giving a pocket book on reproductive and sexual health to the prospective bride and groom's knowledge about sexual reproduction. The results of Susanti Dewi's research showed that there was an effect of giving reproductive health course to the attitude of the bride and groom to be in Koto Tangah, Padang City. (Dewi, 2020)

In addition, the bride and groom to be's knowledge about reproductive health is also influenced by age maturity and experience, according researcher's assumption, it is influenced by the age level of the bride and groom to be, which is on average 28.33 years old for the pocket book media group and 27.07 years old for the video media group, which are adults who have diverse life experiences, and the profession of most of the brides and grooms to be illustrates maturity and independence.

Attitudes

It show that the results of the research of the attitude on the bride and groom to be about sexual and reproductive health, have more than half (45%) positive attitudes before the implementation of KIE in pocket book media, then there is a decrease after the implementation of KIE to (40%), while in video media, before the implementation of KIE there are equal positive and negative attitude (50%), and after the KIE there was a decrease in positive attitude to (46.7%). While the results of Susanti Dewi's research are different, there is an increase in positive attitudes to (76.3%) [4] In line with the results of the study of Ortiningsih et al which showed an increase in positive attitudes in the control group respondents by 35%, while the group that was given the intervention was 55%. [13] Similar to the results of AI Nurasih's research, there is no effectiveness between reproductive health education and the attitude of the prospective bride and groom. There was no difference or change in attitude from before and after KIE ($p = 0.267$) for the pocket book media group and for video media ($p = 1.00$). [14].

The prospective bride and groom's attitude is a supporting factor in their readiness to carry out marriage life. The assessment and formation of a person's attitude about special knowledge requires several internal factors, namely they concern for the aspects being assessed, this is associated with an educational background in the health profession, and working in the health sector. In the prospective bride and groom who became the sample, there are 2 couples who had a health education background. Reduce respondent focus when posttest process, due to the bride and groom are busy with their wedding preparations.

The Effectiveness of Using Pocket Book and Video Media

The discussion on the effectiveness of the use of pocket books and videos as a learning media in the research associated with the knowledge variable, while the attitude variable was not tested statistically because the test results were not significant. The test used is the *Normalized Gain Score* test. The intervention carried out in this study was KIE with 2 learning media models, namely learning media with pocket books and videos. This learning media is the final output of this research which was compiled by involving experts in their respective fields. The pocket book used is the result of the 2020 research output and used for a trial as learning media.

The results of the N Gain Score test are that the average value of pocket book media (66.46%) is greater than the average video media (58.14), meaning that the use of pocket book as learning media is more effective and good for changing the bride and groom to be' knowledge level on reproductive and sexual health materials as additional knowledge to enter their marriage.

This result is the same as the research result of Nita Evrianasari, there is an effect of increasing the knowledge $p = 0.000$ [15]. Sejalan dengan penelitian Sariningsih, there is an impact on the penyuluhan terhadap pengetahuan kesehatan reproduksi calon pengantin dengan p. value = 0,001. [12]. Sama dengan hasil penelitian Ortiningsih et all there is an impact on the penyuluhan terhadap pengetahuan kesehatan reproduksi (OR:8,48). [13].

Pocket book learning media can facilitate bride and groom to be on getting information/material repeatedly and according to their needs by reading and seeing directly. While for Video media, they have to use another device, and the time required is longer because they have to watch the video till it's finished in order to get the material that they need to know. The implementation of KIE provides better knowledge about reproductive and sexual health, according to research that says getting the right information related to marriage will have an impact on satisfaction in the marital relationship.[16].

CONCLUSION

There are differences in respondents before and after obtaining KIE on reproductive and sexual health for brides and grooms to be by using a pocket book. It was also found that there were differences in respondents' knowledge before and after getting KIE on reproductive and sexual health for brides and grooms to be by using video. There is no difference in the attitude of respondents before and after obtaining KIE for reproductive and sexual health by using a pocket book. It was also found that there was no difference in the attitudes of respondents before and after receiving KIE for reproductive and sexual health by using video. The use of pocket book media in the implementation of KIE for reproductive and sexual health for bride and groom to be is more effective than the use of video media.

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