Couples’ Educational Needs Referred to Ershad and Fazel Health Centers of Tehran for Pre-marriage Tests in 2014

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Abstract

Background and Objective: Premarital education is the foundation for the development of couples’ communications, sexual relationships, health and fertility. Therefore, this study was done with the purpose of determining couples’ educational needs referred to Ershad and Fazel health centers of Tehran for pre-marriage tests.

Materials and Methods: A Cross Sectional study was conducted among couples who referred to health centers. The sample size was 1672 and the sampling method was convenience. Demographic data was collected through interview with women based on questionnaires. Then the couples responded to the self-administered educational needs questionnaire. The collected data were entered into SPSS-21 statistical software and analyzed using Chi-Square test.

Results: 883 women and 789 men completed the educational needs questionnaire. The mean (SD) age of women and men were 27.1 (4.5) and 30.2 (5.3) years respectively. Of all female participants 483 (54.7%) and 369 (41.8%) of male participants had a bachelor’s degree. 97.5% of men and 57.1% of women were employed. The ethnicity of about 72% of participants was Far. Most of the pre-marriage educational needs of men and women were marital health, importance of pre-marriage tests, unintended pregnancy prevention methods, correct marital relationship and prenatal care. 313 (64.6%) women and 238 (42.8%) men reported the pre-marriage educational class to be very helpful. The educational needs of couples were not different based on education, ethnicity and place of residence.

Conclusion: Results of the currents study shows the need for pre-marriage education in all evaluated aspects and the importance of paying attention to it for prospering the pre-marital classes.

Keywords: Educational needs; Premarital classes; Marriage; Prenatal care