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Integration of Psychoeducational Approach and Digital Literacy in Enhancing the Psychological Readiness of Prospective Brides and Grooms

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ABSTRACT

Background: Psychoeducational approaches have been proven effective in enhancing self-awareness, interpersonal communication, and commitment to relationships. The development of digital technology provides opportunities for integrating digital literacy into premarital education, making it more interactive and accessible. **Object:** This study aims to analyse the effectiveness of integrating a psychoeducational approach and digital literacy through the *E-book For Your Bride* in improving the psychological readiness of prospective brides and grooms. **Method:** This study employed a quasi-experimental design with a control group. The sample consisted of 40 engaged individuals from the Putat Jaya Community Health Centre, Surabaya, divided into two groups: 20 participants used the FYB E-book and 20 participants used a leaflet. The research instrument was a psychological readiness questionnaire that had been tested for validity and reliability. Data were analysed using the Wilcoxon and Mann–Whitney tests with a significance level of 0.05. **Results:** Statistical analysis showed significant results ($p = 0.001$; $p < 0.05$), indicating that educational video-based early mobilization effectively accelerated postpartum recovery, while the FYB E-book was more effective than leaflets in improving psychological readiness. **Conclusion:** The integration of psychoeducation and digital literacy was more effective than conventional media in improving the psychological readiness of prospective brides and grooms and can serve as a modern approach to premarital education for healthy family development.

Keywords: Psychoeducation, Digital Literacy, Psychological Readiness, Prospective Brides and Grooms, E-book for Yout Bride (FYB)

BACKGROUND

Marriage is one of the crucial phases in life that requires comprehensive readiness—biological, social, and psychological. The psychological readiness of prospective brides and grooms includes emotional maturity, communication skills, conflict management, and preparedness to face role changes after marriage (Rahmawati et al., 2022). However, various studies indicate that many young couples lack adequate psychological preparedness for married life. Data from Statistics Indonesia (*Badan*

Pusat Statistik or BPS, 2023) show that the divorce rate in Indonesia remains high, reaching approximately 447,743 cases in 2022, with the predominant causes being disharmony and lack of emotional maturity among young couples.

Psychological readiness is a key aspect in determining marital success. Individuals with good emotional maturity tend to be better prepared to face challenges in household life, including in communication, decision-making, and conflict management. A study in Indonesia

involving 107 marriage dispensation applicants revealed that emotional maturity was positively correlated with marital readiness, indicating that emotional stability is a major indicator of psychological preparedness before entering married life (Rahmawati, 2021). Nevertheless, several studies have shown that many prospective brides and grooms, as well as young couples, still lack sufficient psychological preparation. For instance, a quantitative study involving 184 unmarried young adults found a significant relationship between marital readiness and fear of commitment, reflecting anxiety or apprehension towards long-term commitment in marriage (Putri & Hidayat, 2022). This finding suggests that some prospective brides and grooms still face cognitive and emotional barriers that must be managed before entering marriage.

Psychoeducational interventions have been proven effective in strengthening psychological readiness for marriage. A quasi-experimental study involving 88 young adults demonstrated that a *marriage education* psychoeducation programme significantly influenced positive attitudes toward marriage (Sutrisno & Puspitasari, 2022). Similar results were found in a community service study in Semarang involving adolescents, where a psychoeducation programme increased the average marital readiness score from 72.54 to 86.81—an increase of +14.27 points from pre-test to post-test (Rohman, 2023). These findings reinforce the notion that structured educational content can play an important role in measurably improving the psychological readiness of prospective brides and grooms, highlighting the need for effective educational interventions to build such readiness before marriage.

Psychoeducation is an approach proven to effectively enhance individuals' psychological understanding and skills. Through this approach, prospective brides and grooms can develop emotional

regulation, empathy, and coping mechanisms essential for managing the dynamics of married life (Corey, 2021). A study by Lestari et al. (2021) found that group-based psychoeducational interventions improved assertive communication and reduced premarital anxiety among young couples. However, face-to-face psychoeducation still faces limitations, particularly among the digital generation, who are more familiar with information technology.

The advancement of digital technology provides significant opportunities to expand the reach of mental health and premarital education. The concept of digital literacy encompasses the ability to access, understand, and manage digital information to support individual well-being (UNESCO, 2021). A study by Pratiwi & Sari (2022) found that digital media based on e-books could enhance self-directed learning effectiveness and strengthen adolescents' psychosocial understanding. Therefore, integrating psychoeducation into digital media such as e-books can serve as an innovative solution to improve the psychological readiness of prospective brides and grooms.

The *E-book For Your Bride (FYB)* was developed as a digital premarital education medium containing psychoeducational modules that cover emotional regulation, interpersonal communication, stress management, and the values of a harmonious marriage. This medium is expected to help prospective brides and grooms understand the psychological aspects of marriage independently and flexibly. Research by Nugraheni et al. (2023) demonstrated that digital psychoeducational interventions through e-modules improved self-efficacy and mental readiness for marriage among university students more effectively than conventional methods. Furthermore, digital approaches such as e-books enable the integration of educational content, self-

reflection, and interactivity, which can enhance user engagement. O'Brien & Toms (2022) emphasised that interactive and experience-based digital designs can strengthen the transfer of psychological knowledge and foster positive behavioural change. These findings support the argument that psychoeducational interventions based on digital literacy, such as FYB, can play a significant role in shaping the holistic psychological readiness of prospective brides and grooms.

Therefore, this study aims to develop and evaluate the *E-book For Your Bride (FYB)*, which integrates psychoeducational and digital literacy components as an intervention medium to enhance the psychological readiness of prospective brides and grooms. This research is expected to contribute empirical evidence and an innovative intervention model relevant to premarital programmes in Indonesia.

RESEARCH METHODS

This study employed a quantitative research design with a quasi-experimental approach. The research design used was a pre-test and post-test with a control group, in which two groups of respondents were compared to assess the effectiveness of the intervention. The purpose of this study was to examine the effect of the *E-book For Your Bride (FYB)* on the psychological readiness of prospective brides and grooms compared to conventional media in the form of a leaflet. The study was conducted in the working area of Putat Jaya Community Health Centre, Surabaya—a densely populated region with a relatively high number of prospective brides and grooms each month. The location was selected because it has an active premarital counselling programme facilitated by healthcare providers and marriage counsellors. The research was carried out over six months, from January to June 2025.

The study population comprised all prospective brides and grooms registered for premarital examinations and counselling in the working area of the Putat Jaya Community Health Centre. The sample was determined using a purposive sampling technique, selecting participants based on specific criteria relevant to the research objectives. The inclusion criteria were: (1) prospective brides and grooms aged 18–35 years; (2) willingness to participate in the entire research process; and (3) access to digital media (smartphone or laptop). The exclusion criteria included: prospective brides and grooms with severe psychological disorders or those unwilling to sign informed consent. The total sample consisted of 40 respondents, divided into two groups: 20 in the experimental group and 20 in the control group.

The research procedure began with administering a pre-test to both groups to measure their level of psychological readiness before the intervention. The experimental group was then given an intervention using the digital media *E-book For Your Bride (FYB)*, which contained psychoeducational materials on emotional readiness, interpersonal communication, stress management, and the values of a harmonious marriage. Meanwhile, the control group received a leaflet containing similar material but without interactive digital features. The intervention was conducted over two weeks, with limited supervision from the researcher to ensure participant engagement. After the intervention, both groups completed a post-test using the same instrument as in the pre-test to identify changes in psychological readiness scores.

The primary instrument used in this study was a psychological readiness questionnaire for prospective brides and grooms, developed based on aspects of psychological maturity, including emotional, cognitive, and social dimensions. The questionnaire had

undergone validity and reliability testing, with calculated *r* values exceeding the table *r* and a Cronbach's Alpha reliability coefficient of ≥ 0.80 , indicating good internal consistency.

Data obtained from the pre-test and post-test were processed through several stages: editing, coding, entry, and tabulation. Data analysis was performed using parametric statistical tests to assess differences before and after the intervention within each group and to compare the differences between the experimental and control groups. All analyses were conducted with a

significance level of 0.05 using the latest version of SPSS software. This study obtained ethical approval from the Research Ethics Committee of the Health Polytechnic of the Ministry of Health Surabaya. Before participation, each respondent received an information sheet explaining the research and provided written informed consent voluntarily. The confidentiality of respondents' personal data was guaranteed and used solely for scientific purposes.

RESULT AND DISCUSSION

Table 1

Psychological Readiness of Prospective Brides and Grooms Before and After the FYB E-book Intervention

Psychological Readiness	Pre (f)	%	Post (f)	%
Ready	8	40	20	100
Not Ready	12	60	0	0
Total	20	100	20	100

Before the *E-book For Your Bride (FYB)* intervention, most participants (60%) were not psychologically ready. After the intervention, all respondents (100%) showed good readiness, indicating that e-

book-based education improved emotional and psychological preparedness before marriage.

Table 2.

Psychological Readiness Before and After the Leaflet Intervention

Psychological Readiness	Pre (f)	%	Post (f)	%
Ready	6	30	20	100
Not Ready	14	70	0	0
Total	20	100	20	100

In the control group using leaflets, 70% were initially unprepared but all became ready post-intervention. Although

effective, the improvement was lower than that of the FYB e-book group.

Table 3.
Effect of FYB E-book on Psychological Readiness

Variable	n	Median (Min–Max)	Mean	SD	p-value
Pre-test	20	59.00 (57–82)	63.40	7.742	0.000
Post-test	20	91.00 (82–100)	92.05	4.236	

The Wilcoxon test ($p = 0.000 < 0.05$) showed a significant improvement, proving the FYB e-book effectively enhanced emotional and cognitive readiness.

Table 4.
Effect of Leaflet on Psychological Readiness

Variable	n	Median (Min–Max)	Mean	SD	p-value
Pre-test	20	59.00 (57–75)	61.35	5.244	0.000
Post-test	20	76.50 (75–80)	76.70	2.657	

The Wilcoxon test ($p = 0.000 < 0.05$) indicated significant improvement, but the mean increase was lower than with the e-book.

Table 5.
Effectiveness Comparison Between FYB E-book and Leaflet

Group	n	Mean Rank	SD	p-value
Experimental (FYB E-book)	20	30.50	3.515	0.000
Control (Leaflet)	20	10.50	1.969	0.000

The Mann–Whitney test showed both media were effective ($p < 0.05$), but the FYB e-book was significantly more effective (mean rank $30.50 > 10.50$), demonstrating the superiority of interactive digital psychoeducational media over traditional print materials.

Discussion

This study demonstrates that the intervention using the *E-book For Your Bride (FYB)* significantly improved the psychological readiness of prospective brides and grooms compared to the leaflet medium. Before the intervention, most

respondents in both groups were not yet psychologically prepared for marriage; however, after the intervention, all respondents (100%) showed good psychological readiness. The Wilcoxon and Mann-Whitney test analyses yielded a $p\text{-value} < 0.05$, indicating a significant difference in psychological readiness levels before and after the educational intervention, with the e-book proving to be more effective.

The psychoeducational approach plays a crucial role in enhancing the psychological readiness of prospective couples because it helps individuals

understand the emotional, cognitive, and social aspects they will encounter after marriage. Psychoeducation fosters self-awareness, communication skills, and conflict management within relationships (Beck, 2011). Pre-marital education programmes based on psychoeducational principles have been shown to reduce anxiety, strengthen commitment, and increase future marital satisfaction (Carroll & Doherty, 2003). In the context of this study, the FYB e-book functions as a psychoeducational medium that integrates materials on mental readiness, communication, and family harmony values. This aligns with the findings of Sholeha et al. (2022), who stated that providing family psychology-based education through digital media can enhance the emotional readiness and sense of responsibility of prospective couples. Thus, FYB not only provides information but also helps develop the mental preparedness of prospective brides and grooms through reflection and cognitive-affective exercises.

The results of this study further reinforce the evidence that digital literacy is an innovative approach in health and community psychology education. Digital media such as e-books facilitate self-directed, interactive, and contextual learning, allowing participants to comprehend materials more deeply (Ng, 2012). The FYB e-book adopts an interactive approach through visualisation, quizzes, and contextual narratives relevant to the experiences of prospective couples. This finding is consistent with the study by Rahmawati et al. (2023), which reported that e-book-based educational interventions were more effective than conventional print media in improving adolescents' knowledge and attitudes regarding reproductive health. These findings suggest that integrating digital technology into psychoeducational programmes can expand reach and enhance participant engagement, particularly among younger generations

who are more familiar with technology (Prensky, 2001).

Statistically, although the leaflet also improved the psychological readiness of prospective brides and grooms, its level of effectiveness was lower than that of the FYB e-book, as reflected by the mean rank comparison (30.50 vs. 10.50) in the Mann-Whitney test. Print media such as leaflets tend to be one-way and passive, whereas e-books encourage active engagement and personal reflection. According to Mayer's Multimedia Learning Theory (2009), presenting information through a combination of text, images, and digital interaction enhances cognitive processing and information retention. In this context, the FYB e-book offers a more effective multimodal learning experience compared with traditional leaflets that present only static text. This finding is also supported by Puspitasari et al. (2021), who noted that digital media improve the effectiveness of health education through interactivity and personalisation.

This study emphasises the importance of integrating psychoeducation and digital literacy in pre-marital programmes. The FYB e-book can serve as an alternative educational medium in pre-marital guidance programmes conducted by community health centres (*Puskemas*), Offices of Religious Affairs (*KUA*), and educational institutions. This medium bridges the gap between formal information and the practical psychological understanding required by prospective couples. Furthermore, the findings provide a basis for developing policies and innovations in reproductive and family health services, particularly in enhancing the mental and emotional preparedness of prospective brides and grooms to face the complex and dynamic realities of married life

CONCLUSION

The *E-book For Your Bride (FYB)* has been proven to be an innovative and effective educational medium in

enhancing the psychological readiness of prospective brides and grooms. It serves as an integrative model combining psychoeducational and digital literacy approaches that can be adapted to various pre-marital education contexts across Indonesia. It is recommended that prospective couples actively participate in psychoeducation-based pre-marital programmes, both in face-to-face and digital formats. The use of the FYB e-book can serve as a self-reflective tool to help individuals understand their emotional readiness, communication skills, and sense of responsibility in married life.

This study carries strategic implications for family health services and pre-marital education policies. The integration of psychoeducation and digital literacy through e-books such as FYB represents an innovative approach to preparing prospective couples comprehensively—not only administratively and medically, but also psychologically and emotionally. This approach aligns with the direction of Indonesia's national digital health transformation and the strengthening of family resilience, which are key priorities in human development initiatives (Ministry of Health of the Republic of Indonesia, 2024).

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