

THE EFFECT OF HEALTH EDUCATION ON KNOWLEDGE ADOLESCENT GIRL ABOUT EARLY MARRIAGE

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ABSTRACT

There were 21 cases of marriage dispensation submitted to the Tanggamus Religious Court. The purpose of this research is to determine the effect of health education on adolescent girl's knowledge about early marriage. The research used was quantitative with pre-experimental research, with a one-group pretest-posttest design. The sample technique uses proportional random sampling. The research was conducted from February to May on 85 respondents using a questionnaire which was then analyzed and presented in the form of a distribution table on characteristics and knowledge. The mean score of knowledge of adolescent girl about early marriage before health education was 72.36 ± 13.88 . While the mean score of knowledge after health education is 88.90 ± 8.83 . Research found that there was an effect of health education on increasing knowledge of adolescent girl about early marriage. There is an effect of health education on increasing knowledge of adolescent girl about early marriage. It is hoped that State Senior High School 1 Kota Agung can take advantage of the animated video that has been provided by the School Health Effort staff and can educate students about early marriage.

Keywords: Knowledge, Early Marriage, Adolescent Girl

INTRODUCTION

Adolescent are individuals aged between 10 and 19 who are not married. According to changes to Law Number 16 of 2019 concerning marriage, declaring marriage is only permitted if both parties are 19 years old. However, this law still allows for marriage at a younger age if the court gives a dispensation to prospective brides who have not reached the minimum age (Kementrian Sekretariat Negara RI, 2019). According to BKKBN, (2019), the minimum age for marriage is 21 years for women and 25 years for men. Because the ideal age for adults biologically and

psychologically is 20-25 years for women and 25-30 years for men, This is suggested for the good of society so that newly married couples can be well prepared to build quality family relationships through good household management.

According to the World Health Organization (WHO), early marriage refers to marriages in which the spouse or one partner is under 19 years of age. Meanwhile, according to the United Nations Children's Fund, early marriage can include formal or informal marriages that occur before the age of 18. Early

marriage often occurs in rural communities that do not fully understand the marriage law.

Of the several countries with early marriages, there are two that show gender discrimination, namely Bangladesh and Pakistan. According to data from the United Nations Development Economic and Social Affairs, Indonesia is one of the countries with a fairly high rate of early marriage, which is 34%. Indonesia is ranked 37th out of 158 countries worldwide. In the Association of South East Asian Nations (ASEAN) region, Indonesia ranks second after Cambodia in terms of the number of early marriages. Data from Riskesdas 2016 shows that as many as 2.6% of women aged 10-50 years in Indonesia are married at the age of under 15 years, while 23.9% are married at the age of 15-19 years. This shows that early marriage is a problem that needs attention in Indonesia (Hakiki et al., 2020).

Based on the 2020 Indonesian Child Profile report, 1 out of 9 girls in Indonesia is married. There are an estimated 1,220,900 women between the ages of 20 and 24 who were married before the age of 18 (Badan Pusat Statistik, 2020). The results of the 2018 National Socioeconomic Survey or Susenas show that the proportion of women who were married before the age of 18 in Lampung Province was 10.7%

According to data from the Religious Courts Agency, there were 64.2 thousand child marriage dispensations recorded in Indonesia in 2020. This is three times higher than the previous year, namely 23.1 thousand marriage dispensations in 2019. In Lampung Province, the list of applications for marriage dispensation to the Religious Courts Agency reached 649 cases, of which the Religious Courts of Tanggamus received 21 marriage dispensation

applications. There are two types of underage marriages, those that attach a letter of dispensation from the court and then register at the Religious Affairs Office, as well as those that are not registered at the Religious Affairs Office, or what is often known as an underhand marriage. From the data on 21 couples in Tanggamus, all of them have attached a marriage dispensation letter from the religious court and are registered at the Religious Affairs Office (Badan Peradilan Agama, 2020).

Both internal and external factors can influence the causes of early marriage. There are several causes of very young marriages. First, the low level of education and knowledge of parents often encourages them to marry off their children who are still under age. Second, the norms and culture around which marriage at an early age is considered normal or even an honour for the family. Social factors, such as pressure from the surrounding environment, can also influence the decision to marry at an early age. In addition, the lack of access to information about reproductive health and rights as an adolescent can also be a cause of early marriage.

The impact of early marriage on adolescent mental health is in the form of depression, anxiety, and post-traumatic stress disorder (PTSD), that is an experience in a traumatic event that causes a disruption in his wholeness and makes the individual feel scared, helpless, and traumatised (Sezgin & Punamäki, 2020). The impact of early marriage can be experienced by young men and women, but a greater impact will be experienced by young women because they will experience early pregnancies, which can cause various complications because the reproductive organs are

immature and not ready to accept pregnancy, so the incidence of depression increases, divorce, abortion, premature babies, and low birth weight. A young pregnant woman with poor nutritional status is likely to give birth to a baby with low birth weight, and the risk of maternal death can increase by 2-3 times. If an adolescent has sex for the first time at the age of less than 15 years, then the risk will increase 10 times or even more. The earlier a woman has sexual intercourse, the higher the risk of developing cervical cancer (Ramadhaningtyas & Besral, 2020).

According to a study by Nanlohy et al. (2021) most adolescents marry because of a lack of education, information about reproductive health, and the dangers of early marriage. Information about early marriage can be obtained from many sources, namely electronic media, friends, or family members. Because of this phenomenon, efforts are needed to increase the knowledge of the adolescent about the impact of early marriage. Efforts to reduce early marriages by providing health education about the impact of early marriages. Various media that can be used when providing health education include visual, audio, or audio visual (Notoatmodjo, 2018). Video animation media is an electronic technology that presents a series of images that form a movement. The advantage of animation is ability to explain an event systematically, describe a process precisely, and be seen repeatedly. Some studies have shown that the use of animated video media can increase knowledge. According to Nanlohy et al. (2021), it was found that there was an effect on adolescent knowledge about marriage before using video and leaflets.

The results of a preliminary study conducted by researchers at State Senior High School 1 Kota Agung, the number of adolescent girls at the school was 550, but there were 2 adolescents under 18 years old out of school, in 3 years the reason for wanting to get married.

The research question is whether there is an effect of health education on adolescent's knowledge about early marriage at State Senior High School 1 Kota Agung in 2023?

The purpose of this research is to know the effect of health education on knowledge of adolescent girl about early marriage at State Senior High School 1 Kota Agung.

LITERATURE REVIEW

Definition of Early Marriage

According to WHO, early marriage is a marriage carried out by a couple or one of the partners who are still categorized as children or adolescents under the age of 19 years. Early marriage is a marriage that is carried out at an early age, marriage at a young age is very influential on reproductive health, the number of maternal deaths giving birth, the level of family economic welfare.

Risk Factors of Early Marriage

The desire of adolescents who choose to marry of their own free will because they feel mentally prepared to face household life. They feel compatible with their partner and feel in love with each other. However, this decision is often taken without thinking about the problems that will be faced in the future. There are several factors that influence adolescents to marry at a young age, such as knowledge from films or other media (Ramadhaningtyas & Besral, 2020).

External factors that cause adolescents to marry at a young age include economic factors, pregnancy out of wedlock, dropping out of school, social, and environmental. Apart from self-desire, another factor that encourages teenagers to marry at a young age comes from the wishes of their parents.

Good knowledge of adolescent girl about reproductive health and the dangers of early marriage on reproductive health will shape good attitudes and actions in maturing the age of marriage. Knowledge or cognitive is a very important domain in shaping one's actions (over behavior). Furthermore, he also explained that behavior based on knowledge will be more lasting than behavior that is not based on knowledge (Notoatmodjo, 2016).

Early marriage has become a culture for several ethnic groups in Indonesia. Early marriage is carried out because there is a culture in society that girls must be married off immediately, in addition to the belief that refusing a proposal will result in the child having difficulty finding a partner. So that parents as soon as possible will marry their children even though they are not old enough (Ramadhaningtyas & Besral, 2020).

Education is one of the aspects that must be owned in a family, because education is a very important part of all the problems that exist within the individual, because individual education will get knowledge that will later shape his attitude in terms of decision making. The low education level of adolescent girl can lead to a tendency to marry at an early age. So the role of education in this case is very important in making individual decisions. the more likely they are to marry at a young age (Sezgin & Punamäki, 2020).

Reproductive health services aim to prevent and protect adolescents from risky sexual behavior and other behaviors that can affect reproductive health. Risky sexual behavior includes premarital sex which can result in unwanted pregnancies, sexual behavior with multiple partners, unsafe abortion and risky behavior for contracting sexually transmitted infections, including HIV (Nanlohy et al., 2021).

Environmental factors related to triggering early marriage are the views of children, parents, family and society who think that marriage is a form of media that can elevate a person's social status to become an adult human being and have social status in social life even though he is still young (BKKBN, 2013).

Impact of Early Marriage

Early marriage will have an impact on the reproductive health of girls. Adolescents who marry early have risks in pregnancy and childbirth. The risk of early pregnancy is pregnancy at a young age which can be detrimental. Early marriage has risks to health, especially female partners during pregnancy and childbirth. Pregnancy has a negative impact on the well-being of a adolescent. Actually, these adolescents are not mentally ready to get pregnant, but because of their condition, they are forced to accept pregnancy at risk (Rosamali & Arisjulyanto, 2020).

Marriage at a young age will burden girls with the responsibilities of being a wife, sex partner, mother, and other roles that should be done by adults and tend not to be ready for young women to do. This marriage also creates a great psychological and emotional burden for them. In addition, sometimes there is also an age gap, where girls are much younger than their partners. Early marriage can cause

girls to drop out of school and be isolated and the loss of opportunities to gain formal education thereby hindering the quality development of women so that it can encourage inequality and hamper the process of empowering women (BPS, 2021).

Prevention of Early Marriage

Prevention of early marriage can be done by strengthening laws and policies that protect girls from child marriage, including further ensuring that policies are good. Ensuring that quality education and health services are available to prevent and deal with child marriage for all children, especially for groups of children who are more vulnerable than other children (Hakiki et al., 2020).

RESEARCH METHODOLOGY

This research uses a quantitative and pre-experimental design. This research was carried out in February-July 2023 at State Senior High School 1 Kota Agung. The population was all female students at State Senior High School 1 Kota Agung, for a total of 550 people. A sample of 85 people using proportional random sampling techniques. The dependent variable is the knowledge of adolescents girl about early marriage. The independent variable is health education about early marriage. Data collection tool using a questionnaire and used the Wilcoxon test.

RESEARCH RESULT

Univariate analysis

Table 1

Knowledge	Mean	Standard Deviation
Before	72.20	13.60
After	88.90	8.83

The average score and standard deviation of knowledge before health education was 72.20 ± 13.60 , the minimum-maximum was 46.6-93.3. The

average score and standard deviation of knowledge after health education was 88.90 ± 8.83 , with the minimum-maximum was 66.6-100.0.

Bivariate analysis

Table 2

Knowledge	Mean	Standard Deviation	p-value
Before	72.20	13.60	0,001
After	88.90	8.83	

There are differences in the level of knowledge of adolescents girl before and after health education.

DISCUSSION

It was found that the average score and standard deviation of knowledge before health education was 72.20 ± 13.60 , the minimum-maximum was 46.6-93.3. The average score and standard deviation of knowledge after health education was 88.90 ± 8.83 , with the minimum-maximum was 66.6-100.0. This is in line with research conducted by Rosamali & Arisjulyanto (2020), that there is an increase in knowledge after health education about early marriage. Based on the theory, knowledge can be received by a person through the senses; that is, most knowledge is channelled into the brain through the senses of sight; approximately 75% to 87% of human knowledge is obtained or transmitted through the senses of sight; 13% through the senses of hearing; and the other 12% is channelled through the senses of others.

Knowledge is the result of knowing, and this occurs after people sense a certain object. Sensing occurs through the human senses, namely the senses of sight, hearing, smell, taste, and touch. Most human knowledge is obtained through the eyes and ears (Notoatmodjo, 2018). There are several factors that can influence a person's knowledge of something, one of which is age. According to Notoatmodjo (2018), which states that age can affect one's comprehension and mindset. The age of a person who is more mature affects their level of ability and maturity in thinking and receiving information. Age affects the level of one's knowledge.

It was found that there are differences in the level of knowledge of adolescents girl before and after health education. The results of this study are in line with research conducted by Nanlohy et al. (2021) it

was shown that there is an influence of video media on adolescent knowledge about early marriage. Education affects knowledge, ability to think, level of acceptance and understanding of an object, which is manifested in the form of knowledge. According to Notoatmodjo (2018), education will affect one's cognitive abilities by increasing knowledge. Health education can be given to the target directly or through media. Health education media is a communication channel that is used to send health messages. Media in health education includes booklets, leaflets, flyers, flow charts, rubrics, posters, photos, television, radio, video compact disc, slides, film strips, and billboard. Video animation media is an electronic technology that presents a series of images that form a movement. The advantage of animation is its ability to explain an event systematically, describe a process precisely, and be seen repeatedly. Some studies have shown that the use of animated video media can increase knowledge.

An early marriage is one that occurs before the age of 20. Early marriage is a formal or informal marriage performed under the age of 18. Al-Ghifari (2017) that early marriage is marriage carried out in their teens. An adolescent is someone between the ages of 10 and 19 who is not married. Early marriage is defined as marriage that occurs before the child reaches the age of 18, before the child is physically, physiologically, and psychologically mature to be responsible for the marriage and the children resulting from the marriage. The number of marriages at a young age greatly influences reproductive health, the number of maternal deaths, and the level of

family economic welfare (Triningtyas, 2017).

Insufficient knowledge of adolescent perceptions of early marriage is caused by local cultural knowledge of early marriage, such as adolescent dating culture, which is too free, and sexual behaviour that is not well controlled, so that early marriage generally occurs due to pregnancy (Fadlyana & Larasaty, 2016).

Based on the researcher's analysis, the increase in adolescent knowledge about early marriage after health education using animated video media cannot be separated from the enthusiasm of adolescents. The attractive media affect the success of conveying the meaning of the message. Based on Noorkasiani's theory, someone who has a low economic status often marries early as a way out of the difficulties they are facing. For women whose economic conditions are difficult, parents prefer to marry off their children because they think that their burden will be reduced. For a poor family, early marriage can solve the family's socio-economic problems.

CONCLUSION

The results of this study showed that the average score and standard deviation of knowledge before health education was 72.20 ± 13.60 , the minimum-maximum was 46.6-93.3. The average score and standard deviation of knowledge after health education was 88.90 ± 8.83 , with the minimum-maximum was 66.6-100.0. There are differences in the level of knowledge of adolescents girl before and after health education.

SUGGESTION

Based on research results, it is hoped that adolescent can increase their knowledge about early marriage. State Senior High School 1 Kota Agung can take advantage of the animated videos that have been given to School Health Efforts officers and educate students about the risks of early marriage. Future researchers should be able to develop this research with different variables and innovative methods.

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