
Effect of Premarital Counseling on Marital Satisfaction of Newlywed Couples in Port Said Governorate

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ABSTRACT

Background: Premarital counseling is a preventive strategy to have a stable marriage. The nurse plays an integral role in premarital counseling including assessing newlywed couples' knowledge & discussing marriage issues, the present aim: to explore the effect of premarital counseling on marital satisfaction of newlywed couples in Port Said governorate. **Subjects and method:** Design: A quasi-experimental research design was utilized. Setting: The study was carried out in four primary health care centers in Port Said governorate. Subjects: consisted of 100 newlywed couples were equally and randomly assigned to (50 couples in study group and 50 couples in the control group). Tools: The tools used for data collection were; the couple's premarital assessment questionnaire and ENRICH marital satisfaction inventory to assess marital satisfaction at the first & sixth month after marriage. **The Results:** the current study revealed that the majority (92.0%) of the studied couples at the first month compared to 88.0% at the sixth month were satisfied of their marriage, while more than two third of the control group couples (68.0%) were satisfied at the first month of marriage but at the sixth month, this satisfaction declined to 42.0%. Additionally, there were highly statistically significant differences between the study and control group couples with marital satisfaction at the first & sixth month after marriage $p < 0.01$. **Conclusion** premarital counseling positively affected newlywed couples' marital satisfaction. **Recommendations:** premarital counseling should be considered a priority for newlywed couples to ensure successful and stable marriage.

Key words: Marital satisfaction, newlywed couples, premarital counseling.

INTRODUCTION

Marriage is a significant and natural human life process that has occurred in various forms throughout all eras and cultures. It has made an effort to create a link between two concepts with various values and ideologies (Zaheri et al., 2020). Therefore, Marriage is a significant institution that should be well planned out and begin on the correct track (Adzovie & Dabone, 2021).

Newlyweds strive to maintain a steady and satisfying marriage. Although many couples succeed in this endeavor, divorce rates peak in the first few years of marriage, indicating that many more struggle to stay united (Tavakol, Moghadam, & Nasrabadi, 2020). The majority of couples have significant stability and contentment during their first year of marriage, and significant drops in satisfaction are only experienced by couples that had lower-quality marriages to begin with (Williamson & Lavner, 2020).

Marital satisfaction refers to the overall health of a marriage and reflects its functioning and enjoyment (Jafari, Alami, Charoghchian, Noghabi, & Nejatian, 2021). Additionally, marital satisfaction is a complex notion that encompasses a variety of variables, including personality traits, finances, parenting styles, and sexual relations (Ebid , Soliman, Abo Shabana, & Metwaly, 2021). It consists of nine components, including the stability of relationships, love, sexuality, the same personality, religion, decision-making, closeness, and the significance of husband and wife to communicate effectively (Brudek & Kaleta, 2021).

Providing couples with strong communication skills improves their emotional stability and boosts their sexual closeness, which promotes their marital pleasure throughout many circumstances (Carlson, Daire, & Hipp, 2020). Premarital counseling is a sort of therapy that assists couples to prepare for marriage in order to establish a strong, healthy relationship and a greater likelihood of a stable, fulfilling marriage (Murray & Murray, 2004). Nurse has a crucial role to play in premarital care and examination. They communicate with clients verbally and non-verbally so it requires much skill to do this and with the considerations of various domains: biological, psychological, socio culture, spiritual and environment (Jamal, Rashed, Mahmoud, & Fatthy , 2019).

Nurse has a crucial role to play in premarital care and examination. They communicate with clients verbally and non-verbally so it requires much skill to do this and with the considerations of various domains: biological, psychological, socio culture, spiritual and

environment (Jamal, et al., 2019). Marital satisfaction could be enhanced among couples who participate in a formal premarital preparation program (Foster, 2007). The role of nurse is very complex as it includes their role as advocator, educator, communicator, consultant, coordinator of care, leader or member of the profession, care giver, empowering agent, researcher user and health promoter, role model and as a counselor (Khalil , Fouly, & Elmowafy, 2021).

Significance of the study:

Marriage is the foundation of all communities and the nations at large. If marriages fail, there is bound to be problems in society. In Egypt, the number of marriages increased to 928,800 contracts in 2019 compared to 887,300 in 2018, with an increase 4.6% [The Central Agency for Public Mobilization and Statistics (CAPMAS, 2021)]. On the other hand, about 200,000 married couples get a divorce every year, and 40% of marriages end within the first five years. In 2019, about 225,900 couples divorced, compared to 211,500 in 2018 (Mendoza, Tolba, & Saleh, 2019). Furthermore, Port Said governorate is ranked as the first in divorce rate in Egypt during years 1986-2014. In 2015, it occupied the second place; and in years 2010, 2016, 2017, 2018, and 2019 it ranked the third place (Abdulkhalek & Hussien, 2020).

Any programme designed to help couples get ready for marriage should have that as its ultimate goal. Participating in a professional premarital counselling programme may increase a couple's marriage satisfaction. In light of the increase in divorce cases in Egypt, it is crucial to examine the function of premarital counselling in protecting the institution of marriage (Mendoza et al.,2019).

AIM OF STUDY:

The study aim was to explore the effect of premarital psycho-education on marital satisfaction of newlywed couples in Port Said Governorate. Through the following objectives:

To

- Assess newlywed couples' knowledge about marital relations in Port Said governorate.
- Design a premarital counseling program to newlywed couple's about marital relations in Port Said governorate.
- Implement a premarital counseling program to newlywed couple's about marital relations in Port Said governorate.
- Evaluate the effect of premarital counseling program on marital satisfaction of newlywed couples in Port Said governorate

- Find the relation between personal characteristics, marriage characteristics of the newlywed couples and marital satisfaction

Research hypothesis:

H1. Newlywed couples who receive premarital counselling have more marital satisfaction than newlywed couples who receive routine program in hospital out-patients clinic and health care centers in Port Said governorate.

SUBJECT AND METHOD:

I. Technical design:

This design includes a description of the study design, setting, subjects, and tools of data collection.

Study Design:

A quasi-experimental design was utilized to conduct the current study.

(Two group: Study and control; pre and post-test)

Study Setting:

The present study was carried out in four primary health care centers which were selected randomly, these setting were selected from eleven primary health care centers representing the all seven districts of Port Said Governorate in which newlywed couples were be referred for getting marriage licenses. The centers are affiliated to universal health insurance system, Ministry of Health.

Centers	District
First Port-Fouad center	El-Ganoub district
El Abouty center	El-Gharb district
El Nasr -Outpatient center	El -Manakh, El-Arab and Shark district
El- Kuwait center	El-Zohour district and EL-Dawahy

Study Subjects:

A purposive sample composed of newlywed couples with a total number of 100 couples who were referred the previous mentioned settings at the time of the study for getting marriage licenses in Port Said Governorate. **They were included in the study based on the following criteria:**

Educated, their first marriage, going to be married in a next two months' time, not having chronic or disabling diseases, or having a history of mental illness, drug abuse, taking anti-depressant or minor tranquilizer medication and not attending the counseling session before.

Sample Size:

Based on data from literature (Parhizgar , Esmaelzadeh-Saeieh, Akbari Kamrani, Rahimzadeh & Tehranizadeh, 2017), considering level of significance of 5%, and power of study of 80%, the sample size was calculated using the following formula (Charan & Biswas, 2013):

$$n = ((Z_{\alpha/2} + Z_{\beta})^2 \times 2(SD)^2) / (d^2)$$

Where, SD = standard deviation obtained from previous study; $Z_{\alpha/2}$, for 5% this is 1.96; Z_{β} , for 80% this is 0.84; and d is expected mean difference. Therefore,

$$n = (1.96 + 0.84)^2 \times 2(6.6)^2 / ((3.7)^2) = 49.99 \text{ in each group}$$

Based on the above formula, the sample size required was **100 couple**. They were divided randomly and equally into two groups control and study with fifty couples in each group.

Tools for data collection:

The study data were collected by using the following three tools:

Tool I: Self-administered Premarital Assessment Questionnaire:

This tool was developed by the researcher based on review of relevant literature (Al-Khalidi , Al-Sharif, Sadiq, & Ziady, 2002; Holman, Larson, & Harmer, 1994; McGrath, 2012; Park, Menasce , Horowitz, & Stepler, 2017). It was designed in an Arabic language to avoid misunderstanding and included the following parts:

Part 1: Marriage Characteristics Questionnaire:

This part was used to assess newlywed couples about characteristics of marriage. It consisted of five closed questions regarding type of marriage (traditional & not traditional), time period of couples knowing each other before marriage, time period of engagement, previous engagement and attending previous premarital training courses.

Part 2: Newlywed Couple's Knowledge Questionnaire:

This part used to assess couple's knowledge about marital relations as communication skills, conflict resolution, expectations and roles in marriage, intimacy and sexuality. The information was collected before and after counseling. It consisted of 42 questions as following:

Communication skills: Include four questions; Marital conflict resolution; consisted of three questions; expectations and roles in marriage; consisted of two questions; intimacy and

sexuality; consisted of 33 questions covering sex biology, sexual transmitted diseases, sexual relationship, possibility and prevention of pregnancy and genital anatomy) **as following:** Sex biology (seven statements); sexually transmitted diseases (eight statements); sexual relationship (six statements); possibility and prevention of pregnancy (nine statements) and genital anatomy (three statements). The information was collected before and after counseling.

The answers to questionnaires were on a two answer: "Yes or no". The scoring was reversed for negatively stated statements so that a high score indicates satisfactory knowledge.

Scoring system:

A correct answer was scored one and the incorrect zero. For each area of knowledge, the scores of the items were summed-up and the total divided by the number of the items, giving a mean score for the area. These scores were converted into a percent score, and means and standard deviations were computed. A couple attaining 60 % or more was considered to have satisfactory knowledge, while a score <60% was considered unsatisfactory knowledge (Kepler, 2015).

Tool II: ENRICH's Marital Satisfaction Scale:

The researcher used short form of ENRICH marital satisfaction scale (47 statement) which has been used in different studies as a valid instrument to measure marital satisfaction. This tool was designed as 47 statement versions adopted and modified by Farnam , Pakgohar, and Mir-mohammadali (2011) in an English language and translated into an Arabic language by researcher. The internal consistency of the scale with Cronbach's alpha was 95%. The applied 47 ENRICH scale is classified into ten categories as following:

Idealistic Distortion: Six statements as, completely understand every mood for partner

Leisure Activities: Five statements as, enjoying the same type of parties and social activities with partner.

Conflict Resolution: Five statements as, in order to end an argument, usually give up too quickly.

Personality Issues: Three statements as, partner smoking and/or drinking habits are a huge problem.

Equalitarian Roles: Four statements as, If both working, the husband should do the same amount of household chores as the wife.

Family and Friends Relation: Three statements as, Some friends or relatives do things that cause tension in marriage.

Sexual Satisfaction: Eight statements as, to find ways to keep sexual relationship enjoyable.

Religious Orientation: Four statements as, sharing religious values & feeling closer because of religious beliefs.

Communication: five statements as, express all true feelings to partner.

Financial Management: four statements as, satisfied with decisions about how much should save.

Scoring System:

The response to each statement was on a five point Likert scale ranging from “Very satisfied” to “Very unsatisfied.” or “Strongly disagree” to “Strongly agree”. These were scored respectively from five to one so that a higher score means more satisfaction. The scores of the statements of each part and of the total scale were summed-up and the totals divided by the number of corresponding statements, giving a mean score. These were then converted into percent scores. The couples were considered to be satisfied if the score was 60% or higher and unsatisfied if <60%. Marital satisfaction inventory scale was filled by couples at 1st and 6th month after marriage.

In addition, the **newlywed couple's personal characteristics** was added: which was developed by the researcher in an Arabic language after a review of the literature. It included personal data such as age, residence, and occupation, as well as level of education and smoking habits. It also included identification data as the mail address and telephone number.

II. Operational Design:

The operational design included a preparatory phase, validity, reliability, pilot study, and field work.

Preparatory Phase:

It included reviewing of literature, different studies and theoretical knowledge of various aspects of the study using books, research articles, internet, periodicals and magazines.

Pilot Study:

After the tools have been developed, they were tested through a pilot study, which was carried out on 10 couples representing 10 % of the total study sample and was carried out from 2/9/2019 to 2/10/2019. These were excluded from the main study sample. The purpose of the pilot study was to test the clarity, feasibility and applicability of the study tools and estimate the time needed to complete the tools. It also helped to find out any obstacles and problems that

might interfere with the data collection process. Needed modifications were done for needed items and pilot study not excluded any tool items.

Tools Validity:

It was ascertained by a jury consisting of seven expertise's from nursing and medicine disciplines. They included staff from obstetrics and gynecology, community, and psychiatric departments. They were requested to express their opinions and comments on the translated tool (I, II, & III). They reviewed the tools for clarity, relevance, and comprehensiveness. No modifications were suggested and the tools were finalized (tool II & III). This phase was carried out in a period (two months).

Tools Reliability:

Tools were tested for reliability using Cronbach's Alpha test which of the self-administered premarital assessment questionnaire part 1 was = 0.90 and part 2 was = 0.90 which indicates that good questionnaire reliability. In addition to, the tool of the Arabic version of ENRICH marital satisfaction questionnaire –short form was tested for reliability using Cronbach's Alpha test was = 0.90 which indicates that the Arabic version demonstrated good scale reliability.

Field Work:

- Written formal consent was obtained from the Ministry of Health and Population in order to carry out the study at Port Said Health centers and hospitals.
- The study subjects were obtained from the selected settings at Port Said city, they were randomly assigned both to the study (intervention) and to the control group. Participants were divided equally and randomly into two groups (50 couples in intervention group who were received counseling and 50 couples in control group who received routine center's intervention).
- Written formal consent was obtained from each selected couples to participate in the study after explaining the aim of the study, establishing rapport, and trusting relationship with the studied couples.
- The study tools were then explained to couples and they were reassured that all information will be confidential and used only for the purpose of the study and they were interviewed and counseling individually for keeping their privacy.

The study was carried out through four phases:

Phase I: Assessment Phase:

-The researcher visited the study settings and arranged with the nursing director for the actual implementation of the study. Then, the process of recruitment of parturient couples according to the inclusion and exclusion criteria was started during the premarital visit to obtain health certificate before marriage.

- The Newlywed couples in the study and control group were interviewed and their baseline data were collected. The collected data at this stage were considered as the pre-counseling database information.

Phase II: Planning Phase (Counseling Development):

Newlywed couples premarital counseling was designed based on the assessment data collected in assessment phase. In designing counseling program, different and appropriate teaching methods were considered, the researcher has also prepared counseling booklet in Arabic language, which included counseling program content. The counseling program was designed to covered information about the following:

- Concept of marriage , psychological , social aspects in men & women and role expectations in marriage
- Anatomy and physiology of male and female genital organs, family planning, Intimacy and sexuality
- Communication skills and methods of conflict resolution
- Financial management and couple leisure involvement.

For the couples in the control group, routine pre-marriage preparation is limited to physical assessment, laboratory & genetic investigations, family planning and information related to premarital investigations.

Phase III: Implementation (Counseling Implementation):

The researcher met with each couple individually, explained the aim and procedures of the study, and invited them to participate. The couples who gave their informed consent to participate should also agree to provide their telephone numbers through which they could be contacted for marital satisfaction evaluation at 1st & 6Th month after marriage. Newlywed couple's knowledge was assessed before & after counselling

The couples (Men & women) were instructed to answer the questionnaires & response to ENRICH scale separately. The intra-couple agreement for the scores of the knowledge questionnaire was 0.871, for the attitudes towards the marital relationship was 0.864 and for the

marital satisfaction scale was 0.851. the scores obtained from the women were considered to be representative for the response of the couple regarding the questionnaires.

Additionally, since it was difficult to provide counseling to all couples in intervention group at the same time, a number of 2-6 couples were interviewed and counseled per day. The data were collected along a period of nine months from the first October 2019 to the end of June 2020, two days per week; Saturday and Tuesday from 9 a.m. to 2 p.m.

Counseling classes included 4 sessions for lectures & discussion plus 15-minute break.; The first session was 50 minutes included introduction to marriage, Physical and psychological aspects in men & women, and expectations and roles in marriage. Second session, 90 minutes were for sexual health included general brief anatomy and physiology of male and female genital organs, sexual cycle, sexual behaviors, family planning (emergency family planning) & premarital investigation. Third 60 minutes for communication, conflict resolution. Fourth 40 minutes for financial management and couple leisure involvement as following:

Session	Session General objectives	Content	Duration	Teaching strategies		Teaching Media	Methods of evaluation
				Teaching methods	Learning activities		
1	1.1. Identify marriage 1.2. Discuss pre-marital phyco-education program 1.3. Discuss psychological, social, and cultural aspects of personality 1.4. Explore Role Expectations in Marital Life	Marriage concept Pre-marital phyco-education Psychological, social, and cultural aspects of personality Role Expectations in Marital Life	50 minutes	<i>Modified Lecture + Group discussion + Brain storming</i>	<i>Answer the questions.</i>	Power point Handout	Feedback Oral question
2	2.1. Mention premarital investigations 2.2. Differentiate between internal & external parts of genital organs briefly 2.3. Explore sexual cycle 2.4. Discuss female genital mutilation (FGM) 2.5. Identify Family planning	Premarital investigations Internal & external parts of genital organs Sexual cycle female genital mutilation (FGM) Family planning	90 minutes	<i>Modified Lecture + physical models</i>	<i>Answer the questions</i>	Posters Videos Power point	Feedback Oral question Check list
15 minutes launch Break							
3	3.1. Utilize effective skills of communication 3.2. Discuss methods of marital conflict resolution	Communication skills Marital conflict resolution	60 minutes	<i>Brain storming</i> <i>Role play</i>	<i>Role play</i> <i>Answer the questions</i>	Power point Handout poster	Feedback Oral question
4	4.1. Explore successful financial management in the family 4.2. Identify mutual Leisure activities	Financial management in the family Mutual Leisure activities	40 minutes	<i>Modified Lecture + Group discussion + Brain storming</i>	<i>Design templet for family budget</i> <i>Answer the questions</i>	Power point Handout poster	Feedback Oral question

Phase IV: Evaluation

Marital satisfaction was evaluated at 1st and 6th month after marriage, Couples separately filled self-administered ENRICH's marital satisfaction scale at home . The researcher contacted couples through telephone numbers, E-mails, whatsapp and can meeting them virtually using zoom meeting application.

After the study was over, participants in the control group received counselling lectures and a pamphlet just like those in the intervention group. This was done to maintain the study's ethical standards.

III. Administrative Design:

An official permission was obtained from the director of health care centers through a formal letter from the dean of the faculty of Nursing, Port Said University to the Director of the selected study setting, to sustain their cooperation to implement the study

Ethical considerations:

Approval was taken from the Research Ethics Committee of the Faculty of Nursing, Port Said University code no. NUR 7/8/2022 (16). All ethical issues were considered; informed consent was obtained from couples after explaining the aim of the study and its procedures and assured that the information obtained were confidential and used only for the purpose of the study and maintain their privacy., participants were also informed that they could withdraw from the study at any time before the completion of the study. The study maneuvers could not have any actual or potential harm to participants.

IV. Statistical Design:

Data entry and statistical analysis were done using SPSS 20.0 statistical software package. Data were presented using descriptive statistics in the form of frequencies and percentages for qualitative variables, and means and standard deviations and medians for quantitative variables. Cronbach alpha coefficient was calculated to assess the reliability of the satisfaction scale through its internal consistency. Quantitative continuous data were compared using Student t-test in case of comparisons between two independent groups. Qualitative categorical variables were compared using chi-square test. Spearman rank correlation was used for assessment of the inter-relationships among quantitative variables and ranked ones. Statistical significance was considered at p-value <0.05.

RESULTS:

Table (1): illustrates personnel characteristics of the newlywed couples in the study and the control groups, it reveals that the mean age of men in study and control group was 27.8 ± 4.8 , 27.9 ± 5.1 years respectively and women mean age in study and control group 24.0 ± 3.8 , 23.9 ± 4.6 years respectively. In relation to working status of men; 16.0%, and 12.0% not

working in both groups respectively. Slightly less than three quarter of couple's residence after marriage would in urban areas in both groups (72.0%, and 68.0% respectively). Regarding smoking habits among men in both groups; slightly less than one-half of them were smoker (46.0%, and 42.0% respectively), while, only 10.0% and 8.0% among women in study and control group respectively were smoker.

Table (2): reveals the characteristics of the marriage of both groups. More than half of newly couple reported the marriage type was traditional in 56.0% and 54.0% in study and control group respectively, for the majority of the couples in the study and control groups, they had no previous engagement, 62.0% and 70.0% respectively. In addition, no one in the two groups (100.0%) attended training courses for marriage preparation before (Chi-square=3.093).

Table (3): illustrates the total knowledge about marital relation before and after the counseling, in the study and control group, before counseling more than half of the studied newlywed couples, 54.0% in the study group and 66.0% in the control group had unsatisfactory total knowledge about marital relation. On the other hand, after counseling; 88.0% of newlywed couples in the study group compared with 48.0% of those in the control group had satisfactory knowledge. After counseling the majority of the study group (88.0%) had satisfactory knowledge about conflicts resolution and sex biology, while half (50.0%) of the control group had satisfactory knowledge in these topics.

Figure (1): represents newlywed couple's total knowledge about marital relation in study and control group before and after counseling. It reveals that, the total knowledge before counseling in both group were nearly equal. After counseling, the most of the study group (88.0%) had satisfactory total knowledge about marital relationship, while 12.0% of them had unsatisfactory. On the other hand, about more than half of the control group (52.0%) had unsatisfactory total knowledge but (48.0%) had satisfactory.

Table (4): clarifies the newlywed couple's in the study and control groups regarding to their marital satisfaction items at the first and sixth month of marriage. It shows that 98.0% of the study group couples at the first month compared to 90.0% at the sixth month were satisfied of their idealistic distortion, while more less than one half of the control group couples (42.0%) were unsatisfied in family and friends at the first month of marriage but at the sixth month of marriage this unsatisfied increased to 50.0%. As well as, highly statistically significant difference between the study and control group couples in all items are found $p < 0.01$.

Figure (2): shows comparison between the study group and control group newlywed couples regarding their total marital satisfaction at the first and sixth month of marriage; It shows that 92.0% of the study group couples at the first month compared to 88.0% at the sixth month were satisfied of their marriage, while more than two third of the control group couples (68.0%) were satisfied at the first month of marriage but at the sixth month of marriage this satisfaction declined to 42.0%.

Table (5): illustrates relationship between personal characteristics, marriage characteristics of the study group and their total marital satisfaction at sixth month after marriage. Highly statistically significant relations were found between total marital satisfaction and men, women working status, their residence, type of marriage and time period of engagement ($\chi^2=9.077, 7.207, 8.992, 9.245, 7.199$ respectively). Also, statistically significant relations with time period of couples knowing before marriage ($=6.487$). No statistically significant relation is found with men and women level of education ($\chi^2=1.56, \chi^2=7, \text{ and } 1.182$ respectively).

Table (6): illustrates the relation between personal characteristics, marriage characteristics of the control group and their total marital satisfaction at sixth month after marriage. It shows that highly statistically significant relations were found between total marital satisfaction and their ages of men and women ($\chi^2=1.008, \text{ and } 7.214$ respectively). Therefore, with women' level of education, type of marriage and time of engagement ($\chi^2=9.175, 7.101, \text{ and } 5.901, \text{ respectively}$).

Table 1: Distribution of newlywed couples in the study and control group according to personal characteristics

Personal characteristics	Study group N=50		Control group N=50	
	N	%	N	%
Men Age				
<30	31	62.0	30	60.0
≥30	19	38.0	20	40.0
Mean ±SD	27.8 ±4.8		27.9 ±5.1	
Age Range	20 – 36		20 – 35	
Men Level of Education				
Secondary education	19	38.0	22	44.0
Bachelor degree of education	22	44.0	19	38.0
Post graduate education	9	18.0	9	18.0
Men Working Status				
Working	42	84.0	44	88.0
Not Working	8	16.0	6	12.0
Men Smoking Habits				
Smoker	23	46.0	21	42.0
Nonsmoker	27	54.0	29	58.0
Women Age				
< 25	31	62.0	30	60.0
≥ 25	19	38.0	20	40.0
Mean ±SD	24.0 ±3.8		23.9 ±4.6	
Age Range	19 – 33		19 – 35	
Women Level of Education				
Secondary education	28	56.0	28	56.0
Bachelor degree of education	17	34.0	16	32.0
Post graduate education	5	10.0	6	12.0
Women Working Status				
Working	16	32.0	12	24.0
Not working	34	68.0	38	76.0
Women Smoking Habits				
Smoker	5	10.0	4	8.0
Non Smoker	45	90.0	46	92.0
Couple Residence after marriage				
Rural	14	28.0	16	32.0
Urban	36	72.0	34	68.0
Couple Family income after marriage “from participant point of view”				
Enough	14	28.0	16	32.0
Not enough	32	64.0	29	58.0
Enough and saving	4	8.0	5	10.0

*Significant at p <0.05. **Highly significant at p <0.01. Not significant at p>0.05

Table 2: Distribution of newlywed couples in the study and control group according to their marriage characteristics

Marriage characteristics	Study group N=50		Control group N=50		χ^2 Test & P value
	N	%	N	%	
Type of Marriage					
Traditional	28	56.0	27	54.0	0.040
Not traditional/ on love	22	44.0	23	46.0	0.841
Time Period of Couples Knowing before Marriage /Years					
< 3year	49	98.0	47	94.0	1.042
≥ 3 years	1	2.0	3	6.0	0.307
Mean \pmSD	1.7 \pm0.6		1.5 \pm0.6		
Time Period of Engagement					
< 3 year	46	92.0	47	94.0	0.154
≥ 3 years	4	8.0	3	6.0	0.695
Mean \pmSD	1.4 \pm0.6		1.5 \pm0.6		
Previous Engagement					
Yes	19	38.0	15	30.0	0.713
No	31	62.0	35	70.0	0.398

*Significant at p <0.05
p>0.05

**Highly significant at p <0.01

Not significant at

Table 3: Distribution of the newlywed couple's total knowledge about items of marital relation in study and control group before and after counseling (n=100).

Total marital knowledge items	Study group N=50				Control group N=50			
	Before counseling		After counseling		Before counseling		After counseling	
	No	%	No	%	No	%	No	%
Communication								
Satisfactory	21	42	42	84.0	20	40.0	20	40
Unsatisfactory	29	58	8	16.0	30	60.0	30	60
Conflicts resolution								
Satisfactory	25	50	44	88.0	18	36.0	25	50
Unsatisfactory	25	50	6	12.0	32	64.0	25	50
Role expectations in marriage								
Satisfactory	26	52	42	84.0	16	32.0	25	50
Unsatisfactory	24	48	8	16.0	34	68.0	25	50
Sex biology								
Satisfactory	21	42	44	88.0	19	38.0	25	50
Unsatisfactory	29	58	7	14.0	31	62.0	25	50
Sexually transmitted diseases								
Satisfactory	18	36	43	86.0	15	30.0	19	38
Unsatisfactory	32	64	7	14.0	35	70.0	31	62
Sexual relationship								
Satisfactory	23	46	44	88.0	16	32.0	18	36
Unsatisfactory	27	54	6	12.0	34	68.0	32	64
Possibility and prevention of pregnancy								
Satisfactory	15	30	44	88.0	17	34.0	25	50
Unsatisfactory	35	70	6	12.0	33	66.0	25	50
Genital anatomy								
Satisfactory	24	48	46	92.0	21	42.0	27	54
Unsatisfactory	26	56	4	8.0	29	58.0	23	46
Total knowledge								
Satisfactory	23	46	44	88.0	17	34.0	24	48
Unsatisfactory	27	54	6	12.0	33	66.0	26	52

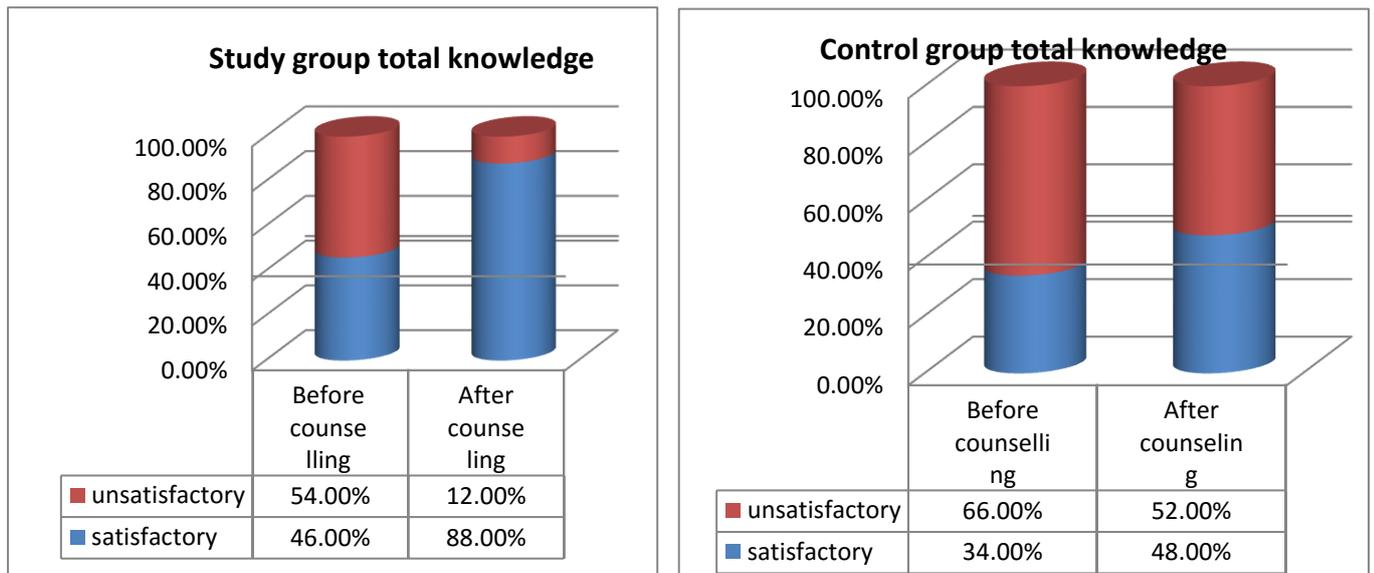


Figure 1: Distribution of the newlywed couple's total knowledge about marital relation in study and control group before and after counseling (n=100)

Table 4: Comparison between the newlywed couple's in the study and control groups regarding to their marital satisfaction items at the first and sixth month of marriage

Marital satisfaction items	Marital satisfaction at first month of marriage									Marital satisfaction at sixth month of marriage									χ^2 Test & P-value
	Study group N=50				Control group N=50				χ^2 Test & P-value	Study group N=50				Control group N=50					
	Un satisfied		Satisfied		Un satisfied		Satisfied			Un satisfied		Satisfied		Un satisfied		Satisfied			
	No	%	No	%	No	%	No	%		No	%	No	%	No	%	No	%		
Idealistic Distortion	1	2.0	49	98.0	12	24.0	38	76.0	57.545 <0.001**	5	10.0	45	90.0	29	58.0	21	42.0	39.727 <0.001**	
Leisure Activities	4	8.0	46	92.0	11	22.0	39	78.0	49.980 <0.001**	5	10.0	45	90.0	29	58.0	21	42.0	39.727 <0.001**	
Conflict resolution	5	10.0	45	90.0	19	38.0	31	62.0	29.340 <0.001**	11	22.0	39	78.0	29	58.0	21	42.0	25.090 <0.001**	
Personality issues	8	16.0	42	84.0	16	32.0	34	68.0	27.750 <0.001**	7	14.0	43	86.0	28	56.0	22	44.0	21.168 <0.001**	
Equalitarian roles	9	18.0	41	82.0	19	38.0	31	62.0	40.960 <0.001**	7	14.0	43	86.0	29	58.0	21	42.0	34.313 <0.001**	
Family and friends	4	8.0	46	92.0	21	42.0	29	58.0	28.268 <0.001**	6	12.0	44	88.0	25	50.0	20	40.0	21.236 <0.001**	
Sexual relationship	1	2.0	49	98.0	18	36.0	32	64.0	43.464 <0.001**	1	2.0	49	98.0	25	50.0	20	40.0	50.174 <0.001**	
Religious orientation	4	8.0	46	92.0	16	32.0	34	68.0	38.200 <0.001**	8	16.0	42	84.0	28	56.0	22	44.0	33.980 <0.001**	
Communication	4	8.0	42	92.0	14	28.0	36	72.0	31.818 <0.001**	3	6.0	47	94.0	29	58.0	21	42.0	45.776 <0.001**	
Financial management	4	8.0	42	92.0	14	28.0	36	72.0	38.200 <0.001**	5	10.0	45	90.0	29	58.0	21	42.0	39.727 <0.001**	
Total marital satisfaction	4	8.0	46	92.0	16	32.0	34	68.0	38.200 <0.001**	6	12.0	44	88.0	29	58.0	21	42.0	36.946 <0.001**	

χ^2 = Chi-square test * Significant at p <0.05. **Highly significant at p <0.01. Not significant at p>0.05

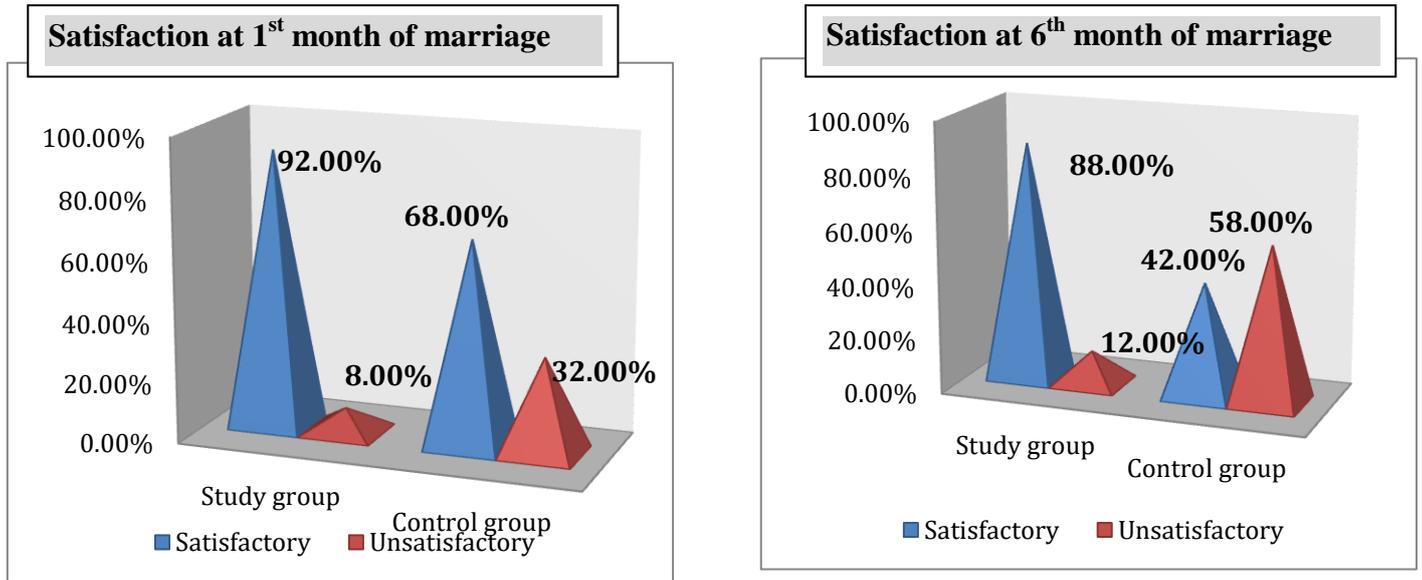


Figure 2: Comparison between the newlywed couple's in the study and control groups regarding to their total marital satisfaction at the first and sixth month of marriage

Table 5: Relation between personal, marriage characteristics of the study group and their total marital satisfaction at sixth month of marriage (n=50)

Personal and marriage characteristics	Total marital satisfaction				χ^2 Test	P-Value
	Satisfied N=44		Unsatisfied N=6			
	N	%	N	%		
Men Age						
<30	29	65.9	2	33.3	5.201	.011*
≥30	15	34.1	4	66.7		
Men Level of Education						
Secondary education	17	38.6	2	33.3	1.567	.071
Bachelor degree of education	19	43.2	3	50		
Post graduate education	8	20.5	1	16.7		
Men Working Status						
Working	40	90.9	2	33.3	9.077	.001**
Not Working	4	9.1	4	66.7		
Women Age						
< 25	30	68.2	1	16.7	5.201	.005*
≥ 25	14	31.8	5	83.3		
Women Level of Education						
Secondary education	25	56.8	3	50	1.182	.089
Bachelor degree of education	15	34.1	2	33.3		
Post graduate education	4	9.1	1	16.7		
Women Working Status						
Working	14	31.8	2	33.3	7.207	.00**
Not working	30	68.2	4	66.7		
Couple Residence after marriage						
Rural	12	27.3	2	33.3	8.992	.001**
Urban	32	72.7	4	66.7		
Type of Marriage						
Traditional	23	52.3	5	83.3	9.245	.002**
Not traditional/ on love	21	47.7	1	16.7		
Time Period of Couples Knowing before Marriage /years						
< 3year	44	100	5	83.3	6.487	.012*
≥3 years	0	0	1	16.7		
Time Period of Engagement						
< 3year	43	97.7	3	50	7.199	.003**
≥3 years	1	2.3	3	50		

χ^2 = Chi-square test * Significant at p <0.05. **Highly significant at p <0.01. Not significant at p>0.05

Table 6: Relation between personal characteristics, marriage characteristics of the control group and their total marital satisfaction at sixth month after marriage (n=50).

Personal and marriage characteristics	Total marital satisfaction				χ^2 Test	P-Value
	Satisfied N=21		Unsatisfied N=29			
	N	%	N	%		
Men Age						
<30	11	52.4	19	65.5	1.008	.058*
≥30	10	47.6	10	34.5		
Men Level of Education						
Secondary education	1	4.8	2	72.4	3.610	.011*
Bachelor degree of education	12	57.1	7	24.1		
Post graduate education	8	38.1	1	3.5		
Men Working Status						
Working	19	90.5	25	86.2	8.011	.008**
Not Working	2	9.5	4	13.8		
Women Age						
< 25	10	47.6	20	68.9	7.214	.008**
≥ 25	11	52.4	9	31.1		
Women Level of Education						
Secondary education	3	14.3	25	86.2	9.175	.002**
Bachelor degree of education	13	61.9	3	10.4		
Post graduate education	5	23.8	1	3.4		
Women Working Status						
Working	9	42.8	4	13.8	5.963	.007**
Not working	12	57.2	25	86.2		
Couple Residence after marriage						
Rural	5	23.8	11	37.9	2.962	.044*
Urban	16	76.2	18	62.1		
Type of Marriage						
Traditional	4	19.1	23	79.1	7.101	.004**
Not traditional/ on love	17	80.9	6	20.9		
Time Period of Couples Knowing before Marriage /years						
< 3year	20	95.2	27	93.1	3.569	.024*
≥3 years	1	4.8	2	6.9		
Time Period of Engagement						
< 3year	18	85.7	29	100	5.901	.009**
≥3 years	3	14.3	0	0		

χ^2 = Chi-square test * Significant at p <0.05 **Highly significant at p <0.01 Not significant at p>0.05

DISCUSSION

Due to crucial role of marriage in society, marriage and quality of marriage have been focused in researches (Kazim, & Rafique, 2021). The previous researches suggested that factors contributed to marriage success include friendship, commitment, religion, forgiveness, communication, role sharing, acceptance, sexual, social rights and obligation of both couples (Kazim, & Rafique, 2021; Timothy & Johnson, 2018). Concomitantly, Premarital counseling could be important in enhancing how couples express their emotions in marital relationships, which is vital in ensuring marital satisfaction (Salley, 2022).

The current results represented that regarding to marital satisfaction items at first and sixth month after marriage there were highly statistically significant differences between the study and control group related to idealistic distortion, leisure activities and conflict resolution, this may be interpreted by reflect the importance of premarital educational program to train couple's communication skills with major emphasis on conflict management strategies as well as exploring positive leisure experiences and joining leisure strategies into their relationships.

This is in the same track with Hickman., Higgins, Aller, Chavez, and Piercy (2018) in USA, who reported that leisure activities improve communication and conflict management skills by spending time together as a couple in mutual interested activities. Moreover, Hanifzai, (2022) concluded that over time, a couple's approach to resolving conflicts predicts marital satisfaction. In addition, Alizade and Isanejad (2022) who conducted a quasi-experimental study on 21 couples demonstrated that conflict resolution abilities are significant predictors of marital satisfaction and had direct, important influences on the score obtained on the Dyadic Adjustment scale for satisfaction.

After the first and sixth months of marriage, the current study discovered that there were highly statistically significant variations between the study and control groups in terms of their personality problems, egalitarian roles, family, and friends. This study suggests that these typical clusters are what maintains a happy marriage. Common clusters like trust, respect, emotional connection, acceptance, and social support are crucial, even when thinking about premarital therapy. One such finding is from a study by Udofia , Bonsi, Agbakpe, and Udofia (2021), which included 720 participants in Ghana and came to the conclusion that couples who attend pre-marital counselling before getting married

are happier in their marriages than couples who did not. This was significant for all research variables, including intimacy, self-esteem, and locus of control.

As well as, equalitarian roles issue is strong predictor for marital satisfaction, concerning that pre-marital counselling gives couples a chance to talk about their respective roles and responsibilities in the marriage. The findings were in agreement with Fakher, (2018), who investigated the effects of gender role orientation and collectivism on marital satisfaction in Palestine whose study involved Three hundred and seven married participants (187 men and 120 women) and noted that egalitarian gender role orientation had a significant positive influence on marital satisfaction, while masculinity and traditional gender role orientation had significant negative influence on marital satisfaction.

Concerning the present study differences between study and control group related family, and friends' role and marital satisfaction, the present study results were in agreement with those proved by Mehrolhassani , Yazdi-Feyzabadi, & Rajizadeh, (2018) who confirmed that social skills increase nonsexual marital satisfaction.

The current results showed that couples who attended pre-marital counselling before marriage in the study group were more satisfied with their marriages regarding these issues than those who did not attend pre-marital counselling before marriage in the control group at the first and sixth months after marriage. These findings are on account of the effectiveness of present counselling ; principally couples were equipped with the knowledge and tools needed to communicate effectively and clearly with each other and to handle and resolve possible conflicts.

This results in line with Alizade and Isanejad (2022) who discovered that marital satisfaction is much higher six months following communication and conflict resolution training than it was during the pretest period. Also Umeaku ,Iwuchukwu, Nweke, and Oradiegwu, (2022) found that communication, emotional intelligence, relationship, personality traits, forgiveness, sexuality, intimacy, demographic speculations, and couples' families are the factors influencing marital satisfaction.

It is also fully supported by the study of Shifaw, (2022) that marriage communication moderates the association between resolving marital conflicts and marital satisfaction, according to research among married people in Addis Abeba, Ethiopia. As a result, marital communication must be given top importance by marriage counsellors or other professionals involved in marriage therapy because it is a crucial tool for resolving marital disputes as well as for creating and sustaining a long-lasting, fulfilling marriage.

The previous study's findings regarding marital satisfaction and money management agreed with those of Baisde, Fox, and Bartholomae (2018), who used qualitative research to examine the beneficial relationship between couples' money management habits and their marital quality. The financial histories of couples result in a variety of management strategies that are influenced by monetary stressors, communication, and shared values. The findings corroborated those of Schünke, Falcke, and Mosmann (2022), who found a direct relationship between financial management and marital adjustment, with an indirect relationship that was somewhat mitigated by conflict resolution techniques

In addition, the present findings revealed a highly statistically significant difference between the study group and the control group in terms of sexual satisfaction and religious orientation connected to marital satisfaction during the first and sixth months of marriage. It demonstrates that Psychologists and counsellors in individual and couple counselling sessions with sexual difficulties, marital discontent, and premarital counselling can boost marital satisfaction in terms of religious components and religious and spiritual teachings. In the same context Soleimani, Najarpourian, and Samavi, (2021), revealed that sexual issues have a significant impact on marriage contentment. Good sex and sexual health are required and acceptable in the family and marital system, and they are two of the best indicators of a stable and successful marriage.. Also Abamara, , Abamara, Udeze, and Ibekwe, (2018) who showed that sexual libido and intimacy has significant influence and interaction on marital satisfaction. In addition, they found that sexual desire/satisfaction and marital satisfaction were significantly correlated.

Concerning present study results regarding religion orientation and marital satisfaction, results agreed with Bozhabadi, et al., (2020), who demonstrated a significant and favourable link between religious affiliation and sexual and marital pleasure. Increased religious commitment is correlated with higher levels of sexual and marital satisfaction, suggesting that religion plays a protective role in these areas.

Regarding total marital satisfaction at first and sixth month after marriage, the result reveals that the majority of the study group couples at the first and sixth month of marriage were satisfied of their marriage. On the other hand, more than two third of the control group couples were satisfied at the first month of marriage but at the sixth month of marriage this satisfaction level declined to less than half. Highly statistically significant difference between the study and control group couples are found $p < 0.01$.

90.6% of IG had expressed great sexual satisfaction, compared to 71.9% of NIG (these findings are corroborated by Farnam, et al., (2011) in Iran, which confirm the impact of premarriage counselling on marital satisfaction at the fourth month after marriage. In addition, a study on 67 couples by Hosseini, 2003 found that, three months after the intervention, sexual satisfaction was significantly higher in the intervention group than it was in the control group. Sexual pleasure was similar with early marriage following education in both groups.

According to Montesi et al. (2013), improving communication and conflict-resolution skills leads to higher levels of sexual satisfaction. Because partners may convey their sexual wants, desires, preferences, and expectations to one another with efficient communication.

This study was confirmed by the findings of Fallahchai, Fallah, and Badiee (2021), who found that the posttest mean marital satisfaction and dyadic adjustment scores were significantly different between the experimental and control groups. Consequently, post-test marital counselling enhanced couples' marital happiness and dyadic adjustment. In contrast, according to the qualitative study conducted by Hickman et al. (2018) in the United States, four participants out of a total sample of nine said that premarital counseling had no effect on their marital satisfaction.

CONCLUSION:

Based on the findings of the present study, it can be concluded that:

Premarital preparations as psycho-education program had a positive effect on marital satisfaction of newlywed couples with high statically significant differences between the study and the control group. This result demonstrates that couples who participate in premarital psycho-education program are happier in their unions than couples who did not.

RECOMMENDATIONS:

Based on the results of the present study, the following recommendations were suggested:

Specific topics areas related to problem solving during marital conflict, effective communication, sexual health & financial management should be considered as priority for Premarital psycho-education program of newlywed couples to ensure successful and stable marriage. Future research would be needed to answer these research questions more fully including the difference types of marital & premarital counselling. Large sample size is indicated.

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Nil.

CONFLICTS OF INTEREST

There are no conflicts of interest

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تأثير المشورة قبل الزواج على الرضا الزوجي بين حديثي الزواج بمحافظة بورسعيد

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الخلاصة

تعتبر المشورة قبل الزواج استراتيجيّة وقائيّة للحصول على زواج ناجح ومستقر وتلعب الممرضة دورًا أساسيًا في تقديم المشورة قبل الزواج والتي تشمل تقييم مستوى المعرفة عند حديثي الزواج، وتقديم المعلومات، ومناقشة قضايا الزواج، وجميع الاستشارات الداعمة المناسبة. لهذا هدفت الدراسة الحالية إلى تقييم أثر المشورة قبل الزواج على الرضا الزوجي لحديثي الزواج بمحافظة بورسعيد. تم استخدام تصميم بحثي شبه تجريبي لإجراء الدراسة في أربعة مراكز للرعاية الصحية الأولية بمدينة بورسعيد. وتكونت عينة الدراسة من 100 من الأزواج تم توزيعهم بشكل متساوي وعشوائي على (50 زوجًا في مجموعة الدراسة تلقوا المشورة و50 زوجًا في المجموعة الضابطة تلقوا تعليمًا روتينيًا في المركز). وقد أظهرت نتائج الدراسة أن غالبية الأزواج الذين شملتهم الدراسة (92.0%) و(88.0%) لديهم موقف إيجابي من الرضا الزوجي بالشهر الأول والشهر السادس من الزواج علي، بينما أكثر من ثلثي المجموعة الضابطة (68.0%) كانت النسبة مرضية للرضا الزوجي بالشهر الأول من الزواج بينما هبطت هذه النسبة الي (42.0%) في الشهر السادس. وقد تخلصت الدراسة بوجود تأثير إيجابي للمشورة قبل الزواج على الرضا الزوجي لحديثي الزواج. وأوصت الدراسة بأنه يجب اعتبار بعض المواضيع الأكثر أهمية للمشورة كالتواصل الفعال وأسلوب حل المشكلات بالخلاف الزوجي والصحة الجنسية قبل الزواج لضمان زواج ناجح ومستقر.

الكلمات المرشدة: المشورة قبل الزواج، الرضا الزوجي، حديثي الزواج.