

THE IMPACT OF HEALTH PROMOTION EDUCATION VIA VIDEO MEDIA ON ADOLESCENTS' AWARENESS AND ATTITUDES CONCERNING EARLY MARRIAGE.

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ABSTRACT

Sustainable Development Goals abbreviated as SDGs in fifth goal is about gender equality, namely Achieving gender equality and empowering all women and girls. This study investigates the impact of health promotion using video on adolescents' knowledge and attitudes toward early marriage. A quasi-experimental design with a pre-test and post-test control group method was employed to compare knowledge and attitudes before and after health counseling in junior high school 168 and junior high school 172 Jakarta. Data was collected using questionnaires distributed to 95 respondents aged 15-17. Statistical analysis showed that video media did not significantly impact knowledge and attitudes ($p > 0.05$). Factors such as environmental influences, prolonged video duration, and pandemic restrictions may have affected outcomes. Recommendations include utilizing more engaging and accessible formats to enhance knowledge retention and attitude shifts toward early marriage.

Keywords: *Early Marriage; Health Promotion; Adolescent Attitudes; Video Media.*

ABSTRAK

Tujuan Pembangunan Berkelanjutan yang disingkat SDGs pada tujuan kelima adalah mengenai kesetaraan gender, yaitu Mencapai kesetaraan gender dan memberdayakan semua perempuan dan anak perempuan. Penelitian ini mengkaji dampak promosi kesehatan melalui media video dan selebaran terhadap pengetahuan dan sikap remaja terkait pernikahan dini. Desain kuasi-eksperimental dengan metode pre-test dan post-test kelompok kontrol diterapkan untuk membandingkan pengetahuan dan sikap sebelum dan sesudah penyuluhan kesehatan di SMP 168 dan SMP 172 Jakarta. Data dikumpulkan menggunakan kuesioner yang dibagikan kepada 95 responden berusia 15-17 tahun. Analisis statistik menunjukkan bahwa media video tidak berdampak signifikan terhadap pengetahuan dan sikap ($p > 0,05$). Faktor-faktor seperti pengaruh lingkungan, durasi video yang panjang, dan pembatasan pandemi mungkin memengaruhi hasil. Rekomendasi meliputi penggunaan format yang lebih menarik dan mudah diakses untuk meningkatkan retensi pengetahuan dan perubahan sikap terkait pernikahan dini.

Keywords: *Pernikahan Dini; Promosi Kesehatan; Sikap Remaja; Media Video.*

INTRODUCTION

The Government of Indonesia is committed to achieving the targets in the 2020-2024 National Medium-Term Development Plan (RPJM), one of which is to improve quality and competitive human resources with a target to reduce child marriage from 11.2% in 2018 to 8.74% in 2024. (Susilowati, 2016) (UNICEF, 2019)

A child based on Law No. 23 of 2002, is someone who is not yet 18 years old, including children who are still in the womb. Meanwhile, Law Number 16 of 2019 Article 7 states that marriage is only permitted if the man and woman have reached the age of 19 (nineteen) years. This is related to the development of a country. Sustainable Development Goals abbreviated as SDGs in goal 5 is about gender equality, namely Achieving gender equality and empowering all women and girls. Target 5.3 aims to eliminate all harmful practices, including child marriage by 2030. (Union, 2015) Indonesian girls aged 15-19 years who are married ranked 81st in the world (9.3%) in 2017. (UNICEF, 2019) The Government of Indonesia is committed to achieving the targets in the National Medium- Term Development Plan 2020-2024/National RPJM, one of which is to improve quality and competitive human resources with a target to reduce child marriage from 11.2% in 2018 to 8.74% in 2024. (Bappenas, 2014) (Montazeri S, 2016) In the 2019-2024 period, the Ministry of PPPA has five priority issues for the development of women's empowerment and child protection. The five priority issues are: (1) increasing women's empowerment in entrepreneurship; (2) increasing the role of parents in children's education; (3) reducing violence against women and children; (4) reducing child labor; and (5) preventing child marriage. (Protection, 2019)

According to the 2018 National Socio-Economic Survey (SUSENAS), child marriage is a formal or informal marriage in which one or both parties are under 18 years of age. The prevalence of child marriage is the number of women aged 20-24 years who married before the age of 18 years divided by the total number of women aged 20- 24 years. The prevalence of child marriage in Indonesia is estimated to be 1,220,900 girls married before the age of 18 or 0.56%. About 11% or 1 in 9 females and about 1% or 1 in 100 males aged 20-24 were married before the age of 18. About 99.26% of girls aged 10-17 years are unmarried, 0.70% are married, and those who divorce are 0.04%, both death and divorce. When viewed from the age at the time of first marriage, around 36.62 percent of girls aged 10-17 years had married at the age of 15 years or less. About 39.92 percent married at age 16, and 23.46 percent married at age 17. West Java

Province has the highest absolute number, estimated at 273,300 child marriages. (BPS) The impact of child marriage is the death of girls aged 15-19 years due to pregnancy and childbirth, babies born to mothers under 20 years old are almost 2 times more likely to die during the first 28 days than babies born to mothers aged 20-29 years. (Montazeri S, 2016) Married girls are more vulnerable to domestic violence. (Kidman, 2017)

The causes of early / child marriage are households with lower expenditure quintiles, in rural areas, and low education. (UNICEF, 2014) Low maternal education can lead to low maternal knowledge about the impact of early marriage on reproductive health. (Harahap, 2018) Rahman F, et al 2016 reported that there is a relationship between the attitude of adolescent girls and the incidence of early marriage. The existence of a supportive attitude of adolescent girls towards early marriage does not rule out the possibility that adolescent girls will perform early marriage. (Noor, 2018)

In terms of education, it presents the percentage of girls aged 10-17 according to marital status and education. Children who are married, with the highest education completed only up to junior high school reached 51.88%, meaning that half of the girls aged 10-17 years have experienced marriage and only received education up to junior high school. Meanwhile, the percentage of those who graduated from senior high school and above was very small, only around 3%, because in terms of understanding they were mature to choose or decide on something. In terms of divorce status, half of the divorced girls only graduated from primary school. The same pattern occurs in rural areas. (Tilson, 2000) Child marriage really limits children's right to continue their education. (Protection, 2019)

Previous research reported that reproductive health education with school-based counseling effectively reduces risk and negative behavior among adolescents due to lack of understanding. (Wahi, 2019) According to Dwinanda, AR in 2015, which states that there is a relationship between respondents' knowledge and early marriage, namely respondents who have low knowledge have a risk of committing early marriage by 4 times compared to respondents who have high knowledge. According to Azwar (Azwar, 2007), the factors that influence attitudes are personal experience where what has been and is being experienced will contribute to shaping and influencing a person's appreciation of social stimuli and then forming a positive or negative

attitude. In addition, there are mass media factors that can influence attitude formation. (JE, 2012)

Health education can be done with a variety of media, one of which is audiovisual media. Audiovisual media is a teaching aid that has the form of images and emits sound. Audiovisual media displays elements of images and sound simultaneously when consuming messages or information. The advantage of using audiovisual media is that it provides a more real picture and increases memory retention because it is more interesting and easy to remember. Previous research reported that there was an effect of counseling with video media on the knowledge and attitudes of adolescents about the risks of early marriage in the Cakung Neighborhood, East Jakarta. (Lestari, 2018)

This media is a moving and dynamic media, can be seen and heard and delivered through electronic aids. Examples of media are television, radio, video film, cassette, CD, VCD, internet (computer and modem), SMS (cellular telephone). This electronic media has advantages including being easier to understand, more interesting, already known to the public, face-to-face, including all five senses, the presentation can be controlled and repeated and the reach is greater. The disadvantages of this media are higher costs, a little complicated, need electricity and sophisticated tools for production, need careful preparation, equipment is always developing and changing, need storage skills and skills to operate it. (Susilowati, 2016)

According to Rizki et al in 2020 reported that counseling using video media had an effect on increasing the knowledge and attitudes of couples of childbearing age about IUD contraception. (BPS) Other researchers also reported that media in the form of videos and demonstration methods were proven to increase adolescents' knowledge about BSE. Meanwhile, the use of leaflet and video media is equally effective in increasing adolescents' knowledge about the dangers of smoking. (Safitri)

SMP 168 Jakarta is a junior high school located in Cakung, West Java. This school is under the guidance of the Cakung Subdistrict Health Center, but there has never been any health counseling or health research related to reproductive health, especially about early marriage. Whereas SMP 172 Jakarta is a vocational high school located in Cakung District, East Jakarta, West Java Province and under the guidance of the Cakung sub-district health center and no

research has ever been conducted related to early marriage. Therefore, researchers are interested in examining the effect of using animated video media on early marriage in junior high school children.

METHOD

The type of research is quasi-experimental (pseudo- experiment) with pre-post test group design with control group. In this design, the knowledge and attitudes of students before health counseling will be compared with the knowledge and attitudes of adolescents after health counseling using video about early marriage. This study uses a quantitative approach with the data used is primary data. This primary data is obtained from questionnaires from respondents.

This research design is to test animated video media about early marriage on the knowledge and attitudes of junior high school students. Observation was carried out twice, namely before and after treatment. The group was observed before the intervention, then observed again after the intervention at a predetermined time.

Hypothesis There is a difference in students' knowledge and attitude scores between before (pre-test) and after (post-test) the provision of health education interventions using video media. The population in this study were all students at the time the survey was conducted at SMP 168 Jakarta (at junior high school 168 Jakarta, Cakung District, East Jakarta City, West Java Province) in 2021, namely 150 students and junior high school 172 Jakarta as many as 359 students. The sample of this study were some students aged 15-17 years attending junior high school 168 Jakarta and junior high school 172 Jakarta in 2021 at the time of the study (150+359=509 students). Inclusion criteria: - students have never received information about early marriage using videos Exclusion criteria: -students who were absent. Sampling method Samples were taken using simple random sampling technique and taken proportionally from each stratum randomly.

The instruments used in collecting primary data in this study using learning outcomes tests (pretest and posttest) Pretest question sheet (initial test before treatment), Posttest question sheet (final test after treatment). Before the test instrument is used, first test the questions so that the data obtained is good and can prove the hypothesis proposed. The number of questions per pre-test and post-test sheet using the Gutman scale with a total of 30 questions consists of 9 true

statements (2,3,4,6,7,9,12,13,15) and 6 false statements (1,5,8,10,11,14). while positive statements are 8 questions (5, 6, 7, 9, 10, 12, 13, 15) and negative statements are 7 questions (1, 2, 3, 4, 8, 11, 14).

The research instruments used in this study include questionnaires given to all respondents. The data used in this study are primary data obtained through the distribution of questionnaires. The data analysis used in this study consisted of 3 types of data analysis, namely univariate analysis to obtain a description of the frequency distribution of respondents according to various characteristics, according to the independent variable and the dependent variable. bivariate This analysis is used to see the relationship between the independent variable and the dependent variable, namely to prove whether or not there is an effect of providing health promotion using video media. In testing the hypothesis, a normality test was carried out first using the Shapiro Wilk statistical test (sample size <50). If the data is normally distributed ($p>0.05$) then the hypothesis test formula used is a type of parametric test.

The statistical test used to determine the comparison of pre- test and post-test of one group if normally distributed uses a paired T test for the variable knowledge of respondents with video media. While the variables of Knowledge, attitude with video media data are not normally distributed so they use Wilcoxon non-parametric statistics. (Protection, 2019)

RESULTS AND DISCUSSION

RESULTS

The characteristics of respondent in this study were followed by 95 students with 50 case groups (Fyler) and 45 control groups (video).

Table 1. Characteristics Characteristics of Adolescents at junior high school 168 Jakarta and junior high school 172 Jakarta.

Variable	Frequency (n)	Percentage (%)
Gender		
Female	58	61
Male	37	39
Age (Years Old)		
14	2	2,1

15	34	36
16	32	34
17	23	24
18	4	4,2

The characteristics of adolescents who became respondents in this study were mostly female, namely 61% with the age of 15 years as much as 36%.

Univariate analysis is used to obtain an overview of the frequency distribution of respondents according to various characteristics, according to the independent variable and the dependent variable. In this study, univariate analysis was used to determine the frequency distribution of knowledge and attitudes of adolescents about early marriage before and after providing health education using video media.

Table 2. Frequency Distribution of Pre-test and Post-test Knowledge Score of Counseling on Early Marriage with Video Media.

Knowledge Variable	Frequency (n)	Median	SD	Min-Max	Persentase 95% CI
<i>Pre-Test</i>	45	66,67	14,79	26,60-93,30	62,95-71,83
<i>Post-Test</i>	45	60,00	14,31	33,33-93,33	59,69-68,29

In the data above, respondents' knowledge about Early Marriage before receiving counseling with video media has a median value of 66.67 and after receiving counseling with video media decreased to 60.00. The lowest pre-test score was 26.60 and the highest was 93.30. At the time of the post-test the lowest value was 33.33 and the highest was 93.33.

Table 3. Frequency Distribution of Pre-test and Post-test Attitude Score of Counseling on Early Marriage with Video Media

Attitude Variable	Frequency (n)	Median	SD	Min-Max	Persentase 95% CI
<i>Pre-Test</i>	45	65,00	4,48	56,60-55,00	64,32-67,01
<i>Post-Test</i>	45	66,67	5,045	55,00-76,67	64,29-67,33

Respondents attitudes about Early Marriage before receiving counseling with video media had a median value of 65.00 and after receiving counseling with video media increased to 66.67. The lowest pre-test score was 56.60 and the highest was 80.00. At the time of the post-test the lowest value was 55.00 and the highest was 76.67.

Furthermore, bivariate analysis was carried out, namely to see the relationship between the independent variable and the dependent variable, namely to prove whether there was an effect of providing health promotion using video media. In testing the hypothesis, a normality test was carried out first using the Shapiro Wilk statistical test (sample size <50). If the data is normally distributed ($p > 0.05$) then the hypothesis test formula used is a type of parametric test. The statistical test used to determine the comparison of pre-test and post-test of one group if normally distributed uses a paired T test for the variable knowledge of respondents with media. While the variables of Knowledge, attitude with video media and attitude with media data are not normally distributed so they use Wilcoxon non-parametric statistics.

Table 4. Results of Differential Test on Knowledge Level about Early Marriage Pre-test and Post-test with Video Media

Knowledge Variable	Frequency (n)	Median	SD	P
<i>Pre-Test</i>	45	66,67	14,79	0,408
<i>Post-Test</i>	45	60,00	14,32	

**Wilcoxon Test*

Based on statistical tests with the Wilcoxon Test on pre-test and post- test knowledge, $p = 0.408$ or $p > 0.05$ means that there is no significant difference in the level of knowledge of respondents about Early Marriage before and after being given counseling with video media.

Table 5. Results of Differential Test on Attitude Level about Early Marriage Pre-test and Post-test with Video Media

Knowledge Variable	Frequency (n)	Median	SD	P
<i>Pre-Test</i>	45	65,00	4,48	0,335
<i>Post-Test</i>	45	66,67	5,045	

**Wilcoxon Test*

Likewise, the pre-test and post-test attitude variables obtained $p = 0.335$ or $p > 0.05$ means that there is no significant difference in the level of respondents' attitudes about Early Marriage before and after being given counseling with video media.

DISCUSSION

Health education can be done with a variety of media, one of which is audiovisual media. Audiovisual media is a teaching aid that has the form of images and emits sound. Audiovisual media displays elements of images and sound simultaneously when consuming messages or information. The advantage of using audiovisual media is that it provides a more real picture and increases memory retention because it is more interesting and easy to remember. Previous research reported that there was an effect of counseling with video media on the knowledge and attitudes of adolescents about the risks of early marriage in Jakarta in 2018. (Susilowati, 2016)

An overview of the pre-test and post-test knowledge scores of counseling on early marriage with video media obtained a decrease in the median value from 66.67 to 60.00. However, there was an increase in the lowest score from 26.60 during the pre-test to 33.33 during the post-test and the highest score was the same both pre-test and post-test, namely 93.33. According to the researcher, this may be because video media has a long enough duration to make boredom and interest in video topics may not be suitable for adolescents. This is in line with previous research which reports that a person's interest can increase their knowledge. (Kidman, 2017)

This is supported by Notoadmojo that knowledge is influenced by two factors, namely internal and external factors. The internal factors consist of education, interest, experience, and age. (Kidman, 2017)

An overview of the pre-test and post-test attitude scores of counseling on early marriage with video media obtained an increase in the middle value from 65.00 during the pre test to 66.67 during the post test. However, the lowest value decreased from 56.60 during the pre test to 55.00 during the post test, as well as the highest value during the pre and post test decreased from 80.00 during the pre test to 76.67 during the post test. According to the researcher, this is probably because the attitude of adolescents is influenced by their environment such as friends as other people who are considered important. This is supported by Azwar that attitudes are influenced by several factors such as personal experience, culture, other people who are considered important, mass media, educational institutions and religion, as well as emotional factors within individuals. (Union, 2015) (Kidman, 2017)

Based on statistical tests with the Wilcoxon Test on pre-test and post-test knowledge, $p = 0.408$ or $p > 0.05$ means that there is no significant difference in the level of knowledge of respondents about Early Marriage before and after being given counseling with video media. This may be due to limitations in collecting video respondent data due to the COVID-19 pandemic situation with large-scale social restriction policies. This resulted in a non-uniform time span between the pre-test and post-test. This shows that environmental factors influence a person's knowledge. In addition, with the increase in time, one's experience and information can increase. According to Notoadmojo, knowledge is influenced by two factors, namely internal and external factors. The internal factors consist of education, interest, experience, and age. While external factors consist of information, environment, socioeconomics, and culture. (Kidman, 2017)

Likewise, with the pre-test and post-test attitude variables, the p value = 0.335 or $p > 0.05$ means that there is no significant difference in the level of respondents' attitudes about Early Marriage before and after being given counseling with video media. According to the researcher, this may be due to the time of data collection that is not uniform, so that the resulting data becomes inaccurate. In addition, it is possible because the video as mass media has a long duration of 24 minutes, which may make teenagers bored or affect their

emotions. This is supported by Azwar that attitudes are influenced by several factors such as personal experience, culture, other people who are considered important, mass media, educational institutions and religion, as well as emotional factors within individuals. (CB, 2008)

CONCLUSION

This study concludes that health promotion through video media has limited impact on adolescent knowledge and attitudes toward early marriage, as shown by non-significant changes in post-test results. This may be attributed to external influences such as environment, extended video duration, and pandemic limitations, which affected participant engagement. The study suggests implementing diverse media formats and more interactive content to increase effectiveness in educational campaigns on early marriage.

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