

## ***The effect of premarital Counseling on marriage expectation among students of university of Medical Sciences***

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### ***Abstract***

***Background & Aim:*** Realistic expectations from marriage are of the most important factors in a successful marriage. To achieve this goal, premarital counseling is an effective step. This study examines the impact of premarital counseling on marriage expectation among university students.

***Methods:*** This quasi-experimental study has been conducted on 30 single students of Torbat Heydariyeh University of Medical Sciences. The assessment tools were marriage expectation scale and demographic information questionnaire that were completed in the pre-test and post-test by participants. The intervention group participated in 8 sessions of 2 hours premarital counseling and the control group received no intervention. Data were analyzed using descriptive statistics and independent and paired T-test.

***Results:*** The mean and standard deviation of participants' age was  $19.33 \pm 0.61$  and  $19.92 \pm 1.07$  in control and intervention groups, respectively. Before the study, in terms of background variables, there were no significant differences between two groups. Premarital counseling could improve the expectation from marriage among university students ( $p < 0.05$ ).

***Conclusion:*** Premarital counseling is suggested to empower students for establishing a good and suitable marriage.

***Keywords:*** students; marriage; Counseling