

Early Marriage Education and Its Impact on Physical and Mental Health of Adolescents

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Abstract

The phenomenon of early marriage in Indonesia has been going on for a long time, even now in the 5.0 era. Early marriage has an impact on the mental and psychological health of adolescents. Therefore, it is necessary to be carry out socialization regarding efforts to prevent early marriage. The method of implementing educational activities including opening, presentation, and closing. The method of presentation given by lecture and discussion using video and poster. The material presented included the definition of early marriage, factors that affect the occurrence of early marriage, the impact of early marriage, and efforts to prevent early marriage. Education of early marriage and its impact on the physical and mental health of adolescents can increase adolescents' knowledge and attitudes in preventing early marriage. Similar activities need to be socialized regularly among adolescents and their parents in committing to agreeing to the marriage of their children at a minimum age in accordance with the provisions of the applicable laws and regulations in Indonesia.

Keywords: early marriage, health education, adolescents

Introduction

Early marriage has become one of the phenomena that has occurred for a long time in Indonesian society even until the current 5.0 era (Bumaeri et al., 2021). Early marriage is a marriage that takes place in individuals who are less than 20 years old. This is in accordance with the minimum age limit for marriage according to Marriage Law No. 16 of 2019, which is 19 years for men and women (Pemerintah Indonesia, 2019). Indonesia is ranked 2nd in ASEAN and 8th in the world for cases of early marriage (Pranita & Dewi, 2021). East Java is the province with the highest number of applications for dispensation of child marriage, which is 29.4% of the national range (Kemenko PMK, 2023). Child marriage data in Jember Regency is the highest in East Java with 903 cases, followed by Malang Regency (605 cases), Probolinggo Regency (587 cases), Pasuruan Regency (554 cases), and Lumajang Regency (551 cases) (Radar Jember, 2023).

The ideal age for marriage for women is at least 20 years old. At that age, women are considered physically and psychologically stable and ready to face marriage. Women under the age of 20 tend to be physically unprepared because the reproductive organs are immature so they are at high risk of problems in the event of pregnancy such as infections during and

after pregnancy, miscarriage, anemia during pregnancy, pre-eclampsia, prolong and difficult labor periods, bleeding, breast cancer, and cervical cancer (Widyadhara & Putri, 2021). Some risks also threaten babies born to undermarried parents such as newborn death, prematurity, malnutrition, and growth and development problems in children (Dompas et al., 2019; Ernawati & Verawati, 2014).

The government has actually tried to suppress cases of early marriage through national policies contained in the 5th goal of the Sustainable Development Goals (SDGs) to achieve gender equality, empowerment of women and children. In addition, in the national strategy for the prevention of child marriage (Stranas PPA), the government specifically targets a decrease in the rate of child marriage (Pranita & Dewi, 2021). However, cases of early marriage are still common, especially in rural areas. Some of the factors behind the problem of early marriage include a lack of understanding of religion, economics, low education and promiscuity (Hermambang et al., 2021; Hikmah, 2019).

Most of the people of Patrang District are Madurese tribes who adhere to the teachings of Islam, they are strongly opposed to premarital relationships, and also have a unique tradition of assuming that a woman who is proposed and married at a young age shows a high family social status in the community. Because the Madurese tribe is very adhered to the teachings of Islam, in this marriage they prioritize Islamic law to avoid adultery and ignore the law regulated by the state.

In 2023, there will be 802 marriages registered at the religious affairs office of Patrang Jember District. Of the 802 marriages, 61 people were recorded to be married under the age of 19 years, with the following details: 18 people were 19 years old husband and wife <19 years old, 41 people were wife <19 years old with husband >19 years old, and 2 people were wife >19 years old with husband <19 years old. The results of a preliminary study conducted in Bintoro Village, Patrang District, Jember Regency show that the case of early marriage in that area is quite high. Based on data from the village office, many teenagers are married at a young age, 5 heads of families are 20 years old, and 10 mothers are less than 20 years old. In addition, many divorce cases also occur in couples who marry early before the marriage reporting in the civil register is resolved.

Identification of Problems

Based on the description of the problem, it is necessary to educate about early marriage and its impact on physical and mental health in adolescents in Bintoro Village, Patrang District, Jember Regency to increase the understanding, attitude and self-awareness of adolescents in suppressing cases of early marriage.

Implementation Methodology

The method of implementing educational activities consists of a series of activity processes that are carried out systematically and planned, including opening, presentation, and closing. The target of education is teenagers and the community of Bintoro Village, Patrang District. The presentation of the material was given by the method of lecture, discussion and question and answer for 45 minutes. The material presented included the definition of early marriage, factors that affect the occurrence of early marriage, the impact of early marriage, and efforts to prevent early marriage packaged in the form of educational videos and posters. The evaluation is carried out through oral questions about the material presented.

Results and Discussion

The activity was held on December 20, 2023 at 15.00 WIB at the Musholla of Plalangan, Bintoro Village, Patrang District. Participants are asked to fill out the attendance list first before the activity starts. The preface to the activity was delivered by the Bintoro Village Head. The results obtained from early marriage education and its impact on the physical and mental health of adolescents are adolescents and the community can understand the material presented as evidenced by the following evaluation results:

Table 1. Results of Activity Implementation Evaluation

No.	Types of Evaluation	Result
1.	Structure Evaluation	Participants attended as many as 30 people consisting of teenagers and the community
2.	Process Evaluation	- Participants showed enthusiasm during the education as evidenced by as many as 5 participants asking questions about the material presented by the presenter - The presenter giving rewards as a form of appreciation for the enthusiasm shown by the participants
3.	Evaluation of results	- A total of 5 participants were able to answer the questions asked by the speakers, including: - What is the meaning of early marriage? - What are the factors that affect the occurrence of early marriage? - What are the physical effects of early marriage? - What are the mental effects of early marriage? - How to prevent early marriage? - All participants showed a commitment to a positive attitude to prevent early marriage



Figure 1. Picture of activities

Conclusion

Early marriage education and its impact on the physical and mental health of adolescents can increase adolescents' knowledge and attitudes in preventing early marriage. Similar activities need to be socialized regularly to increase the knowledge, understanding and attitudes of adolescents in order to prevent early marriage which can affect their physical and mental health. Parents also need to be educated to participate in committing to agreeing to the marriage of their children at a minimum age in accordance with the provisions of the applicable laws and regulations in Indonesia. This activity is expected to contribute to reducing the number of early marriages, especially in Bintoro Village, Patrang District, Jember Regency.

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