



KNOWLEDGE AND ATTITUDE AMONG UNMARRIED ADULTS REGARDING PREMARITAL COUNSELLING IN SELECTED COLLEGES, GUWAHATI, ASSAM: A DESCRIPTIVE STUDY

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ABSTRACT

Premarital counselling is a couples therapy , that can help couples to prepare for marriage . It is intended to help couple to discuss several important issues , starting from finances to children so that they both are on the same page . It also help to identify potential conflict areas and equip couples with tools to navigate them successfully. **Aim:** Aim of the study was to assess the level of knowledge and attitude among unmarried adults regarding premarital counselling in selected colleges, Guwahati, Assam.

Method And Materials: A descriptive research design was used in the study to accomplish the objectives. By using non-probability purposive sampling technique , sample size was selected. The study was conducted among 250 unmarried adults of selected hospital , Guwahati , Assam. Respondents was selected on the basis of the inclusion criteria . Semi-structure knowledge questionnaire and 5-point Likert scale were used to assess the knowledge and attitude. **Result:** The study revealed that out of 250 respondents, majority of the respondents 153(61.2%) had adequate knowledge, 84(33.6%) had moderately adequate knowledge and 13(5.2%) had inadequate knowledge . Majority of respondents 208 (83.2%) had desirable attitude, 42 (16.8 %) of the respondents had moderately desirable attitude and 0 (0%) of the respondents had undesirable attitude. **Conclusion:** From this study it was concluded that majority of the respondents had adequate knowledge and desirable attitude about premarital counselling.

KEYWORDS : Knowledge, attitude, unmarried, adults, premarital counselling.

INTRODUCTION

“Premarital counseling helps couples create a blueprint for their lives together”, Sabrina Romanoff , PsyD ,a licensed psychologist who specializes in relationships.¹

Importantly, the purpose of premarital counselling is not to resolve all issues before the wedding date. Every couple has areas of conflict, and it's understandable to want everything in order by the wedding date. But it's unrealistic to expect that everything will be totally resolved before the wedding.²

Premarital counselling can help couples improve their relationships before marriage. It encourages to discuss topics related to marriage, such as : finances , healthy relationship, family planning, contraceptive devices, sexually transmitted diseases, anemia, genetic counselling.²

OBJECTIVES:

- To assess the knowledge among unmarried adults regarding premarital counselling in selected colleges, Guwahati, Assam.
- To assess the level of attitude among the unmarried adults regarding premarital counselling in selected colleges, Guwahati, Assam.
- To find out the correlation between knowledge and attitude regarding premarital counselling among unmarried adults in selected colleges , Guwahati, Assam.
- To find out the association between knowledge and attitude with demographic variables regarding premarital counselling among unmarried adults in selected colleges, Guwahati, Assam.

REVIEW OF LITERATURE:
Section I:- Studies Related To Knowledge Of Unmarried Adults Regarding Premarital Counselling

Melaibari M, Melaibari S, Kabli A (2017), conducted a cross sectional descriptive study on knowledge, attitude and practice towards the National Premarital Screening Program among university students in Taif city, Saudi Arabia. The result shows that most participants (97.4%) were aware that genes may transmit hereditary diseases and had heard about the PMS program. A fair number (82.9%) were willing to change their decision to marry in the case of receiving incompatible results.³

Section II :- Studies Related To Attitude Of Unmarried Adults On Premarital Counselling

Al-Kindi MR (2019), conducted a cross sectional study on awareness and attitude towards the premarital screening program among 1541 high school students in Muscat, Oman. This study was conducted in 10 public high schools in Muscat. The study shows that most participants (78.1%) were aware of the availability of the PMS programme and their main source of information was family and friends (34.3%).⁴

RESEARCH METHODOLOGY

Research approach: Quantitative Research.

Research design: Descriptive research design.

Research variables: Knowledge and Attitude.

Demographic variables: Age, gender, educational status, stream, religion, place of residency, family, relationship status, father's educational qualification, mother's educational qualification, father's occupation, mother's occupation, family income per month and consanguineous marriage in the family.

Setting of the study:

Cotton University, Guwahati College, Arya Vidyapeeth College and S.B. Deorah College, Guwahati, Assam.

Population: Unmarried adults.

Target population: Unmarried adults who studying undergraduate , graduate and post graduate.

Accessible population: Unmarried adults who studying undergraduate , graduate and post graduate in selected colleges ,Guwahati, Assam.

Sample: Unmarried adults who studying undergraduate , graduate and post graduate course in selected colleges, Guwahati, Assam and who fulfill the inclusion criteria.

Sample size: 250

Sampling technique: Non-probability purposive sampling technique.

Inclusion criteria:

- willing to participate in the study .
- present on the day of the study .
- able to read and understand english .

Exclusion criteria:

- Unmarried adults who are mentally disabled .

Tool and Technique: Semi-structured knowledge questionnaire to assess the knowledge and 5-point Likert Scale to assess the attitude . The technique used for the study was self-report.

Scoring Key:

Section I: Semi-structured knowledge questionnaire on knowledge. For every correct response a score of “1”(one) mark was given and for every incorrect response a score “0” (zero). The total score on knowledge was 28.

Category of knowledge level

Inadequate knowledge <33% (0-9 marks)

Moderate adequate knowledge 33%-66% (10-18 marks)

Adequate knowledge >66% (19-28 marks)

Section II: 5-point Likert Scale on attitude. A total of 14 statements were included in the attitude scale. It consists of 7 positive and 7 negative statements.

Category of knowledge level:

Undesirable Attitude <33% (0-23 Scores)

Moderately desirable attitude 33%-66% (24-46 scores)

Desirable Attitude >66% (47-70 scores)

Content validity of the tool: The prepared instrument along with the problem statement and objectives was submitted to 3 nursing experts from the field of Community Health Nursing, 2 Nursing experts from the field of Obstetrics and Gynaecology Nursing, 1 Medical expert from the field of Obstetrics and Gynaecology Department, 1 Medical expert in the field of Neuro Psychiatric, 1 Medical expert in the field of Clinical Psychology.

Reliability of the tool: The reliability of the tool was determined by using Karl Pearson correlation coefficient and 'r' was found 0.77 for knowledge and 0.90 for attitude and it proved reliable.

Pilot study: Pilot study was conducted from 30th Nov to 6th Dec, 2021. 30 samples were selected using Non-probability purposive sampling technique and the study was found to be feasible.

Main study: – Data collection was done from 17th January to 6th February, 2022.

RESULTS

Table I: Frequency and percentage distribution of demographic variables of unmarried adults. n=250

Demographic Variables	Frequency (f)	Percentage (%)
Age in years		
18 – 20	91	36.4
21 – 23	78	31.2
≥24	81	32.4
Gender		
Male	114	45.6
Female	136	54.4
Educational status		
Undergraduate	83	33.2
Graduate	86	34.4
Post graduate and above	81	32.4
Stream		
Science	127	50.8
Arts	123	49.2
Religion		
Hindu	194	77.6
Islam	47	18.8
Christian	7	2.8
Others	2	0.8
Place of residency		
Urban area	185	74.0
Rural area	65	26.0
Family		
Nuclear family	194	77.6
Joint family	52	20.8
Extended family	4	1.6
Relationship status		
Single	192	76.8
In a relationship	54	21.6
Engaged	4	1.6
Father's educational qualification		
No formal education	11	4.4
Primary school	28	11.2
Secondary school	71	28.4
Graduate	108	43.2
Post graduate and above	32	12.8
Mother's educational qualification		
No formal education	16	6.4
Primary school	40	16.0

Secondary school	96	38.4
Graduate	81	32.4
Post graduate and above	17	6.8
Father's occupation		
Business	66	26.4
Daily wages / labourer	14	5.6
Private sector employee	32	12.8
Government employee	96	38.4
Others	42	16.8
Mother's occupation		
Business	30	12.0
Daily wages / labourer	8	3.2
Private sector employee	14	5.6
Government employee	34	13.6
Others	164	65.6
Income per month		
≤Rs.10001	43	17.2
Rs.10002 – 29972	58	23.2
Rs.29973 – 49961	50	20.0
Rs.49962 – 74755	42	16.8
Rs.74756 – 99930	24	9.6
Rs.99931 – 199861	14	5.6
≥199862	19	7.6
Consanguineous marriage (marriage between cousins) in the family		
Present	15	6.0
Absent	235	94.0

Table II: Frequency and percentage distribution of the unmarried adults according to their level of knowledge n=250

Level of Knowledge	Frequency (f)	Percentage (%)	Mean	SD	Range of Scores	Total Score
Inadequate (<33%) (Marks 0-9)	13	5.2				
Moderately Adequate (33 – 66%) (Marks 10-18)	84	33.6				
Adequate (>66%) (Marks 19-28)	153	61.2				

The table II depicts that 153(61.2%) had adequate knowledge, 84(33.6%) had moderately adequate knowledge and 13(5.2%) had inadequate knowledge regarding premarital counseling among unmarried adults.

The mean and standard deviation of knowledge level was 19.48 and 4.95 respectively. Minimum and maximum score range was 5-27.

Table III: Frequency and percentage distribution of the unmarried adults according to their attitude n=250

Attitude	Frequency (f)	Percentage (%)	Mean	SD	Range of Scores	Total Score
Undesirable Attitude (<33%) (Marks 0-23)	-	-	52.48	6.77	33-70	70
Moderately desirable Attitude (33 – 66%) (Marks 24 - 46)	42	16.8				
Desirable Attitude (>66%) (Marks 47-70)	208	83.2				

The table III depicts that 208 (83.2%) of the respondents had desirable

attitude about premarital counselling, 42 (16.8 %) of the respondents had moderately desirable attitude and 0 (0%) of the respondents had undesirable attitude about premarital counselling.

The mean and standard deviation of attitude was 52.48 and 6.77 respectively. Minimum and maximum score range was 33-70.

Table IV: Correlation between knowledge and attitude score towards premarital counselling among unmarried adults n=250

Variables	Mean	S.D.	Karl Pearson's Correlation Value
Knowledge	19.48	4.95	r = 0.416
Attitude	52.48	6.77	p = 0.0001, S***

***p<0.001, S – Significant

Table IV depicts that the mean score of knowledge was 19.48, SD=4.95 and the mean score of attitude was 52.48, SD=6.77. The calculated Karl Pearson's Correlation Value of r = 0.416. It indicated that there was a moderate positive correlation between knowledge and attitude scores.

Table V: Association between knowledge on premarital counselling among unmarried adults with the selected demographic variables n=250

Demographic Variables	Chi square	Df	p- value	Remarks
1. Age	4.227	4	p = 0.376	Not significant at p>0.05
2. Gender	1.517	2	p = 0.468	Not significant at p>0.05
3.Educational Status	5.715	4	p = 0.221	Not significant at p>0.05
4.Stream	0.971	2	p = 0.615	Not significant at p>0.05
5.Religion	15.336	6	p = 0.018	Significant* at p<0.05
6. Place of Residency	5.377	2	p = 0.068	Not significant at p>0.05
7. Family	11.772	4	p = 0.019	Significant* at p<0.05
8.Relationship Status	1.091	4	p = 0.896	Not significant at p>0.05
9. Father's Education	9.732	8	p = 0.284	Not significant at p>0.05
10. Mother's Education	29.794	8	p = 0.0001	Significant *** at p<0.001 , p<0.01 and p<0.05
11. Father's Occupation	9.466	8	p = 0.304	Not significant at p>0.05
12. Mother's Occupation	22.355	8	p = 0.004	Significant ** at p<0.01 and p<0.05
13. Income per month	30.593	12	p = 0.002	Significant** at p<0.01 and p<0.05
14.Consanguineous marriage in the family	15.314	2	p = 0.0001	Significant ***at p<0.001 , p<0.01 and p<0.05

***p<0.001, **p<0.01, *p<0.05, S – Significant, N.S – Not Significant

Table-V shows the analysis depicted that only religion, family, mother's education, mother's occupation, income per month and consanguineous marriage in the family are statistically significant association with the level of knowledge but the other demographic variables had shown statistically not significant.

Table VI: Association between attitude on premarital counselling among unmarried adults with the selected demographic variables n=250

Demographic Variables	Chi square	Df	P- value	Remarks
1. Age	1.285	2	p = 0.526	Not significant at p>0.05
2. Gender	1.146	1	p = 0.284	Not significant at p>0.05
3.Educational Status	0.766	2	p = 0.682	Not significant at p>0.05
4.Stream	0.050	1	p = 0.822	Not significant at p>0.05

5.Religion	16.559	3	p = 0.001	Significant*** at p≤0.001, p<0.01 and p<0.05
6.Place of Residency	2.476	1	p = 0.116	Not significant at p>0.05
7. Family	7.359	2	p = 0.025	Significant* at p<0.05
8.Relationship Status	2.912	2	p = 0.233	Not significant at p>0.05
9. Father's Education	9.193	4	p = 0.700	Not significant at p>0.05
10. Mother's Education	5.266	4	p = 0.261	Not significant at p>0.05
11. Father's Occupation	7.484	4	p = 0.112	Not significant at p>0.05
12. Mother's Occupation	8.354	4	p = 0.079	Not significant at p>0.05
13. Income per month	17.878	6	p = 0.007	Significant** at p<0.01 and p<0.05
14.Consanguineous marriage in the family	0.137	1	p = 0.711	Not significant as p>0.05

***p≤0.001, **p<0.01, *p<0.05, S – Significant, N.S – Not Significant

Table-VI shows the analysis depicted that only religion, family and income per month are statistically significant association with the level of attitude but the other demographic variables had shown statistically not significant.

DISCUSSION

The present study showed that majority i.e 153(61.2%) unmarried adults had adequate knowledge on premarital counselling whereas 84(33.6%) respondents had moderately adequate knowledge and 13(5.2%) respondents had inadequate knowledge which is in similar to a cross-sectional descriptive study done by Al-Qahtani SF, et. al (2019), on on perception of premarital counseling among students of King Khalid University in Abha city, Saudi Arab and the study showed that 73.4% of the students were aware of PMC and 95.2% reported its importance.⁵

The study finding revealed that majority i.e 208 (83.2%) of the respondents had desirable attitude, 42 (16.8 %) of the respondents had moderately desirable attitude and 0 (0%) of the respondents had undesirable attitude about premarital counselling which is in accord with the one group pre and post test experimental research study done by M. KP, Clement N, Clement I (2019) to assess knowledge and attitude regarding premarital counselling 40 among degree students of A.V.K Degree College in Karnataka, India and the study showed that pretest mean attitude score was 51.75% followed by post-test 71%.⁶

Study showed, the demographic variables mother's educational qualification ($\chi^2=29.794$, p=0.0001) and consanguineous marriage ($\chi^2=15.314$, p=0.0001) had shown statistically significant association with level of knowledge at p<0.001 level, mother's occupation ($\chi^2=22.355$, p=0.004) and income per month ($\chi^2=30.593$, p=0.002) had shown statistically significant association with level of knowledge at p<0.01 level, religion ($\chi^2=15.336$, p=0.018) and family ($\chi^2=11.772$, p=0.010) had shown statistically significant association with level of knowledge regarding premarital counseling among unmarried adults at p<0.05 level. This study the investigator concluded that the unmarried adults should get the premarital counselling before marriage.

CONCLUSION

The study concludes that the overall level of knowledge regarding premarital counselling among unmarried adults was adequate 153(61.2%) and level of attitude was desirable 208 (83.2%). The mean score of knowledge was 19.48, SD=4.95 and the mean score of attitude was 52.48, SD=6.77. The calculated Karl Pearson's Correlation Value of r = 0.416. It indicated that there was a moderate positive correlation between knowledge and attitude scores.

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