



ROLE OF NURSE IN PREMARITAL COUNSELLING IN COMMUNITY

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KEYWORDS :

Nursing professionals are involved in premarital counselling that helps couples prepare for marriage. Nurses can contribute in premarital counselling prior to their wedding couples which enable them to build a healthy strong relationship that help provide a healthier foundation for their union in development of healthy relationship and bonding.

Premarital counselling helps couples identify their expectations for the marriage and address any significant differences they might have. Premarital counseling is a type of family therapy that helps couples prepare for marriage. Premarital counseling can help ensure that you and your partner have a strong, healthy relationship in addition to giving you a better chance for a stable and satisfying marriage.

Role of Nurse Counsellor

1. Change the view of the relationship

During the therapeutic process, the counselor helps each partner examine the relationship in a more objective manner and assists the couple in learning how to perceive their interactions in a positive light.

2. Understand how cultural issues affect a relationship

Family-of-origin and cultural beliefs affect how the partners understand all the relationships in their lives. It also affects day-to-day behaviors, such as eating, working, and managing money. Differences in cultural expectations can cause difficulties in the relationship. The sooner the couple learns to identify and manage these differences, the better. A counselor can help reveal these problems and teach the couple how to use the art of compromise.

3. Eliminate dysfunctional behavior

The Nurse helps couples identify and correct dysfunctional behaviors, such as issues with dominance and control and addiction.

4. Improve communication

Effective communication is one of the most important factors in a healthy relationship. In fact, as reported in "Psychology Today", psychologists believe that communication is "one of the 'three Cs' of intimacy". The Nurse helps couples learn how to talk to each other openly and express their thoughts and feelings in a healthy, supportive manner.

5. Identify strengths

The Nurse can help the couple identify strengths in the relationship as a whole or in each individual partner. A thorough understanding of the stronger aspects of the union helps build resilience and a solid foundation upon which to build the marriage.

6. Decrease emotional isolation and avoidance

Many people have difficulty expressing their feelings, so some partners simply avoid doing so. This type of isolation almost always leads to serious problems in the relationship. The Nurse assists the couple in learning how to express their feelings in a way that draws them together rather than further apart.

Keep in mind that you bring your own values, opinions and history into a relationship, and they might not always match your partner's. For example, family systems and religious beliefs vary greatly. Many couples have experienced very different upbringings with different role models for relationship and marriage. Many people go into marriage believing it will fulfill their social, financial, sexual and emotional needs - and that's not always the case. By discussing differences and expectations before marriage, you and your partner can better understand and support each other during marriage.

7. Helps build and strengthen conflict resolution skills

Conflict resolution skills are critical for a healthy marriage. Premarital therapy offers couples a way to identify potential conflicts and how to develop the skills necessary to get through tough battles.

8. Identifies issues early

Different expectations have a disastrous effect on most marriages. Marriage therapy assists couples in determining and discussing their expectations early on. If the couple has different expectations, then the counselor can work with them to identify ways to cope with those differences.

9. Helps couples avoid toxic resentment

When couples believe they are no longer in love, it's usually simply that they have allowed resentment to build up in the relationship. Resentment is toxic to happiness, and during premarital therapy, couples learn ways to avoid this type of emotional poison.

10. Reduces fears about the longevity of the marriage

Statistical evidence proves that marriages end every day, which is concerning to a couple contemplating the prospect. Premarital therapy helps the couple identify and confront fears about forming and maintaining a successful relationship.

11. Role of nurse counselor on family planning

- Taking decision on regulating and spacing child births;
- Choosing suitable methods of contraception;
- Helping childless couple to have children;
- Counseling of both parents and would-be parents; and
- Developing parenting skills, social skill and family budgeting skills.

Premarital counseling by Nurses addresses a broad range of topics, including these typical issues:

- **Conflict resolution** – How does each partner resolve conflicts? How do their perceptions of issues correspond? How can they improve their ability to come to terms on issues on which they disagree?
- **Communication** – How does the couple communicate? Do they currently have an adaptive or maladaptive method for discussing important issues? How can they enhance their ability to communicate?
- **Define marital expectations and beliefs** – What does each partner expect from the relationship? People

sometimes enter relationships with different expectations as to what constitutes a successful marriage. They often are unaware that their expectations differ until they are already married, which can lead to serious issues. A premarital therapist encourages each partner to discuss their expectations, after which the couple can work toward finding ways to compromise.

- **Personal values** – Do the partners have similar personal values? Research demonstrates that shared values are more important than common interests, and couples with the same values have a better chance of staying together.
- **Finances** – Can the couple talk about financial issues? Many people are uncomfortable when discussing their personal finances, and issues with spending and budgeting often create conflicts in marriages. The counselor helps each partner determine his or her own financial style and then works with the couple in resolving these issues.
- **Family** – Do both partners want to have children? If so, how many children does each person want? For each partner, what is the optimal time to begin a family?
- **Sex and intimacy** – Are both partners equally comfortable — or uncomfortable — when discussing sex? What does each partner expect in terms of intimacy and a sexual relationship? Couples should speak honestly and openly about sex, even if they have chosen to remain celibate until marriage. An ability to discuss these issues without reservations helps lead to a successful marriage.

Importance Of Pre Marital Counselling By Nurses

- Premarital counselling helps to improve the communications between the partners and set realistic goals for marriage. It also helps to develop conflict-resolution skills. A positive attitude is established between the couples with the help of premarital counselling.
- The primary step of premarital counselling is to prepare would-be bride and groom to understand the significance of marriage. Such counselling helps them develop the mentality of changing themselves and adjust with their partners in their spaces.
- When bride or groom is mentally prepared for the marriage, the next step is the selection of the suitable partner. Compatibility between the partners is assessed instead of assessing the individual merits. This is a difficult job because at this time each partner tries to hide their negative characters and put their best in front. It is also difficult to predict the way partners will relate with each other whether love or an arranged or an arranged-cum-love marriage. Inter-caste, inter-religious or marriage with a foreigner are some critical situations which might cause a problem in future if not paid attention before marriage.
- During counselling, each partner is asked separate questions to answer in written format to assess their perspectives about each other and their marital relationship. Various issues including gender equality, liberalisation & opening up of society, women adopting equal responsibility as breadwinner, nuclear families, demanding lifestyle, extremely cut throat competitive world, and stresses & strains of day-to-day life are discussed during the session.
- It is also important to rule out certain diseases including thalassaemia, haemophilia, sickle-cell anaemia, and certain strains of Hepatitis, HIV/AIDS, and others before marriage.

Facilitation Of Premarital Counselling Services

Conducive Environment

- Privacy — find a quiet place to talk.
- Take sufficient time.
- Maintain confidentiality.
- Conduct the discussion in a helpful atmosphere.

- Keep it simple — use words people in your village will understand.
- First things first — do not cause confusion by giving too much information.
- Say it again — repeat the most important instructions again and again.
- Use available visual aids like posters and flip charts, etc.

Characteristics Of Pre Marital Counsellor

- Respect the dignity of others.
- Respect the client's concerns and ideas.
- Be non-judgmental and open.
- Show that you are being an active listener.
- Be empathetic and caring.
- Be honest and sensitive.

Rights Of Couples

1. **Information** To learn about their reproductive health, contraception and abortion options.
2. **Access** To obtain services regardless of religion, ethnicity, age, and marital or economic status.
3. **Choice** To decide freely whether to use contraception and, if so, which method.
4. **Safety** To have a safe abortion and to practise safe, effective contraception.
5. **Privacy** To have a private environment during counselling and services.
6. **Confidentiality** — To be assured that any personal information will remain confidential.
7. **Dignity** To be treated with courtesy, consideration and attentiveness.
8. **Comfort** To feel comfortable when receiving services.
9. **Continuity** To receive follow-up care and contraceptive services and supplies for as long as needed.
10. **Opinion** To express views on the services offered.

Areas of counseling areas

- Finance
- Communication
- Beliefs and values
- Roles in marriage affection and sex
- Desire to have children
- Family relationships
- Decision – making
- Dealing with anger
- Time spend together

Tips For Effective Premarital Counselling

1. Marriage Expectations and Role Beliefs

You may have one idea of what marriage looks like and what it means to be a partner yet be blissfully unaware that your soon-to-be spouse feels very differently. In marriage counseling, you'll uncover what you each believe and have experienced about marriage, says Doares. "You'll talk about what each person expects the other to do and be as well as how each of you sees the structure of the marriage"

2. How Past Affects Future Together

To some degree, we're all products of our environment and experiences. "It is important to talk through your backgrounds because of transference, which is a term that means we transfer qualities and re-create dynamics from old relationships into new ones, and this is usually unconscious." "Talking about them allows people to make more conscious, healthy choices and relate in healthier ways."

3. Plans for Resolving Future Conflicts

"If a couple cannot freely discuss any subject, no matter how personal or difficult, the marriage is going to be a struggle," In marriage counseling, you'll work with a therapist to foster communication and conflict resolution skills you can carry with you. "Good communication skills aren't enough to keep a marriage healthy, but without them, the chance of success in any other area is diminished,".

4. Proper Money Management

We all know that money has a way of ruining marriages. So to prevent future financial fights, you'll lay out all your money thoughts in premarital counseling. "It is a very personal topic, and each partner is going to have a different relationship to money," "There should be no secrets or shame around money in a healthy marriage. Getting clear on each one's money story, past and present financial history, and common future goals and intentions can help a couple avoid this common relationship pitfall."

There should be no secrets or shame around money in a healthy marriage.

5. Avoiding Intimacy Issues

"Like money, intimacy is highly personal, and most couples run into intimacy issues at some point in the marriage," So while it might be uncomfortable to discuss your sex life in front of a total stranger, "helping understand the general physiological and emotional gender differences as well as the ones specific to [you], opens the door to be able to develop a healthy physical relationship,"

6. Fostering Healthy Communication

Open and direct communication are key ingredients in any union, especially if you and your partner have different ways of communicating. Premarital counseling will be advantageous in helping you discover your styles and how they could affect your marriage. "If your partner is comfortable with healthy and appropriately expressed anger but anger is a four-letter word for you, then communication will likely become an issue

7. Having (or Not Having) Children

Many couples never really talk about having children." Not only could you uncover a potential deal-breaker in counseling, but "it's also important to talk about how many [children you want], parenting styles, extended family involvement, and more," "Helping couples understand and define the issues leaves them and their marriage better prepared."

CONCLUSION

Premarital counselling helps partners improve their ability to communicate, set realistic expectations for marriage and develop conflict resolution skills. In addition, premarital counseling can help couples establish a positive attitude about seeking help down the road.

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