

THE PSYCHOLOGICAL IMPACT OF EARLY MARRIAGE ON THE MENTAL HEALTH OF YOUNG MOTHERS

Debi Lestari¹, Sri Hastini Jaelani²

^{1,2} Bachelor of Midwifery, Faculty of Midwifery, Citra Internasional Insitute
Corresponding author : debilestaridebi24@gmail.com

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ABSTRAK

Latar Belakang : Pernikahan merupakan ikatan lahir dan batin antara seorang laki-laki dan seorang perempuan sebagai suami istri dengan tujuan membentuk keluarga yang bahagia dan harmonis. Pernikahan dini adalah pernikahan yang dilakukan pada usia di bawah batas minimum yang telah ditetapkan oleh pemerintah.

Tujuan : Penelitian ini bertujuan untuk mengeksplorasi pengalaman psikologis ibu muda yang menjalani pernikahan dini di Desa Tempilang, Kabupaten Bangka Barat, pada tahun 2026.

Metode : Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Informan berjumlah lima orang ibu muda yang menikah pada usia dini dan dipilih menggunakan teknik *purposive sampling*, dengan sampel yang ditentukan berdasarkan kriteria inklusi tertentu. Data dikumpulkan melalui wawancara mendalam dan dianalisis menggunakan analisis tematik.

Hasil : Hasil penelitian menunjukkan lima tema utama, yaitu: (1) pengalaman psikologis ibu muda setelah menikah; (2) dampak pernikahan dini terhadap kesehatan mental; (3) faktor-faktor yang memengaruhi kondisi psikologis; (4) upaya ibu muda dalam mengatasi dampak psikologis; dan (5) harapan ibu muda dalam mencegah terjadinya pernikahan dini. Informan mengalami berbagai dampak psikologis, seperti stres, kecemasan, kelelahan emosional, serta kesulitan beradaptasi dengan peran baru sebagai istri dan ibu akibat tanggung jawab yang harus dijalani pada usia yang masih muda.

Kesimpulan : Pernikahan dini mengalami berbagai dampak psikologis yang berkaitan terhadap kesehatan mental ibu muda.

Saran : Disarankan untuk melakukan upaya pencegahan melalui peningkatan pendidikan, penguatan dukungan keluarga, serta edukasi

Kata Kunci : Dampak Psikologis, Ibu Muda, Kesehatan Mental, Pernikahan Dini

ABSTRACT

Background : Marriage is a physical and spiritual bond between a man and a woman as husband and wife aiming to form a happy and harmonious family. Early marriage refers to a marriage conducted under the legal minimum age set by the government.

Objective : This study aims to explore the psychological experiences of young mothers undergoing early marriage in Tempilang Village, Bangka Barat Regency, in 2026.

Methods : This study utilized a qualitative method with a phenomenological approach. Informants consisted of five young mothers who married at an early age and were selected using a purposive sampling technique, with the sample determined based on specific inclusion criteria. Data were collected through in-depth interviews and analyzed using thematic analysis.

Result : The results showed five main themes: (1) psychological experiences of young mothers after marriage; (2) the impact of early marriage on mental health; (3) factors influencing psychological conditions; (4) young mothers' efforts to cope with psychological impacts; and (5) young mothers' expectations in preventing early marriage. Informants experienced various psychological impacts, such as stress, anxiety, emotional exhaustion, and difficulties adapting to new roles as wives and mothers due to responsibilities at a young age..

Conclusion : The results of this study indicate that early marriage has a significant psychological impact on young mothers' mental health.

Suggestion : It is recommended to undertake preventive efforts through enhanced education, strengthened family support, and awareness-raising.

Keyword : Psychological Impact, Mental Health, Young Mothers, Early Marriage

INTRODUCTION

Marriage is a physical and spiritual bond between a man and a woman as husband and wife, aimed at establishing a happy and harmonious family. In married life, physical, mental, emotional, social, and economic readiness are crucial aspects that a couple should possess before entering into marriage (Jannah & Halim, 2023). However, in reality, marriages at a young age—commonly known as early marriage—remain prevalent (Liesmayani et al., 2024). Early marriage refers to a marriage contracted at an age below the minimum threshold established by the government. According to Law Number 16 of 2019 concerning Amendments to Law Number 1 of 1974 regarding Marriage, the minimum age for marriage for both men and women is 19 years (Supriandi et al., 2022).

The phenomenon of early marriage remains a significant social issue in Indonesia, particularly in rural areas (UNICEF Indonesia, 2023). Various factors—such as economic conditions, low levels of education, cultural norms, social environments, and promiscuity—contribute to the occurrence of early marriage (Liesmayani et al., 2024). Some members of society still view marriage at a young age as normal and believe it can alleviate the family's economic burden (Sari et al., 2022). Furthermore, a lack of knowledge regarding the negative impacts of early marriage allows the practice to persist within the community (Liesmayani et al., 2024). Research by Liesmayani et al. (2024) indicates that the factors driving early marriage include economic conditions, education, social environments, and adolescents' limited knowledge regarding marital readiness.

Early marriage impacts not only physical health but also an individual's psychological well-being, particularly for women assuming the role of a young mother (Khairunnisa et al., 2022). At a relatively young age, individuals generally lack the mental and emotional readiness to handle household responsibilities and child-rearing duties (Rahmawaty et al., 2022). Such conditions can lead to various psychological issues, including stress, anxiety, emotional distress, depression, fear, and emotional instability (Khairunnisa et al., 2022). Young mothers often struggle to adapt to the rapid transition in roles—moving from adolescence to becoming a wife and mother (Atsilah et al., 2024). Women who marry early are vulnerable to psychological distress, anxiety, and a lack of preparedness for the maternal role (Khairunnisa et al., 2022).

Mental health is a state of psychological well-being that enables individuals to manage emotions, think positively, adapt to their environment, and effectively cope with life's pressures (Rahmawaty et al., 2022). Mental health is a crucial aspect for young mothers, as compromised psychological well-being can affect household relationships, parenting styles, and overall quality of life (Rahmawaty et al., 2022). A lack of mental readiness for married life can make young mothers more susceptible to stress and psychological distress compared to women who marry at a more mature age (Rahmawaty et al., 2022).

Young mothers who marry early also face various daily challenges (Atsilah et al., 2024). They must fulfill the responsibilities of a wife, mother, and homemaker while still in a developmental stage leading toward adulthood (Khairunnisa et al., 2022). Furthermore, limited education, a lack of life experience, unstable economic conditions, and minimal social support can exacerbate the psychological state of young mothers (Atsilah et al., 2024). If these conditions persist over an extended period, they can affect the mental health of young mothers and lead to various psychological problems (Atsilah et al., 2024).

According to World Health Organization data (2025), approximately 12 million girls worldwide marry before the age of 18 each year. The WHO also states that complications from pregnancy and childbirth are the leading cause of death among adolescent girls aged 15–19 in developing countries (World Health Organization, 2025). Furthermore, adolescents who marry early face a higher risk of mental health issues—such as stress, anxiety, and depression—stemming from emotional unpreparedness for married life and child-rearing (World Health Organization, 2025). These data indicate that early marriage remains a global health issue affecting the physical, psychological, educational, and social well-being of adolescent girls (World Health Organization, 2025).

Data from UNICEF Indonesia shows that the practice of early marriage in Indonesia remains high, despite a decline in recent years (UNICEF Indonesia, 2023). Over the past decade, the rate of child marriage in Indonesia has decreased by only 3.5 percentage points. UNICEF, in collaboration with BPS and PUSKAPA UI,

aims to reduce the child marriage rate in Indonesia to 8.74% by 2024 and 6.94% by 2030 (UNICEF Indonesia, 2023). Additionally, the UNICEF Indonesia Annual Report (2024) indicates that the prevalence of child marriage in Indonesia dropped from 8.06% in 2022 to 5.90% in 2024. These figures demonstrate that early marriage remains an issue requiring attention due to its impact on the physical health, education, and mental health of adolescent girls (UNICEF Indonesia Annual Report, 2024).

According to data from the Bangka Belitung Islands Province People's Welfare Bureau, sourced from Statistics Indonesia (2023), the province recorded the highest rate of early marriage in Indonesia in 2020, at 18.76% (Statistics Indonesia, 2023). This figure exceeded the national average of 9.23% (Statistics Indonesia, 2023). In 2021, the rate of early marriage in the Bangka Belitung Islands Province dropped to 14.05%, placing it fifth highest in Indonesia (Statistics Indonesia, 2023). These data indicate that the practice of early marriage in the province remains high and constitutes a social issue requiring serious attention (Statistics Indonesia, 2023).

Data from the Indonesian Ministry of Health (2023) indicate that mental health disorders, such as depression, are psychological issues to which adolescents are particularly vulnerable (Ministry of Health RI, 2023). National data show that 6.1% of the Indonesian population aged 15 and older suffer from mental health disorders (Ministry of Health RI, 2023). The Ministry of Health further explains that adolescents are a group susceptible to psychological problems arising from an inability to manage emotions and social pressures (Ministry of Health RI, 2023).

Meanwhile, data from the Office of Religious Affairs (KUA) in Tempilang District show that early marriages have continued to occur in recent years (KUA Tempilang District, 2025). Five cases of early marriage were recorded in 2022, while two cases were recorded in 2025 (KUA Tempilang District, 2025). Although these numbers have declined, early marriage remains a concern due to the potential psychological and mental health impacts on young mothers (KUA Tempilang District, 2025). The data indicates that the practice of early marriage persists within the community of Tempilang Village and requires attention from various stakeholders, particularly regarding efforts to provide education on reproductive health and adolescent mental readiness for marriage (KUA Tempilang District, 2025).

The Indonesian government has undertaken various efforts to reduce the incidence of early marriage through programs focused on adolescent reproductive health education, raising the minimum age of marriage, and increasing access to education for adolescent girls (Ministry of Women's Empowerment and Child Protection, 2023). These efforts involve cross-sector collaboration among entities such as the Ministry of Health, the National Population and Family Planning Board (BKKBN), the Ministry of Religious Affairs, and educational institutions (Ministry of Women's Empowerment and Child Protection, 2023). Reproductive health education and adolescent counseling programs are implemented to raise awareness regarding the risks early marriage poses to adolescents' physical and mental health (Ministry of Women's Empowerment and Child Protection, 2023).

Furthermore, the government has enacted policy through Law Number 16 of 2019—amending Law Number 1 of 1974—which establishes a minimum marriage age of 19 for both men and women (Supriandi et al., 2022). This policy aims to curb early marriage rates and safeguard the health and future of adolescents, particularly girls (Jannah & Halim, 2023).

Preventing early marriage requires enhancing education, strengthening the role of the family, and fostering a supportive social environment (Jannah & Halim, 2023). Despite these various efforts and policies, the practice of early marriage persists within society, particularly in rural areas (Sari et al., 2022). Some community members still view early marriage as normal, believing it preserves the family's reputation and alleviates the economic burden on parents (Sari et al., 2022). Such societal attitudes make it difficult to fully prevent early marriage (Sari et al., 2022). Additionally, some members of the public remain unaware of the psychological and mental health impacts that young mothers may experience following early marriage (Sari et al., 2022).

This research is crucial because young mothers who marry early remain vulnerable to psychological distress—such as stress, anxiety, domestic conflict, and emotional exhaustion—after entering into marriage (Purwaningtyas et al., 2022). This study is expected to provide in-depth insight into the psychological experiences of young mothers and societal views regarding early marriage in Tempilang Village, West Bangka Regency. Consequently, the findings can serve as a basis for evaluation and provide input for healthcare professionals, the government, and the community in efforts to prevent early marriage and improve the mental health of young mothers (Purwaningtyas et al., 2022).

Extensive research has been conducted on early marriage, focusing on the underlying factors—such as family economic conditions, education levels, socio-cultural norms, social circles, and unplanned pregnancies. Furthermore, previous studies have addressed the psychological impact of early marriage on women, including stress, anxiety, sadness, emotional distress, and difficulties in fulfilling the roles of wife and mother. Nevertheless,

further study is needed regarding the psychological impact of early marriage, particularly to gain a deeper understanding of the subjective experiences of young mothers as they navigate life changes following an early marriage.

The research gap lies in the need for a deeper understanding of how young mothers interpret the experience of early marriage and how this experience relates to their mental health in daily life. This encompasses not only the emergence of psychological distress but also the process of adjusting to new roles as wives and mothers, the various domestic challenges encountered, the factors influencing psychological well-being, coping strategies, and the support received from husbands, families, and social environments. Exploring these aspects is crucial, as each young mother may have unique experiences and ways of dealing with challenges, shaped by her specific family, social, and economic circumstances.

A preliminary survey (pre-survey) was conducted on May 6, 2026, in Tempilang Village, West Bangka Regency, involving five women who had married at an early age. The pre-survey was conducted during the research preparation phase to identify potential psychological issues experienced by young mothers and to establish the rationale for the study. The preliminary findings indicated that young mothers faced various challenges related to emotional adjustment, childcare responsibilities, and marital relationships. These observations provided an initial basis for developing the research questions and planning a more in-depth investigation using a phenomenological approach.

Three respondents stated they experienced parental stress while raising their children, as they lacked the psychological readiness to become mothers at such a young age. They reported difficulties in time management, frequent fatigue, and feelings of confusion when their children were fussy or ill. Meanwhile, two respondents experienced psychological pressure due to domestic conflicts; in one instance, the conflict was triggered by a husband's frequent alcohol consumption, which led to family arguments. These conditions had a serious impact on the respondents' mental health, triggering feelings of sadness and fear, as well as prolonged psychological distress.

Therefore, the study titled "The Psychological Impact of Early Marriage on the Mental Health of Young Mothers" was conducted to address this gap using a qualitative method with a phenomenological approach. This approach was employed to explore the psychological experiences of young mothers based on their firsthand accounts—including emotional changes, challenges in role adjustment, factors influencing mental health, coping strategies, and the social support received. Ultimately, this study aims to provide a deeper, contextual understanding of the psychological impact of early marriage on the mental health of young mothers in Tempilang Village, West Bangka Regency, and to offer insights for the development of educational programs, guidance, and psychological support for young mothers.

RESEARCH METHODS

This study employs a qualitative research design with a phenomenological approach, aiming to gain an in-depth understanding of the psychological experiences of young mothers who married at an early age and the impact of this on their mental health within their domestic lives. The research preparation phase included a preliminary survey conducted on May 6, 2026, to identify the research problem and develop the study proposal. The main study employed a qualitative phenomenological approach involving five primary informants and six supporting informants.

The primary informants were young mothers who married before the age of 19, had children, resided in Tempilang Village, possessed good communication skills, and were willing to participate in the study. Informants were selected using purposive sampling based on predetermined criteria. The study involved five young mothers as primary informants. In addition to the primary informants, this study also involved supporting informants—comprising husbands, family members, and representatives from the Office of Religious Affairs (KUA). These supporting informants served to supplement and verify the information obtained from the primary informants, thereby enabling the researcher to gain a more comprehensive understanding of the psychological experiences of young mothers following early marriage.

The informants in this study consisted of five primary informants and several supporting informants. The primary informants—coded I.1 through I.5—were young mothers who had married before the age of 19. The supporting informants—coded I.6 through I.11—included husbands, family members, and representatives from

the Office of Religious Affairs (KUA); they were involved to gather additional information and to triangulate the data obtained from the primary informants. The codes for supporting informants were distinguished from those of the primary informants to facilitate the identification of data sources and to clarify interview excerpts when presenting the research findings.

The research data comprised both primary and secondary sources. Primary data were gathered through semi-structured, in-depth interviews with the primary informants. These interviews were conducted using an interview guide and a recording device—with the informants' consent—and were supplemented by field notes. Secondary data were obtained from documents relevant to the study.

Data validity was established through a trustworthiness process encompassing credibility, transferability, dependability, and confirmability. Data were collected until saturation was reached, then transcribed verbatim and analyzed via a coding process to identify categories and formulate themes. Source triangulation was conducted by comparing interview results from five key informants (I.1–I.5) with those from supporting informants—specifically husbands, family members, and KUA representatives—to enhance credibility and ensure the findings aligned with the research data.

Ethics and Participant Protection

This study received ethical approval from the Health Research Ethics Committee of Citra Internasional Institute, Bangka Belitung, Indonesia (Approval No. 015/KEPK/ICI/XIII/2026), dated July 22, 2026. Participant recruitment and data collection for the main study commenced after ethical approval had been obtained. Written informed consent was obtained from all participants before conducting the main research interviews. Participation was voluntary, and participant confidentiality was maintained throughout the study.

RESEARCH RESULT

The research findings were obtained through in-depth interviews with five primary informants—young women who married at an early age in Tempilang Village—as well as supporting informants, including husbands, family members, and representatives from the Office of Religious Affairs (KUA). Data analysis yielded five main themes: psychological experiences following early marriage, impacts on mental health, factors influencing psychological well-being, coping strategies, and hopes and efforts regarding the prevention of early marriage.

Psychological Experiences After Early Marriage

Interview results indicate that young mothers experience significant emotional shifts and changes in responsibility following early marriage. Early in the marriage, informants reported feelings of fear, confusion, and anxiety—particularly when the marriage coincided with an unplanned pregnancy and a lack of financial or emotional readiness.

Informant I.2 described the fear experienced from the moment the pregnancy was discovered through to childbirth: "Well, at the time, we weren't really... we were still just kids, you know? We were dating, and then—well, it was an accident—I got pregnant before marriage. So, that was the source of the fear—from the pregnancy all the way through to giving birth."

In addition to emotional changes, the informants also struggled to adjust to their new roles as wives and mothers. Informant I.4 noted that she still required parental assistance to manage household tasks: "I'd ask my mother how to cook."

These findings demonstrate that early marriage brings about rapid role transitions, creating a need for support and a learning process as young mothers navigate their household and child-rearing responsibilities.

The Impact of Early Marriage on Mental Health

Research findings indicate that informants experienced various forms of psychological distress, including stress, anxiety, sadness, regret, and emotional exhaustion. Stress was primarily linked to economic issues, relationships with spouses, child-rearing, and a spouse's inability to meet household demands.

Informant I.5 described the distress felt when dealing with her husband's behavior: "Seeing my husband come home drunk." Anxiety also arose when informants faced health issues concerning their children or spouses amidst limited financial resources. Informant I.5 stated: "It's overwhelming, especially when the child is sick. I worry when my husband goes out—since he often drinks, I'm afraid something might happen to him."

In addition to stress and anxiety, some informants experienced sadness over the interruption of their education and the failure to achieve their aspirations. Informant I.2 said: "I feel sad because I used to dream of becoming a doctor." Physical and emotional exhaustion were also observed as a result of the demands of domestic chores and child-rearing. Informant I.3 remarked: "I'm tired from taking care of the house every day."

These findings demonstrate that early marriage involves more than just a change in marital status; it also imposes psychological stress stemming from the various demands of married life.

Factors Influencing Psychological Well-being

Interview results identified several factors influencing the psychological well-being of young mothers: family economic conditions, the relationship and communication with their partners, family support, and the division of roles in child-rearing.

Unstable economic conditions emerged as a primary source of stress. Informant I.7, a casual day laborer, stated: "My work is contract-based—building houses; if no one hires me, there is absolutely no income. I worry about how much money I can provide for my wife." Conversely, good communication and partner involvement in child-rearing can help alleviate the burden on young mothers. Informant I.8 noted: "When I'm home, I help look after the child so my wife can rest or cook."

Family support also serves as a source of assistance in navigating domestic challenges. Informant I.9 said: "My parents and in-laws often help by providing rice or looking after the child when we have things to attend to." Information from the Office of Religious Affairs (KUA) indicates that support is also provided through Marriage Guidance programs (*Bimwin*), counseling, and mediation for couples experiencing marital issues.

Coping Strategies of Young Couples

When facing psychological stress, the informants employ coping strategies that include seeking family support and communicating with their partners. Family support serves as an outlet for sharing concerns and provides emotional assistance as well as solutions to financial and household issues.

Informant I.10 stated: "When I'm really stressed about money, I talk to my parents to find a way out or ask for help." In addition to seeking family support, some couples choose to take time to calm down before revisiting the issue. Informant I.7 said: "If we're both emotional, we choose to stay quiet for a while; we only talk about it again once things have cooled down."

These strategies demonstrate that social support and interpersonal communication are the mechanisms young couples use to cope with the pressures of married life.

Hopes and Efforts to Prevent Early Marriage

Research findings indicate that informants are aware of the importance of being prepared before marriage. They hope that adolescents will prioritize their education and ensure they are physically, mentally, and financially prepared before entering married life.

Informant I.11 stated: "My message to young people is to pursue higher education and secure stable employment. Do not marry young if you are not physically, mentally, and financially ready, because life after marriage is challenging."

The Office of Religious Affairs (KUA) also emphasizes the importance of educating adolescents and fostering cross-sector collaboration among the KUA, healthcare workers, village authorities, families, and community leaders. These efforts aim not only to prevent early marriage but also to provide psychological and social support to young couples who are already married.

DISCUSSION

Knowledge and Factors Contributing to Early Marriage Among Young Mothers

Early marriage refers to a marital union entered into by a couple below the minimum age of 19, in accordance with Law Number 16 of 2019. Such marriages often occur when individuals lack optimal physical, psychological, emotional, cognitive, and social readiness to manage married life (Jannah & Halim, 2023; Habibi, 2023; Lianningsih & Fathinnuddin, 2024). Research conducted in Tempilang Village revealed that the decision to marry at an early age was largely linked to family economic conditions and unplanned pregnancies. Informants

indicated that economic constraints were a key factor in the family's decision-making process, while premarital pregnancy acted as a catalyst prompting families to expedite the marriage.

Interview results indicate that some parents view marriage as a means to alleviate the family's economic burden; once a daughter marries, the responsibility for meeting her living needs is perceived to shift to her husband. Beyond economic factors, unplanned pregnancy is another condition driving early marriage. These findings demonstrate that the decision to marry early is not merely a matter of individual choice but is also influenced by family circumstances and the social environment. This aligns with Sari et al. (2022), who explain that economic, educational, cultural, environmental, and social factors can all contribute to early marriage.

These research findings are consistent with the study by Liesmayani et al. (2024), which identifies family economic conditions and limited access to education as drivers of child marriage, particularly in rural areas. Similarly, research by Sari and Aulia (2024) indicates that sociocultural norms and out-of-wedlock pregnancies play a significant role in the occurrence of early marriage. Based on the research findings, the researchers argue that the public's limited knowledge regarding the risks of early marriage—particularly concerning reproductive health, psychological readiness, and domestic life—contributes to the prevalence of the practice. When marriage is viewed as a solution to economic difficulties or unplanned pregnancies, an individual's readiness to assume the roles of wife and mother may be overlooked. Ultimately, this situation can exacerbate the psychological challenges faced by young mothers following early marriage.

Psychological Experiences and Role Adjustment Among Young Mothers

Developmental psychology explains that the transition from adolescence to adulthood is a developmental stage requiring emotional readiness, adaptability, and maturity in fulfilling social roles. Young mothers who marry early face significant role transitions—shifting from being an adolescent to becoming both a wife and a mother. A lack of preparedness for these changes can lead to feelings of anxiety, fear, and confusion, as well as emotional distress, as they attempt to adjust to married life (Purwaningtyas et al., 2022; Syarli & Gusman, 2022).

Research conducted in Tempilang Village indicates that young mothers experience various psychological changes during the early stages of marriage. Interviews revealed feelings of fear, anxiety, confusion, and irritability, alongside difficulties in adjusting to their new roles as wives and mothers. These changes were particularly pronounced when the informants began managing household responsibilities and child-rearing duties. Some informants also expressed a need for time to understand and fulfill these new roles, given that they had previously been in the adolescent stage of development.

Studies by Khaeriyah et al. (2022) show that early marriage can lead to various psychological and social issues, as individuals may not yet be fully prepared to handle household responsibilities. Findings by Yuliani et al. (2023) further indicate that young mothers often exhibit characteristics such as unstable emotional maturity, limited life experience, and the burden of dual responsibilities at a young age. These conditions can complicate the process of adjusting to the roles of mother and wife.

Based on these findings, the researchers argue that rapid role transitions serve as a source of psychological stress for young mothers. The shift from adolescence to married life demands the ability to manage emotions, make decisions, handle household chores, and care for children simultaneously. A lack of preparation regarding married life and reproductive health can make the adjustment process even more challenging. Therefore, psychological readiness and support from husbands, families, and the social environment are essential to enable young mothers to fulfill their new roles effectively.

The Impact of Early Marriage on the Mental Health of Young Mothers

Early marriage can alter the psychological state of young mothers due to shifts in roles, household responsibilities, and the demands of child-rearing. A lack of readiness to assume the roles of wife and mother can give rise to feelings of anxiety, fear, confusion, and sadness, as well as emotional distress. Purwaningtyas et al. (2022) explain that early marriage can lead to various psychological impacts on women stemming from a lack of mental and emotional preparedness for married life.

Research conducted in Tempilang Village revealed that informants experienced various emotional changes following early marriage. Some informants reported frequent feelings of sadness, irritability, anxiety, and fear, as well as emotional exhaustion when dealing with household issues or child-rearing. These changes were particularly pronounced when the informants began fulfilling their responsibilities as mothers and had to adjust to domestic life.

Interview results also indicated that the psychological distress experienced by the informants was linked to various factors, such as marital conflict, difficulties in child-rearing, financial problems, and a lack of readiness for the maternal role. Some informants stated that when facing household problems, they felt pressured, prone to crying, and struggled to control their emotions. These conditions demonstrate that the experience of early marriage presents unique challenges for young mothers as they adjust to their new lives.

Khairunnisa and Abdullah (2022) emphasize that young mothers who marry early face numerous challenges in fulfilling their roles as wives and mothers. A lack of role readiness, psychological and emotional pressure, limited child-rearing experience, financial constraints, and marital conflict can all serve as sources of stress for young mothers. These findings align with the research in Tempilang Village, which showed that informants experienced emotional distress when confronted with the demands of household life and child-rearing.

Based on interview results, the majority of informants consistently reported feelings of sadness, irritability, frequent crying, anxiety, and emotional exhaustion when facing domestic challenges. Informants also expressed difficulties in regulating their emotions and adjusting to their responsibilities as mothers. These findings indicate that the psychological experiences of young mothers following early marriage should be understood through the informants' own experiences and statements, rather than through the researcher's subjective assessment.

The researcher posits that the shift in roles occurring at a young age is a factor that can influence the psychological experiences of young mothers. Transitioning from adolescence to the roles of wife and mother requires adaptability, emotional regulation, and environmental support. Support from husbands, families, and the social environment can assist young mothers in coping with the various demands and challenges associated with early marriage.

Household Challenges and the Importance of Social Support

Based on interview data from informants in Tempilang Village, support from husbands and families plays a crucial role in helping young mothers navigate the various challenges associated with early marriage. Informants reported varying experiences regarding the support they received from their husbands. Some received support through open communication, assistance with childcare, and attentiveness during domestic difficulties. However, others reported that communication with their husbands was poor and frequently marred by conflict.

Interview results indicate that some informants struggled to resolve household issues jointly with their husbands. One informant noted that her husband's frequent alcohol consumption triggered arguments, leaving her feeling fearful and distressed. Another informant mentioned that her husband's lack of involvement in childcare forced her to shoulder the burden of parenting largely on her own. This situation left her feeling exhausted and in need of support from other family members.

Research by Rahmawaty et al. (2022) reveals that family support plays a vital role in helping individuals cope with psychological stress. Emotional support, attentiveness, and the presence of family members can provide a sense of security when individuals face difficulties. This aligns with the interview data from Tempilang Village, where several informants described their parents as a source of comfort, assistance, and support when dealing with household problems.

A study by Atsilah et al. (2024) outlines how a partner's involvement in childcare can influence the emotional state and well-being of young mothers. A husband's participation in child-rearing and household responsibilities can alleviate the mother's burden. Consistent with the interview data, informants who received help from their husbands with childcare felt better supported in managing household tasks. Conversely, those who received little assistance reported experiencing exhaustion and stress when forced to handle parenting duties alone.

Based on the interview results, biological parents were also an important source of support for the informants. This support was provided in the form of attention, a place to confide, assistance with childcare, and assistance with meeting specific needs. The presence of parents helped informants when experiencing problems with their husbands or when they found it difficult to fulfill their role as mothers.

Based on these findings, the researcher believes that husband and family support play a role in helping young mothers cope with role changes after early marriage. Good communication, husband involvement in parenting, and emotional support from the family can help reduce the burden felt by young mothers. Conversely, marital conflict, lack of husband involvement, and abusive behavior in the relationship can increase the stress felt by informants. Therefore, family and partner support need to be considered as part of efforts to help young mothers.

CONCLUSION

Research indicates that early marriage has psychological impacts on young couples, affecting both how they handle emotional stress and how they navigate married life. These couples face various challenges regarding personal adjustment, fulfilling marital responsibilities, and building a harmonious relationship. Such psychological impacts are not limited to young mothers but must be understood within the context of the couple's shared experience. Therefore, support from family and the surrounding environment is crucial in helping young couples navigate the challenges of early marriage while safeguarding their mental health and psychological well-being.

SUGGESTION

Efforts to prevent the psychological impacts of early marriage should be pursued through education regarding physical, psychological, social, and economic readiness prior to marriage. For young married women, healthcare professionals—particularly midwives—need to provide regular support to detect and address stress, anxiety, and emotional exhaustion. Support from husbands and families must also be strengthened through effective communication, involvement in child-rearing, and the sharing of household chores. Collaboration among healthcare professionals, the Office of Religious Affairs (KUA), village authorities, families, and community leaders needs to be enhanced to ensure the provision of ongoing education and support.

DECLARATIONS

Ethics Approval and Informed Consent

Ethical approval was obtained from the Health Research Ethics Committee of Citra Internasional Institute, Bangka Belitung, Indonesia, No. 015/KEPK/ICI/XIII/2026, dated July 22, 2026. Participant recruitment and data collection commenced only after ethical approval had been issued and continued through July 2026. Before enrollment, each participant received an explanation of the study purpose, procedures, potential benefits, voluntary participation, confidentiality, and the right to withdraw. Written informed consent was obtained from all participants before participation.

Author Contributions

Debi Lestari contributed to conceptualization, methodology, data collection, data analysis, interpretation of the findings, and preparation of the original manuscript. Sri Hastini Jaelani contributed to supervision, methodological guidance, interpretation of the findings, and critical manuscript review. All authors read and approved the final version of the manuscript.

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Conflict of Interest

The authors declare that there is no conflict of interest related to this study.

Artificial Intelligence Declaration

Generative artificial intelligence (OpenAI ChatGPT) was used solely to support English-language editing, consistency checking, structural organization, and manuscript formatting during the revision process. All AI-assisted outputs were reviewed and verified by the authors. The authors remain fully responsible for the accuracy, originality, integrity, and final content of the manuscript.

Data Availability Statement

The data supporting the findings of this study are available from the corresponding author upon reasonable request, subject to applicable ethical, privacy, and confidentiality requirements.

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