
The Relationship Between Knowledge And Attitudes Of Prospective Couples (Catin) Regarding Pregnancy Preparation At KUA Galis, Bangkalan Regency

Susi Milwati

Nursing Department: Politeknik Kesehatan Kemenkes Malang

Abdul Hanan

Nursing Department: Politeknik Kesehatan Kemenkes Malang

Address : Jl. Besar Ijen No.77C, Oro-oro Dowo, Kec. Klojen, Kota Malang,

Jawa Timur 65119, Email.<http://poltekkes-malang.ac.id>

Corresponding author : abdulhananmolla@gmail.com

ARTICLE INFO

Article history:

Received 2 February 2024

Accepted 4 March 2024

Published 30 April 2024

Keywords: *Pregnancy
Preparation, Knowledge
Social Culture, Attitudes Of
Catin*

ABSTRACT

Pregnancy is an important period of life, during that time you must prepare yourself as best as possible to welcome the birth of your baby. Factors that influence maternal health are nutrition. Chronic energy deficiency (KEK) can disrupt health and has the risk of having an adverse impact on the mother and baby both during pregnancy, childbirth and postpartum, such as inhibiting fetal growth which can lead to abortion, birth of low birth weight (LBW) babies, anemia in babies and death. neonate . Catin knowledge is very influential in actions to prepare for a healthy pregnancy. The research aims to determine the relationship between knowledge and attitudes of catin couples regarding pregnancy preparation at KUA Galis . This research design uses correlational analytics with a cross sectional approach , namely research that leads to explaining data on the independent variable (knowledge) and the dependent variable (attitudes of catin). The results of this research show that most of the knowledge possessed by catin couples is at a sufficient level of knowledge. The knowledge possessed by a person does not appear by itself, but is influenced by several factors, including age, environment and social culture.

Corresponding Author : Abdul Hanan

Nursing Department: Politeknik Kesehatan Kemenkes Malang

E-mail: abdulhananmolla@gmail.com

INTRODUCTION

Pregnancy is an important period of life, at that time you must prepare yourself as well as possible to welcome the birth of your baby. One of the factors that influences maternal health is nutrition, chronic energy deficiency (CED), namely a woman's condition characterized by an upper arm circumference (LILA) of less than 23.5 cm. KEK can disrupt the health of WUS and has the risk of having an adverse impact on mothers and babies both during pregnancy, childbirth and postpartum, such as inhibiting fetal growth which can lead to abortion, birth of low birth weight (LBW) babies, anemia in babies and neonatal death (Juwariyah et al. al., 2018) . According to Nunuk's research, the lack of information and

education about preparing for a healthy pregnancy results in a lack of knowledge resulting in a tendency to have a negative attitude and be unprepared in facing pregnancy. Sufficient information and education about preparing for a healthy pregnancy can increase knowledge so that you have a tendency to have a positive attitude and readiness in facing pregnancy (Kusumawati et al., 2022) .

World Health Organization (WHO) in 2018, there were 629 mothers who experienced CED (73.3%). Based on the 2018 Indonesian health profile data, the prevalence of mothers with CED was still high in WUS aged 15–19 years (46.6 %) and 20 – 24 years (30.6%). Data from RISKESDAS in 2018, the proportion of KEK in East Java was 19.5%. One of the studies on the effect of health education preparing for a healthy pregnancy on knowledge and behavior in delaying risky pregnancies in catin, the results showed that there was an increase in knowledge after being given health education preparing for a healthy pregnancy via video. . The average score before being given health education was (75%) low and after being given health care it increased by (83.3%) from 24 respondents (Utami, 2022) . In another study, Widayani et al showed that women's attitudes towards preconception screening were not optimal due to inadequate knowledge about preconception screening (Widayani & Ulfah, 2021). Knowledge causes a person to tend to have a positive attitude towards the importance of preconception screening and pregnancy preparation (Oktalia & Herizasyam, 2016). This is in accordance with Notoatmodjo that knowledge will shape attitudes so that real action can be realized (Notoatmodjo, 2012).

The nutritional problem in pregnancy in Indonesian society is CED in pregnant women, where this is caused by a lack of nutritional knowledge for pregnant women, the inability of families to provide nutritious food and a lack of awareness among pregnant women to consume food with balanced nutrition. Pregnant women are said to have CED if they have LILA <23.5 cm, the mother's weight before pregnancy is <42 kg, the mother's height is <145 cm, the body mass index (BMI) before pregnancy is <17.00 (Juwariyah et al., 2018) Therefore, the pregnancy period is important for fulfilling nutritional needs, the need for adequate nutritional intake in the first 1000 days of life, namely from when you are a fetus until around 2 years of age. The mother's food intake during pregnancy is less nutritious, causing the child to receive insufficient nutrition in the womb, malnutrition will inhibit the baby's growth and can continue after birth (FKU UGM Public Relations, 2022) . This results in babies being born malnourished and experiencing developmental and growth disorders (Kurniati, 2020). Therefore, every pregnant mother must get adequate nutritional food, food

intake that is high in calories, protein, micronutrients (vitamins and minerals) during pregnancy and nutritional supplementation (Fe tablets) so that the child's growth and development process can run optimally (FKU UGM Public Relations , 2022) .

Catin knowledge is very influential in actions to prepare for a healthy pregnancy. Knowledge itself is greatly influenced by education. The higher the level of education one has, the easier it is for the person to receive information, so their knowledge will be better (Atikah, 2022). Changes in attitude are highly expected, knowledge, learning and sources of information are factors that can change a person's attitude. Good knowledge and attitudes will shape catin's behavior in improving her nutritional status in preparation for pregnancy, and will indirectly affect the health status of the mother, the fetus being conceived, and the quality of the baby to be born (Sukmayenti & Shobayar, 2022) . This is in line with research conducted by Dewi Susanti, et al (2017) in Lubuk Begalung District, Padang, which stated that there was an influence of premarital health education on the knowledge and attitudes of the prospective bride and groom.

Efforts to improve pregnancy preparation require catin's understanding of the importance of both mental and physical preparation which is very important in order to create a healthy family. The government is implementing a program where every catin couple who wants to get married is required to register using elsimil, take part in pre-marital health education conducted at the religious affairs office (KUA) where the catin registers. This is done so that women of childbearing age (WUS) who will prepare for pregnancy so that 1000 HPK will be successfully prepared well, namely providing assistance to prospective couples of childbearing age or catin by encouraging prospective brides and grooms to carry out health checks before marriage and when pregnant (Kominfo Jatim , 2021).

Things that need to be prepared in preparation for pregnancy, for example carrying out a health check before marriage, screening for diseases such as infectious diseases that are at risk of transmitting to the fetus, psychological and mental preparation, maintaining physical fitness and health, stopping bad habits such as smoking, reducing stress, improving intake of nutritious food by consuming foods that contain vitamins that the body needs in preparation for pregnancy, for example protein, vitamin E, vitamin C, folic acid, and so on (BKKBN, 2021)

Preliminary study conducted in December 2022 at KUA Galis District. Bangkalan has 63 catin pairs. Male catin education is still low at elementary school (38%), and junior high school level (31.7%), while data for female catin is elementary school (39%), and junior high

school (44%), apart from that there is data about catin couples who are still in under 19 years of age, namely (25%). After conducting interviews with 3 catin couples, it showed that 2 out of 3 catin couples did not know about pregnancy preparations, and 1 out of 3 catin couples stated that they did not need special preparations to welcome pregnancy because it was their nature and destiny. Concluding from the answers, catin couples still need to be educated about pregnancy preparation.

Based on the background above, the researcher is interested in compiling research with the title "The Relationship between Level of Knowledge and Attitudes of Catin Couples Regarding Pregnancy Preparation at KUA Galis Bangkalan".

RESEARCHMETHODS

This research uses correlational analytics with a cross-sectional approach, namely research that aims to explain a condition or situation by collecting data on independent (knowledge) and dependent (attitude) variables. With this type of research, researchers try to determine the relationship between knowledge and attitudes of catin couples regarding pregnancy preparation at KUA Galis, Bangkalan.

The population in this study was catin pairs in June 2023, namely 50 catin pairs at KUA Galis Bangkalan. using purposive sampling. Inclusion criteria in this study are 1. Catin couples who register with KUA in June 2023 2. Catin couples who live in Galis District. 3. Catin aged 20-35 years. 4. Catin with a history of first marriage. 5. Have a cell phone (HP). 5. Catin who is willing to be a respondent. 6. Catin can read and write.

RESULTS AND DISCUSSION

General Description of Research Locations

This research took place in Galis District, Bangkalan Regency, East Java, which consists of 18 villages and there are 8 villages used in data collection, including the villages of Paterongan, Longkek, Galis, Pakaan Dajah, Pakaan Laok, West Lantek, East Lantek, Banyubunih . Held from 27 June to 15 July 2023.

This research focuses on the attitudes and knowledge of catins at KUA Galis Bangkalan which is related to the pregnancy preparation that catins have at KUA Galis sub-district, Bangkalan. Data on prospective bridal couples was obtained from data recaps of 56 prospective bridal couples in June 2023. The data obtained consisted of the name of the couple, age of the couple, last education of the couple, and occupation of the couple.

General Data on Respondent Characteristics

Table 1.

Frequency distribution table of characteristics of respondents from Catin KUA Galis, Bangkalan from June to July 2023.

Category		General data	
		F	%
1. Men's work	Private employees	9	20.9
	Self-employed	25	60.0
	Civil servants	4	9.3
	Etc	5	9.8
Number (n)		43	100.0
2. Men's Education	elementary school	2	4.7
	junior high school	10	23.3
	high school	26	60.5
	College	5	11.6
Total		43	100.0

The educational characteristics of male respondents showed that the majority had a high school education with a total of 26 people (60.5%).

Table 2.

Frequency distribution table of characteristics of respondents from Catin KUA Galis, Bangkalan from June to July 2023

Category		General data	
		F	%
1. Women's Work	Private employees	8	18.6
	Self-employed	12	27.9
	Civil servants	3	7.0
	Etc	20	46.5
Number (n)		43	100.0
2. Women's education	junior high school	13	30.2
	high school	26	60.5
	College	4	9.3
Total		43	100.0

The results showed that almost half of the female respondents had other jobs such as graphic designers, shopkeepers, bakery workers, art workers, carers, cake sellers, 20 people (46.5%). Based on the educational characteristics of female respondents, the results showed that the majority had a high school education, 26 people (60.5%).

Independent Variable Specific Data

Table 3.
Frequency Distribution Table of male catin knowledge at
KUA Galis, Bangkalan from June to July 2023.

Men's Knowledge	Frequency	Percentage (%)
Good	8	8.6
Enough	25	58.1
Not enough	10	23.3
Number (n)	43	100.0

in June-July 2023, the results showed that the majority of male respondents had sufficient knowledge, with 25 people (58.1%).

Table 4.
Frequency Distribution Table of women's catin knowledge at
KUA Galis, Bangkalan from June to July 2023.

Women's Knowledge	Frequency	Percentage (%)
Good	5	11.6
Enough	26	60.5
Not enough	12	27.9
Number (n)	43	100.0

The frequency of women's catin knowledge in KUA Galis Bangkalan District in June-July 2023 showed that the majority had sufficient knowledge with 26 people (60.5%).

Dependent Variable Specific Data

Table 5.
Frequency Distribution Table of male catin attitudes at
KUA Galis, Bangkalan from June to July 2023.

Male Attitude	Frequency	Percentage (%)
Good	9	20.9
Enough	24	55.8
Not enough	10	23.3
Number (n)	43	100.0

The frequency of attitudes of male respondents catin KUA Galis Bangkalan in June-July 2023 showed that the majority of male respondents had adequate attitudes with a total of 24 people (55.8%).

Table 6.
Frequency Distribution Table of women's catin attitudes at
KUA Galis, Bangkalan from June to July 2023.

Women's Attitudes	Frequency	Percentage (%)
Good	9	20.9
Enough	22	51.2
Not enough	12	27.9
Number (n)	43	100.0

The frequency of catin attitudes towards women at KUA Galis Bangkalan in June-

July 2023 showed that the majority had adequate attitudes with 22 people (51.2%).

Bivariate Analysis

Bivariate analysis uses the Spearman rank test because the data is on an ordinal scale to see the relationship between knowledge and attitudes of catin couples regarding pregnancy preparation at KUA Galis Bangkalan in accordance with the conditions used to carry out bivariate tests on the independent and dependent variables used in this research, to determine the relationship Between knowledge and attitudes of catin couples regarding pregnancy preparation at KUA Galis Bangkalan can be seen from the following table:

Table 7.
Distribution Table of the Relationship between knowledge and attitudes of catin couples regarding pregnancy preparation among male respondents at KUA Galis Bangkalan in June-July 2023.

Knowledge (X)	Attitude (Y)								P Value Spearman Rank Test
	Good		Enough		Not Enough		Total		
	f	%	f	%	f	%	f	%	
Good	7	87.5	1	12.5	0	0.0	8	100.0	0.000
Enough	2	8.0	23	92.0	0	0.0	25	100.0	
Not Enough	0	0.0	0	0.0	10	100.0	10	100.0	
Number (n)	9	20.9	24	55.8	10	23.3	43	100.0	
Correlation Coefficient 0.923									

The relationship between knowledge and attitudes of catin partners regarding pregnancy preparation among male respondents from June to July 2023, the table shows that male catin respondents have sufficient knowledge with sufficient attitudes, as evidenced by the majority of respondents being 25 (58, 1%) people with sufficient knowledge and 24 people (55.8%) with sufficient attitudes. On the knowledge variable which was linked to Catin's attitude regarding pregnancy preparation, a correlation test was carried out with Spearman's rank because the data was on an ordinal scale with a p value of 0.000.

Based on the significance level of sig 2 tailed <0.05, which means that there is a relationship between knowledge and attitudes of catin couples regarding pregnancy preparation among male respondents at KUA Galis Bangkalan. The correlation value between need factors and motivation to control blood pressure is 0.923, which means the two variables have a very strong relationship or level of correlation.

Table 8.
Distribution Table of the Relationship between knowledge and attitudes of catin couples regarding pregnancy preparation among female respondents at KUA Galis Bangkalan in June-July 2023.

Knowledge (X)	Attitude (Y)								P Value Spearman Rank Test
	Good		Enough		Not Enough		Total		
	f	%	f	%	f	%	f	%	
Good	5	100.0	0	0.0	0	0.0	5	100.0	0.000
Enough	4	15.4	22	84.6	0	0.0	26	100.0	
Not Enough	0	0.0	0	0.0	12	100.0	12	100.0	
Number (n)	9	27.9	22	51.2	12	20.9	43	100.0	
Correlation Coefficient 0.922									

The relationship between knowledge and attitudes of catin couples regarding pregnancy preparation among female respondents from June to July 2023, the table shows that female catin respondents have sufficient knowledge with sufficient attitudes, as evidenced by the majority of respondents as many as 26 (60.5%) people with sufficient knowledge and as many as 22 people (51.2%) with sufficient attitudes. On the knowledge variable which was linked to Catin's attitude regarding pregnancy preparation, a correlation test was carried out with Spearman's rank because the data was on an ordinal scale with a p value of 0.000.

Based on the significance level of sig 2 tailed <0.05, which means that there is a relationship between knowledge and attitudes of catin couples regarding pregnancy preparation among male respondents at KUA Galis Bangkalan. The correlation value between need factors and motivation to control blood pressure is 0.922, which means the two variables have a very strong relationship or level of correlation.

DISCUSSION

Identify the Catin Couple's Knowledge about Pregnancy Preparation

The results of this study show that most of the knowledge possessed by catin couples is at a sufficient level of knowledge. Knowledge can also be interpreted as the result of "knowing" and occurs after people sense a certain object where this sensing occurs through the five senses that humans have, namely sight, hearing, smell, taste and touch individually (Agustiana, 2020) . The knowledge possessed by a person does not appear by itself, but is influenced by several factors, including age, environment and socio-culture (Ramadhaniah et al., 2022) .

A person's age is considered to be a factor that influences the knowledge a person has,

this happens because as a person's age increases, the more experience and knowledge they have in dealing with something they have previously acquired (Mariyana et al., 2022) . This research shows that catins who are included in the inclusion criteria are aged 20 -35 years, someone who marries at the age of > 20 years is considered old enough and is considered to have sufficient knowledge about preparations for marriage, including preparations for pregnancy. Someone who is of sufficient age to get married will always think carefully to prepare for pregnancy at the right age (Hikmah, 2019) .

Apart from age, a person's education is also considered to be a factor that influences the level of knowledge, this happens because someone with sufficient and high education is considered to have knowledge about marriage preparation and pregnancy preparation before marriage. Someone who has sufficient and high education is considered to understand and have extensive knowledge regarding pregnancy preparation before marriage, because several lessons at each level of sufficient education (high school) and tertiary institutions have education about pregnancy preparation and marriage preparation (Ramadhaniah et al., 2022) .

This research is in line with research conducted by Sulastri (2022) which states that the knowledge possessed by a catin, both male and female, is necessary in terms of pregnancy preparation, because both male and female catin are obliged to know the preparations for a planned pregnancy before the wedding. This is influenced by the readiness of the catin in the form of sufficient age that the catin has and the education that the catin knows regarding pregnancy preparation obtained from the education that the catin has (Sulastri et al., 2022) .

This is in line with research conducted by Widya (2022) which states that someone who has sufficient knowledge in terms of preparing for pregnancy before getting married is considered someone who is ready and has a sufficient level of knowledge in preparing for pregnancy for both men and women. (Mariyana et al., 2022) .

Based on the description above, the results of this research state that the level of knowledge of catin couples in KUA Galis Bangkalan District is a sufficient level of knowledge. There are still many prospective bride and groom couples in the KUA of Galis Bangkalan District who do not know about the factors that influence pregnancy preparation and the nutritional status of pregnancy preparation. Some respondents also have low levels, this is possible because there are several married couples who do not take part in counseling and education. that has been provided.

Prospective bride and groom couples in KUA Galis District have a sufficient level of

knowledge regarding the factors that influence pregnancy such as mental health preparation in preparation for pregnancy, carrying out both physical and mental examinations in facing pregnancy. Apart from that, catin couples in KUA Galis Bangkalan District still lack understanding regarding nutritional status for pregnancy, such as a healthy diet that must be consumed by male and female catin, reducing alcohol and smoking consumption, as well as a lack of attitude in implementing a lifestyle. healthy on catin. This is thought to be related to the level of education that most of the high school couples have, so that the knowledge they have is still in the sufficient category.

Before the wedding, many prospective brides and grooms do not have enough knowledge and information about reproductive health in a family, so that after marriage pregnancies are often not planned well and are not supported by optimal health status. This of course can have negative impacts such as the risk of disease transmission, pregnancy complications, birth defects and even death of the mother and baby.

Providing information communication and education about reproductive health to prospective brides and grooms is very necessary to ensure that every prospective bride and groom has sufficient knowledge in preparing for a healthy pregnancy and family. For this reason, an appropriate strategy is needed to carry out pre-marital education regarding preparation for the first pregnancy of the prospective bride and groom based on nutritional status, healthy lifestyle, and sources of information.

Apart from these things, what influences the bride and groom's lack of knowledge is the limited facilities that support premarital education and the bride and groom's lack of curiosity about pregnancy preparations. Apart from that, it is hoped that prospective brides and grooms will play an active role in seeking information about pregnancy preparations in order to increase the prospective bride's poor knowledge. If they are only passive, it will have a negative impact on their level of knowledge. For prospective brides who already have sufficient and good knowledge, they must always maintain and update their knowledge regarding preparation for pregnancy.

Identify Catin Couple's Attitudes regarding Pregnancy Preparation

The results of this research indicate that prospective brides and grooms in KUA Galis Bangkalan District have adequate attitudes towards pregnancy preparation. Attitude is a reaction or response that is still closed from a person to a stimulus or object. So it can be concluded that the manifestation of this attitude cannot be seen directly, but can only be interpreted first. So it can be said that attitude is a syndrome or collection of symptoms in

response to a stimulus or object, so that attitude involves thoughts, feelings, attention and other psychological symptoms (Agustiana, 2020) .

Attitude is a predisposition to action or behavior, so it is hoped that when the prospective bride behaves well or agrees to preconception preparations with preconception nutrition, the prospective bride can implement the behavior of consuming food and drink to plan a healthy pregnancy (Ramadhaniah et al., 2022) .

A person's attitude can influence their behavior. Factors that influence a person's attitude include experience, education, mass media, and cultural influences. The attitude a person has depends on the beliefs they have, including the attitude towards preparing for pregnancy that a catin has during the pre-wedding period (Aprina & Siti, 2022) .

Personal experience can be the basis for forming attitudes if the experience leaves a strong impression. Attitudes will be more formed if the personal experience occurs in a situation that involves emotional factors, this is based on the age of the partner, where most of the partner's age is 20-35 years , which is the age , where someone is ready to face marriage and it is possible to have quite impressive personal experiences in dealing with marriage, especially the issue of preparing for pregnancy (Ramadhaniah et al., 2022) .

An individual's beliefs based on the *Health Belief Model theory* are stated to be able to influence a person's attitudes, where someone who has confidence in something will always behave or act according to the beliefs they have. In this case, a catin partner who has confidence regarding preparations for pregnancy that must be paid attention to and known from an early age is the basis for a catin in responding to pregnancy preparations during the pre-marital period (Hikmah, 2019) .

This research is in line with research conducted by July (2022) which states that the pregnancy preparations that Catin couples have are based on the attitude that Catin has in facing pregnancy preparations. A Catin who has a good attitude regarding pregnancy preparation will always prepare actions and improve her behavior to prepare for her pregnancy. This is different from a Catin who has a poor attitude towards pregnancy preparation, where a Catin with a poor attitude tends not to care about her pregnancy preparation (July & Herizasyam, 2022) .

This is in line with research conducted by Firdayanti (2021) which states that the catin couple's attitude in preparing for pregnancy is influenced by individual factors and environmental factors that the catin has regarding pregnancy preparation, individual factors in the form of the catin couple's confidence in the pregnancy plan which must be prepared

before marriage. can influence a catin in behaving and acting to plan preparations for her pregnancy, apart from that support from environmental factors can also influence a catin in taking a stance regarding preparations for her marriage (Firdayanti et al., 2021) .

Based on the description of the data above, the results showed that the attitude of prospective bride and groom couples in KUA Galis Bangkalan District is a sufficient attitude towards pregnancy preparation. From the results of the questionnaire given at the time of data collection, it was found that the majority of prospective brides and grooms had adequate attitudes towards pregnancy readiness. This was possible because some couples had a less agreeable attitude towards the indicator questions regarding pregnancy preparation factors and nutrition in pregnancy preparation.

The attitude held by catin couples in the KUA area of Galis District is mostly an adequate attitude in preparing for pregnancy where catin couples have an adequate attitude towards the indicators of understanding pregnancy preparation and the pregnancy preparation steps that catin must have. This adequate attitude is indicated by the preparation of catin couples in the KUA area of Galis District which is quite good where catin couples have implemented several pregnancy preparation indicators needed for catin.

However, there were several respondents who had poor attitudes towards pregnancy preparation, such as being indifferent towards pregnancy preparation and taking pregnancy preparation lightly, so that education and counseling on pregnancy preparation for catin couples must be increased so that their attitudes can improve to be adequate to good.

A partner's attitude is necessary when preparing for pregnancy. This is thought to occur because the first pregnancy that catin couples will experience, especially women, must be considered carefully, so that they have a good experience in terms of pregnancy and childbirth that will be faced. A catin's attitude influences the actions and behavior that will be carried out next. A woman who has a sufficient and good attitude in terms of preparing for childbirth will allegedly take actions that can support her preparation for pregnancy.

This attitude has a good effect on the catin's partner, this happens because a catin who has a sufficient and good attitude in preparing for pregnancy, will always prepare for her pregnancy carefully, namely by improving her diet, improving her physical activity, and adopting a lifestyle. healthy to plan her pregnancy. *“Analysis of the Relationship between Knowledge and Attitudes of Catin Couples regarding Pregnancy Preparation”*

The results of this study show that there is a relationship between knowledge and attitudes of catin couples regarding pregnancy preparation with a very strong correlation

level.

Knowledge and attitude are interconnected things, where the knowledge a person has can influence a person in responding to something and taking action. Knowledge is defined as cognitive, which is the result of knowing which is an important domain in shaping a person's actions, while attitude is an action based on an individual's stance and beliefs (Ramadhaniah et al., 2022) .

Catin's knowledge influences her readiness to become a parent, and psychosocial parenting styles have a significant influence on children's social development. This shows that if a husband and wife marry at an older/mature age, they will have better knowledge, abilities and education and can prepare themselves to become parents (Hikmah, 2019) .

A well-planned pregnancy process will also have a good impact on the condition of the fetus being conceived. Pregnancy preparations are things that need to be prepared about three to four months before pregnancy, such as nutritional status, hemoglobin levels and Tetanus Toxoid (TT) immunization. Apart from that, screening will be carried out for diseases such as infectious diseases that pose a risk of infecting the fetus, for example Hepatitis, HIV, Toxoplasma and Rubella), diseases that can be aggravated by pregnancy conditions, for example diabetes mellitus, epilepsy, heart disease, chronic hypertension (Aprina & Siti, 2022) .

Pregnancy preparation or the planned pregnancy process depends on the attitudes and beliefs that the couple has regarding pregnancy preparation. A catin who has a good attitude and knowledge regarding pregnancy preparation, they will always do the best things or actions to prepare for pregnancy well, namely by adopting a healthy lifestyle (Juli & Herizasyam, 2022).

This research is in line with research conducted by Agustiana (2022) which states that a person's knowledge and attitude are related things, where someone who has good knowledge regarding preparation for pregnancy will always follow a good attitude in preparing for pregnancy by doing things which can support the pregnancy preparation process well and optimally (Agustiana, 2020) .

This is in line with research conducted by Diaz (2020) which states that a person's attitude in preparing for pregnancy is influenced by the knowledge and education they have, where if a person's education and knowledge is sufficient regarding pregnancy preparation then that individual will do something that he or she considers good and gives rise to an individual's confidence in determining their attitude in preparation for the upcoming

pregnancy (Diaz-Franco et al., 2020) .

Based on the description of the data above, the researcher is of the opinion that knowledge is related to a partner's attitude regarding pregnancy preparation , with sufficient knowledge and sufficient attitude, this situation can be influenced by education, the majority of which is high school/high school or because the respondent is in their first marriage, so the respondent tries to find information about preparation for pregnancy and also because the level of education is high, it is easier for respondents to receive information. Meanwhile, respondents who have less knowledge and less attitude, according to researchers, this is due to a lack of desire and the respondent still has a lot of belief/belief in something that the family has still believed in for generations, apart from that, it is possible that the respondent was given health education from the KUA . not present, or not paying attention by being indifferent because according to him it is not important to just listen.

Apart from having an impact on the pregnancy, an unplanned pregnancy also has an impact on the mother's unpreparedness for pregnancy and can even lead to the decision to have an unsafe abortion . Preparing for pregnancy is very important, especially in terms of preparing one's health, especially regarding nutrition, exercise, habits that can interfere with pregnancy, for example smoking, drinking alcohol, environmental pollution and reducing stress. Pregnancy readiness is not only imposed on women's women, but men's women must also be able to behave to prepare for pregnancy, where attitudes and knowledge in preparing for pregnancy are very useful for preventing problems during pregnancy.

The catin couple's pregnancy preparation can be improved through pre-marital education and counseling for pregnancy preparation which is useful for increasing the catin's knowledge and attitude in preparing for her first pregnancy later. Through preparatory counseling during the prospective bride or during the preconception period, it is hoped that it can help and detect early and solve problems that exist in the prospective bride and groom themselves, such as measuring the nutritional status of the catin.

Knowledge regarding pregnancy preparation is very important for every prospective bride and groom, this is possible because knowledge greatly influences a person in determining their attitude based on confidence in the knowledge they have. Therefore, a prospective bride is expected to have sufficient and good knowledge so that her attitude regarding pregnancy preparation is also adequate and good .

CONCLUSION

The relationship between knowledge and catin's attitude regarding pregnancy preparation in the KUA of Galis Bangkalan District was concluded as follows:

1. Knowledge about pregnancy preparation among catin couples in KUA Galis Bangkalan District is mostly at a sufficient level of knowledge.
2. The attitudes regarding pregnancy preparation among catin couples in the KUA of Galis Bangkalan District are mostly adequate attitudes.

Analysis of the relationship between knowledge and attitudes of catin couples regarding pregnancy preparation shows that there is a relationship between knowledge and attitude of catin partners regarding pregnancy preparation at KUA Galis Bangkalan with a very strong correlation level.

BIBLIOGRAPHY

- Agustiana, R. (2020). The Relationship between Knowledge about Pre-Wedding Preparation and Attitudes about Preparing for a Healthy Pregnancy in Prospective Brides in the Working Area of the Sindangkasih Ciamis Health Center in 2020. *Tasikmalaya Health Polytechnic* , 7 (2), 33–48.
- Aprina, & Siti, F. (2022). *Effectiveness of IEC on Catin's Readiness in Facing Pregnancy* . 2 , 700–707.
- Arikunto. (2019). *Research procedures a practical approach* .
- BKKBN. (2022, September 7). *BKKBN* . National Population and Family Planning Agency (BKKBN).
- Diaz-Franco, E.C., Lira-Plascencia, J., Watty-Martínez, A., & Acosta-Bourne, M. (2020). [The pregnant adolescent: information, beliefs and attitudes toward sexuality]. *Gynecologia y obstetricia de Mexico* , 81 (12), 693–699.
- Firdayanti, H Ramlan, & Ayu, DPR (2021). Analysis of Characteristics of Prospective Brides on Readiness to Become Mothers in Kua, Parepare City. *Journal of Human Sciences and Health* , 4 (2), 287–298. <https://doi.org/10.31850/makes.v4i2.616>
- Gratitude," *Building Student Character with the Habituation Method*", Pontianak Postin <http://www.pontianakpost.com/metropolis/opini/17764-build-character-student-with-education-pembinaan.html> accessed 15 May 2022.
- Indonesian Ministry of Health. (2018). 2018 Basic Health Research Results. *Indonesian Ministry of Health* , 53 (9), 1689–1699.
- Juli, O., & Herizasyam. (2022). Catin's Readiness for Pregnancy and the Factors That Influence It. *Journal of Health Science and Technology* , 3 (2), 147–159.
- Juwariyah, S., K, DA, & M, NI (2018). Comprehensive Midwifery Care for Mrs "N" with

Chronic Energy Deficiency (KEK) at PMB Nurhayati, SST Jogoroto Village, Jogoroto District, Jombang Regency. *Gersik Muhammadiyah University* , 01 , 1–7.

Kusumawati, N., Mareta, MY, & Wijayanti. (2022). The Influence of Reproductive Health Booklets and Preconception Screening on Women's Catin's Attitudes Regarding Preparing for a Healthy Pregnancy at the Pracimantoro Community Health Center. *Kusuma Husada University, Surakarta* . <http://eprints.ukh.ac.id/id/eprint/3346>

Mariyana, W., Oktiningrum, M., & Harjanti, AI (2022). The Relationship between Knowledge of the Prospective Bride and Pregnancy Preparation. *Proceedings of the National Seminar and Call for Papers on Midwifery, Ngudi Waluyo University Volume 1 No (2) 2022 Literature Review: , 1 (2), 494–501.*

Ministry of Health of the Republic of Indonesia. (2021). *Pocket Book of 2021 Indonesian Nutritional Status Study (SSGI) Results* . <https://www.badanbisnis.kemkes.go.id/buku-saku-hasil-studi-status-gizi-indonesia-ssgi-tahun-2021/>
<https://www.badanbisnis.kemkes.go.id/buku-saku-hasil-studi-status-gizi-indonesia-ssgi-tahun-2021/>

Nabila, NS, Nofriyana, & Diana, NM (2021). Description of the Level of Knowledge of Prospective Brides Regarding Preparation for First Pregnancy at the KUA, Senen District, Period January – February 2021. *Srikes RSPAD Gatot Subroto* , 68.

Notoatmodjo, S. (2018). *Health Research Methodology* .

Pakpahan, M., Siregar, D., Susilawaty, A., Tasnim, Mustar, Ramdany, R., Manurung, EI, Efendi Sianturi, MRGT, & Yenni Ferawati Sitanggang, MM (2021). Health Promotion & Health Behavior. In *Jakarta: EGC* .

PPLP.Ma'arifNU, *EducationDynamicsofNahdlatulUlama*, PPLP Ma'arifNU, Jakarta, Grasindo, 2009.

Public Relations of FKU UGM. (2022). *Nutrition for Pregnant Women as an Effort to Prevent Stunting* . <https://fkkmk.ugm.ac.id/nutrition-ibu-hamil-as-usaha-pengcepatan-stunting/>.

Ramadhaniah, Rika, F., Fathonah, O., & Susilawati, R. (2022). Knowledge and Attitudes of Prospective Brides Before and After Being Counseled About Preconception Nutrition. *Sorong Midwifery Journal* , 2 (2), 39–50.

Sugiyono. (2015). *Combination Research Methods (Mix Methods)* . Alfabet.

Sukmayenti, & Shobayar, A. (2022). Description of the Level of Knowledge, Attitudes and Readiness of Prospective Brides in Efforts to Prevent Stunting at KUA Kuranji, Padang City. *Scientific Journal* , 1 (5), 376–382.
<https://doi.org/10.56260/sciena.v1i5.70>

Sulastri, A., Mareta, MY, & Hapsari, E. (2022). *The Relationship between Catin's Education Level and Knowledge About Preparing for a Healthy Pregnancy at the Cihara Community Health Center* . <http://eprints.ukh.ac.id/id/eprint/3578/>

Supriasa, IDN, Bakri, B., Fajar, I., Rezkina, E., & Agustin, CA (2016). *Assessment of Nutritional Status: 2nd Edition* (2 ed.). National Library. <https://perpustakaan.jakarta.go.id/book/detail?cn=JAKSE-12160000000052>

Suyadi. *Character Education Learning Strategy*. Bandung: PT Teen Rosdakarya. 2013.

Tutuk Ningsih, *Implementation of Character Education*, Purwokerto, STAIN Press Purwokerto, 2015.

Utami, P. (2022). *The Influence of Health Education Preparing for a Healthy Pregnancy on Knowledge and Behavior in Delaying Risky Pregnancies in Prospective Teenage Brides*. 52–78.

Wisdom, N. (2019). Factors That Cause Marriage to Happen. *eJournal of Sociology-Sociology*, 7 (1), 261–272. [https://ejournal.ps.fisip-unmul.ac.id/site/wp-content/uploads/2019/03/01_format_article_ejournal_mulai_hlm_Ganjil_\(03-30-19-01-11-43\).pdf](https://ejournal.ps.fisip-unmul.ac.id/site/wp-content/uploads/2019/03/01_format_article_ejournal_mulai_hlm_Ganjil_(03-30-19-01-11-43).pdf)

Zuhriah, Nurul.. *Moral and Character Education in the Perspective of Change: Initiating a Contextual and Futuristic Character Education Platform*. Jakarta : Bumi Literacy. 2011.