

# The Importance of Premarital and Preconception Knowledge

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## Abstract

The term "premarital and preconception care" describes the actions women can take both before and in between pregnancies to improve their chances of becoming mothers and having healthy children. Worldwide, millions of women lack access to sufficient and high-quality prenatal, pregnancy, and delivery services. Improving mother and child health will therefore be greatly aided by filling in this large informational vacuum and providing the required resources. The four couples who visited the Sungai Andai Health Center were the activity's targets. Using lecture and question-and-answer formats, community service projects involve educating people on the value of knowledge acquisition prior to marriage and motherhood. Powerpoint presentations and pre-wedding and preconception pamphlets were the medium employed. Questions and answers concerning the significance of information before to marriage and pregnancy were also addressed in the previous session. Based on the findings of the pre- and post-tests, four pairs of prospective husband and wife had increased knowledge.

## A. Introduction

The rising number of deaths among mothers and infants has turned into a worldwide public health issue (Highet et al., 2022). Globally, pregnancy and childbirth-related difficulties claim the lives of over 350,000 women within reproductive age every year, and over 15 million women experience chronic disease or disability (Favero et al., 2021). Compared to wealthy countries, the chance of an undesirable pregnancy is higher in developing and less developed nations (Sarder et al., 2021).

Aside from the burden of maternal mortality and morbidity, which is on the rise in developing and less developed nations, an estimated 3.6 million babies worldwide pass away in the first four weeks of life each year (Means, 2020). Similarly, 1.4 million fetuses die in the womb or are known as "stillbirths," and at least 1.5 million newborn deaths occur within the first week of delivery as a result of maternal health issues (Zhang et al., 2020). Premature birth, low birth weight, and congenital abnormalities are the leading causes of infant death worldwide. There is also a significant chance of baby death in cases of underweight moms and maternal problems (Wang et al., 2023).

The death rate of women in Indonesia who are of childbearing age has been dropping for a long time, but within the last ten years, this trend has virtually stopped (Finnegan, 2020). It is important to pay close attention to the fact that the fifth Millennium Development Goal (MDG 5) has not yet met all of its objectives, particularly in developing and least developed nations. The primary objectives of the recently adopted Sustainable Development Goals (SDGs) are poverty reduction and the resolution of injustice and inequality (Fitrianingsih & Deniati, 2022). There are a few things that must happen in order to meet the larger SDG targets. Providing women in the reproductive age range with suitable pre-pregnancy care (PPC) services is one tactic (Safitri et al., 2022). Furthermore, prenatal care can enhance the mother's and baby's pregnancy results.

Pre-pregnancy care is described as "a set of interventions aimed at identifying and modifying biomedical, behavioral, and social risks to a woman's health through prevention and treatment" (Thorne & Girling, 2021). As mentioned in the action plan to accomplish the fifth Millennium Development Goal, one method to lower maternal fatalities due to chronic diseases in Indonesia is to provide pre-pregnancy care services. Pregnancy outcomes that are considered unfavorable, such significant abnormalities in patients with diabetes, have become less common since the early 1980s thanks to pre-pregnancy care (Forde et al., 2019).

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As of right now, there is enough scientific data to support the idea that prenatal therapies can lessen the negative impacts of pregnancy.

Despite the fact that pre-pregnancy care services have been shown to be effective, it is still unknown how often these services are used or how much information women of reproductive age are aware of. The availability and affordability of pre-pregnancy care options are often overlooked by women. The mother and unborn child will suffer if these illnesses are not treated right away (Ferry et al., 2022). Using these services is still fraught with difficulties for women who are childbearing, primarily due to social and cultural barriers.

To improve women's chances of having a healthy child and becoming a healthy mother, this article was written to inform the public about the significance of premarital and preconception care that they can take before and between pregnancies.

## B. Research Methods

There are various steps involved in performing community service. The first step is preparation, which includes setting up supplies, getting equipment ready, and doing administrative tasks. Using lecture and Q&A formats, community service projects include educating people about the value of knowing before getting married and getting pregnant. PowerPoint presentations and pre-wedding and pre-conception pamphlets are the medium employed. Reports are produced as a consequence of events and as a commitment to community service by UM Banjarmasin's Midwifery Study Program, Undergraduate Program, and Midwife Professional Education Program. Early in October 2023, the action took place in the Sungai Andai Health Center in Banjarmasin City. Four pairs of potential husband and wife are the target audience for the community service project. These couples visited the Sungai Andai Health Center. The chief executive, Mahfuzhah Deswita Puteri, SST, M.Keb, is in charge of this activity. She opened community service activities with a speech. Events involving community service were organized using the following framework:

1. Presenting practice questions
2. Disseminating information about the value of knowledge acquisition prior to marriage and motherhood
3. Posing follow-up queries

Pretest and posttest regarding premarital knowledge and preconception were given to participants.

## C. Result and Discussion

On October 8, 2013, the Sungai Andai Community Health Center successfully completed this community service project while adhering to health regulations. This activity begins at 10:00 and ends at 10:00. Mahfuzhah Deswita Puteri M. Keb, the chief executive, oversaw this activity and opened the community service program with a speech. Events involving community service are organized using the following framework:

1. Pre-test member questions
2. Supplying information and explanations on premarital knowledge and preconceptions
3. Provide follow-up questions for the test.

A pre-test is given to every volunteer in the community service program. Next, pre-marital and preconception knowledge are explained, and participants get pamphlets. The post-test is the last phase. Questions and responses about the mother's experiences prior to marriage and her intentions for the future were also a part of the last session. Several participants' responses indicated that Sungai Andai Community Health Center counseling.

**Table 1.** Pretest and Posttest Results Knowledge of Prospective Married Couples About Premarital and Preconception

Average Value of Knowledge Prospective Partnerts	
Pretest	Posttest
68.9	89.7

The pre-test and post-test results (Table 1) in the Sungai Andai health center area show that prospective married couples now know more about premarital preparation and preconception, which is a result that can be directly evaluated. The organizing midwife and implementing midwife from the Andai River Community Health Center attended this community service project (Ishak et al., 2021).

One sort of treatment that assists couples in getting ready for marriage is premarital education. According to a five-year study that was published in the Journal of Family Psychology, couples who attended premarital education had a thirty percent lower likelihood of divorcing. Premarital education can thereby increase the likelihood of a secure and happy marriage by ensuring that couples have a strong and healthy relationship. Premarital education covers a variety of topics, including preventing pelvic inflammatory disease (PID), eradicating fear of sexual activity, educating about contraception, discussing sexually transmitted diseases and how to prevent them, and using blood tests to identify genetic disorders and common STDs (Asadisarvestani & Sobotka, 2023).

A pre-conception risk assessment for any potential pregnancy complications is typically included in preconception education, along with risk factors like increasing folic acid intake to lower the risk of neural tube defects and counseling regarding quitting smoking, reducing alcohol intake, and potentially harmful medications that could affect fetal development (Taylor et al., 2021). In addition, women are vaccinated against a variety of diseases that are not administered during pregnancy. Ideally, a couple should get together three to six months before trying to conceive. During this time, a woman can lower any health risks that are under her control and better prepare her body for a healthy conception (fertilization) and pregnancy.

#### D. Conclusion

With the low use of premarital and pre-pregnancy services, it is critical to raise awareness and perceptions among women of childbearing age regarding premarital and pre-conception services. Low-quality pregnancies can be decreased by efforts by several stakeholders to raise awareness and perception of such services among women of reproductive age, particularly among younger, less educated, and childless women. In doing so, we intend to meet one of the Sustainable Development Goals (SDG) by 2030, which is to bring the rate of maternal mortality down to 8.7 per 100,000 live births.

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