



Assessment of Knowledge Attitudes and Practices among Prospective Couples about Premarital Health Care In El-Minia City

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Abstract:

Premarital care is considered a public health measure as it is the essential part of primary and preventive care. Premarital care (PMC) is a worldwide activity aiming to diagnose, treat unrecognized disorders, and reduce transmission of diseases to couples. Aim of this study: This study aimed at assessing Knowledge, Attitudes and Practices among Prospective Couples about Premarital Health Care, In El-Minia City. Methods and Materials: A Descriptive research design was adopted to conduct this study. A systematic random sample was conducted among 500 prospective couples. The present study was conducted in Premarital Health Care Clinics (PMHCs) of main Maternal and Child Health Center (MCHc) related to Directorate of Health Affairs of El-Minia city. Data collected by using: structured interviewing sheet to assess the Knowledge and practice of the prospective couples about premarital health care & personal inventory to assess attitude toward premarital health care. Results: The study revealed that the majority of both prospective couples agreed to do premarital investigations. There was highly significance difference between both groups as regards the importance of premarital screening. Also, there was good knowledge and positive attitudes about premarital healthcare between both prospective couples. Regards to practice, this study revealed that female study participants take more care and practice than male participants do. Recommendations: More researches on young age group's knowledge, attitudes and beliefs about new life, responsibility and couples roles need to be done. More attention should be given to people at risk related to consanguineous marriage.

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