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The Impact of Reproductive Health Education on Delaying Early Marriage at Kartika IV-2 Jember High School

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Abstract: Early marriage is still a significant social problem in Indonesia, especially in areas with certain social and economic backgrounds. Jember Regency is one of the regions with a high rate of early marriage compared to the national average. This phenomenon is influenced by various factors, including family economic conditions, a culture that considers early marriage as normal, and a lack of education on reproductive health. The impact of early marriage is extensive, including reproductive health risks, psychosocial developmental disorders, limited access to education, and declining household economic conditions. Therefore, more effective prevention efforts are needed to reduce the number of early marriages, one of which is through reproductive health education in schools. This research used a qualitative method with a case study approach at SMA Kartika IV-2 Jember. Data were collected through in-depth interviews with 20 students who had received reproductive health education. In addition, observation and documentation were also conducted to strengthen the research findings. The data obtained were explained inductively to understand how reproductive health education contributes to delaying early marriage among students. The results showed that reproductive health education has a positive impact on increasing students' awareness of the risks of early marriage. Most students who have received education show a more choosy attitude in relationships and better understand the importance of physical and mental readiness before marriage. However, challenges remain, especially in dealing with social norms that still support early marriage. Therefore, synergy between schools, families, and the government is needed to strengthen reproductive health education and create policies that better support the prevention of early marriage.

Keywords: Early Marriage, Reproductive Health, Jember Regency

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1. Introduction

Early marriage in Indonesia is a serious problem that has long been in the spotlight. This phenomenon involves the marriage of children under the age of 18, who should still be in a period of growth and development. Despite various efforts to prevent it, the rate of early marriage in Indonesia is still relatively high compared to other countries in the Southeast Asian region. Early marriage is one of the social problems that is still a serious concern in Indonesia. Data from the Central Statistics Agency (BPS) in 2020 shows that the rate of early marriage in Indonesia is still quite high, at 21.6% of total marriages. This figure indicates that more than one in five marriages that occur in Indonesia involve early-age couples [1].

Early marriage can have significant negative impacts on adolescents' health, education and economy. Adolescents who marry at an early age have a higher risk of pregnancy, childbirth and child health complications. In addition, early marriage can also hinder adolescents' educational and economic opportunities, which can worsen their social and economic conditions [2].

Several complex factors are the main causes of the high rate of early marriage in Indonesia. Economic factors are one of the dominant causes, with underprivileged families seeing marriage as a solution to reduce the economic burden. In addition, socio-

cultural factors, such as norms and traditions that still consider early marriage as normal, also contribute. Lack of education and awareness about the negative impacts of early marriage, as well as weak law enforcement related to child protection, further exacerbate the problem [3].

To reduce the number of early marriages in Indonesia, more comprehensive and integrated efforts are needed. The government, communities and families must work together to raise awareness of the dangers of early marriage and to provide adolescents with better alternatives such as reproductive health education.

Jember Regency, East Java, is one of the regions that has a relatively high rate of early marriage. Based on data from the Jember District Health Office in 2020, 25.1% of marriages that occurred in Jember District involved early-age couples. This figure shows that Jember Regency has a higher rate of early marriage than the national average [4].

The negative impact of early marriage is not only felt by the teenagers who get married, but also by their families and the surrounding community. Early marriage can lead to an increase in poverty, unemployment and crime in the community [5]. Therefore, effective prevention efforts are needed to reduce the practice of early marriage in Kabupaten Jember.

SMA Kartika IV-2 Jember is one of the high schools in Jember district with a large number of students with diverse social, economic and educational backgrounds, moreover the high school is part of an educational institution that includes reproductive health education in one of the subjects. So that these conditions can allow researchers to be able to collect representative and accurate data on reproductive health education on delaying early marriage.

It is expected that this study can provide a specific description of the factors and impacts of reproductive health education on the delay of early marriage at Kartika IV-2 Jember High School so that it can provide more appropriate and effective recommendations to improve students' knowledge and skills about reproductive health.

2. Methods

This study used a qualitative approach to explore data in depth. Data were obtained through in-depth interviews with 20 students of SMA Kartika IV-2 Jember who were selected as informants. Informants were selected based on certain criteria, namely students who already have knowledge about reproductive health and are willing to participate in the study. In addition, informants were also selected from various backgrounds, such as family economy, education and family social conditions. This aims to obtain more comprehensive and accurate data on the impact of reproductive health education on delaying early marriage.

The data from the interviews were then corroborated with the results of observations or observations made by researchers and some supporting documentation that complemented the research data needs. After the data has been collected, the field data is then processed into a description using inductive techniques. Thus, this study can obtain more in-depth and accurate data about the impact of reproductive health education on the delay of early marriage, and can provide more appropriate and effective recommendations to improve students' knowledge and skills about reproductive health.

3. Results and Discussion

3.1. Concept of Early Marriage

Early marriage or young marriage itself is a marriage that is carried out by a couple or one of the partners is still categorized as an adolescent under the age of 19 [6]. Early marriage is a teenage marriage in terms of age still not enough or immature where in Law Number 16 of 2019 article 7 which stipulates the maximum limit of marriage at a young age is a woman aged 19 years and a man aged 19 years that can only be married. Fund (UNICEF)

states that early marriage is a marriage that is carried out officially or not before the age of 18 years [7].

The increase in early marriage can be a population problem, early marriage occurs due to intrinsic and extrinsic factors. UNICEF Global Database even notes that early marriage will cost at least 1.7% of a country's national income. In addition, early marriages are more prone to domestic violence, infidelity, and divorce due to the psychological immaturity of children [8]. In rural areas, early marriage is generally still considered a common thing, especially rural areas that still practice customs or cultures that support early marriage. In these areas there is generally still arranged marriage by parents, coupled with a difficult geographical location and minimal access to education, making many early marriages [9].

In general, early marriage is defined as a marriage involving one or both partners who have not reached the age of biological and psychological maturity. This phenomenon is prevalent in many countries, including Indonesia, particularly in rural areas or communities with low economic backgrounds. However, marriage dispensation can still be granted by religious courts under certain conditions [10]. Marriage at an early age is prone to reproductive health problems such as increasing morbidity and mortality during labor and postpartum, giving birth to premature babies and low birth weight and easily experiencing stress.

In Islam, there is no strict age limit on marriage. However, scholars emphasize the importance of physical, mental and financial maturity before one decides to get married. Islam also teaches that marriage should be based on love, affection and responsibility [11]. Many religious leaders in Indonesia have voiced the importance of preventing early marriage. They argue that early marriage can damage a child's future and goes against religious values that teach about love, protection and the welfare of children.

According to Ibn Shubromah, religion prohibits early marriage (marriage before the age of puberty). According to him, the essential value of marriage is to fulfill biological needs, and perpetuate offspring. While these two things are not found in children who have not reached puberty. He emphasized more on the main purpose of marriage. Ibn Shubromah tries to break away from the confines of the text. Understanding this problem from the historical, sociological, and cultural aspects that exist. So that in addressing the Prophet's marriage with Aisha (who was then 6 years old), Ibn Shubromah considered it as a special provision for the Prophet that could not be imitated by his people [12].

In contrast, the majority of Islamic jurists legalize early marriage. This understanding is the result of the interpretation of Surah al Thalaq verse 4. In addition, history has recorded that Aisha was married to the Prophet at a very young age. Likewise, early marriage was common among the Companions. In fact, some scholars state that the permissibility of underage marriage has become a consensus of Islamic law experts. The discourse launched by Ibn Shubromah is considered weak in terms of quality and quantity, so this idea is not considered. The legal construction built by Ibn Shubromah is very fragile and easily broken [13].

The Indonesian government has issued several policies to address early marriage, such as Law No. 1 Year 1974 on Marriage which sets the minimum age for marriage at 19 years for men and 16 years for women. In addition, the government has also launched a reproductive health education program in schools, which aims to provide students with knowledge and skills on reproductive health and marriage. The school curriculum has also been adjusted to include materials on reproductive health and marriage, so that students can gain comprehensive knowledge on the topic.

However, despite the launch of these policies and programs, much remains to be done to address early marriage. Existing educational initiatives must be continuously improved and adapted to the needs of the community. In addition, there needs to be cooperation between the government, schools and communities to address early marriage. Thus, it is

hoped that early marriage can be prevented and children can get a better education for their future.

3.2 Reproductive Health

Reproductive health knowledge is one of the important factors in preventing early marriage [14]. Education and access to quality reproductive health information for adolescents is essential to ensure they have the right knowledge and understanding to make informed decisions about marriage and their future. Knowledge about reproductive health is a basic knowledge that must be understood by adolescents. Adolescence is a transition period from childhood to adulthood.

This means that physically adolescents can reproduce, but psychologically, socially, and economically they are not ready to have children and build a family, hence, the importance of knowledge about reproductive health for them. Adolescents who are more aware of the importance of maintaining reproductive health have less potential to experience pregnancy at an early age. As we know, teenage pregnancy is at risk of giving birth to premature babies and low birth weight (LBW), which is closely related to the risk of stunting [15]. The knowledge that teenagers should know about reproductive health is the reproductive process, reproductive organs, functions of reproductive organs, fertile period of pregnancy with the risk of pregnancy in adolescence [16].

Several studies have shown that there is a significant relationship between reproductive health knowledge and the incidence of early marriage. For example, a study in Indonesia showed that adolescent girls who had high knowledge of reproductive health were 2.5 times less likely to marry at an early age compared to adolescent girls who had low knowledge. The following are things that adolescents need to know about reproductive health as an effort to prevent early marriage [17].

Reproductive health is the state of a person who is healthy as a whole physically, mentally and socially related to the reproductive system, functions, and processes [18]. A state of overall health includes physical, mental, and social life related to the tools, functions and processes of reproduction. The thought of reproductive health is not a condition free from disease but how a person can have a safe and satisfying sexual life before and after marriage.

Everyone should be able to have a satisfying and safe sexual life for themselves and also be able to reduce and fulfill their desires without any obstacles, when, and how often to have offspring [19]. Reproductive health is a condition of physical, psychological and social health and well-being that is entirely free from disease or defects related to the reproductive system. Adolescent reproductive health is a health condition that concerns the health of the reproductive organs, whose readiness begins in adolescence, marked by the first menstruation in adolescent girls or wet dreams for adolescent boys. Adolescent reproductive health includes the function, process, and reproductive system of adolescents.

Factors resulting from early marriage that affect reproductive health :

1. Early Pregnancy

Adolescent girls who marry at an early age are more at risk of pregnancy at a young age. This can jeopardize the health of the mother and baby, because the reproductive organs of adolescent girls are not yet mature for pregnancy and childbirth. The risk of pregnancy and childbirth complications in adolescent girls is higher compared to adult women, such as: Preeclampsia and eclampsia, Premature labor, Babies born prematurely and with low weight Maternal and infant mortality. As previously described, early marriage during adolescence greatly affects the reproductive health of adolescents [20]. Marriage

performed by teenagers can also have a bad influence on various things for someone who lives it. The immaturity of the reproductive organs and also the physical maturity of an adolescent girl will also affect the risk if an adolescent girl carries her child. The possibility of disability in the child, the mother dying during childbirth and other risks are also very large when early marriage occurs. In addition, the cervix of an adolescent girl is still sensitive [21].

2. Sexually Transmitted Infections (STIs)

Adolescent girls who marry at an early age are more at risk of STIs, including HIV/AIDS, due to lack of knowledge about STIs and how to prevent them, lack of access to reproductive health services and lack of power in sexual relations [22].

3. Mental Health

Mental health should not be interpreted narrowly as “mental illness”, but rather as a variety of expressions that describe a person suffering from mental illness. As everyone's physical resistance to psychological stress varies, this interpretation should not be based on a person's self-measured limit of strength to psychological stress. One of the consequences of mental health disorders is early marriage, as early marriage can lead to stress, depression, anxiety and other mental health problems in adolescents, as the burden of responsibility is great and women are often charged with the huge responsibility of childcare, when it should be done equally between father and mother. Lack of mental preparation for marriage. Limitations in pursuing education and goals. As a result of disrupted mental health, hormone production is also disrupted and affects a person's ability to carry out their reproductive functions [23].

4. Sexual Violence & MDR

Early marriage can increase the risk of sexual violence, especially among adolescent girls. When an adolescent girl marries at a physically and emotionally immature age, she tends to have a greater dependency on the husband's partner. This can lead to power inequalities in the relationship, where the husband has greater control over the adolescent girl. Sexual violence in early marriage can include forced sexual intercourse without consent, physical or verbal abuse, and denial of contraceptive use or reproductive health protection. This sexual violence is not only emotionally detrimental, but can also have serious physical impacts, such as physical injuries, sexually transmitted infections, and psychological trauma.

According to research conducted [24], one of the impacts of early marriage is problems with reproductive health. Unprepared reproductive organs are likely to be susceptible to cervical cancer when adolescents enter old age. Other impacts are death and anemia. The younger the age of married women, the greater the risk in the process of pregnancy and childbirth, both in terms of maternal safety and baby safety [25].

3.3 *Early Marriage in Jember Regency*

Early marriage in Jember still occurs frequently and is still a culture in the community. Early marriage occurs due to several factors, namely economy, promiscuity environment, low education, influence of customs and culture, viewing adult content, influence of influencers, lack of knowledge of reproductive health and early marriage, family, social stigma. The rise of early marriage cases circulating throughout Indonesia also appears to occur in the Jember Regency area.

An explanation was mentioned by Annisa Nuraini, a student of class XII SMA Kartika IV-2 Jember about her knowledge of early marriage.

"Maybe it's because of the culture that already exists in society. There are some friends that I know were set up and even married while still in school. I've heard from my family that the match was set in the womb."

The number of early marriages that occurred in Jember Regency in 2020 reached 21,232 marriages [26]. A total of 402 of the total marriages were marriages of boys, and 664 of these were marriages of girls aged less than 19 years [27]. Early marriages cause many negative impacts, because they are not ready to face various problems and challenges in the family.

The impact of early marriage The impact of early marriage was also conveyed by Bahri Nurul Azzam, one of the XII grade students of SMA Kartika IV-2 Jember. Kartika IV-2 Jember, which can be a choice usually because it is caused by the couple's ego, so that the settlement is with the couple's ego. caused by the couple's ego, so that the solution is by provide understanding not violence.

"The conflict may be because both of them still prioritize their ego, especially since usually they (who marry at an early age) still join one of the families, so they cannot be independent yet."

This is also corroborated by Nadia Nur Muhammad, a student of class X SMA Kartika IV-2 Jember that the immature mental condition, often the problems that occur in the family of couples who marry at an early age are in the families of couples who marry at an early age still require the intervention of their parents, so that intervention of each parent, so that the communication must be correct and not cause misunderstandings that cause misunderstandings. not cause misunderstandings that cause other problems.

"Usually, some of the problems are solved by the parents, because they are still children, their emotions are sometimes unstable."

Early marriage is something that has been done for generations, especially in villages. The facts of requests for dispensation of child marriage contained in the 2020 Religious Courts Case Data Bank state that Jember Regency ranks second nationally in the number of proposals for dispensation of child marriage with a total of 1,469 dispensation proposals with 1,451 proposed decisions granted. This data shows that the level of desire of the Jember community to organize and register marriages under the age of 19 is very high [28].

Ziyad, who is an eleventh grade student of SMA Kartika IV-2 Jember, gave an understanding when interviewed, that the occurrence of early childhood arranged marriage is because the arranged marriage has happened to the parents of the couple, so they think that something that happened to them and felt good, will be tried to be applied to their children, even without their children's consent.

"Parents match their children, hoping that what happened to their parents first (being matched) will also happen to their children. Usually the match is still in the same family, so that there is still a relationship between families."

3.4 Reproductive Health Education at Kartika IV-2 Jember High School

As explained in the previous discussion, reproductive health education is an important part that must be learned and understood by adolescents to strengthen their growth in living their teenage years so that they better understand the things that should be maintained and the things that should be avoided. Knowledge of health education can

help them become independent individuals with their knowledge and minimize or delay the existence of pregnancy at a young age caused by early marriage or promiscuity.

Based on the results of interviews with students at SMA Kartika IV-2 Jember, several conditions related to the reproductive health conditions of students at the high school were found with several reasons for triggers or factors for the emergence of these health conditions;

Students of SMA Kartika IV-2 Jember are classified as unable or unprepared to make behavioral change readiness to prevent early marriage. This is caused by the percentage of anti-early marriage incidence which is only 7.7%. However, some of the students also reached a percentage of knowledge of 94.6% which negates the readiness in behavior change to prevent early marriage.

Dewi Kinanti, who is currently in grade X of SMA Kartika IV-2 Jember, admitted that she still does not know deeply about reproductive health, because she has not formally studied it and Dewi Kinanti thinks that this knowledge is not something that should be prioritized like other knowledge.

"I don't really understand reproductive health, I've only learned about it once, I didn't really understand it. And I also don't pay much attention to it."

However, it is different with Sulistiawati who is now in grade XII of SMA Kartika IV-2 Jember about her knowledge of reproductive health although not in depth, but in outline it has been understood, according to her, the knowledge is very helpful for her regulatory patterns in socializing so as not to fall into promiscuity.

"I understand about it, but not in depth, but if I am asked about the components, maybe I can still answer, because I really like the subject, it helps me in limiting my association in this free era."

This condition can be handled by educating with proper and correct understanding of reproductive health, body anatomy, contraceptives and the risks of early marriage. The packaging of these activities can be done formally by involving local government elements or by involving the surrounding community with a more relaxed activity packaging. This can stimulate students' knowledge of the importance of maintaining reproductive health and the dangers of pregnancy at a young age with all its causes [29].

In terms of association with the community or the surrounding environment, based on the results of interviews with students of SMA Kartika IV-2 Jember, the environment around them is very safe from promiscuity, because it is located in an environment that is far from urban areas, thick with religious values or is strictly guarded by the family, so that falling into promiscuity is very minimal, but even though these conditions are very positive, some students also revealed that they could not control the prevention of early marriage or the readiness for change with several factors, such as the culture or traditions that already exist in the environment.

According to Risma (class XI student of SMA Kartika IV-2 Jember) the environmental conditions of students are still fairly awake, especially students with rural backgrounds that are still thick with religious values, so that to do deviant things can be said to be difficult, but the problem is that in rural areas there are many early marriages, it has become a habit in some places.

"Socializing may not be too free, because I am also from the countryside, there is a strong culture there that may be different from in the city, so it is still safe, but if arranged marriage at home is still quite existent, and it seems to be a custom."

While Hanif Masduki, a student of class X SMA Kartika IV-2 Jember revealed that in his school environment, families still pick up their children as a form of parental commitment to ensure that their children arrive at school and return home not tainted by promiscuity.

"My family strictly controls my socialization, they still take me to school, maybe they are worried if something happens, but yes, playing with friends is not free."

Strategies that can be used in readiness for behavior change to prevent early marriage are inviting active participation of parents by applying positive parenting patterns that support adolescents in making the right decisions about marriage and making adolescents comfortable talking with parents so that they know about reproductive health and marriage issues. school involvement is also needed in developing the knowledge, skills, and attitudes needed to make wise decisions about early marriage [30].

Socialization and the influence of peers in the environment of SMA Kartika IV-2 Jember is very influential on each other and it is a positive thing with the contextual influence on each other and it is a positive thing with a positive context. context. Support from peers who look after each other and share knowledge about reproductive health makes students in SMA knowledge about reproductive health makes students in the high school generally able to control the occurrence of norm deviations in promiscuity. However, the role of parents after students return home is also something that needs to be considered, so that every element provides support and supervision. needs to be considered, so that each element provides support and supervision of the of children's socialization.

One of the causes of pregnancy at an early age caused by caused by promiscuity or early marriage is the presence of physical contact physical touch between people of the opposite sex who do not have family ties, this is certainly the main trigger for a child to be chosen for promiscuity or early marriage. is the main trigger for a child to be chosen to be matched or the occurrence of an intimate relationship that causes pregnancy outside of marriage. intimate relationships that cause pregnancy outside of marriage [31].

Desi Rahayu (Xth grade student of SMA Kartika IV-2 Jember) stated that she had indeed been in a relationship, but it was only limited to chatting together at school without any physical touch, let alone going out together, because the escort from the family was quite strict. During the holidays, if there are no school activities or group work, children are usually not allowed to play outside.

"I've been dating before, but that's about it, just snacks together, going home from school together. If you go out on vacation, it's a bit difficult to say goodbye."

Andri Hidayat, a XII grade student at Kartika IV-2 Jember High School, admitted that he had never been in a relationship, and his days off were spent with classmates or neighbors, so he had no idea about promiscuity.

"I have never dated. Mostly I just chat normally in class, the rest of the time at home I play with friends at home or if there are activities at school such as extracurricular activities."

Strategies that can be used to avoid these problems can be by keeping a distance from the opposite sex or by avoiding dating, because dating is not only one of the factors that cause early marriage, but in Islam dating is also prohibited.

3.5 Reproductive Health Education on Delaying Early Marriage at Kartika IV-2 Jember High School

Based on some of the field findings previously described, the main trigger for early marriage is external factors, namely the child's family and environment. Although there

are indications that the children themselves are the cause, this has less impact than the influence of parents and social construction.

Social construction shapes that a girl's match is the parents' decision, so parents can match their children when they are considered old enough. However, the age of consent is inversely proportional to the government's policy of encouraging underage marriage.

Parents tend to arrange child marriages because of the culture that has been built from generation to generation in society and has been considered a common thing, even though this can affect the growth and development of children and the condition of the womb or baby after giving birth. There are many risks that must be borne by children who are required to marry and become pregnant at an early age.

In response to this, SMA Kartika IV-2 Jember provides restrictions on socializing in the school environment to signal against acts of promiscuity that could occur in the school environment. The school also provides knowledge, especially in lessons such as biology with a detailed discussion of health and reproductive education that must be maintained and not fall into promiscuity.

By building students' knowledge, at least students can have sufficient foundation if they are forced to face marriage at an early age. Even if they do not face it, their knowledge can be used to manage their own reproductive health, so that when they start a family, their health can be controlled and facilitate everything.

Health and reproductive education is not only important for women to learn, but also men should know and learn about it, especially the impact of sexual deviations that can occur. So that with this education, students can consciously and together prevent bad things from happening to their reproductive health.

Broadly speaking, reproductive health education can improve students' knowledge and skills about reproductive health. Students who have attended reproductive health education programs have better knowledge of reproductive anatomy and physiology, as well as better skills in identifying and overcoming reproductive health problems. This suggests that reproductive health education can be one of the effective strategies in improving students' knowledge and skills about reproductive health.

Reproductive health education can change students' attitudes and behaviors towards reproductive health. Students who have attended reproductive health education programs have a more positive attitude towards reproductive health and are more likely to take appropriate actions in maintaining reproductive health. This suggests that reproductive health education can be one of the effective strategies in changing students' attitudes and behaviors towards reproductive health.

Reproductive health education can have a significant impact on delaying early marriage. Students who have attended reproductive health education programs are more likely to delay early marriage and have better knowledge about the consequences of early marriage. This suggests that reproductive health education can be one of the effective strategies in preventing early marriage.

However, the obstacle in the field is that in order to fulfill these achievements, coordination is needed between those who are directly and indirectly involved in reproductive health education. So that even though schools have limited children's socialization and educated about the dangers of early pregnancy through reproductive health education, if it is not supported by the awareness of parents and the community by maintaining the habit of early marriage, it will be difficult to prevent early marriage.

4. Conclusions

Based on the discussion, it can be concluded that SMA Kartika IV-2 Jember has made efforts to provide reproductive health education by including material in biology lessons and limiting students' alone time. However, social factors in the community still have a significant influence on the occurrence of early marriage, so efforts to prevent early marriage must be supported by all parties; government, schools, parents and the community.

To improve these efforts, schools can create a special curriculum outside of biology lessons on reproductive health education, especially since not all students can learn biology lessons (for social studies or other clumps). So that by specializing in reproductive health education, it can increase students' knowledge of the dangers of early marriage. Schools can also conduct counseling for families and communities by coordinating with the local government or with student guardians with assistance in efforts to prevent early marriage that has become a hereditary habit.

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