

INTRODUCTION

Promotion of health is now recognized as one of the most important components of community health practice, it includes all efforts utilized for people to reach optimal well being and higher level of wellness, (*Ewles and simnett, 2007*).

Egypt is home to more than 17 million adolescents (aged 11 to 20), composed one-fifth of the total population. "There is a growing recognition that youth are a neglected population group, they require services, and they require resources. (*UNECIF Egypt, 2007*).

Adolescents are the most vulnerable to the promotion of their health, they are need more teaching, more education based on information that will help them to attain level of maturity required to make responsible decisions, (*Timby & Smith, 2005*).

Some studies also found that adolescents do not have enough information about their bodies, total maturation, and other aspects of Reproductive health to prepare them for family life, (*Rosdahi & Kowalsk, 2008*).

Adolescent girls need access to information, and services related to nutrition, reproductive health, family planning, and general health. Programs can reach girls through a variety of avenues, including schools, workplaces, marriage registration systems, and youth-oriented health programs. Schools can be a key part of helping adolescent girls to become healthy adults" promoting female education can improve nutrition, and encourage females to seek regular health care. Ensuring that adolescent girls receive enough

food, iron and foliate supplements, iodine-fortified foods, as well as helping them delay their first pregnancy, and protect themselves from sexually transmitted diseases. Teaching girls to use their knowledge of nutrition when Preparing and handling food can also improve their health and that of their Families, (*UNECIF Egypt, 2007*).

Premarital care is a care of both partners before marriage which includes; premarital counseling, examination and immunization. (*Ewles L., Simnett I., 2007*).

Premarital counseling is one of the health promotion activities which is provided with the domain of maternal and child health programs, it is the services offered to young couples on their way to marriage in order to guide, educate them about: reproductive health, male and female reproductive systems, genetic examinations, STDs, Pregnancy, labor, Family planning,) and prepare them for the establishment of a healthy family, (*WHO, 2008*).

One of the basic components of premarital counseling also is family life education; it provides the couples with knowledge about individual as sexual being, as well as addressing family roles and responsibilities of parenting, human development and interpersonal relations, (*Koblinisky S., 2009*).

Genetic counseling is another component of premarital counseling; it provides services to help people to under standing the disorder about which they are concerned and the risk that it will occur in their family, (*Gorrie T., et al., 2005*).

Several extensive studies have shown that among the offspring's of consanguineous marriage, there is an increased prenatal morbidity and mortality rate together with increased incidence of congenital abnormalities,

and mental retardation, that's why premarital counseling might be particular effective where consanguineous marriage is common, and still prevailing in our community, (*Lade wig P., et al, 2006*).

Premarital counseling is an essential first step towards reducing early child bearing in many parts of the world ,especially in rural areas ,girls marry shortly after puberty and sometimes even before, Also there is a considerable .pressure on the young married Women to bear a child almost immediately after marriage,. (*Lade wig P., et al, 2006*).

In Egypt premarital counseling and examination services were introduced since 1946 as a main component of maternal and child health services, the coverage and utilization of these services have been very limited up till now due to many factors related to health team (physicians, nurses, social workers.) as a provider of this services or low demand from prospective couples, (*Ministry of Health and Population, 2008*).

Nurses play an important role in premarital counseling because they are in regular contact with the clients, frequently developing relationship grounded in respect and trust; consequently they provide the expected couple with informing, through given health education and counseling to develop healthy marital life styles. Counselors role of the nurse, mean do not make decisions, they help clients arrive at the decisions that best suit to them, to solve their problems or conflicts, (*Stanhope M., & Lancaster J., 2004*).
