

THE EFFECT OF HEALTH EDUCATION WITH AUDIO-VISUAL MEDIA ON THE IMPROVEMENT OF ADOLESCENT KNOWLEDGE ABOUT THE RISK OF EARLY MARRIAGE

Abdul Munib¹, Riwayati Malika², Lia Ilhami Aysa³

¹ Faculty of Islamic Religious Education, Darul Falah Pagutan Islamic College, Mataram, Indonesia

^{2,3} Department of Midwifery, University of Qamarul Huda Badaruddin Bagu, Lombok, Indonesia

* Corresponding Author: Riwayati Malika, University of Qamarul Huda Badaruddin Bagu, Lombok, Indonesia

Email: riwayatimalika14@gmail.com

ABSTRACT

Background: The prevalence of early marriage in Indonesia is 1 in 9 Indonesian women marry before the age of 18. One of the causes is the lack of knowledge about the risks of early marriage. **Objective:** To determine the effect of health education with audio-visual media on increasing adolescent knowledge about the dangers of early marriage. **Method:** The types of Quasi-Experimental research with one group Pretest-Posttest design. The number of samples was 34 students of class XII at SMK N 1 Pemenang. The sampling technique uses total sampling. The instrument in this study uses a questionnaire on knowledge about early marriage. Statistical tests using the Wilcoxon test. Results of the study obtained a mean pretest value of 21.26. While in the posttest, the mean value was 24.50 and p-value of 0.000 ($p < 0.05$). **Conclusions** is that there is an influence of health education with audio-visual media on increasing adolescent knowledge about the risks of early marriage. It is recommended that health workers provide health education about the impact of early marriage to prevent early marriage among teenagers.

Keywords: Adolescent; Audio Visual; Health Education; Knowledge; Early Marriage

INTRODUCTION

Early marriage is a formal or informal marriage conducted under the age of 18. According to Law No. 16 of 2019 concerning Amendments to Law No. 1 of 1974 concerning Marriage, the minimum age limit for marriage for women is the same as the minimum age limit for marriage for men, which is 19 (nineteen) years (Undang-undang RI, 2019).

According to the United Nations Children's Fund (UNICEF) (2018), the number of child brides globally is now estimated at 650 million, includes girls under the age of 18 and mature women who married in childhood. In many developing countries, about 33 percent of girls get married before reaching the age of 18, and 12% girls get married under the age of 15 (Bokaie et al., 2021).

The prevalence of early marriage in Indonesia in 2018 had the first marriage before the age of 18, which is 11,21%. In other words, 1 out of 9 Indonesian women aged 20 to 24 years slimming marriage before the age of 18. This figure suffered a decline compared to the last ten years, as his term reached 25 percent. It is estimated that as many as 25 million child marriages have been prevented through various effective efforts ((BPS), 2020) According to the Department of Women's Empowerment and Child Protection (DP3AP2KB) (2023). Cases of child marriage in the province of West Nusa Tenggara (NTB) are still quite high. In 2022, the highest at the national level was 16.23%. Cases of child marriage in North Lombok Regency from 2020 to 2023 amounted to 230 cases (Dinas PPA KLU, 2023). The impact for adolescents who do early marriage are: Pregnant teenagers will

be more easily to suffer anemia while pregnant and giving birth, one of the causes of high maternal and infant mortality, loss of opportunity to taste higher education, interaction with the environment of peers reduced (Yudisia in Suptiani et al, 2021).

According to (Artika et al., 2022), in his study explained that one of the causes of the tendency of child marriage is the lack of knowledge and awareness of the consequences and disadvantages of marriage at a young age. Counseling using audio-visual media is an effective way to increase knowledge. The results of his research also show that audiovisual media influence the increase of knowledge of adolescents about child marriage with a significant value of 0,001. Based on the results of the study of introduction in SMKN 1 Pemenang got the number of students of Grade X to XII as many as 356 students (141 Grade X, 131 Grade XI, and 84 Grade XII students), with the number of hospitality students as many as 34 people. The number of child marriage cases in SMKN 1 Pemenang was 10 people (3 Grade X and 7 Grade XII). Based on the results of interviews with 6 students, 4 students have close friends (boyfriend), and 2 people explained the old dating about 1 Year old. Knowledge of early marriage: 4 People category less or no knowledge of early marriage, and 2 people know about the understanding of early marriage from family and friends. Based on the explanation of the students that health counseling at SMKN 1 Pemenang about early marriage to students has not been done. Based on the background description above, researchers interested in studying the effect of health education with audio-visual media on the increase of knowledge of adolescents about the risk of early marriage in Class XII SMKN 1 Pemenang.

METHODS

This study employed a quasi-experimental research design using a one-group pretest–posttest approach to examine the effect of health education delivered through audio-visual media on adolescents’ knowledge regarding the risks of early marriage. This design was selected to allow comparison of participants’ knowledge levels before and after the educational intervention within the same group.

The study was conducted at SMKN 1 Pemenang, East Pemenang Village. The population consisted of all Grade XII students from the hospitality department, totaling 34 students. Given the relatively small population size, the sampling technique used was total sampling, in which all eligible students were included as research participants.

The intervention involved the provision of health education using audio-visual media, which presented information on the definition, risks, and consequences of early marriage from health, social, and educational perspectives. Data on adolescents’ knowledge were collected using a structured questionnaire on early marriage knowledge, which was administered twice: before the intervention (pretest) and after the intervention (posttest).

Data analysis was carried out using statistical software. Prior to hypothesis testing, the distribution of data was assessed. As the data were not normally distributed, a Wilcoxon Signed Rank Test was used to analyze differences in knowledge scores before and after the intervention. Statistical significance was determined at a 95% confidence level, with a p-value < 0.05 considered indicative of a statistically significant effect of the audio-visual health education on adolescents’ knowledge regarding early marriage.

RESULT**Table 1.** Knowledge of adolescents about early marriage risk before giving health education with audio-visual media.

Knowledge	f	%
Good	21	61,8
Enough	10	29,4
Less	3	8,8
Total	34	100,0

Based on Table 1, it shows that knowledge of adolescents about early marriage before the provision of health education with audio-visual media most of the good categories as many as 21 people (61,8%) and a small percentage of less category as many as 3 people (8,8%).

Table 2. Knowledge of adolescents about the risk of early marriage after being given health education with audio-visual media.

Knowledge	f	%
Good	29	85,3
Enough	5	14,7
Less	0	0,0
Total	34	100,0

Based on Table 2, it shows that Knowledge of adolescents about early marriage after giving health education with audio-visual media is enough for Category 5 people (14,7% and good category, as many as 29 people (85,3%)

The effect of health education with audio-visual media on the knowledge of adolescents about early marriage

Table 3. The results of the test of Wilcoxon Between Health Education and audio-visual media on the improvement of knowledge about early marriage.

Knowledge	<u>Wilcoxon Test</u>	
	Mean	P-value
Pretest	21,26	0,000
Posttest	24,50	

Based on Table 3, it shows that the level of knowledge about the risk of early marriage before giving health education with audio-visual media obtained a mean value pretest 21,26, while at posttest Mean value was 24,50. Test results Wilcoxon obtained p-value 0,000 t ($p < 0,05$), which means that there is a fluence of health education with audio-visual media

on the increase of Knowledge in adolescents at SMKN 1 Pemenang with an increased level of mean value of 3,24.

DISCUSSION

Knowledge of adolescents before health education by audio-visual methods Based on Table 1, it shows that knowledge of adolescents about early marriage before the provision of health education with audio-visual media most of good categorized as good by 21 people (61,8%). The results of this study are in line with the research that has been done by Khazanah et al (2023), which shows that knowledge of adolescents before education with audio-visual media about early marriage in most of the categories is good, as many as 77 people (84,6%). The results of this study are different from the study by (Artika et al., 2022) obtained knowledge of adolescents before counseling with audio-visual media about child marriage. Most of the categories are enough. A total of 32 people (64%). The results of research by (Pendidikan Kesehatan Melalui Media Video Terhadap Pengetahuan Remaja Putri Tentang Dampak Pernikahan Dini Pada Kesehatan Reproduksi & Yogyakarta, 2023) most of the knowledge of adolescents before counseling includes audio-visual knowledge, about early marriage, a category of 18 people (72%).

According to Hasanuddin (2020) stated knowledge before educational intervention is known as prior knowledge, where the initial knowledge can come from a collection of experiences during life, thereby supporting the increase of knowledge after educational intervention. Increased knowledge is easier if someone has prior knowledge. Prior knowledge is also the basic data for choosing educational design, preparation of educational materials, and the strategy of implementation of education.

Researchers' assumption that juvenile knowledge before Given health education with audio media about early marriage, there are 3 people with less knowledge, this is due to the lack of active adolescents in seeking information, socialization of adolescents related to early marriage, so knowledge is in less category. Knowledge of adolescents after health education with audio-visual methods Based on table 2, it shows that knowledge of adolescents about early marriage after giving health education with audio-visual media most in the good category as many as 29 people (85,3%). This shows that after given health education with audio-visual media the level of knowledge of adolescents increased.

The results of this study are in line with the study by Dewie et al (2022) showed that the level of knowledge of adolescents after giving counseling with audio-visual media about marriage know a good category of 40 people (80%). The results of this study are also in line with the research by Khazanah et al (2023) shows that knowledge of adolescents after education with audio-visual media is mostly good category as many as 83 people (91, 2%).

According to Purnamasari & Raharyani (2020), knowledge is also caused by the desire to know a person, then knowledge can also be obtained from various information media, and from family members and teachers in school, as well as information provision such as health counseling. Health counseling can be done by one method of audio-visual media. Media audio-visual has many benefits in helping the delivery of information, such as producing good learning because it can be remembered again, to facilitate the process of Absorption of knowledge. (Nanlohy et al, 2021).

According to Dewie et al (2022), in their research explained that Media audio-visual is a communication medium in extension which involves two senses at once in one time, namely the sense of sight and sense of hearing, so that messages ages in verbal and non-verbal can be delivered intact. Because Media audiovisual is suitable for media counseling on adolescents due to the elements that are displayed in the form of media are easy to understand, and can also create a pleasant atmosphere during the counseling process. Also, counseling materials delivered can be well understood.

Researchers assume that knowledge of adolescents increases after being given health education about early marriage, with audio-visual media increasing. Audio-visual media is one of the media that can be used to provide information in the form of images accompanied by explanations that are easy to understand by adolescents, so that the knowledge of adolescents becomes increased. The effect of health education with audio-visual media on the increase of knowledge of adolescents about the risk of early marriage in Class XII SMKN 1 Pemenang, eastern Pemenang village.

Based on Table 3. Based on the test results of Wilcoxon obtained value of $p < 0,000$ ($P < 0,05$), which means that there is an influence of health education with audio-visual media on the increase of knowledge in adolescents at SMKN 1 Pemenang The results of this study are in line with the research that has been done by Wirasti (2023), obtained p value of $0,001$ ($p < 0,05$), meaning there is an influence of education through audio-visual media on the knowledge of adolescents. The results of this study are also in line with the research that has been done by Dewie et al (2021) showed that audio-visual media affect the increase of knowledge of adolescents about child marriage with p -value of $0,001$ ($p < 0,05$). In line with the research done by the Isrohanian and Susanti (2023) showed there was an influence of health counseling using Media audio-visual obtained p -value of $0,000$. According to Dewie et al (2021), in their study explained that one of the causes of the tendency of child marriage is the lack of knowledge and awareness of the consequences and disadvantages of marriage at a young age. Counseling using audio-visual media is an effective way to increase knowledge. Statistically, some studies show the excellence of audio-visual media in increasing knowledge even with different topics. Basic Good knowledge makes people do or behave well. Hopefully, knowledge-based behavior can last longer and longer term. In this case, a teenager with good knowledge of child marriage will be aware and even avoid the occurrence of child marriage or a round him.

The use of audio-visual media in the learning process is one of the inventions that a teacher has prepared to make the learning process more attractive and can motivate students in learning. This audio-visual media relies on two human senses at once, hearing (audio) and sight (visual). This aid is also a tool that is used in learning situations to help words as well as writing can present knowledge, ideas, and attitudes of learners (Ichsan DKK, 2021).

The researcher assumes that the audio-visual method is one of the methods that can be used either in the learning process or health counseling because this method is effective in giving understanding to students. Audio-visual method. It involves two senses of hearing and vision, because the audio-visual media is equipped with images of accompanying explanations, so that it is easier to understand, which can increase the knowledge of adolescents about the risk of early marriage.

CONCLUSION

Based on the results of this study, it can be concluded that adolescents in Class XII at SMKN 1 Pemenang already had a moderate to good level of knowledge regarding early marriage prior to the educational intervention. However, a clear improvement in knowledge was observed after the provision of health education using audio-visual media, indicating that this method effectively enhanced adolescents' understanding of the risks associated with early marriage.

Statistical analysis using the Wilcoxon test showed a significant difference between pretest and posttest knowledge scores ($p < 0.05$), confirming that health education delivered through audio-visual media had a significant effect on increasing adolescents' knowledge. These findings are consistent with previous studies demonstrating the effectiveness of audio-visual media in improving adolescent knowledge across various health-related topics, including early marriage prevention.

Overall, audio-visual health education can be considered an effective and appropriate educational approach for adolescents, as it engages both visual and auditory senses, facilitates information retention, and creates a more engaging learning environment. Therefore, the use of audio-visual media is recommended as an alternative strategy for health education programs aimed at increasing adolescent awareness and preventing early marriage.

REFERENCES

1. (BPS), B. P. S. (2020). *Pencegahan Perkawinan Anak Percepatan yang tidak biasa di Tunda* (B. P. S. (BPS) (ed.); 2020th ed.). Badan Pusat Statistik. <https://www.bps.go.id/id/news/2020/02/14/363/cegah-perkawinan-anak--pemerintah-luncurkan-stranas-ppa.html>
2. Artika, D., Mangun, Mardiani, & Safira, I. (2022). Pengaruh Media Audiovisual Terhadap Pengetahuan Remaja Tentang Pernikahan Anak di Posyandu Remaja Gawalise. *Jurnal Ilmu Kesehatan*, *16*, 152–156. <https://www.jurnal.poltekkespalu.ac.id/index.php/JIK/article/view/992>
3. Bokaie, M., Bostani Khalesi, Z., & Ashoobi, M. T. (2021). Challenges and strategies to end child marriage. *International Journal of Adolescent Medicine and Health*, *33*(3), 75–81. <https://doi.org/10.1515/ijamh-2021-0017>
4. Pendidikan Kesehatan Melalui Media Video Terhadap Pengetahuan Remaja Putri Tentang Dampak Pernikahan Dini Pada Kesehatan Reproduksi, P., & Yogyakarta, A. (2023). *JURNAL PROMOTIF PREVENTIF The Influence of Health Education Through Video Media on Teenage Girls' Knowledge about the Impact of Early Marriage on Health Reproduction* Kurnia, Dewi Rokhanawati. *6*(4), 540–546. <http://journal.unpacti.ac.id/index.php/JPP>
5. (BPS), B. P. S. (2020). *Pencegahan Perkawinan Anak Percepatan yang tidak biasa di Tunda* (B. P. S. (BPS) (ed.); 2020th ed.). Badan Pusat Statistik. <https://www.bps.go.id/id/news/2020/02/14/363/cegah-perkawinan-anak--pemerintah-luncurkan-stranas-ppa.html>

6. Dewie, Artika, Mangun, Mardiani & Safira, I. 2022. The Influence of Audiovisual Media on Adolescent Knowledge About Child Marriage at the Gawalise Adolescent Posyandu. *Journal of Health Sciences*, Volume 16, Number 2.
7. Dewie, Sulistyorini L, Wuryaningsih EW. The Relationship between Early Marriage and the Risk of Violence by Mothers on Preschool Children in Summersari Village, Summersari District, Jember Regency. *e-Journal of Health Library [online]*, 5(3):481-88, 2021.
8. DP3AP2KB. 2023. Child Marriage Case Data Must Be Based. In dp3ap2kb.ntbprov.go.id. Accessed on June 4, 2024, at 16.00 WITA.
9. Hasanuddin, MI. 2020. Prior Knowledge: Concepts and Implications in Learning. *EDITION: Journal of Education and Science*, 2(2): 217-232.
10. Ichsan, Jazilatur Rahmah, et al. 2021. Audio Visual Media in Learning in Elementary Schools. *SNHRP-III 2021*. PGRI Adi Buana University Surabaya.
11. Isrohaniar, Susanti (2023). The Importance of Education for Adolescents as an Effort to Prevent Early Marriage. *Indonesian Journal of Community Engagement*, 1(1), 36–41.
12. Khasanah, N., Liliana, A., & Benu, O.D. 2023. Utilization of audiovisual-based media technology in preventing early marriage among teenagers in Gunung Kidul, Yogyakarta. *Journal of Public Health Innovation (JPHI)*, Volume 4, Number 1, 2023; Pages 17-24.
13. Law of the Republic of Indonesia. 2019. Law 16 of 2019 concerning Amendments to Law 1 of 1974 concerning Marriage. Jakarta: State Secretariat.
14. Nanlohy, W., Asrina, A., & Kurnaisih, E. 2021. The Influence of Educational Media Videos and Leaflets on Knowledge and Attitudes. *Multidisciplinary Synergy of Science and Technology*, 4(1), 2021.
15. Novitasari, Y., & Hidayati, R.W. 2018. The Effect of Counseling with Video Media on the Level of Adolescent Knowledge about Early Marriage at SMP PGRI Kasihan Bantul. *Publication Manuscript*. Universitas ‘Aisyiyah Yogyakarta.
16. Purnamasari, Raharyani. (2020). The Risks of Free Sex and Early Marriage for Reproductive Health in Adolescents. *Journal of Community Engagement in Health*, 4(1), 76–81.
17. Suptiani, Laila Putri, Rohmatin, E., Andala, T. 2021. *Healthy Body, Healthy Marriage*. Purbalingga: Eureksa Media Aksara
18. UNICEF. 2018. *Child marriage: Latest trends and prospects*. UNICEF.