

# Triple Elimination Education on the Knowledge of Prospective Brides

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## ABSTRACT

Triple Elimination Program is a government initiative aimed at preventing the transmission of HIV/AIDS, syphilis, and hepatitis B from mother to child. This program is crucial as part of maternal and child health efforts. Despite policies supporting this program, awareness among prospective brides about the importance of premarital health examinations remains low. This study aims to assess the impact of Triple Elimination education on the knowledge of prospective brides at Pringsewu Public Health Center regarding the prevention of these diseases. Using a quantitative approach and a pre-experimental design, the study involved 23 prospective brides as respondents. Data was gathered through pre- and post-education questionnaires, with the education delivered via a video lasting 7 minutes and 27 seconds. Statistical analysis using SPSS revealed a significant improvement in the knowledge of the participants. Before the education session, the average knowledge score was 62, which increased to 84 after the session, with a p-value of 0.000, indicating a statistically significant impact. The findings demonstrate that Triple Elimination education significantly enhances awareness of the importance of premarital health checks. The study recommends that this educational initiative

be expanded and that diverse methods be employed to further boost knowledge and participation in such health checks before marriage.

**Keywords:** Triple Elimination, Bride-to-be, Education, Knowledge

## INTRODUCTION

The Triple Elimination Program is part of the maternal and child health program aimed at eliminating HIV/AIDS, syphilis, and hepatitis B infections, which can be transmitted from mother to child. Hepatitis, syphilis, and HIV can spread from the mother to the fetus, causing high morbidity and mortality rates in developing countries. One easy and effective way to prevent the transmission of these infections is by preventing transmission during the reproductive age, avoiding unwanted pregnancies, conducting antenatal care (ANC) screenings, and providing vaccinations (WHO, 2018). Pregnant women and newborn babies are highly vulnerable to sexually transmitted infections (STIs). The World Health Organization (WHO) strives to prevent the transmission of STIs from mother to child, aiming to eliminate HIV, syphilis, and hepatitis B. The goal of the Triple Elimination screening is to reduce the likelihood of HIV, hepatitis, and syphilis transmission from mother to child during pregnancy, childbirth, and

breastfeeding. Infants infected with HIV, hepatitis, or syphilis can face serious health issues such as illness, disability, and even death. This condition harms not only adults but also children. Minister of the Republic of Indonesia, (2017).

Based on the description in the background above, the problem identification in this study is whether there is an influence of Triple Elimination education on the knowledge of prospective brides in the working area of UPTD Puskesmas Pringsewu in 2024.

The scope of this study is prospective brides who undergo Triple Elimination screening at Puskesmas Pringsewu. This research uses a quantitative approach with a pre-experimental design involving 23 prospective brides as respondents. The study is conducted at Puskesmas Pringsewu. The research subjects are prospective brides within the working area of UPTD Puskesmas Pringsewu in 2024. This study involves 23 prospective brides, mainly women, who are willing to participate in education and complete the questionnaires. The object of the study is the knowledge of prospective brides regarding Triple Elimination (HIV, Syphilis, and Hepatitis B screening) before and after receiving education. This study focuses on changes in the level of knowledge that occur after the prospective brides receive education related to Triple Elimination.

## MATERIALS & METHODS

This research is quantitative with a pre-experimental design. The purpose of this study is to determine the effect of Triple Elimination education on the knowledge of prospective brides in the UPTD Puskesmas Pringsewu area in 2024. The research was conducted at Puskesmas Pringsewu, Pringsewu District, Lampung Province, from July to August 2024.

In this design, knowledge is measured before and after the intervention. This makes the results more accurate because it allows for a comparison of the state before

and after the intervention. A questionnaire sheet is used to collect data.

Data collection is carried out by asking prospective brides to answer the Triple Elimination Knowledge questionnaire before and after watching an educational video. The questionnaire used is one created by the researcher based on the content of the Triple Elimination educational video, which will be provided to prospective brides attending premarital courses (suscatin) and undergoing Triple Elimination screening at Puskesmas Pringsewu. The questionnaire has been tested for validity and reliability.

In this study, the researcher uses an educational video on Triple Elimination to educate prospective brides who will undergo Triple Elimination screening. The educational video contains information on the definition, objectives, screening methods, transmission, symptoms, and prevention of diseases included in the Triple Elimination program, namely HIV, Syphilis, and Hepatitis B. The video duration is 7 minutes and 27 seconds.

The data obtained will then be analyzed using statistical computer programs to determine the effect of Triple Elimination education on the knowledge of prospective brides at Puskesmas Pringsewu. Data analysis will be performed using SPSS.

## RESULT

**Table 1 Average Knowledge of Prospective Brides Before Triple Elimination Education**

Knowledge Score	Mean	SD	Min	Max
	62	10,81	45	85
Knowledge Score	Mean	SD	Min	Max
	84	9,45	70	100

This study shows that the knowledge of prospective brides regarding Triple Elimination testing before receiving education was relatively poor, with an average score of 62. After receiving education, their knowledge significantly increased to 84, indicating that education had a positive impact on improving the prospective brides' knowledge about the prevention of HIV, syphilis, and hepatitis B

transmission. This emphasizes the importance of providing accurate information to break the chain of disease transmission from mother to child in the working area of UPTD Puskesmas Pringsewu in 2024.

The study results indicate that many respondents still lack an understanding of information regarding the transmission of HIV and syphilis, as well as the importance of the Triple Elimination examination. Although knowledge about HIV, which cannot be transmitted through physical contact such as eating and living together, has improved, many are still unaware that syphilis can be transmitted from mother to baby through breastfeeding. Additionally, awareness of the importance of undergoing the Triple Elimination examination six months before marriage remains low among understanding of the transmission of sexually transmitted diseases and the importance of health screening before marriage.

This research is in line with previous research researched by Yanna Wari Harahap, Mhd. Arsyad Elfiqoh, Rambe Nila Kesuma., (2023), with the title The Relationship between Knowledge and Attitudes of Prospective Brides and Grooms About HIV/AIDS and Carrying out HIV Tests. In this research, it was stated that the knowledge of prospective brides and grooms who had been given education had better knowledge than before they were given education.

The analysis is continued with a normality test. The technique used to test the normality of the data is through the Shapiro-Wilk formula.

**Tabel.2 Test of Normality**

<i>Shapiro-Wilk</i>			
Knowledge	Statistic	Df	Sig.
Knowledge before education.	.387	23	.184
Knowledge after education	.489	23	.189

Based on normality testing of data before administration and after administration, a sig value was obtained,  $> 0.05$  (.184). Because the sig value.  $> 0.05$  (.189) then it can be concluded that the data comes from a normally distributed population. Normally distributed data opens the way for further analysis with confidence that the method used is appropriate to the characteristics of the existing data.

## DISCUSSION

Based on the research findings, supported by perspectives from *Pediatrics in Review* and the book *Health Behavior: Theory, Research, and Practice*, triple elimination education for prospective brides has proven effective in enhancing understanding of the risks of infectious diseases such as HIV, syphilis, and hepatitis B. This increase in knowledge is evident from the rise in the average score of the prospective brides from 62 to 84 after the education. This indicates that the educational intervention has a significant impact on the knowledge and preventive awareness of the prospective brides. Therefore, the researcher assumes that similar educational programs should continue and be expanded to reach a larger population, so that the risk of transmitting infectious diseases to the next generation can be minimized.

The analysis continued by looking at the effect of triple elimination education on the bride and groom's knowledge. The following are the results of the bivariate analysis.

**Tabel.4 The Effect of Triple Elimination Education on the Knowledge of Prospective Brides and Grooms at the Pringsewu Health Center UPTD in 2024**

Measurement	N	Knowledge				P value
		Mean	SD	Min	Max	
Pre test	23	62	10,81	45	85	0,000
Post test	23	84	9,45	70	100	

The results of this study are in line with research published by the American Academy of Pediatrics (Pediatrics in Review), preventing HIV transmission from mother to child is largely determined by early education efforts and the use of antiretrovirals in pregnant women. The main strategies implemented include providing antiretrovirals to mothers and babies, as well as continuing education for expectant mothers regarding the importance of early HIV detection and follow-up care. Through this approach, the risk of HIV transmission to children can be reduced significantly, making health education a very necessary step, especially for couples planning to marry (American Academy of Pediatrics, 2023)

Then, based on the book *Health Behavior: Theory, Research, and Practice* by Glanz, Rimer, and Viswanath (2015), it emphasizes that targeted and structured health education can shape preventive behavior in society. In the context of the health of prospective brides and grooms, this book shows that relevant and easy-to-understand education encourages people to understand and implement preventive measures. Providing appropriate information can increase awareness of prospective brides and grooms regarding the risks of infectious diseases and the importance of health checks before marriage, so targeted education programs are very important for the health of future generations.

Based on research results, which are supported by views from Pediatrics in Review and the book *Health Behavior: Theory, Research, and Practice*, triple elimination education for prospective brides and grooms has proven to be effective in increasing understanding of the risks of infectious diseases such as HIV, syphilis and hepatitis B. Increased knowledge This can be seen from the increase in the average score of prospective brides and grooms from 62 to 84 after education. This shows that educational interventions have a significant influence on the prospective bride and groom's preventive knowledge and

awareness. Thus, researchers assume that similar educational programs should be continued and expanded to cover a larger population, so that the risk of transmitting infectious diseases to the next generation can be minimized.

## CONCLUSION

This study shows that the knowledge of prospective brides regarding Triple Elimination testing before receiving education was relatively poor, with an average score of 62. After receiving education, their knowledge significantly increased to 84, indicating that education had a positive impact on improving the prospective brides' knowledge about the prevention of HIV, syphilis, and hepatitis B transmission. This emphasizes the importance of providing accurate information to break the chain of disease transmission from mother to child in the working area of UPTD Puskesmas Pringsewu in 2024.

## Declaration by Authors

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