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The effect of pre-marital counseling on nursing students to spouse choice

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Objective: This study was conducted as a semi-trial model with pre-test and post-test control group to determine the effect of pre-marriage counseling on nursing students.

Material & Method: The research was applied to students of nursing department of a faculty from February 2016 to June 2016. The nursing students who took the elective course of the research were created. The sample size was determined as 60 (30 experiments, 30 controls) with the power analysis to determine the sample of the study, 0.05 error level, 0.08 effect size, and the ability to represent 0.95 universe. The experiment and control group was determined by simple random sampling method. In the collection of the data, a questionnaire including socio-demographic characteristics prepared by the researcher and the Romance and Spouse Selection Scale (RSS) were used. The questionnaire form and the RSS were applied as a pre-test for the two groups. No control was given to the control group after the preliminary test. For the experimental group, 12 weeks premarital counseling was given after the pre-test. After counseling, (RSS) Scale was applied as a final test in both groups.

Results: Among the nursing students participating in the study, 96.7% were between 18-24 years of age, 63.3% had 3 or more siblings, 41.7% had a median sibling and 90% had a nuclear family. In the study, the average score of the RSS total score of the experimental group was found to be 95.70±10.40, and the final score of the RSS total score was found to be 100.80±12.42. The pre-test RSS total score of the control group was 101.73±10.24, and the final score of the RSS total score was 99.23±11.40. A statistically significant difference was found when the pre-test RSS total score average of the experiment and control groups were compared (p 0.05). No statistically significant difference was found when the final test RSS total score average of the experiment and control groups was compared (p 0.05).

Conclusion: As a result, after counseling partner selection is increased in the study group, but decreased in the control group. Pre-marriage counseling may be recommended to increase spousal selection.

Biography

Hatice Oltuluoğlu has graduated from Florence Nightingale Nursing High School in İstanbul University. She has completed her Master's Degree at Erciyes University at Atatürk Health Sciences Faculty. She is working at the faculty of health sciences of Inonu University for 17 years in the field of women health and diseases nursing.

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Page 104