



Mental Health Status in Women Who Marry at an Early Age in Kampung Tubanan Baru, Block N Surabaya

Rindang Wahjuningtjas

Universitas Indraprasta PGRI Jakarta, Indonesia

Email: rindangwahjuning@gmail.com

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A B S T R A C T

Marriage is actually a sacred and beautiful thing that can be a precious moment in a person's life, but in reality living a household ark is not easy, the occurrence of early marriage often before emotional maturity is fully reached will cause heavy emotional pressure and risk as well, therefore the research using this case study method wants to examine how the quality of marriage and mental health status Women who marry at an early age, in completing this study using qualitative research, case studies with in-depth interview methods and observations, factors that affect the quality of marriage in women who marry at an early age, the role of mental health in maintaining the harmony of marriage relationships and steps taken to improve the quality of marriage and mental health in women who marry at an early age.

1. Introduction

Early marriage, particularly among women in rural and socioeconomically disadvantaged communities, remains a critical global health and social issue. Women who marry at an early age often face challenges such as limited education, financial instability, and constrained decision-making power, which can adversely affect their mental health (Petroni et al., 2017). Mental health issues such as depression, anxiety, and post-traumatic stress disorder are prevalent among women in early marriages due to social pressures, lack of autonomy, and increased exposure to domestic violence (Raj & Boehmer, 2018). Kampung Tubanan Baru, Block N, Surabaya, exemplifies a community where early marriage is still common, and understanding the mental health implications in this context is essential. Previous studies on early marriage in Indonesia have primarily focused on its socio-economic and reproductive health outcomes (Nurriszka & Sari, 2021), leaving a gap in research specifically addressing mental health implications.

Although mental health is increasingly recognized as a crucial component of public health, limited studies explore its relationship with early marriage in Indonesia. Existing research has often generalized findings across diverse demographic groups without delving into specific community contexts (Kemenkes RI, 2022). Furthermore, there is an urgent need to understand the unique cultural, social, and environmental factors contributing to mental health outcomes in women married at an early age in Kampung Tubanan Baru. Addressing this research gap will contribute to more targeted interventions and policies (UNICEF Indonesia, 2022).

Prior research has highlighted the impact of early marriage on educational and economic opportunities for women (Parsons et al., 2019). However, its direct impact on mental health remains understudied, especially in localized settings like Kampung Tubanan Baru. This study aims to fill this gap by examining specific mental health outcomes and identifying contributing factors within this population. The novelty of this study lies in its focus on a community-level analysis of early marriage and mental health, incorporating a psychosocial framework that addresses both individual and contextual variables.

This study aims to analyze the mental health status of women who marry at an early age in Kampung Tubanan Baru, Block N, Surabaya. The findings will inform stakeholders, including policymakers and healthcare providers, about the mental health challenges faced by this demographic. Moreover, this research seeks to provide actionable recommendations to improve mental health support systems in similar communities. By bridging the existing research gap, this study contributes to the global discourse on early marriage and its psychosocial implications.

Early marriage, defined as marriage before the age of 18, often curtails women's access to education and economic independence. The practice is deeply rooted in cultural norms and socio-economic pressures (UNICEF, 2021). In communities like Kampung Tubanan Baru, early marriage is influenced by traditional values and limited access to resources, making it a significant variable for this study. The impacts of early marriage on mental health are multifaceted, as it often leads to heightened exposure to stressors such as household responsibilities and marital discord (Raj & McDougal, 2020).

Mental health encompasses emotional, psychological, and social well-being. Common issues in women who marry early include depression, anxiety, and a sense of isolation, stemming from reduced autonomy and increased vulnerability to violence (Nasir & Kharroubi, 2020). Mental health is a crucial variable in this study because it reflects the psychological toll of early marriage within a culturally specific context, highlighting the need for community-specific interventions. Cultural norms and environmental conditions significantly influence the mental health outcomes of women in early marriages. In Kampung Tubanan Baru, factors such as familial expectations, societal stigma, and limited access to mental health services exacerbate the challenges faced by early-married women (Kurniawan et al., 2022). Understanding these variables will help contextualize mental health outcomes and identify targeted strategies for improvement.

The essence is that every person in this world is created in pairs so that they can live together, love each other, and love each other and this will be done well when they have gone through a marriage and formed a family that is *sakinah mawaddah warrohma*, because having a family is an effort to obtain happiness and prosperity in life.



Marriage is a process of binding a promise between a man and a woman to formalize the marriage bond according to religious norms, legal norms and social norms. But in reality in living a married life is not that easy, there are obstacles or obstacles that are often experienced by every married couple, one of which is the lag factor of early marriage which can affect the mental health of both couples, Often before full emotional maturity is reached can cause stress and severe emotional consequences, making it difficult to resolve a conflict. Problems that cannot be solved properly in marriage will affect the quality of marriage (Setiawati, 2017).

Monash University Research Fellow, Danusha Jayawardana, said that the practice of marriage at a young age has a negative impact on women's mental well-being, especially in women under the age of 18, liputan6.com (accessed November 15, 2023). Based on data from UNICEF at the end of 2022, Indonesia is ranked 8th in the world and 2nd in ASEAN with 1.5 million cases. The Indonesian Ministry of Empowerment and Child Protection (KemenPPPA) recorded that religious courts have received 55,000 applications for early marriage dispensation throughout 2022, which means almost double the number of similar files in the previous year. Therefore, the issue of early marriage in Indonesia has reached an alarming level.

Meanwhile, the impact of marriage at an early age on mental health is important and main to pay attention to because this condition is very identical and related to domestic problems that arise due to the lack of physical, emotional, and social emotional maturity. The occurrence of quarrels often triggers domestic violence (KDRT) which makes them feel depressed, uncomfortable, and feel regret which leads to the decision to divorce (Elok, 2019). Early marriage in Indonesia is still widely carried out, early marriage must be handled immediately and become a shared responsibility because in early marriage there will be a lot of negative consequences compared to the positive.

2. Methodology

This study employs a qualitative research design to explore the mental health status of women who marry at an early age in Kampung Tubanan Baru, Block N, Surabaya. A qualitative approach is appropriate for understanding the nuanced experiences and perceptions of participants within their social and cultural contexts (Creswell & Poth, 2018). This study aims to uncover the lived experiences of early-married women and identify factors influencing their mental health outcomes.

The primary data source consists of in-depth interviews with women who married before the age of 18 and reside in Kampung Tubanan Baru. Purposive sampling was used to select participants based on their willingness to share their experiences and meet the study criteria. Additionally, key informants such as community leaders and healthcare providers were included to provide contextual insights. Secondary data sources, such as local health records and policy documents, were also reviewed to support and triangulate the findings (Flick, 2018).

Data were collected through semi-structured interviews and focus group discussions (FGDs). The semi-structured interviews provided a flexible framework for exploring participants' mental health experiences, while FGDs facilitated dialogue on shared community experiences and perspectives (Kvale & Brinkmann, 2015). All interviews and discussions were conducted in the participants' native language and audio-recorded with their consent to ensure accuracy. Observational notes were taken during field visits to document non-verbal cues and environmental context.

Thematic analysis was used to analyze the data, following Braun and Clarke's (2019) six-step framework: familiarization with data, generating initial codes, searching for themes, reviewing themes, defining themes, and producing the report. Data coding and analysis were conducted using qualitative analysis software to ensure systematic categorization and interpretation of emerging themes. Triangulation of data sources and peer debriefing were employed to enhance the validity and reliability of the findings (Nowell et al., 2017)

The research was conducted starting from Sunday, November 5, 2023 on two married couples who got married at an early age in Tubanan Baru Village, Surabaya. The researcher conducted a direct home visit to respondents who were married early using interview techniques, and observation, in this interview method is one of the reliable methods to obtain data about individuals by providing relevant questions because it is carried out directly, namely face-to-face. The observation method is defined as systematic observation and recording, symptoms that appear in the object of research, while the questionnaire is carried out by providing a written question that is used to obtain information about the respondent's report about his or her personal information and things that need to be known. Meanwhile, the technical

data analysis in this study is to reduce data, present data and draw conclusions.

3. Result and Discussion

This study was conducted on two couples who had adolescent marriage or early marriage. In this research, the first step is to meet directly with the respondents by conducting an interview method to find the data and information needed for research purposes. And from the results of the interview, the following information was obtained:

1. First couple married in 2020
2. The husband with the initials K was born in 2000 and the wife with the initials P was born in 2001
3. Married at the age of 19 years old husband and 17 years wife
4. The couple has been blessed with a daughter who was born in 2022 and is currently 1 year old
5. The second couple got married in 2021
6. The husband with the initials R was born in 1996 and the wife with the initials S was born in 2003
7. Married at the age of 25 years old husband and 17 years wife
8. The couple has been blessed with a son who was born in 2021 and is currently 2 years old

After conducting observations and interviews, the next step is to provide tests related to mental health through questionnaires that must be filled out to understand and know and measure the mental health of these two couples, questions totaling twelve items that must be answered by each couple. From the results of the mental health test, it is known that the first couple is: The husband has a low score and the wife has a high score. Meanwhile, in the second couple, it is: The husband has a low score and the wife has a high score. After conducting a test to measure mental health by providing a questionnaire, then a test was carried out through an interview to find out the stress level of each couple and produce a score that: The first couple has a low husband score, the wife score is high, the second couple has a low husband score and the wife score is high.

From the mental health test, it can be concluded that in both couples, it is the wife or woman who is most vulnerable to mental health disorders, and also from the results of the interview test, it is known that the wife or woman is proven to have a higher level of stress. In analyzing the mental health status of adolescents who marry at a young age, we can use several relevant theories to gain insights and in-depth information, where the focus of this analysis will include aspects such as identity, stress, social support, and economic factors. From the perspective of stress theory, we can explore the impact of marriage stress at a young age because adolescents may face additional pressure because they have to adjust to be able to adapt to the changes in roles and responsibilities that come with marriage, by understanding how they respond to stress we can conduct interviews about their stress and mental health. (Lazarus and Folkman)

From a psychosocial perspective, stress and resilience can also provide an understanding of how adolescents cope with marital challenges at a young age, external factors such as social and economic support can be determinants of mental health, it is proven that strong social support can help them cope with stress, while lack of support can increase the risk of mental health problems. Meanwhile, economic factors also play a very important role in how economic instability affects mental health, namely by affecting the psychological well-being of adolescents who marry young, difficulties can increase the burden of stress, while economic security can provide a more stable foundation for married life, especially for those who marry early.

Marriage

According to the UU. No. 11974 (pasal 1) marriage or marriage is a bond between a man and a woman as husband and wife with the aim of forming a family (a happy and eternal household based on the One Godhead, marriage is a bond that shows the relationship between individuals and other persons, the bond occurs because there is a personal compatibility, psychologically, ratio, and physically between related people, the marriage relationship is a union between the two in a way and method that is suitable to unite each other (Dhori, 2005). Marriage is a sacred bond that unites a man and a woman in a family called husband and wife and makes it permissible for him to have sexual intercourse because all forms of goodness in marriage can be classified as worship.

The legal conditions for marriage in Indonesia are:

1. Both parties must have the same religion
2. Both parties must be at least 19 years old or have reached the age of majority according to the applicable HUKUNM
3. Both parties must give each other consent voluntarily and without coercion
4. The bride-to-be must have a legal guardian
5. The bride-to-be must have valid witnesses

The purpose of marriage is to form a happy and eternal family based on the One Godhead, marriage also has general principles that are to be obeyed, including:



1. Monogamy, that is, a husband with one wife, if the husband wants more, certain conditions must be fulfilled and the court decides.
2. Loyalty, which is being loyal to each other and not having an affair.
3. Openness, openness and honesty in communication.
4. Honor, which is mutual respect and mutual respect for each other.
5. Cooperation, which is working together to face all problems and challenges in life.

The principles and conditions for marriage include:

1. Ijab (handover), which is the pronouncement or word of submission spoken by the guardian or who represents the woman.
2. Qabul (accept), which is acceptance from the part of the prospective husband or his deputy.
3. Strictly determine what the name of the prospective husband and wife will be
4. The willingness of the two prospective brides
5. Guardian
6. Presence of Witnesses
7. Prospective husbands and wives have no obstacles or obstacles

The existence of harmony and conditions is for something that must be fulfilled or must be done in carrying out the marriage.

Early Marriage

Adolescence is a transition period from children to adulthood that enters between the ages of 10 years to 24 years, marriages that are carried out under 18 years old can be said to be marriages carried out by children, child marriages or early marriages can cause or cause various negative impacts on children, marriages that are not timely will manifest or cause many problems, both physical problems and psychological problems.

Marriage at an early age is a marriage process carried out by a couple one of whom is still under 17 years old or at the age of 17 years, both men and women when getting married at that age can be said or also called early marriage.

One of the ways to carry out early marriage is one of the efforts to prevent adultery or adultery, so marriage is quickly carried out to avoid unwanted things, therefore marriage at an early age is influenced by many factors and is usually related to social environment factors, parents, culture, economic factors and educational factors.

The problems that arise in early marriage include the absence of physical readiness, psychological incompatibility in facing social and economic problems, inability to foster domestic relationships and violence that occurs in the household. Problems that cannot be solved properly in a marriage will affect the quality of marriage, (Setiawati, 2017).

In Indonesia, underage marriage is still rampant not only in remote villages but also in big cities in Indonesia.

Factors that affect the occurrence of early marriage

1. Economic Factors, economic problems in going out are sometimes a trigger for parents to encourage their children to get married quickly because parents cannot afford school and living expenses so that children decide to get married early.
2. Educational factors, the lack of parental knowledge about education often makes parents resigned and accept the decision of their children to drop out of school, this will cause early marriage because of a lack of positive activities, there is no busyness so they choose to get married even though education is the single most important factor in postponing marriage (Saker Obaida and K.M Mustafizur Rahman).
3. Parent Factor, parents are components of the family consisting of father and mother, parents have duties and responsibilities in educating, nurturing and guiding children to reach certain stages until they are ready to carry out household life. The low education of parents causes parents to be less able to understand the provisions in the Marriage Law No. 1 of 1974.
4. Factors of Pregnancy Outside of Marriage, the phenomenon of pregnancy out of wedlock often encounter in our society today, social media often presents news about sex and sexual harassment, the development of information that can be quickly accessed and watched by children, if the child does not have emotional intelligence then the child will be able to be curious and try new things such as having sex outside of marriage. Parents will also be married to cover up the disgrace of the family.

Mental Health

Mental health is related to several things, including:

1. How a person thinks, feels and lives his daily life in life.



2. How a person perceives himself and others.
3. How does a person evaluate various alternative solutions in making decisions about the situation they are facing. (Yusuf, 2011).

Meanwhile, the mental health of each individual is different, experiencing dynamism in its development because in essence every human being is faced with a situation where must be able to solve a problem, not a few people at a certain time experience mental health problems in living their lives. (Daradjat 1988) Mental health is a balance or harmonization in life that is manifested between the functions of the soul, the ability to face problematic or problems that occur, and being able to feel happiness and one's abilities positively, mental health is a condition in which individuals avoid the symptoms of mental disorders (neurose) and from the symptoms of mental illness (psychose). (Peiper and Uden, 2006) Mental health is a state in which a person does not experience feelings of guilt towards himself, has a realistic thinking about himself, is able to accept his shortcomings or weaknesses, has the ability to face and is able to solve his problems, has satisfaction in his social environment and feels happiness in his life. Thus, it can be concluded that mental health is a condition of a person that allows the development of all aspects of his development, both physical, intellectual, and emotional, which are in balance with the development of others so that they are able to interact with the surrounding environment, mental symptoms or soul functions such as thoughts, feelings, will, attitudes, perceptions, views and beliefs. So that harmony arises and avoids all feelings of doubt, upset, anxiety, and inner conflict or opposition in the individual himself. Getting married at an early age is a very big risk to mental health, marriage that is still young also contains many unexpected problems because from a psychological point of view it is immature, especially for women, the disturbance of mental health here is that teenagers who get married early will be more often lonely, stressed, and even experience mental disorders, while the impact of the social aspect is the rate of divorce and infidelity for couples who get married early, they are not mentally ready to live a household which will eventually lead to divorce.

4. Conclusion

Early marriage in Indonesia is still rampant where marriage at an early age has a negative impact on women's mental health welfare, especially in those who marry under 18 years old, early marriage occurs because it is influenced by many factors widely from outside and is usually related to social environmental factors, parental factors, cultural factors adhered to, economic factors and education factors.

The realization of true harmony between the functions of the soul and having the ability to face problems that often occur and avoid anxiety and inner conflict is a picture of a healthy soul, this definition shows that the functions of the soul such as thoughts, feelings, attitudes, views and beliefs must support each other in synergy so as to create balance and harmony in life, which keeps a person away from the nature of anxiety and anxiety, and avoid anxiety and inner conflict. Mental health assessment indicators with a healthy individual psyche can be seen when a person is able to overcome pressure, stress, and can think rationally or is able to think logically. Young women who get married at a young age have many problems so that many of them experience physical, psychological, intellectual, and interpersonal stress. A soul where a healthy soul will be able to overcome stress if there is a conflict that needs to be resolved, not easily feel burdened by the situation, and able to resolve complicated conflicts and not easily despair.

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