

THE IMPACT OF EARLY MARRIAGE ON YOUNG WOMEN

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REVIEW

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ABSTRACT

Introduction: Women who marry young experience enormous pressure when problems arise in marriage because they are emotionally and psychologically unprepared, underage, and encouraged to become precocious. This paper aims to review the impact of early marriage, specifically on young women.

Methods: The research method employed in this article utilizes a literature review approach, where data derived from literature and document searches are analyzed descriptively.

Results: Study of the influence of conflict in young marriages based on research findings, in addition to having negative psychological effects, there are also positive effects in marriage.

Discuss: The problems of quarrels that may arise in a husband-and-wife relationship and how to handle them are difficult to overcome due to their immature nature, thinking style, and emotional instability, which can sometimes affect women's mental health.

Conclusion: marriage is building a family and starting to establish communication, commitment, economic needs, knowing personality, adjustment, and love (affection). Poor communication between husband and wife, lack of commitment in the relationship, lack of financial independence and still receiving financial support from each other's parents, and lack of understanding of the couple's personality by the wife all have an impact on the quality of the marriage.

Keywords: marriage, impact of early marriage, women's marriage.

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INTRODUCTION

Marriages performed on children under the age of 19 are called early marriages. Children at this age are usually not ready for the role they will play, such as being a wife or mother. Marriage is only valid if the man and woman have reached the age of 19 years in accordance with the updated rules of Law Number 16 of 2019 concerning amendments to Law Number 01 of 1974 concerning Marriage. However, the number of early marriages that occur in Indonesia continues to increase from year to year. Meanwhile, data from a study of the Indonesian population shows that the number of early marriages has increased by a total of 50 million people, with the average married person being under the age of 19.¹

According to a 2018 *United Nations Children's Fund* (UNICEF) report, Indonesia ranks 37th in the world and second in ASEAN for the highest rate of early marriage, behind only Cambodia, with 23% of women marrying before reaching the age of 18.

According to data from the Central Statistics Agency in 2020, the provinces with the highest percentage of child marriage at the age of ≤ 18 years are West Sulawesi (33.41%), Central Kalimantan (31.50%), South Kalimantan (30.66%), West Nusa Tenggara (28.66%), and West Kalimantan (28.64%). According to the Indonesian Statistics Report, the number of divorce cases in Indonesia in 2022 increased compared to 2021, to 447,743 cases. The main cause of divorce in 2022 is disputes and quarrels as many as 284,169 cases. In the 2017 revision of the Central Bureau of Statistics, the percentage of women who were divorced and had been married before the age of 18 was 3.02%.²

Early marriage occurs because of a variety of factors, generally related to the environment, parents, culture, economy, and education.

To reduce the burden on families and in the hope that their children can live better, parents often marry off their children at a young age due to economic considerations, especially less

economic income.³ Education-related problems can also lead to early marriage, so parents marry off their offspring.⁴ Among the possible problems in marriage are a lack of psychological and physical preparedness, in dealing with social or economic problems, failure to foster marriage relationships, and problems of domestic violence.

According to research by Rahmah et al (2017), the satisfaction of wives and husbands can be seen from the relationship lived in different roles and conflict resolution. This suggests that marriages are becoming of higher quality and can affect their mental health and make them unhappy. It is important to pay attention to the impact of early marriage on mental health, because most women marry early, and many problems arise, so most women will be responsible. Women who marry young experience enormous pressure when problems arise in marriage because they are emotionally and psychologically unprepared, underage, and encouraged to become precocious.

METHOD

The research method employed in this article utilizes a literature review approach, where data derived from literature and document searches are analyzed descriptively.

RESULT

From the results of a systematic literature search, 4 studies were found that were in accordance with the *systematic review* analyzed. The results of the review showed that the cause of early marriage occurred due to parents' economic problems, low levels of education, and there was also due to pregnancy out of wedlock, this occurred also due to freedom of association and lack of open communication between parents and adolescents in reproductive health problems, resulting in behavioral deviations.⁵⁻¹¹

In the first literature study that analyzed the economic needs of young couples' households, they were still insufficient, and not all needs were met effectively.

The economic support received still rests with the parents. According to Zuraidah's research (2016), a value of $p = 0.000$ was obtained, which shows there is a significant relationship between economic status and early marriage in women. According to Sari et al (2020), as many as 17 informants, 7 of whom were married because they had had premarital sex, and 4 of them were married by elopement.⁸ The cause of early marriage is due to pregnancy out of wedlock, which happens because of the freedom of association. So that there is an early marriage caused by *marriage*.

In the third literature study analyzing the educational factors in the households of early age couples, based on the results, it was found that the average education of informants is only elementary and junior high school graduates, lack of knowledge about the impact of early

marriage on reproductive health makes adolescents want to marry, the lower a person's education level the greater their chances of early marriage, conversely the higher a person's education tends they are not to do. Early marriage, in line with research conducted by Srihartini (2014) the relationship between the variables of women's education level (X) and age of marriage (Y) is linear. This means that the higher one's education, the longer one will delay marriage or until it reaches the ideal age. The lower one's level of education, the sooner one will get married.

DISCUSS

The problems of quarrels that may arise in a husband-and-wife relationship and how to handle them are difficult to overcome due to their immature nature, thinking style, and emotional instability, which can sometimes affect women's mental health. Women are taught to be more patient, understand their partner's personality, be calm when their husbands are angry, be more receptive, and have smaller egos to prevent conflict.

Study of the influence of conflict in young marriages based on research findings, in addition to having negative psychological effects, there are also positive effects in marriage.

Negative psychological impact

Anxiety is one type of psychological disorder that develops as a result of severe stress. According to Research Kumbara, et al (2017), anxiety is characterized by the absence of excitement, worry, and depressed feelings experienced in a variety of different situations.

According to Agoes Dariyo, one of the effects of trauma in marriage is a bad perception of marriage, parents, and fears that loom over the future. The anxiety that women feel when marrying young is the fear and worry of facing problems that will arise in marriage. In addition, the regret of women who marry young and cannot get a job because they only have a junior high or high school diploma, makes women experience difficulties, especially in terms of finances. Having an abusive partner, the difficulty of getting a job makes them dependent on parents, especially in terms of meeting their daily needs.

Positive Psychological Impact

Women experience many changes after marriage; women are better able to adapt and always accept everything calmly. Those who were previously selfish have begun to decrease; those who used to be lazy now have greater responsibility in taking care of the household, are more diligent in worship, more patient, and less irritable.

This reveals that early marriage has advantages as well as disadvantages. In addition, from a woman's point of view, marriage is building a family and starting to establish communication, commitment, economic needs, knowing personality, adjustment, and love (affection).

CONCLUSION

Early marriage has advantages as well as disadvantages. In addition, from a woman's point of view, marriage is building a family and starting to establish communication, commitment, economic needs, knowing personality, adjustment, and love (affection). Poor communication between husband and wife, lack of commitment in the relationship, lack of financial independence and still receiving financial support from each other's parents, and lack of understanding of the couple's personality by the wife all have an impact on the quality of the marriage. Anxiety and tension are the emotional causes of marriage, but character enhancement is the side that is seen as beneficial.

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