

Counseling on the Prevention of Early Marriage in Adolescents at Smpn 5 Praya Timur

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Abstract

Child marriage among teenagers has become a serious social issue, particularly in Central Lombok Regency. This phenomenon shows a tendency for teenagers to opt for marriage at a young age rather than continuing their education, which brings negative impacts on health, education, and socio-economic welfare. According to data from BKKBN NTB, in 2015, West Nusa Tenggara had the second-highest rate of child marriage in Indonesia, with a percentage of 5.81%. Despite government regulations aimed at preventing early marriage, their implementation has been less than optimal. SMP Negeri 5 Praya Timur, located in Beleke Lebe Sane Village, East Praya District, Central Lombok Regency, faces this issue directly, with many students deciding to leave school to marry at an early age. A lack of understanding regarding the negative impacts of early marriage, particularly related to reproductive health and education, is one of the primary causes of this phenomenon. The community service activity conducted at SMP Negeri 5 Praya Timur aimed to provide comprehensive counseling to students about the dangers of early marriage and the importance of continuing education to higher levels. The method used was Participatory Action Research (PAR), which involved active participation of students in understanding issues related to early marriage. This counseling was expected to raise student awareness about the risks of early marriage and motivate them to pursue further education. The results of this activity showed an increase in students' understanding of the negative impacts of early marriage and the importance of education as a path to a better future.

Keywords: Prevention, Counseling, Early Marriage, Adolescents

INTRODUCTION

Adolescence is known as a transition period between child life and adult life, characterized by biological and psychological growth. During this period, teenagers often experience very unstable desires, desires and emotions, as well as the development of certain feelings that can influence their decisions. In this situation, teenagers tend to make decisions that are not always based on needs, but rather on desires or emotional impulses. The phenomenon of early marriage among teenagers is one of the social problems faced by local governments, especially in the Central Lombok Regency. Many teenagers choose to marry at an early age rather than continue their education. This is a serious problem, because early marriage can have various negative impacts, both in terms of reproductive health, education and socio-economic welfare.

According to data submitted by the NTB BKKBN, in 2015, the rate of early marriage in West Nusa Tenggara (NTB) reached 5.81%. This figure places NTB as the province with the second highest rate of early marriage after West Java Province. This view is also supported by (Indrianingsih et al., 2020) in their analysis that the rate of early marriage in the province of West Nusa Tenggara (NTB) is still quite high. Early marriage is still a tough job for the West Nusa Tenggara (NTB) government, even the Deputy Governor of NTB, H. Muh. Amin admits that early marriage in West Nusa Tenggara (NTB) is difficult to control. Meanwhile, according to (Desmawanti & Akmaluddin, 2023) the high number of early marriages shows that empowerment regarding regulations imposed by the government is still low.

The social phenomenon of early marriage in Indonesia is a factor that often occurs in the country, both early marriages occurring in rural and urban areas. The rise of early marriage among teenagers also occurs in several places, thus attracting the attention of researchers to raise this topic as a research and service activity. Some related research is as follows.

First, a study conducted by (Kahar & Supriyanto, 2023) on the topic of Legal Counseling on the Prevention of Early Marriage to Female Students at SMA Negeri 3 Batauga Buton Selatan. The results of this research show that from this outreach activity on the prevention of early marriage it can be concluded: (1) almost all participants did not know that there were regulations regarding Marriage in Law Number I of 1974. (2) Participants gained knowledge about the impact of marriage at an early age through the activity This. (3) Participants will know the age limit for marriage for men and women according to marriage law.

Second, research conducted by Sakdiyah & Ningsih which raised the topic of preventing early marriage to form a quality generation. The results of this study show that the driving factors for early marriage are economic factors, self-factors, educational factors, and parental factors. Guidance and counseling regarding the formation of a quality generation and the impact of early marriage from related agencies in Pereng Ampel Hamlet, Pamoroh Village is very necessary (Sakdiyah & Ningsih, 2013).

Third, a study conducted by (Mukharom & Panahatan Sihotang, 2020) which raised the topic of preventing early marriage in order to create a superior generation at Miftahul Ulum Vocational School (SMK) Semarang Regency. The results of this research show that before carrying out the activity, students at the Miftahul Ulum Vocational School (SMK) in

Semarang Regency did not yet understand that preventing early marriage could be a means of creating a superior generation. After the activity was carried out, there was an increase in students' understanding. Based on studies conducted by previous researchers, it was concluded that early marriage has a big impact on teenagers continuing their education to high school or even decent tertiary institutions.

In statutory regulations, provisions regarding the minimum age limit for marriage are regulated in Article 7 paragraph (1) of Law no. 1 of 1974, which states that "Marriage is only permitted if the man has reached the age of 19 years and the woman has reached the age of 16 years." Based on these regulations, it can be interpreted that underage marriage is undesirable. Early marriage is associated with the age of marriage which is carried out below the specified age limit, either by both partners or one of them. This means that this marriage is carried out when one or both partners are still in the childhood or pre-teen phase. Therefore, early marriage can be defined as a marriage that occurs under the age stipulated by law, namely men under 19 years and women under 16 years.

Meanwhile, according to (Hidayah et al., 2023), early marriage refers to marriage involving one partner who is still categorized as a child or teenager under the age of 19 years. Law Number 1 of 1974 concerning Marriage, which regulates the minimum age for marriage as 16 years for women and 19 years for men, is one of the factors behind the high rate of early marriage in Indonesia. This law is still in effect and is an obstacle to the nation's progress, because early marriage often has various negative impacts, such as divorce, domestic violence, and so on. Based on this, the NTB Provincial Government issued West Nusa Tenggara Province Regional Regulation number 150/1138/Kum

concerning Prevention of Marriage at an Early Age. However, until now, the problem of early marriage has not been resolved in NTB.

East Praya 5 Public Middle School in Beleke Lebe Sane Village, East Praya District, Central Lombok Regency, many students who are still in their teens decide to stop going to school because of early marriage. This decision is taken due to various factors and backgrounds, but most of these marriages do not last long. This is caused by a lack of preparedness in various aspects, especially due to a lack of knowledge about the impact of these decisions.

Therefore, to overcome this problem, targeted outreach efforts are needed to increase students' awareness and knowledge about the dangers of early marriage. It is hoped that this counseling can provide students with a better understanding of the importance of education, reproductive health, and the consequences of early marriage, so that they can make wiser decisions regarding their future.

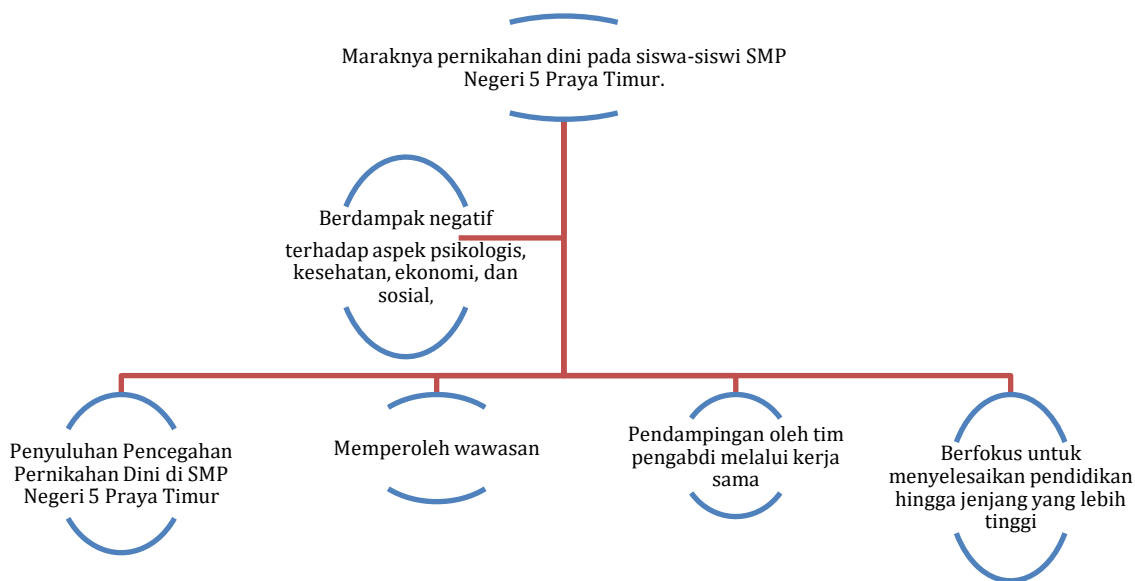
In this context, outreach activities at SMPN 5 Praya Timur are very important to reduce the rate of early marriage among teenagers. This counseling aims to provide comprehensive and relevant information, as well as encourage active participation from students in understanding and overcoming issues related to early marriage. Thus, it is hoped that through this outreach, students can better understand the risks associated with early marriage and be motivated to continue their education to a higher level.

IMPLEMENTATION METHOD

This service activity was carried out at East Praya 5 Middle School, Beleke Lebe Sane Village, East Praya District, Central Lombok Regency. In order to facilitate the implementation of community service activities more systematically and scientifically, the method used in this service is *Participatory Action Research* (PAR). PAR is a collaboration between social research, educational work, and political action that uses a participatory paradigm. More precisely, PAR is a method designed as an alternative system for producing knowledge that is based on the active role of the community in setting the agenda, playing a role in the data collection process, and controlling the use of service or research results.

In this service, the service team involved students at SMP Negeri 5 Praya Timur as participants who were given counseling as an effort to prevent early marriage in their teens. The participants were given an understanding of what early marriage is, the factors that trigger early marriage, the impacts from various aspects, and efforts that can be made to avoid early marriage. This service in the form of counseling has proven to be quite effective in providing education for activity participants. As stated by Hamidah & Junitasari (2021), extension is a process of changing behavior among the community so that they know, want and are able to make changes in order to achieve increased production, income/profits and improve their welfare. In its development, the definition of extension is no longer simply defined as unidirectional information activities (*one way*) and passive.

Chart 1. Conceptual Framework



RESULTS AND DISCUSSION

Community service activities were carried out at East Praya 5 Middle School, East Praya District, Central Lombok Regency. This location was chosen due to the large number of students who decided to marry early rather than continue their education. Apart from that, the school is located on the outskirts of the village, where the students who study there come from suburban residents with a low level of education. This also influences the level of parents' understanding of the impact of early marriage. It is even suspected that early marriage is due to the pressure of their own parents. Apart from that, many students' parents are migrant workers. So, the care of children is delegated to the family and of course the role of parents is not optimal.

This school has a fairly large yard and is rarely used as a place for outreach activities. There are 8 classrooms, 1 laboratory, 1 library, Wi-Fi, water and electricity. There are 13 teachers and one principal who manage this school. The

number of students is 27 people who are divided into three classes.

This service is carried out in the form of intensive and holistic education/training for 1 day and a day involving resource persons who focus on social issues, one of which is early marriage. The activity was attended by representatives of students and teachers from SMP Negeri 5 Praya Timur. Several stages in service are described as follows:

1. *Survey* The beginning is the process collection Initial data is carried out to collect information related to conditions and needs in the field. *Survey* This is done by reviewing relevant literature and collecting data and information directly in the field. At the literature review stage, the service read and referred to several books and journal articles, including digital books about early marriage by Khasanah and Fibriant, as well as several research journals. Meanwhile, the field survey was carried out at the school, by directly interviewing the Principal of SMP Negeri 5 Praya Timur.

2. Problem mapping is a process carried out to map various existing problems and select and sort the problems that are considered *urgent* to be resolved first. As long as doing *survey* Initially, whether in the form of a study of the literature or seeing directly the phenomena that occur in the field through observations and interviews, there are several problems with early marriage in teenagers with various backgrounds and factors that influence them. But these problems of course require a series of stages and considerations to be followed up according to level of *urgency*. Of the many problems, the devotee feels the need to prevent this trend. Therefore, it is important for students to be given an understanding of what early marriage is, the factors that influence it, the various impacts it has, and the efforts made to prevent this from happening.

- FGD with *stakeholders* the school is an activity carried out for collect input and opinions of the *stakeholders'* related problems and implementation of activities. After mapping the problem and determining the problem to be raised as a service activity, the service member carries out the activity *focus group discussion* (FGD) with several groups consisting of students, lecturers and teachers. The aim of the FGD is to equalize perceptions between servants and servants' *stakeholders* so that the expected goals can be achieved as expected. This FGD provides recommendations for the implementation of service, both technically and substantively in accordance with the determined objectives.
- Implementation of activities, namely educational/training activities carried

out to resolve existing problems by involving experts in their fields. The service activity was carried out at SMP Negeri 5 Praya Timur, attended by teacher and student representatives. The representatives of teachers and students selected by the school are as follows:

Table 1. List of activity participants

No	Name of Participant
1	DIKI ALDIANO
2	PRINCESS ELSA AMELTA
3	FIONA AGUSTINA
4	JUDGE
5	JANUARY
6	M. YUSRI NURSANTUN
7	MAESA ERNI PRINCESS
8	MINI FITRIANI
9	NOVIANI TANTRI
10	RANDING SELE
11	SANTELA WULANDARI
12	SINTE WIJAYA
13	WELYIN SAMUEL
14	ANDOS
15	ARGA AGUSDIWINATA
16	DEKI RASIA ISLAMIC PASA
17	LINTANG ZIAZID
18	PRINCESS WULANDARI
19	WIGUNA LITERATURE
20	WOMEN'S LAUTIA SESSION
21	PRINCESS SEPTIANA AULIA
22	ZASKIA FALLEN
23	OBAMA SAPUTRA WIJAYA

Activities are designed in the form of intensive counseling so that participants can have comprehensive knowledge and understanding. The core activities are carried out in 1 session, which lasts three hours. This activity was held on Sunday, date. The resource persons are experts in the social sector and have quite a long experience in this

field. The sources and material presented can be seen in the following table:

This theme was raised based on observations of the situation and conditions of students, as well as the prevalence of early marriage among teenagers, which can have



Figure 1.



Figure 2.



Figure 3.

Monitoring is an activity that aims to monitor the development of service activities, both during implementation and afterward. Monitoring is carried out continuously without time limits so that teachers and students can still consult and share the experiences they have gained. Monitoring during implementation aims to ensure that activities run according to plan, including implementation time, number of sessions, presenters, participants, facilities provided, and the readiness of the committee, both those responsible for the event and logistics such as consumption. Meanwhile, monitoring after the activity focuses on the commitment of participants, consisting of teachers and students, to become a liaison for information to fellow teachers and parents regarding the material obtained during the activity. The service team also coordinates with the School Principal through the WA Group to ensure teachers and students disseminate education regarding the prevention of early marriage to all parties involved.

Evaluation is a process of gathering information that aims to provide feedback on activities, so that improvements can be made on an ongoing basis. Evaluation is carried out after each activity session, involving the service team, both students and teachers as hosts. Evaluation results include appreciation of things that have gone well as well as criticism to correct deficiencies. Positive aspects will be continued and improved, while weaknesses will be corrected so as not to create a negative impression from participants. After the service activities, it is hoped that students' understanding of the dangers of early marriage will increase, so that they will focus more on continuing their education to a higher level. During the activity, participants shared their experiences, both in caring for children and accompanying students at school. These

experiences are then discussed with the resource person, referring to relevant theory and practice.

Some of the theories discussed in the discussion between participants and resource persons include: 1. The tendency for early marriage to occur is often influenced by the role of parents, especially due to family economic factors or teenagers' social interactions that disturb parents, so they choose to marry their children off early; 2. Lack of students' understanding of the dangers of early marriage; 3. The importance of building motivation and big dreams so that they are encouraged to pursue higher education. Based on the activities carried out, several results were obtained. First, the participants' responses and appreciation for counseling on preventing early marriage were very positive, indicating that counseling with this theme is still relevant in various regions. Second, participants gain a better understanding of the negative impacts of early marriage, which they can use as education so that this practice can be minimized. Third, participants also received knowledge about legal sanctions related to early marriage, which served as a reminder for them not to rush into marriage.

Some of the results of this activity are in line with the community service program carried out by Munib, which discussed the impact of early marriage on women. Their counseling received support from teachers who agreed that all efforts to reduce the rate of early marriage in oil palm plantation areas need to be continued. These teachers also conveyed the importance of mental, social and physical readiness before marriage, which can produce a quality generation (Munib, 2022)

CONCLUSION

From the activities that have been carried out, it can be concluded that the event

went very well and received a very positive response and appreciation from the participants. All participants felt they had gained a deeper understanding of the impact of early marriage in adolescence. Apart from that, they also gain knowledge about the legal sanctions that apply to early marriage

SUGGESTION

Several recommendations that can be suggested for further activities are: (a) The duration of implementation needs to be extended and more intensive; (b) The number of invited participants should be increased; (c) Parents and community leaders should be involved, considering that their role is very important in preventing early marriage among teenagers.

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