Efforts to Prevent Early Marriage with Counseling Psychology Services in Srengat District Blitar Regency

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ABSTRACT
The aim of this research is to identify the factors influencing early marriage in Srengat District, Blitar Regency. The method employed is descriptive with a qualitative approach, gathering data directly from the research subjects through observation, interviews, and documentation. Data analysis involves data reduction, data presentation, and conclusion drawing or verification techniques. The study subjects include 2 individuals for interviews and young villagers aged 15-20 years for pretest and posttest assessments, totaling 50 respondents. The research findings indicate that common factors driving early marriages in our society include economic circumstances, education, parental influence, and mass media. The pretest score was 35.7333 and the posttest score was 71.0000, showing an improvement of 35.2667. Additionally, these results demonstrate a significance level of < 0.05, indicating a statistically significant increase in the activity’s outcome scores.

Keywords: Early Marriage, Psychological Services, Counseling

INTRODUCTION
In general, early marriage, namely marriage involving individuals under the age of 18, remains a serious problem in almost two-thirds of countries in the world. (Yildirim, C., Sumuer, E., Adnan, M & Yildirim, 2016). Although the practice is legal in some places, early marriage is widely considered a violation of human rights and a form of abuse, especially against adolescent girls. Factors such as low social status, lack of education, and differences in cultural views, as well as legal weaknesses, cause this practice to continue in society. Globally, in 2005, more than 650 million women married at a young age. This data is in line with findings

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that every day, adolescent girls are forced to leave their families to marry, experience sexual and physical violence, and become mothers at an early age. According to human rights experts, early marriage can be considered a form of sexual slavery. The role of parents in this case stems from forced marriage driven by poverty, strong cultural traditions, and increasing discrimination against adolescent girls (Zuwirda & Siski, S., & Maiseptian, 2023).

In 2018, out of a total population of 627 million people, 11.2% of women in Indonesia married at the age of 20-24 years. Additionally, 4.8% of girls married when they were under 17 years old. Marriages of children under the age of 16 reached 1.8%, while those under the age of 15 reached 0.6%. In other words, one in nine girls under the age of 18 is married early. The case of young marriage in Indonesia has long been of concern to various parties because of its large scale and worrying impact. Nationally, the rate of early marriage reaches 25.7%, which means that out of every 100 marriages, 25 of them involve minors (Arimurti, 2017). Data from the Central Statistics Agency shows that the rate of early marriage in 2018 increased to 15.6% from 14.2% compared to the previous year.

Marriage is permitted by Law Number 1 of 1974 concerning Marriage only for men who are at least 19 years old and women who are at least 16 years old. However, according to the revised law passed by the DPR on 16 September 2019, marriage is only permitted for men and women who have reached the age of 19 years. Even though this rule is clear, reality shows that many children under the age of 19 still marry early (Kurniawati, N., & Sari, 2020).

The Directorate General of Religious Courts reported that in 2019 there were 23,126 cases. From January to June 2020, there were 34,000 applications for marriage dispensation for minors (under 18 years). By the end of 2020, this number had increased to 64,211 cases, not including those in traditional marriages, eloping and marriages due to pregnancies outside of marriage. Kompas on October 2 2022 also reported that marriages of underage children still frequently occur today. Data from the National Commission on Violence Against Women shows that throughout 2021 there were 59,709 cases of early marriage that received dispensation from the court, not including those who did not get dispensation but still had early marriage. (Judiasih, SD, Dajaan, SS, 2020). The dispensation given by the religious court is a special permit for prospective brides and grooms who have not reached the age of 19 years (Gifriana, E., & Mutaqin, 2022).

Early marriage is often related to local culture and views on marriage. Especially among Javanese people, there is a belief that when you have a daughter who is not yet 16 years old and a man proposes, the proposal must be accepted. This is due to the fear that the girl will not find a partner if she refuses the proposal. This paradigm has developed in rural areas and has even become part of community culture. One example is in KG Village, which is located at the western tip of Blitar Regency. The majority of people there still believe that early marriage is the main solution to overcome family social and economic problems. It's not just parents who think that marrying young is better, but also their children. They tend to think that after graduating from high school, there is no need to continue higher education because there will be a husband to support them and meet their living needs. As a result, many children under the age of 19 are married. Not a few of them end up getting divorced (Ilmiyah, W, N, & Zunaidi, 2022).

The large number of divorce cases among early married couples in KG Village not only has an impact on the couple but also on the village government. Almost every day, the village government receives letters filing for divorce from young couples. The reasons they gave varied when asked by village service officers. There are those who feel that they are no longer compatible with their partner, some are triggered by economic factors, and many other reasons are conveyed to the letter writing officer. The majority of causes of divorce among early married
couples are due to economic factors and the couple’s lack of psychological maturity (Ilmiyah et al., 2022). Therefore, this researcher is interested in discussing the problem of "Efforts to Prevent Early Marriage with Counseling Psychology Services in Srengat District, Blitar Regency".

RESEARCH METHOD
The type of research used in this research is field research, which is a type of research that attempts to collect data and information regarding problems in the field (Sugiyono., 2018). Field research is research carried out in a real environment. According to Handri Nawawi, field research is research activities carried out in the community, institutions and organizations both in society and government. (Nawawi, 1998).

In this study, the researcher attempted to describe in a factual and actual way the efforts to prevent early marriage through psychological counseling services in Srengat District, Blitar Regency in a systematic manner. Therefore, this research is descriptive in nature with a qualitative approach, and data is obtained directly from the research object. Data collection techniques in this research include observation, interviews and documentation. The data analysis techniques used are data reduction, data presentation, and drawing conclusions or verification (Sugiyono, 2018). To increase the validity of the research results, researchers also gave pretests and posttests to participants who took part in the forum.

The subjects in this research were 2 subjects for the interview process, with the initials (Ha), 57 years old, male as Village Head (KG), (In) 43 years old, female as Village Head (KG), then there were Vulnerable village youth aged 15 to 20 years were given pre-test and post-test questions to all participants with a total of 50 respondents. This question is used to measure understanding of the material that has been explained by the presenter.

RESULTS AND DISCUSSION
In general, the aim of this program is for academics to contribute directly to various aspects of community life and help resolve any difficulties or problems they face. Therefore, researchers use socialization activities as a strategy. The aim of using this strategy is so that the community is not only the object of research, but also the subject of research.

The form of this research activity is to carry out outreach. Socialization is the process of conveying ideas that helps people learn and adapt by adapting and thinking, so that they can play an active role in the community environment. This socialization aims to build public motivation and awareness of the impacts caused by early marriage. There are several factors that encourage early marriage which is often found in our society, namely external factors such as the economy, education, parents and mass media.

The following are the results of interviews from several subjects:

1. Economic Factors
Ha, as Village Head, stated that young marriages often occur because families live in conditions of poverty. To ease the burden on parents, their daughters were often married off to people deemed financially capable.

"Most people here marry their daughters at a young age because of economic factors, so they look for partners from well-established families so they can help their children's economic status in the future, even though they are still at an early age" (Ha.06.24).
In the second subject as a village official also added HA’s opinion that the main cause of many divorces in the village was economic, when the economy was still unstable then young couples experienced arguments so separation was the solution.

"As a village official, bro, I often take care of divorce papers, where most of those who apply are young couples and the ages can be said to be very young, so this is a special concern for us as the village government, this is a responsibility that we must "We are minimizing it and we are making efforts such as inviting bros to provide psychological guidance outreach to young people here so that they don't be careless and rush into marriage," said IN as a village official (IN.06.24).

From the results of the interview above, it can be concluded that marriage is not a solution to avoid poverty, even if there is no mature economic readiness, it becomes a problem in itself for couples who marry at an early age.

2. Educational Factors
   Ha, as Village Head, said that the low level of education and knowledge of parents, children and the community has led to a tendency to marry off their children who are still underage.

   "The majority of the population in this village are still junior and senior high school graduates, bro, so their mindset is still like the old days, the important thing is that their children get married quickly and start a family immediately, according to them, higher education is not important, especially for a girl," said Ha as village head (Ha.06.24).

   In the second subject as a village official also added an opinion:

   "We are also trying to optimize the current young generation for higher education, so that we can change the mindset of the young people here, bro. When children have broad insight, when their parents marry they have good reasons and can also provide insight to their parents. The impact of young marriage is extraordinary at this time. "Children can also spend their youth studying and seeking experience outside so that one day they will become educated parents. We know that parents are the first madrasa for their children" (IN.06.21).

   From the results of the interview above, it can be concluded that education is an important factor in changing conventional thinking patterns into modern thinking patterns, so that people will minimize the risk of getting married at a young age, there is a lot of experience that must be prepared to move towards marriage, because of the knowledge gained. in education, it can later be applied in the household and of course minimize the divorce rate. One of the activities held by the village government related to the application of counseling psychology is an effort to provide new insight and knowledge to village youth, so that it becomes the initial capital to open the thinking horizons of the village's young generation.

3. Parental Factors
   Ha also said that parents were worried about being disgraced because their daughter was dating a very clingy man, so they immediately married off their daughter.

   "From the results of my research, what I got from several people said that they married off their children because they were afraid of undesirable events, such as getting pregnant out of wedlock which would be a disgrace for the family. To
minimize this, the best solution is to hasten the marriage of children. "For their children, such concerns are natural for parents, where social interactions are currently very free for young people in this modern era" (Ha.06.24).

In, as the village administrator, has actually also provided an explanation to parents who are taking care of their children's marriage documents. In has also explained the risks of marrying at a young age. Nowadays, it is different from in the past.

"Actually, sir, I have been going back and forth to my parents who were taking care of the paperwork while in the village, that the risks of young marriage are very complex, different from the past, nowadays gadget is also very influential. "Personally, in my opinion, if parents are worried about their children's disgrace due to dating, marrying young is not a win-win solution, they should provide good, humanistic education to their children" (IN.06.24).

The two sources above have actually tried to remind and advise parents who want to marry their children at a young age, because there are many risks and household problems, when the psychology is not mature there are many risks of divorce at a young age like now and the village government has explained and provided education to public. Parents are also a factor in young marriage.

4. Mass Media Factors
Ha said that the incessant exposure of sex in the mass media has caused modern teenagers to become increasingly permissive about sex.

"Today's mass media is very free to explore, if parents don't accompany them in the media then children will be free to see things that they shouldn't have time to see, gadgets are a very significant influence in life, so that if children lose control they are very curious. extraordinary at a young age, so they want to get married immediately for the sake of desire, because psychologically they are not ready to settle down" (Ha.06.24).

In line with what In said,

"Mass media is currently a consumptive material for young people, sir, if there are no restrictions on media, it will have a negative impact on children. "Especially when there are so many pornographic films that are easily accessible, the harsh language makes children increase their sexual desire, therefore many of them want to practice what they see, this is also a concern for parents" (IN.06.24).

The results of interviews with both subjects showed that media becomes dangerous material when it is not distributed in a positive direction, this is due to easy access in all fields, media is also a factor in teenagers wanting to marry young, because their strong desire and extraordinary curiosity make them Teenagers want to get married soon. Parental control over their children when playing media is also very important to prevent gadget exploration, so that this can prevent early marriage.

Of the four factors put forward and correlated with findings in the field, marriage is not a solution to avoid poverty, especially if couples who marry at an early age do not have mature economic readiness. Education plays an important role in changing conventional thought patterns to become more modern, and can minimize marriage at a young age. With the experience and knowledge gained through education, a person can be better prepared to enter marriage and apply it in the household, which in the end can reduce the divorce rate. The
village government seeks to provide new insights and knowledge through psychological counseling activities to village youth. This aims to open the thinking horizons of the younger generation and become their initial capital in facing life. Apart from that, the village government also tries to remind and advise parents who plan to marry their children at a young age about various risks and household problems, as well as the importance of psychological readiness to avoid divorce. Parents have an important role in preventing young marriages. Media, when not used positively, can be a factor that encourages teenagers to marry young because of curiosity and strong desire. Therefore, parental control over children's media use is very important to prevent unhealthy gadget exploration and early marriage.

After that, the researchers also measured the results of providing counseling to participants with a total of 50 respondents to measure. This research uses a retrospective (before-after) method where the results of the intervention are taken by looking at the situation before the counseling psychology service was provided and after the counseling psychology service was provided. Researchers gave pre-test measuring instruments to counseling psychology service participants before carrying out the activity and gave a post-test after carrying out the activity. These two tests function to measure the effectiveness of the following activities:

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Based on the table above, the average pre-test score was 35.7333 and the post-test was 71.0000, resulting in an increase of 35.2667 and a sig value of <0.05, which can be concluded that there was a significant increase in the score resulting from the activity. So that we can categorize that the activities carried out by researchers have increased in terms of understanding related to preventing marriage at an early age.

| Figure 1. Research Documentation |

**CONCLUSION**

Getting married is not a solution to avoid poverty, especially if done at an early age without mature economic readiness. Education has a crucial role in changing conventional thinking patterns to become more modern, so that it can reduce the number of young marriages. Education also provides experience and knowledge that makes a person better prepared for marriage and reduces the risk of divorce. The village government is trying to increase the insight and knowledge of the younger generation through psychological counseling and educational activities for parents. This aims to provide psychological readiness and knowledge about the risks of young marriage. Media that is not used positively can
encourage young marriages. Therefore, parental supervision of children's media use is very important to prevent early marriage. Based on the data obtained, there is a significant increase in understanding regarding the prevention of early marriage. This is shown by an increase in pre-test and post-test scores from 35.7333 to 71.0000 with a significance value of <0.05. Overall, the activities carried out by researchers have proven effective in increasing understanding regarding the prevention of early marriage.

REFERENCES


