

Counselling on The Negative Impact of Early Marriage

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ABSTRACT

Nationally, early age marriage is increasing significantly. This leads to a need for outreach to teenagers regarding the negative impacts of early marriage. Early age generally comes from promiscuity, customs and economic factors. Therefore, community service activities from academic circles are needed to provide understanding to teenagers who are starting to face puberty. Community service regarding counseling on the negative impacts of early marriage was held at MTs Al Ikhwan West Bandung in collaboration with STAI Darul Falah students as agent of change in the world of education. This research is Community Service which was carried out by implementing Participatory Action Research (PAR). PAR is a research approach that involves active participation from the community being studied. Community service is carried out in 3 stages, the first is mapping potential and problems, the second is the implementation of early marriage socialization and the third is evaluating the implementation of early marriage socialization. This early marriage socialization program brings about social change in teenagers by creating new awareness towards better social transformation based on a strong foundation of religious character.

Keywords: Community Service, Counselling, Early Marriage

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INTRODUCTION

Early marriage is the practice of marriage involving one or both partners who are under the age limit for marriage set by the law of a country. Commonly, early marriage occurs in children or teenagers who have not yet reached adulthood physically, mentally or emotionally. This phenomenon has a significant impact on individuals and society as a whole. Therefore, it is very important to provide education regarding the impact of early marriage to increase awareness of this problem. Early marriage refers to a marriage involving one or both partners who are under the age limit for marriage set by law. The age limit for marriage varies in different countries, but generally ranges from 18 to 21 years. UNIFPA explains that early marriage is a marriage carried out by children aged 18 years and under, who are physically, sociologically and psychologically not yet ready to assume the responsibilities of marriage. Marriage at a young age is not an easy thing to do, because the emotions involved are still not stable and the mindset is still immature (Aziwanti & Fachrina, 2019).

Early marriage can have serious short-term and long-term impacts on the children involved in the marriage. Through empirical studies, it was found that data from the Central Statistics Agency (BPS) shows that 33.76% of young people in

Indonesia will have their first marriage age in the range of 19-21 years in 2022. Then, as many as 27.07% of young people in the country will have their first marriage age. at 22-24 years old. There are also 19.24% of young people who married for the first time when they were 16-18 years old.



Figure 1. BPS data for 2022 regarding the Age Range for Early Marriage in Indonesia

Analysis of research in Indonesia in the Scopus journal from 2010-2023 shows that early marriage is still dominated by aspects of tradition, female gender, reproductive health and human rights based on customary law. Previously, the practice of early childhood and child marriage was closely related to rural areas, poverty, patriarchal norms, family honor, and low access to education (Nisa, 2020).

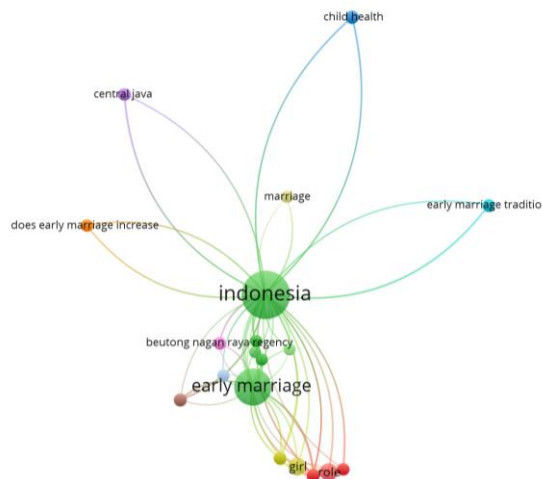


Figure 2. Vos Viewer Bibliometric Analysis of Scopus Articles 2010-2023 regarding Early Marriage in Indonesia

Through gap research analysis, early marriage occurs because the tradition of marrying young still continues due to low individual understanding and is supported by social factors (Astutik, 2020). Especially this individual understanding is

experienced by many young women. Research results from Berliana (2021) shows that there are four determinant factors that are significantly related to early marriage among young women. Women who have not completed elementary school tend to marry early more often than women who have completed high school. In addition, less well-off women tend to marry earlier than women with high socioeconomic status. Based on Plan's findings (Djamilah & Kartikawati, 2014), as many as 44% of girls who marry early experience high levels of domestic violence (KDRT). The remaining 56% of girls experience domestic violence with low frequency. Women who live in rural areas are more vulnerable to early marriage than women who live in urban areas. Finally, knowledgeable women are less likely to marry early than women who do not have access to media information. Research from Rahayu (2020) stated that 46.61 percent of women who married as teenagers (before 18 years) did not complete the required nine years of basic education, and 52.35 percent of women who married at an early age did not have a health insurance card.

To teach the importance of early marriage counseling, appropriate strategies could be employed such as the following (1) Education in Schools: Including the issue of early marriage in the school curriculum to increase students' knowledge (Haryono et al., 2018; Khotimah & Lindawati, 2022); (2) Training for Teachers and Counselors: Provide training to teachers and counselors so they can provide accurate and supportive information to students (Susyanti & Halim, 2020); (3) Educational Campaign: Using social media, seminars and workshops to spread information about the negative impacts of early marriage (Asnuddin & Mattraah, 2020); (4) Use of Creative Educational Materials: Using interesting educational materials such as stories, videos, and images to make messages easier to understand and stick (Budiman & Arif, 2017; Maptukhah & Anita, 2023); and (5) Involving Families: Involve families in the counseling process to ensure support and better understanding (Wati, 2022; Jailani, 2014).

One solution that can prevent the impact of early marriage is through various collaborations between stakeholders. This collaboration is to increase cross-sector collaboration efforts between the Ministry of Education, Ministry of Health, Ministry of Religion and the National Population and Family Planning Agency (BKKBN) in carrying out socialization and education on adolescent health and involving the participation of adolescents and their parents, which could be one of the best solutions. (Antarini, 2017). Therefore, we are interested in conducting outreach and counseling to teenagers so that they can focus more on education compared to their current social interactions

METHODS

The method used in this research is Participatory Action Research (PAR). PAR is a research approach that involves active participation from the community being studied (Ozer et al., 2010). This method not only focuses on collecting data, but also encourages action and social change through active community participation in planning, implementing, and evaluating actions to address identified problems. (Morales, 2016). This approach is designed to ensure that the service targets, actions and solutions taken are based on a deep understanding of the situation faced by the communities involved.

Specifically, this community service activity is carried out using an outreach method to MTs students. Al-Ikhwan in Bongas Village, Cililin District, West Bandung. This location was chosen because the Bongas village area is a rural area where the majority of people have lower middle income, so there are economic and educational factors that are of particular concern to students so that they can focus on improving their education through religious character motivation.

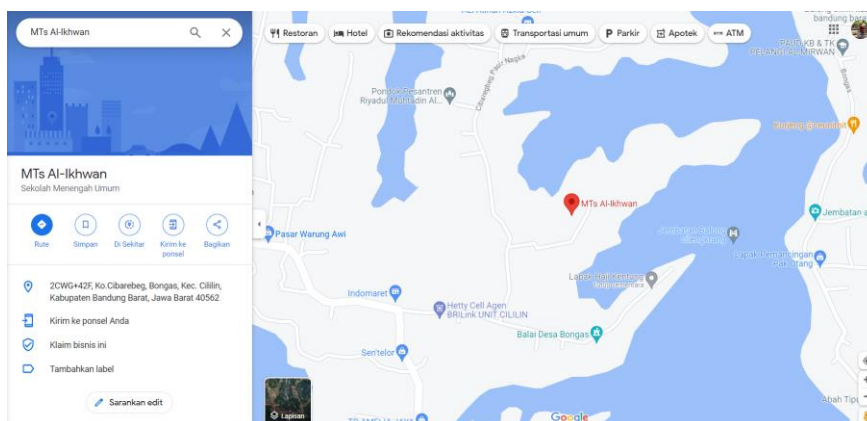


Figure 3. Location of Outreach Activities

This activity is in collaboration with STAI Darul Falah students who are implementing the Real Work Lecture program with one of the priority programs in the education sector. This activity was carried out with an interactive lecture explaining the impact of early marriage, adolescent development, and providing motivation.

RESULTS AND DISCUSSION

This research was carried out in 3 stages, the first is mapping potential and problems, the second is the implementation of early marriage socialization and the third is evaluation of the implementation of early marriage socialization. This early marriage socialization program brings about social change in teenagers by creating new awareness towards better social transformation based on a strong foundation of religious character.

Action Planning

Activity planning was carried out by Community Service Program (KKN) students of STAI Darul Falah which was located at Hamlet 11. The activity planning process focusing on identifying problems by analyzing the external environment of society in the field of education as a priority KKN program. The student community visited village officials from youth organizations, Head of Neighbourhood and Head of Hamlet. From the results of this discussion, Community Service Program (KKN) students received suggestions to provide a socialization to students regarding the impact of early marriage on teenagers. This suggestion is based on the large number of teenagers who have been exposed to western culture, namely starting to date, so there needs to be a form of preventative stimulus regarding the impact of early marriage if this dating culture has led to adultery. After receiving the suggestion, Community Service Program (KKN) students collaborated with MTs Al-Ikhwan to

carry out the event to socialize the negative impacts of early marriage in the form of seminars. MTs Al Ikhwan as an educational institution plays an active role in building students' character who excels in religious knowledge and is polite in behaving in accordance with the school's strategic vision and mission.

Implementation of Actions

The activity was carried out in the MTs Al Ikhwan hall on Monday, August 7, 2023. The participants of this event were students in grades 7, 8 and 9 at MTs Al Ikhwan, totaling around 50 students. The event was performed by performing interactive lectures through delivering appropriate materials and also interspersed with door prizes so that students are motivated to take part in seminar activities.

The socialization was carried out by providing material regarding what is meant by early marriage according to the Ministry of Health and UNICEF, and the problem of stunting which is caused by the high rate of early marriage. The introduction of stunting to teenagers is carried out to determine the ideal age limit for marriage (19 years). If teenage girls married early, they will have immature psychology and immature reproductive organs. So early marriage needs to be reconsidered, considering that teenagers do not yet have sufficient knowledge about pregnancy and appropriate parenting knowledge. Adolescents still need maximum nutritional intake until the age of 21 years. When one is a teenager and pregnant, the mother's body will compete for nutrition with the baby carrying. If the mother's nutrition is inadequate during pregnancy, the baby will be born with a low birth weight and be at high risk of stunting.

Furthermore, students are provided with socialization regarding the right and ideal age for marriage. According to the BKKBN, the ideal age for marriage for women is at least 21 years, while the ideal age for marriage for men is at least 25 years. According to Law Number 16 of 2019, marriage is only permitted if the man and woman have reached the age of 19 years. This age recommendation is not without reason, the aim is to prevent teenagers from marrying at an early age because early marriage can trigger a number of risks, including psychological age which is still unstable in influencing child rearing patterns, age and mental maturity can have an impact on children's nutrition and health, Early marriage can put young women at risk of health due to early pregnancy and the potential for cervical cancer in teenagers under 20 years of age who have sexual relations.

MTs Al-Ikhwan students are early teenagers who are facing the transition phase of growth and development from childhood to adulthood. Early adolescents have growth in physical size and development of the maturation process of physical and psychological functions. Thus, during the adolescent development phase, students should be able to develop their interests and talents in a better direction by preparing physically, mentally and emotionally. The rapid growth and development of teenagers requires balanced nutritional intake, strong physical and emotional character. The characteristics of early adolescents in generation Z are starting to feel what is called falling in love, have high enthusiasm, great curiosity, unstable emotions, enjoy hanging out with peers and have a high ego. If these adolescent characteristics are not controlled, it will have an impact on juvenile delinquency which is a bad thing for the world of education.

There are so many challenges for Generation Z teenagers today, such as drugs, bullying, brawls, free sex, pornography, skipping school and a lack of politeness and manners. Therefore, it is necessary to provide motivation through Achievement Motivation Training (AMT). AMT is an approach designed to develop achievement in individuals, especially teenagers. The goal of AMT is to help individuals identify their goals, increase their determination to achieve those goals, and develop the skills necessary for achievement. The following are the steps that were socialized to MTs Al Ikhwan students in implementing Achievement Motivation Training:

1. Introduction to the Concept of Achievement Motivation: - Introduces the concept of achievement motivation and why it is important in achieving goals.
2. Goal Identification: Helps teens identify their personal goals, whether in education, career or personal life.
3. Plan Making: Discuss with teens to plan the concrete steps necessary to achieve their goals.
4. Determination Development: Teaches teenagers about the importance of determination and belief in achieving goals. Encourage them to remain focused and determined despite challenges.
5. Overcoming Obstacles: Helps adolescents identify obstacles that may arise on the way to achieving goals, and teaches strategies to overcome these obstacles.
6. Skills Development: Helps youth identify the skills needed to achieve goals, then helps them develop those skills through training and practice.
7. Managing Time and Priorities: Teaches teenagers about time management and priorities, helping them create effective schedules to achieve their goals.
8. Positive Reinforcement: Provides positive reinforcement to teens when they achieve steps towards their goals. This can increase their motivation.
9. Evaluation and Feedback: Conduct regular evaluations with teenagers to see their progress. Provide constructive feedback and help them adjust plans as needed.
10. Development of Mental Resilience: - Helps teenagers develop strong mental resilience to overcome failures or obstacles that may arise on the way to achieving goals.
11. Strengthening Results: Celebrating the small and big achievements achieved by youth as a result of their hard work. This can increase feelings of pride and motivation.
12. The results of the AMT are useful for students to recognize their own potential, recognize who they are currently, what strengths and weaknesses they are currently experiencing, predict future actions for 1 month, 6 months, 1 year, 2 years, 5 years, 10 years 15 years and in the years to come they have dreams that must be realized.

Action Evaluation

Action evaluation activities are related to appreciating students who dare to create ideas, answer and to take responsibility for the AMT that has been held. Students who dare to express their opinions are given door prizes as appreciation from the implementation team. This acknowledgement serves as a kind of reward to encourage students to think more positively about their accomplishments rather than the dominant western cultures in today's society

CONCLUSION

Education about the negative impacts of early marriage needs to be carried out for teenagers considering the increasingly rapid development of globalization. Education stakeholders need to consider more in building a generation of teenagers who have good morals, so that teenagers are not trapped in promiscuity. The role of students as agents of change to build the next generation of people with morals needs to be supported through collaborative activities. This collaborative activity is a form of stimulating students who have various characteristics so as not to cause unrest in the surrounding community. By holding this seminar, schools will be able to benefit from being able to focus on students' growth and development and use accomplishment programs to help them develop their interests and abilities

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