

Factors related to the prevention of early marriage in adolescents RP SNC Fannaz Sunggal Deli Serdang: A cross-sectional study

Ida Lestari Tampubolon¹, Yetti Dynaria Siregar², Dwiana Kartika Putri³, Nayodi Permayasa⁴

¹D3 Midwifery Program, Universitas Haji Sumatera Utara, Indonesia

²Midwifery S1 Program, Universitas Haji Sumatera Utara, Indonesia

^{3,4}Department of Occupational Safety and Health, Sekolah Tinggi Ilmu Kesehatan Sentral, Padangsidimpuan, Sumatera Utara, Indonesia

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ABSTRACT

Early marriage is a public health problem that has an impact on reproductive health, education, psychology, and adolescent welfare. Early marriage prevention needs to be supported by knowledge, attitudes, the role of parents, and access to good reproductive health information. This study aims to determine factors related to the prevention of early marriage in adolescents at RP SNC FANNAZ Sunggal Deli Serdang. This study uses a quantitative design with a cross-sectional approach. The research sample was 85 adolescents. Data were collected using questionnaires and analyzed univariate and bivariate using chi-square tests. The results showed that there was a relationship between adolescents' knowledge of early marriage and prevention of early marriage with a value of $p=0.002$, adolescents' attitudes with a value of $p=0.004$, the role of parents/families with a value of $p=0.006$, and access to reproductive health information with a value of $p=0.001$. Therefore, reproductive health education and family involvement need to be improved to prevent early marriage.

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Corresponding Author:

Ida Lestari Tampubolon,
D3 Midwifery Program,
Universitas Haji Sumatera Utara,
Jl. Selamat Lurus No. 73, RW. SA, Sitirejo III, Kec. Medan Amplas, Kota Medan, Sumatera Utara, 20226,
Indonesia
Email: idalestari0801@gmail.com

INTRODUCTION

Early marriage is a marriage that is carried out before a person reaches physical, psychological, social, and economic maturity. This problem is a concern in the field of public health because it can have an impact on adolescent reproductive health, educational sustainability, mental readiness, and family welfare. Adolescents who marry at an early age are at risk of teenage pregnancy, complications of pregnancy and childbirth, school dropouts, economic dependence, and limitations in developing the future (Gelchu Adola & Wirtu, 2024; Try et al., 2025).

Globally, early marriage is closely related to teenage pregnancy. The World Health Organization states that about 21 million adolescent girls aged 15–19 years in developing countries

experience pregnancy every year, and about 12 million of them give birth. This condition shows that adolescents are a vulnerable group that needs protection, education, and access to correct reproductive health information in order to make healthy and responsible decisions regarding their future (M. Fitria et al., 2024; Pakpahan et al., 2023).

In Indonesia, the minimum age limit for marriage has been regulated in Law Number 16 of 2019, namely marriage is only allowed if the man and woman have reached the age of 19. This policy aims to prevent child marriage, reduce maternal and child health risks, and provide opportunities for adolescents to complete education. However, the practice of early marriage can still occur because it is influenced by various factors, such as low knowledge of reproductive health, culture, family economy, social pressure, and lack of parental communication (Lisdiyono, 2023; Sutriani et al., 2025).

Based on data from the Central Statistics Agency in 2025, the proportion of women aged 20-24 years in Indonesia who were married or living together before the age of 18 was recorded at 4.56%. Meanwhile, in North Sumatra Province the figure is 1.54%. Although North Sumatra's rate is lower than the national rate, early marriage remains an important issue because provincial data does not necessarily describe specific conditions at the level of a particular community, village, or youth group (M. Fitria et al., 2024; Jannah & Soiman, 2025).

The local context in the Sunggal Deli Serdang area also shows that the issue of early marriage is still relevant to be researched. Previous research in Sunggal Kanan Village, Deli Serdang Regency found that early marriage is related to factors such as education, family economy, family support, and sources of information. In the initial survey of the study, it was found that a number of heads of families were married at the age of less than 20 years. These findings reinforce that the Sunggal area has empirical relevance in the study of early marriage prevention in adolescents. One of the factors related to the prevention of early marriage is reproductive health knowledge. Well-informed adolescents tend to understand the risks of early marriage, such as teenage pregnancy, reproductive health disorders, psychological unpreparedness, and the impact on education and the economy. In contrast, teenagers with low knowledge may have the mistaken perception that biological maturity, such as menstruation or physical changes during puberty, is enough to be a sign of readiness for marriage (Abbas, 2024; Azami, 2023; M. Fitria et al., 2024)

In addition to knowledge, adolescent attitudes, parental communication, and exposure to reproductive health information also play an important role in preventing early marriage. Adolescents who have a positive attitude towards preventing early marriage will be more likely to delay marriage, prioritize education, and plan for the future. Open parental communication can help adolescents understand the risks of early marriage, while exposure to correct information from schools, health workers, educational media, and communities can strengthen adolescents' awareness of maintaining reproductive health (Biahimo et al., 2023; OLUREMI, 2023; Taufikurrahman et al., 2023).

Research by Dwi Susanti and Diandra Rizki Isrohmaniar, Rohmah Ida Fitria et al., and Luthfiyyah Asri Cahyani et al. shows that reproductive health education through audiovisual media, leaflets, and videos is effective in increasing adolescents' knowledge and attitudes about early marriage prevention. Adolescents with good knowledge and attitudes tend to have positive behaviors in delaying early marriage and maintaining their reproductive health and future (Cahyani et al., 2026; R. I. Fitria & Wijhati, 2025; Isrohmaniar & Susanti, 2023).

Low family involvement in early marriage prevention can cause adolescents to lack information, guidance, and support related to reproductive health and future planning. This condition has the potential to increase adolescents' vulnerability to environmental influences that support early marriage. Therefore, the family has an important role in shaping adolescent behavior to postpone marriage until maturity.

Although various reproductive health education programs have been implemented through schools, health facilities, and community activities, there are still some gaps that have the

potential to contribute to the high risk of early marriage in adolescents. These gaps include limited access to comprehensive reproductive health information, low parental involvement in adolescent education, lack of optimal delivery of materials that are in accordance with adolescents' needs and characteristics, and the influence of social and cultural norms that support marriage at a young age. In addition, research on factors related to the prevention of early marriage in certain adolescent communities is still limited, so more specific studies are needed to understand the conditions and needs of adolescents in each community.

RP SNC FANNAZ Sunggal Deli Serdang as a community that interacts with children and adolescents has a strategic role in coaching, educating, and preventing adolescent social problems. However, it is not known exactly what factors are related to the prevention of early marriage in adolescents in the community. Therefore, this study is important to analyze the relationship between reproductive health knowledge, adolescent attitudes, parental communication, and exposure to reproductive health information with the prevention of early marriage in adolescents of RP SNC FANNAZ Sunggal Deli Serdang.

RESEARCH METHOD

This study is a quantitative study with a cross-sectional study design in adolescents at RP SNC FANNAZ Sunggal Deli Serdang. The sample of 85 respondents was determined using the total sampling technique, namely all members of the population who met the research criteria were used as samples. Data were collected through questionnaires that included reproductive health knowledge, adolescent attitudes, parental roles, exposure to reproductive health information, prevention of early marriage, and respondent characteristics. The characteristics that are considered most relevant in explaining early marriage prevention behavior include age, gender, education level, and information sources. Data analysis was carried out univariate and bivariate to determine the relationship between research variables and the prevention of early marriage.

RESULTS AND DISCUSSIONS

Table 1. Distribution of crystal characteristicsparents of teenagers RP SNC FANNAZ Sunggal Deli Serdang

CharacteristicsParents	n	Percentage
Age Group of Parents		
26 - 35	14	16,5
36 - 45	41	48,2
46 - 23	23	27,1
56 - 65	7	8,2
Quantity	85	100
Jobs		
Housewives	43	50,6
Self-employed	25	29,4
Private Employees	13	15,3
PNS	4	4,7
Quantity	85	100

Source: Primary Data, 2026

Table 1 shows that of the 85 parents who have the highest age group of 36-45 years old as 48.2% and the highest housewife job as much as 50.6%.

Table 2. Distribution of teenage characteristics RP SNC FANNAZ Sunggal Deli Serdang

Characteristics of Adolescents	n	Percentage
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Age Group		
10 - 13	12	14,1
14 - 16	41	48,2
17 - 19	32	37,6
Quantity	85	100
Gender		
Male - Male	23	27,1
Women	62	72,9
Quantity	85	100
Teenage Knowledge About Early Marriage		
Less	45	52,9
Good	40	47,1
Quantity	85	100
Teenage Attitudes Towards Early Marriage		
Negatives	32	37,6
Positive	53	62,4
Quantity	85	100
The Role of Parents		
Passive	47	55,3
Active	38	44,7
Quantity	85	100
Access to Reproductive Health Information		
Less	34	40,0
Good	51	60,0
Quantity	85	100
Prevention of Early Marriage in Adolescents		
Less	29	34,1
Good	56	65,9
Quantity	85	100

Source: Primary Data, 2026

Table 2 shows that of the 85 adolescents, the age group of 14-16 years has the highest as many as 48.2%, the highest female gender as much as 72.9%, the highest adolescent lack of knowledge as much as 52.9%, the highest positive adolescent attitudes as much as 62.4%, the role of passive parents as much as 55.3%, the access to good reproductive health information as much as 60.0% and the prevention of early marriage in adolescents is the highest as 65.9%.

Table 3. Factors related to the prevention of early marriage in adolescents RP SNC FANNAZ Sunggal Deli Serdang

Teenage Knowledge About Early Marriage	Prevention of Early Marriage in Adolescents				Quantity	X ² (p)
	Less		Good			
	n	Presses	n	Presses		
Less	22	48,9	23	51,1	45	9,282 (0,002)
Good	7	17,5	33	82,5	40	
Quantity	29	34,1	56	65,9	85	
Teenage Attitudes Towards Early Marriage						
Negatives	17	53,1	15	46,9	32	8,249 (0,004)
Positive	12	22,6	41	77,4	53	
Quantity	29	34,1	56	65,9	85	
The Role of Parents/Family						
Passive	22	46,8	25	53,2	47	7,533 (0,006)
Active	7	18,4	31	81,6	38	
Quantity	29	34,1	56	65,9	85	
Access to Reproductive Health Information						
Less	21	61,8	13	38,2	34	19,270 (0,001)
Good	8	15,7	43	84,3	51	

Teenage Knowledge About Early Marriage	Prevention of Early Marriage in Adolescents				Quantity	X ² (p)
	Less		Good			
Quantity	n	Presses	n	Presses		
	29	34,1	56	65,9	85	

Source: Primary Data, 2026

Table 3 shows that knowledge, attitudes, parent/family roles, and access to reproductive health information are significantly related to the prevention of early marriage in adolescents at RP SNC FANNAZ Sunggal Deli Serdang. The results of the Chi-Square test showed a value of X² of knowledge calculation of 9.282 (p=0.002), attitude of 8.249 (p=0.004), the role of parents/family of 7.533 (p=0.006), and access to reproductive health information of 19.270 (p=0.001). The entire X² value was greater than the X² table (3.841) and the p < value was 0.05, so it can be concluded that the four variables have a significant relationship with the prevention of early marriage in adolescents. Access to reproductive health information had the highest X² value, indicating the strongest relationship between other variables.

Reproductive Health Knowledge Is Linked to Early Marriage Prevention in Adolescents

Reproductive health knowledge plays an important role in preventing early marriage because it helps adolescents understand the health, psychological, educational, and social risks of early marriage. Through health education, adolescents obtain information about puberty, early pregnancy, sexually transmitted infections, and the importance of physical, mental, social, and economic readiness before marriage (M. Fitria et al., 2024). Good knowledge can increase awareness and form positive behaviors, so that adolescents are better able to plan for the future, continue their education, maintain reproductive health, and postpone marriage until maturity (Shukla et al., 2023).

Reproductive health in adolescents is not only related to the function of the reproductive organs, but also includes an understanding of puberty, personal hygiene, the risk of premarital sexual intercourse, teenage pregnancy, sexually transmitted infections, and readiness to build a family. If adolescents do not get the right information, then adolescents risk getting wrong understandings from peers or social media. This condition can cause adolescents to think that early marriage is normal, especially when influenced by the family, culture, or social pressures (Abdurahman et al., 2023).

The results of the study showed that of 45 adolescents who stated that there was a lack of knowledge, there was a prevention of early marriage in adolescents as much as 48.9%. Meanwhile, of the 40 adolescents who stated good knowledge, there was a prevention of early marriage in adolescents as much as 17.5%. The results of statistical analysis obtained that the value of x² calculated (9.282) > x² table (3.841) or the value of p (0.002) < α (0.05). This means that adolescent knowledge of early marriage is related to the prevention of early marriage in adolescents.

The results of this study show that the better adolescents' knowledge about reproductive health, the better the adolescents' efforts in preventing early marriage. Adolescents who have good knowledge will better understand that early marriage can increase the risk of pregnancy in adolescence, pregnancy complications, school dropouts, economic unpreparedness, and psychological stress in home life. On the other hand, adolescents with low knowledge tend to have less understanding of these risks, making it easier to accept or reject the practice of early marriage.

Based on the explanation above, it can be concluded that the results of the research conducted on adolescents at RP SNC FANNAZ Sunggal Deli Serdang are in accordance with the existing theory. Reproductive health knowledge has an important relationship with the prevention of early marriage. Therefore, improving reproductive health education needs to be carried out continuously through counseling activities, adolescent discussions, parental involvement, and cooperation with health workers so that adolescents have awareness to maintain reproductive health, continue education, and postpone marriage until a mature age.

The high proportion of adolescent girls in this study can also affect the interpretation of the research results. Young women tend to have greater attention to reproductive health issues because they face greater biological and social risks from early marriage. This condition can cause the level of knowledge and awareness about early marriage prevention to be higher than that of young men. Therefore, the results of the study need to be interpreted by considering the dominance of female respondents, so that the generalization of the findings to the entire adolescent population, especially adolescent boys, needs to be done carefully.

Attitudes Towards Early Marriage Are Related to Early Marriage Prevention in Adolescents

Attitudes towards early marriage are adolescents' tendency to accept or reject marriage at a young age influenced by knowledge, experience, family, peers, culture, social media, and environment (Gelchu Adola & Wirtu, 2024). Adolescents who have a positive attitude towards the prevention of early marriage tend to reject and postpone marriage until a mature age because they understand its negative impact on reproductive health, education, psychological conditions, and the future. On the other hand, a permissive attitude can increase acceptance of the practice of early marriage (Greene et al., 2024).

A good attitude towards the prevention of early marriage can be seen from the desire of adolescents to continue their education, plan for the future, postpone marriage until maturity, and understand the importance of physical, mental, social, and economic readiness before marriage. Adolescents who have a positive attitude are also better able to consider the long-term effects of early marriage, such as the risk of teenage pregnancy, school dropout, domestic conflicts, economic unpreparedness, and psychological distress (Sarfo et al., 2024).

The results of the study showed that of 32 adolescents who expressed negative attitudes, there was prevention of early marriage in adolescents as much as 53.1%. Meanwhile, of the 53 adolescents who expressed a positive attitude, there was a prevention of early marriage in adolescents as much as 22.6%. The results of statistical analysis obtained that the value of χ^2 calculated (8.249) > χ^2 table (3.841) or the value of p (0.004) < α (0.05). This means that adolescents' attitudes toward early marriage are related to the prevention of early marriage in adolescents.

The results of this study show that the better the attitude of adolescents towards the prevention of early marriage, the better the efforts of adolescents in preventing early marriage. Adolescents who have an attitude of rejecting early marriage will be more likely to prioritize education, maintain reproductive health, and prepare themselves before entering domestic life. On the other hand, adolescents who have a permissive attitude can more easily accept environmental, cultural, or social pressures that encourage early marriage.

Based on this description, it can be concluded that attitudes towards early marriage have an important relationship with the prevention of early marriage in adolescents. Therefore, the formation of a positive attitude needs to be carried out through reproductive health education, counseling on the impact of early marriage, open family communication, and social environment support that encourages adolescents to continue their education and postpone marriage until a mature age.

The high proportion of young women in this study needs to be considered in the interpretation of the results. Young women tend to be more vulnerable to the effects of early marriage, so they may have a stronger attitude in rejecting early marriage than young men. Therefore, the results of this study reflect more of the perspective of young women. Further research is suggested to involve a more balanced proportion of male and female respondents in order to obtain a more comprehensive picture of attitudes towards early marriage prevention.

The Role of Parents in Relation to Early Marriage Prevention in Adolescents

The role of parents in reproductive health affects efforts to prevent early marriage in adolescents. As the first environment for children, parents play a role in providing information, guidance, supervision, and support related to reproductive health, puberty, association, and the

risk of early marriage (Gambir et al., 2024). Active parental involvement can help adolescents understand the importance of physical, mental, social, and economic readiness before marriage, thus encouraging the formation of a more positive understanding and attitude to postpone marriage until maturity (Pourtaheri et al., 2024).

The role of good parents can also be a protective factor for adolescents from the negative influence of the environment, peers, and inappropriate information from social media. Adolescents who receive direction, attention, and supervision from their parents will be better able to make the right decisions regarding their future. On the other hand, the lack of parental role can cause adolescents to seek information from other sources that are not necessarily true, which can lead to misunderstandings about reproductive health and early marriage (Khan et al., 2024).

The results showed that of 47 adolescents who stated the role of passive parents, there was a prevention of early marriage in adolescents as much as 46.8%. Meanwhile, of the 38 adolescents who stated the role of active parents, there was 18.4% prevention of early marriage in adolescents. The results of statistical analysis obtained that the value of χ^2 calculated (7.533) > χ^2 table (3.841) or the value of p (0.002) < α (0.05). This means that the role of parents/families is related to the prevention of early marriage in adolescents.

The results of this study show that the better the role of parents in reproductive health, the better the efforts of adolescents in preventing early marriage. Parents who are active in providing direction about reproductive health, education, association, and the future can help teens understand that early marriage has a variety of risks. With the role of good parents, adolescents will be more encouraged to continue their education, take care of themselves, and postpone marriage until they have mature readiness.

Based on this description, it can be concluded that the role of parents in reproductive health has an important relationship with the prevention of early marriage in adolescents. Therefore, parents need to increase their involvement in providing guidance, direction, supervision, and support to adolescents, particularly in discussing reproductive health, early marriage risks, and future planning. The role of parents who are active, warm, open, and non-judgmental can be one of the important efforts in preventing early marriage in adolescents.

The high proportion of young women in this study needs to be considered in the interpretation of the results. Adolescent girls generally have more intense interactions with parents regarding reproductive health and future planning, so the results of the study reflect more of their perspectives. However, these findings still show that the role of parents is an important factor in preventing early marriage in adolescents. Further research is suggested involving a more balanced proportion of respondents based on gender.

Exposure to Reproductive Health Information Is Related to Early Marriage Prevention in Adolescents

Exposure to reproductive health information plays an important role in preventing early marriage because correct and age-appropriate information can increase knowledge, form positive attitudes, and help adolescents understand the risks of early marriage and the importance of physical, mental, social, and economic readiness before marriage (Corno & Voena, 2023). This information can be obtained from schools, health workers, parents, social media, and counseling activities to help adolescents make more informed decisions regarding their future (Pamukhti, 2025).

Good exposure to information can increase adolescents' awareness of the impact of early marriage on education, health, psychology, and the future. Adolescents who obtain information from reliable sources will better understand that early marriage is not only a matter of biological readiness, but also related to mental readiness, economy, family responsibilities, and the ability to live a married life. Conversely, inappropriate information from peers or social media can form a false perception, such as considering early marriage as normal or a solution to certain problems (Sari et al., 2023).

The results showed that of the 34 adolescents who stated that access to reproductive health information was lacking, there was a lack of prevention of early marriage in adolescents as much as 61.8%. Meanwhile, of the 51 adolescents who stated that access to reproductive health information was good, there was prevention of early marriage in adolescents as much as 15.7%. The results of statistical analysis obtained that the value of χ^2 calculated (19.270) > χ^2 table (3.841) or the value of p (0.001) < α (0.05). This means access to reproductive health information is related to the prevention of early marriage in adolescents.

The results of this study show that the better the exposure to reproductive health information received by adolescents, the better the efforts of adolescents in preventing early marriage. Adolescents who are adequately and correctly informed will be better able to understand the risks of early marriage, maintain reproductive health, continue education, and plan for the future. Thus, exposure to the right information can be one of the protective factors for adolescents from the decision to get married at an early age.

Based on this description, it can be concluded that exposure to reproductive health information has an important relationship with the prevention of early marriage in adolescents. Therefore, the provision of reproductive health information needs to be carried out in a sustainable manner through schools, families, health workers, educational media, and community activities. The information provided should be easy to understand, according to the age of adolescents, and emphasize the importance of postponing marriage until adolescents have mature physical, mental, social, and economic readiness.

The high proportion of young women in this study needs to be considered in the interpretation of the results. Adolescent girls are generally more active in seeking reproductive health information, so the results of the study reflect more of their perspectives on the importance of information in preventing early marriage. Further research is suggested to involve a more balanced proportion of male and female respondents to obtain a more comprehensive picture.

Based on factors that have been shown to be related to the prevention of early marriage, the most effective intervention strategies are to improve reproductive health education, form positive attitudes towards postponement of marriage, strengthen parental involvement in adolescent mentoring, and expand access to reproductive health information through schools, health workers, educational media, and communities. An integrated approach that involves adolescents, families, and the environment is expected to improve efforts to prevent early marriage optimally.

Research Limitations

This research has several limitations, especially related to time constraints and constraints in the data collection process. Several variables that have the potential to affect the prevention of early marriage in adolescents, such as family economic conditions, cultural influences, peer roles, and parental education, have not been comprehensively analyzed due to limited available resources. The method used in this study is the distribution of questionnaires. Although the method is quite effective for capturing primary data, the use of questionnaires has disadvantages, such as the tendency to subjectivity of respondents' answers, lack of understanding of the questions, and lack of concentration when filling in, which have the potential to affect the accuracy and validity of the data obtained.

CONCLUSION

This study shows that knowledge, attitudes, the role of parents/families, and access to reproductive health information are significantly related to the prevention of early marriage in adolescents at RP SNC FANNAZ Sunggal Deli Serdang. Therefore, it is necessary to strengthen policies through increasing reproductive health education, parental involvement, and providing easy and sustainable access to information for adolescents in the community. Further research is

recommended using longitudinal or experimental designs to identify cause-and-effect relationships between factors influencing the prevention of early marriage in adolescents.

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Based on these findings, it is suggested that reproductive health education be further improved through cooperation between families, communities, schools, and health workers to form positive attitudes, strengthen parent-adolescent communication, and encourage adolescents to postpone marriage until they are fully prepared.

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