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Nilay Gökbulut., J Nurs Care 2022, Volume 11

## Premarital counseling

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The family is the foundation of society and is among the most effective institutions that make up the social structure with its education, religion, economic and political aspects. In happy marriages, choosing a good spouse is as important as finding the right person, as well as the meaning that a person attributes to marriage and his/her expectation from marriage. In the process before marriage, couples should know each other's characteristics and if there are problems, they should think about solutions without ignoring them. It is very important to provide information on high-risk pregnancies in the prevention of health problems in the first years of marriage, the importance of family planning methods, the selection of appropriate methods to prevent pregnancy, and genetic counseling. For this reason, providing premarital counseling services by experts is one of the important health services. The counseling program helps couples learn about reproductive health issues and build their marriage on a solid foundation. Preventing the negativities that can be experienced in the marriage process before they occur will benefit both the individual and the society. Families formed by marriage are the most basic unit of society. The fact that the cases where women are subjected to violence and killed by their husbands are increasing day by day is an indication that the problems in marriage affect the whole society. It is necessary to increase premarital counseling services in order to ensure the establishment of healthy marriages by increasing the awareness of individuals on issues such as reducing false beliefs about marriage and developing healthy expectations, creating a realistic approach to love and affection, explaining and teaching effective communication skills.

### Biography

Nilay has completed his PhD at the age of 33 years from Inonu University midwifery department. She works as an assistant professor at Çankırı Karatekin University faculty of Health Science Midwifery Department. He has published different papers and book chapter in journals. She is married and mother of one child.

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