

Abstract

Background: Considering the decrease in the fertility rate in Iran, some solutions have been provided to increase the population, one of them is pre-marriage counseling. To evaluate the usefulness and effectiveness of these consultations, this research was conducted with the aim of determining the effect of pre-marital counseling on the attitude toward fertility and childbearing of women.

Methods: In this semi-experimental study, was conducted in the Ardabil from March to May 2023. The study population was women who were referred to the premarital counseling center. 111 participants entered the study by convenience sampling based on inclusion criteria. The classes were organized in face-to-face methods in 90 minutes, by an experienced counselor. Data were collected by a two-part questionnaire including demographic information and the Attitude to Fertility and Childbearing (ATFC). The questionnaire was completed before and two weeks after the counseling. Data were analyzed by chi-square, and paired t-test.

Results: This study was conducted by 111 women who were referred to the premarital counseling center. The total attitude toward fertility and childbearing score before the counseling was 63.55 ± 6.10 , that increased to 67.19 ± 8.40 after counseling ($p=0.001$).

Conclusion: Premarital counseling improved attitude towards fertility and childbearing. Counseling in field by midwives affects the awareness of couples about fertility and helps the population growth and the health of future generations. It is suggested to increase the frequency and hours of these classes.

Keywords: Reproductive Behavior, Marriage, counseling, Fertility Agents, female, Attitude, Population growth.