

## The Effectiveness of CATIN Class on Pregnancy Readiness of Prospective Brides in The Working Area of Citangkil 2 Health Center, Cilegon City

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### Abstract:

Prospective brides and grooms are a strategic target group in efforts to improve their health before pregnancy. 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. The number of marriages in Indonesia in 2023 will reach 1.58 million and 68,185 will come from Banten Province. Maternal mortality still reaches 127 cases of maternal death per 100,000 births and the incidence of anemia in pregnant women is 9.2% in 2023. The aim of this research is to determine the effectiveness of prospective brides and grooms or CATIN (*Calon Pengantin*) classes on the pregnancy readiness of prospective brides in the Industrial Area of the Citangkil 2 Community Health Center, Cilegon City. Research methods is qualitative research. Population in this study were prospective brides and grooms who registered at KUA in July 2024 in the Citangkil 2 Health Center Working Area, Cilegon City, totaling 12 informants, consisting of 10 Catins and 2 expert informants from KUA and Health officers. There is an influence of information sources related to the socialization of the catin class program from KUA officers and Community Health Center Health Workers on the pregnancy readiness of the prospective bride and groom and knowing the attitude of the prospective bride and groom, the attitude of the KUA officers and the attitudes of health workers who take part in the catin class. There is a change in attitude after participating in the catin class service.

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## INTRODUCTION

Prospective brides and grooms are a strategic target group in efforts to improve their health before pregnancy. Before marriage, many prospective brides and grooms do not have enough knowledge and information about reproductive health in a family, so after marriage, pregnancies are often not planned well. Optimal health status does not support them (Azis & Susiarno, 2023). 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 necessary to ensure that every prospective bride and groom has sufficient knowledge to prepare for a healthy pregnancy and family (Oktiningrum & Harianti, 2022).

The pre-conception period is very important for a woman because it affects the quality of the pregnancy and the condition of the fetus being conceived. Women's health during the

preconception period protects the health of the mother and child in the future. This is in line with Life Course Theory (LCT), which posits that the long-term interaction of a woman's biology, behavior, and environment (healthy diet) before pregnancy influences birth outcomes. The couple who will get married is called the prospective bride and groom (Catin) (Nurlinda & Sari, 2021). Apart from this, health checks can also prevent various problems, such as stunted babies being born (Ardiana et al., 2019; Ardiana et al., 2021)

Data from the Banten Provincial Health Service in 2023, the Maternal Mortality Ratio reached 75.9/100,000 KH from the target of 81/100,000 KH; the number of maternal deaths in 2021 was 198 people; in 2022, there were 193 people; in 2023, there were 175 people. The highest number of maternal deaths was in Tangerang Regency, with 39 cases; Serang Regency, with 34 cases; Pandeglang Regency, with 30 cases; Lebak Regency, with 29 cases; Serang City, with 21 cases, Cilegon with 8 cases; South Tangerang City, with 8 cases, and Tangerang City with 6 cases of maternal death. On the other hand, in the infant mortality rate in Banten Province in 2023, the infant mortality ratio will reach 5/1000 KH from the target of 4.7/1000 KH, reaching 1,068 infant deaths from 100,000 births, a total of 1154 cases. With the highest number of deaths, Lebak Regency had 340 deaths, while the lowest infant mortality rate was South Tangerang City, with 9 deaths. Cilegon City ranks second with 75 infant deaths (Unmawah, 2021)

Problems that often occur in mothers are anemia and poor nutritional status. If this condition starts early in pregnancy, complications will arise, such as bleeding, hypertension, sepsis, giving birth to premature babies, and LBW (Pratiwi et al., 2022). Therefore, if maternal and child health is not handled properly, it will have an impact on morbidity and mortality, where maternal and infant deaths are the result of a lack of understanding and knowledge about pregnancy planning and reproductive health as a starting point that can affect maternal and child health. prepared early and before pregnancy (Lestari et al., 2023; Azkiya et al., 2024).

The preconception service program in Indonesia has been running and, as a National Program, proposed to see the extent of the health condition of prospective brides and grooms to prepare healthy, high-quality couples of childbearing ages (PUS) who are ready to face pregnancy as a new beginning for the next generation. However, not all health service facilities include access to complete preconception health services because most are limited to Tetanus Toxoid (TT) vaccination and do not include a complete examination accompanied by communication and education to increase the prospective bride and groom's understanding of reproductive health and pregnancy preparation (Rahma et al., 2022).

The Catin class offers face-to-face education, counseling, and information and education (KIE) about reproductive health to prospective brides and grooms. In the Catin Class, Catin couples are given brief information about pre-wedding preparations, especially about the reproductive health of the prospective bride and groom. They also receive Tetanus Toxoid immunization (according to their immunization status), health checks (screening), and simple laboratory services. However, the Catin Class program at the Community Health Center has not been fully fulfilled. This is caused by various factors, including limited human resources (HR), a shortage of counselors, health and laboratory personnel, and the lack of particular time for Catin services.

The existence of industrial areas in the Cilegon area, especially in the Citangkil District, has had a significant positive impact; the public tends to welcome the existence of industrial areas. In facing these challenges, it is necessary to guide prospective brides and grooms as the embryos of creating the nation's best generation in the future. So, this research was conducted to determine the effectiveness of catin classes on the pregnancy readiness of prospective brides and grooms in the industrial area of the working area of Citangkil 2 Health Center, Cilegon City in 2024, to

determine the level of knowledge of prospective brides and grooms regarding the catin class program, explanation of catin classes, the benefits of attending catin classes on the pregnancy readiness of prospective brides and grooms. bride and groom, and to find out the attitude of KUA officers and Health Center Health Workers towards the pregnancy readiness of prospective brides in the industrial area of the working area of Citangkil 2 Health Center, Cilegon City. Citangkil 2 Health Center, Cilegon City.

## METHOD

This research used qualitative research. Qualitative research can reveal phenomena that want to be researched in depth on prospective bride and groom couples registered with the KUA in the Citangkil 2 Community Health Center Working Area, Cilegon City, in 2024.

This research was conducted in the Working Area of Citangkil 2 Health Center, Cilegon City, in 2024, located at Jalan KH. Agus Salim No.3, Kebonsari, Kec. Citangkil, Cilegon City, Banten 42442. This research was conducted from May to August 2024, from preparing a research proposal, collecting data, analyzing the results, and preparing a report.

The population in this study were prospective brides and grooms who registered for KUA in July 2024 in the Citangkil Health Center Working Area, Cilegon City, consisting of 12 informants, consisting of 10 Catins and 2 expert informants from KUA and Health officers.

The informants in this research were 12 prospective brides and grooms who registered for KUA in July 2024 in the Citangkil Health Center Working Area, Cilegon City, consisting of 10 key informants Catin and 2 expert informants from KUA and Health.

## RESULT AND DISCUSSION

The results obtained in this research are in the form of speeches or opinions issued directly from the research subjects, which will be marked with double quotation marks ("), which are given the initials Rn where (R) is the respondent and (n) is the respondent's serial number.

In this article, the research results will be explained directly along with the discussion. This preconception service is to build awareness of the importance of health and form healthy behavior in prospective men and women, especially in participating in improving the health of mothers and children as a potential benefit that can arise from the implementation of preconception services. where this program needs to be regularly evaluated and developed so that it can work optimally as a national program.

Based on the results of research data collection through observations that have been carried out on prospective brides, the age of the bride and groom who took the catin class was mostly >20 years (100%) and the education of the bride and groom who took the class was mostly high school/vocational education, 5 people (50, 0%).

Research results (Simamora, 2019) show that a person's grasping power and thinking patterns are influenced by age; A person's thinking patterns and understanding will develop as they age. Pregnancy under 20 years of age can increase the risk of complications for the mother and child because the child's body is not yet ready for the process of conceiving and giving birth, so complications and the risk of maternal death, birth defects, postnatal depression and premature babies can occur.

Based on interviews with key informants, namely prospective brides and grooms who said there were benefits and knowledge after participating in the bride and groom class program, this was supported by the results of interviews which said.

*"yes, there are benefits hm... so we know what needs to be done and what should not be done to prepare for a healthy pregnancy, maintain the reproductive organs well, because with this information I know and understand better (R6) there is... first for provisions to prepare for the next pregnancy...ehhh secondly, provisions for me to run a healthy household (R2)"*

This is in line with research (Varahika, 2023) which concludes that there is a significant influence between premarital health education on the knowledge and attitudes of prospective brides and grooms in Rambah Subdistrict, Pasir Pangaraian City with the health education method being able to broaden respondents' thinking in responding to problems and add or increase insight regarding premarital health. Having classes for prospective brides and grooms can provide benefits in knowing the nutritional status of the prospective bride and groom, health checks, providing nutritional supplements to improve the nutrition of the prospective bride and groom, especially in preparing to become a mother.

Health information and support from husbands or partners is one of the internal factors that can influence WUS in carrying out preconception screening. This is supported by the results of interviews delivered by the prospective bride and groom

*"Very supportive, because this is useful for us prospective brides and grooms (R4) very supportive of taking this catin class because healthy families are created from healthy couples too (R7)"*

The role of partners in preparing and undergoing the pregnancy process for pregnant women shows that the mother's success in undergoing the pregnancy process is influenced by support from the partner (Embrita, 2020).

For policies related to catin classes, most prospective brides and grooms do not know the existing policies. This is supported by respondents who said:

*"The policy, yes, from health, is that you have to... get a certificate like that... you also have to have a health certificate to prove that we are healthy or not (R1). I don't know what the policy is, ma'am, because we haven't told you what the policy is, you just tell me to follow it (R2) What's the policy? It's just encouraging catin just to follow along (R10)"*

So it can be concluded that most prospective brides and grooms do not know the policies regarding catin classes. Supporting informants from the Puskesmas (Health workers) and KUA said that:

*"Currently the new ministerial regulations are being processed or are being drafted or are being... ehhh... they are about to be issued, they are still being debated, but next month in August, the Minister of Religion will be leaving, next week this catin class guidance will be mandatory. carried out... regarding the mayor, if there is one, that would be good, the ministry makes it mandatory and the city government is very supportive (KUA). If the policy is there, so if you go to the catin class, it's not specifically because that's how it goes to UKBM, it's only for the catin examination or There is a reproductive examination. That's all I know. In the SK (letter of provisions) from the health service itself, there is a policy, then it is lowered to the SK of the Community Health Center, only if the specific implementation of the catin class is just implied, for example what this catin must get is this, this and for example, it has to be done at the community health center to see this catin class. "There is already a MoU from the Indonesian Ministry of Health, we also have an MoU with the KUA every year (Puskesmas)"*

It can be concluded that this class of prospective brides does not yet have a specific policy, even though it is stated in the 2021 Indonesian Minister of Health Regulation concerning the Implementation of Health Services for the Pre-Pregnancy Period, Pregnancy Period and After Childbirth, Contraception, Contraception Services and Sexual Health Services. Prospective services aim to reduce maternal and infant mortality rates in Indonesia by helping people discover health problems, lifestyle habits, or social problems that can affect pregnancy (Lestyoningsih, 2018; Kurniawan et al., 2024).

There is a statement regarding special sanctions for prospective brides and grooms who do not take part in catin class services. This is supported by the results of interviews with the Community Health Center and Kua.

*"At the moment there are no special sanctions, in the future if the Minister's regulations are issued there may be special sanctions because the Minister has also collaborated with various ministries. So I have instructed all members of the community for working people who are invited to take part. If there is an invitation to take part, it must be allowed... if for example there are sanctions, then after this ministerial regulation comes into effect, then you won't be able to get a marriage certificate. If there is still leeway now, if the bride and groom are far away, they can go virtual or zoom so you can still take this catin class. This catin guidance is very important to increase knowledge (KUA). If we have coordinated with the Kua, we have coordinated with the Kua, the action given is the print that is on the KUA for the wedding, the marriage book, well, it's not given only to those who come or not, that's just "The KUA knows better what the action is because this is related to the KUA, not to the puskesmas, but so far eeeh... it has been carried out 100% of the attendance is those who follow, so thank God they know about this panishmen so they follow (the Puskesmas)"*

It can be concluded that there is no specific punishment for prospective brides and grooms who do not take part in the bride and groom class service because there are no specific regulations yet. However, the community health center and KUA always coordinate so preconception services continue running as they should and can handle existing problems. This is supported by the results of interviews conducted with the community health center and KUA.

This is supported by the Ministry of State Apparatus Empowerment and Bureaucratic Reform in 2020 which said that the key to the success of Preconception Posyandu is optimizing the role of cross-sectors in overcoming nutritional and health problems for women before pregnancy, which allows prospective brides and those who wish to have children to be accompanied to receive services. improving health and nutrition before pregnancy (preconception) (Ayue, 2022).

This innovation also involves the Office of Religious Affairs (KUA) providing counseling through the Preconception Women class as a condition for obtaining a marriage permit recommendation. This class is intended to educate about the importance of reproductive health from the preconception period. These recommendations will later be used for health checks at community health centers.

### Research Limitations

The limitations of this research are that it has a small scope (Puskesmas and Kua) and the only informants were those who had never actually taken a catin class. Apart from that, the limitation of this research is that it only examines the effect of the effectiveness of catin classes on the readiness of prospective brides and grooms in the working area of Citangkil 2 Health Center, Cilegon City in 2024 (perhaps further research can use other variables and with more and wider informants so that they can dig up specific information).



## CONCLUSION

By conducting this research, we can find out the knowledge of prospective brides and grooms through information and education (KIE) and catin's attitude towards the health of prospective brides in the Citangkil Community Health Center Working Area, Cilegon City. In 2024, there is knowledge that will encourage the behavior and mindset of prospective brides and grooms in a better direction. Knowing that the policies implemented at the community health center and at the KUA do not yet have specific policies. There is a source of information related to the socialization of catin class programs from KUA officers and Health Workers (Puskesmas) regarding pregnancy readiness on the effectiveness of catin classes in the Citangkil Health Center Working Area, Cilegon City in 2024. Knowing the attitude of the prospective bride and groom, the attitude of the KUA and the attitude of health workers who take part in the prospective bride's class, there is a change in attitude after participating in this catin class service.

The implementation of the bride and groom class has gone well; however, it is hoped that the research carried out can provide input in evaluating and improving the catin class in the Citangkil Community Health Center working area so that it becomes better and can be developed to its maximum potential in its implementation. Researchers suggest research areas to implement specific policies regarding this catin class. Researchers can apply research methodology in making research reports. According to the title, they can add insight into the scientific field: The Effectiveness of Catin Classes on the Pregnancy Readiness of Prospective Brides in the Industrial Area of the Citangkil 2 Community Health Center, Cilegon City in 2024. This research is hoped to become a reference for future researchers to research Preconception Services for Prospective Brides, either using the same or a different method and can be developed to improve this research. It is hoped that the KUA will place more emphasis on outreach to prospective brides and also high schools about the benefits of taking part in the catin class program in providing preconception services for prospective brides as well as implementing more firm action against prospective brides and grooms who do not want to take part in the catin class, for example by not issuing A Certificate of Eligibility for Marriage is one of the requirements for obtaining a Marriage Book.

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