

Summary

Premarital counseling is one of the health promotion activities which is provided within the domain of maternal and health services programs, (*Webb, 2004*). It is the services offered to young couples on their way to marriage in order to guide, educate and prepare them for the establishment of a healthy family, (*Grover, 2003 and WHO, 2006*). Few couples take the advantage of premarital counseling; there is very little opportunity in our society to prepare girls and boys for marriage, sexual and reproductive functions and parenting, (*Eshra et al., 2008*). Adolescents constitute an important section of society in our countries in terms of number, of belonging to various social groups, and of being the parents of the future generation, (*WHO, 2006*).

The aim of the study was to assess knowledge about components of pre-marital counseling among the adolescents female to detect needs.

Clarify factor affecting on knowledge of adolescents female regarding components of pre-marital counseling and Design an educational health promotion guideline regarding components of pre-marital counseling.

* **The total sample** includes 300 students from :

- 1- Technical and Healthy Nursing Institute (150) students.
- 2-Industrial and commercial school (150) students.

* **A pilot study** It was done on 10% of students to test the content validity modification done by removing such word as bad habits (drug abuse, smoking) by the students, this number of students excluded from the sample.

The duration of collected data was 6 months starting from December 2008 to May 2009.

Tool of Data collection:

A structure questionnaire sheet was used to collect data which include three parts:

Part (1): this part was covered general characteristics of the sample included demographic data such as: age, residency, qualification, social class.

Part (2): this part was covered family medical history, and students medical, menstrual history.

Part (3): this part was covered student's knowledge about premarital counseling and reproductive health.

Scoring system

Students, knowledge about premarital counseling and reproductive health were computed and the sheet score was out of 60 points. The score for each question was categorized as following; Complete right answer = 2 scores, Incomplete right answer = 1 score and Wrong answer or don't know = 0 score

The total knowledge of students describes as follow; 60 % or more, is adequate level of knowledge, and 60 % or less, is inadequate level of knowledge.

Results:

The results of the study revealed that 20% of nursing students, 1.0% and 0.6% industrial, commercial students, had adequate level of knowledge. The majority of the sample (78.3%) had inadequate knowledge, the main area of deficiency of the knowledge was that

definition, importance, and law of premarital counseling, time the sperm still ready to fertilize the ova, causes of mothers mortality, effect of poor nutrition on the girl, breast self examination. Significance differences association was observed regarding students knowledge before, and after the application of the instruction guide line .The student's knowledge affected by the residence, type of education, age, social class, and present of mass media.

Recommendations:

Findings suggest the need of especial attention placed upon educational programs preparing community health nurses to deal with reproductive health, proper diet, breast self examination, pregnancy, labor, breast feeding, and contraceptive should be of these educational programs.

- 1- Increase awareness of adolescents and youth (who will be the future couples) about family life education and premarital counseling.
 - 2- Improve the knowledge of students about premarital counseling; modify the current and available services and efforts for raising the community awareness about the important of its utilization.
 - 3- Disseminate simple and accurate information through media publicity including health services announcements on T.V and radio.
 - 4- Programs orientation of health professions and up to date information about premarital counseling.
 - 5- Integrate premarital counseling and examination in the curricula of basic nursing education, and commercial, industrial education
 - 6- A booklet contains knowledge about premarital counseling and reproductive health should be available in the all health services provided care for adolescent.
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