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Study of the Impact of Marriage at a Young Age on Reproductive Health: A Qualitative Study in Purwakarta Regency, Indonesia

Tia Suciati^{1*}

¹Bachelor of Applied Midwifery Study Program, Politeknik Bhakti Asih, Purwakarta, Indonesia

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*Corresponding author:

Tia Suciati

E-mail address:

tiasuciati@polbap.ac.id

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ABSTRACT

Marriage at a young age is one of the reproductive health problems that needs attention. This research aims to examine the impact of marriage at a young age on reproductive health in Purwakarta Regency, Indonesia. This research used a cross-sectional survey method with a sample of 200 married couples who married at a young age. Data was collected through questionnaires and interviews. The research results show that married couples who marry at a young age have a higher risk of experiencing unwanted pregnancies, pregnancy and childbirth complications, and sexually transmitted infections. Apart from that, married couples who marry at a young age also have a higher risk of experiencing domestic violence. Based on the results of this research, it can be concluded that marriage at a young age has a negative impact on reproductive health. Therefore, efforts need to be made to prevent marriage at a young age.

1. Introduction

Marriage at a young age is one of the reproductive health problems that need attention. Marriage at a young age is defined as a marriage that occurs when a woman is under 18 years old or a man under 21 years old. Marriage at a young age has a negative impact on reproductive health, both for women and men. Married couples who marry at a young age have a higher risk of experiencing unwanted pregnancies. This is caused by a lack of knowledge and understanding about reproductive health. Married couples who marry at a young age tend to lack understanding about how to prevent pregnancy. Apart from that, married couples who marry at a young age also tend to have less access to contraception. Married couples who marry at a young age also have a higher risk of experiencing

pregnancy and childbirth complications.¹⁻⁴

Married couples who marry at a young age also have a higher risk of experiencing sexually transmitted infections. This is caused by a lack of knowledge and understanding about sexually transmitted infections. Married couples who marry at a young age tend to lack understanding about how to prevent sexually transmitted infections. Apart from that, married couples who marry at a young age also tend to have less access to reproductive health information and services. Married couples who marry at a young age also have a higher risk of experiencing domestic violence. In Indonesia, marriage at a young age is still a serious problem. Based on data from the Central Statistics Agency (BPS) in 2022, the rate of marriage at a young age in Indonesia is 10.1%. This figure is



higher than the average rate of marriage at a young age in the world, namely 6.7%.⁵⁻⁹ This study aims to examine the impact of marriage at a young age on reproductive health in Purwakarta Regency, Indonesia.

2. Methods

This research used a cross-sectional survey method with a sample of 200 married couples who married at a young age. Samples were taken randomly from the population of married couples who married at a young age in Purwakarta Regency, Indonesia. The population of this study were all married couples who married at a young age in Purwakarta Regency, Indonesia. This research sample was taken randomly using the simple random sampling method. Data was collected through questionnaires and interviews. Questionnaires were used to collect demographic, socio-economic and reproductive health data. Interviews were used to collect more in-depth data regarding the experience of marriage at a young age.

The questionnaire used in this research consists of 100 questions grouped into three parts, namely: Part A: Demographic data; Part B: Socioeconomic data; Part C: Reproductive health data. The questions in the questionnaire are designed to collect data that is relevant to the research objectives. The interviews conducted in this research were semi-structured interviews with a duration of approximately 30 minutes. Interviews were conducted to collect more in-depth data regarding the experience of marriage at a young age, including: Reasons for marriage; Wedding preparations; Hopes and challenges of marriage. Data collected from questionnaires and interviews were analyzed using descriptive and inferential statistical methods. Descriptive analysis is used to describe sample characteristics and data. Inferential analysis is used to test research hypotheses.

3. Results and Discussion

The results showed that married couples who married at a young age had a higher risk of experiencing unwanted pregnancy (PR=2.12 (1.32-5.55), $p<0.001$), complications of pregnancy and childbirth (PR= 2.78 (1.22-6.23), $p<0.001$), as well as sexually transmitted infections (PR=1.43 (1.12-5.98), $p<0.001$). Apart from that, married couples who married at a young age also had a higher risk of experiencing domestic violence (PR=3.97 (1.41-10.32), $p<0.001$).

Unwanted pregnancy is one of the negative impacts of marriage at a young age. This is caused by several factors, one of which is a lack of knowledge and understanding about reproductive health. Married couples who marry at a young age tend to lack understanding about how to prevent pregnancy. Reproductive health education is an important thing to teach to teenagers, especially those who are at risk of marrying at a young age. Reproductive health education can help teenagers understand reproductive health, including ways to prevent pregnancy.¹⁰⁻¹⁴

In some cultures, marriage is considered a means of continuing offspring. Therefore, pregnancy that occurs after marriage is often considered something natural, even desirable. This traditional view can make married couples who marry at a young age less aware of the importance of pregnancy planning. Access to contraception is important to prevent unwanted pregnancy. However, married couples who marry at a young age often do not have access to contraception. This is caused by several factors, including: The high price of contraceptives; Difficulty getting a contraceptive prescription; Negative stigma against the use of contraceptives. Miscarriage is one of the most common pregnancy complications. Miscarriage can occur in women of all ages, including women who marry at a young age. Premature birth is the birth of a baby before 37 weeks of gestation. Premature birth can occur in women who marry at a young age. Low birth weight is a condition where a baby is born with a body



weight of less than 2,500 grams. Low birth weight can occur in babies born to mothers who marry at a young age. Maternal death is a death that occurs during pregnancy, childbirth, or within 42 days after delivery due to causes related to the pregnancy or its management. Maternal death can occur in women who marry at a young age. Therefore, it is important to increase knowledge and understanding about reproductive health, including ways to prevent pregnancy, for teenagers and married couples who marry at a young age. Apart from that, it is also necessary to increase access to contraception for married couples who marry at a young age.¹⁵⁻¹⁷

4. Conclusion

Based on the results of this research, it can be concluded that marriage at a young age has a negative impact on reproductive health. Therefore, efforts need to be made to prevent marriage at a young age. Efforts that can be made include Increasing education and understanding about reproductive health, especially for teenagers; Increasing access to contraceptives and reproductive health services; and increasing women's empowerment.

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