

# The Effectiveness of Health Counseling Using Video Media in Increasing Adolescent Knowledge About Prevention of Early Marriage at SMAN 2 Pasaman Kabupaten Pasaman Barat year 2021

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## ABSTRACT

The results of Riskesdas 2018 show that 15.66% of women aged 16 years married at the age of 17-18 years were 20.03%, married at the age of 19-20 years were 22.96% and at the age of 21 there was 41.35%. The purpose of this study was to increase knowledge through Health Counseling Using Video Media in increasing knowledge about preventing early marriage at SMAN 2 Pasaman in 2021. This type of research was Quasi Experimental with pre-test and post-test. The population of this study operated 264 people with a sample of 30 people. Collecting data using a questionnaire by means of interviews. The sampling technique in this study was purposive sampling. This research was conducted on 26 – 27 July 2021. The data were analyzed univariately and bivariate using computerization. The results showed that knowledge before counseling with video media was 51.33% and before counseling with video media was 87.00%. It can be said that video media is effective in increasing students' knowledge about preventing early marriage in Kabupaten Pasaman Barat in 2021.

**Keywords:** *Knowledge, counseling, media, video and early marriage.*

## 1. INTRODUCTION

Early marriage is a marriage in adolescents under the age of 20 who should not be ready to carry out marriage. Adolescence is also a period that is vulnerable to the risk of pregnancy due to early marriage (early age), which can cause miscarriage, premature delivery, low birth weight (LBW), congenital abnormalities, easy infection, anemia in pregnancy, pregnancy poisoning and death [3].

According to the United Nations Development Economic and Social Affairs (UNDESA, 2010) in (Metrotvnews.com), Indonesia is the 37th country with the highest number of early marriages in the world. For ASEAN level, Indonesia is in second place after Cambodia

In the 2018 Basic Health Research Results, which are summarized in the People's Welfare Statistics (SKR) held by BPS, it shows that early marriage in women aged 16 years is 15.66% married at the age of 17-18 years, there is 20.03%, married at the age of 16 years. 19-20 years as many as 22.96% and at the age of 21, there is 41.35% [15].

The impact of early marriage in terms of health can affect the high maternal mortality rate, infant mortality and affect the low maternal and child health. Giving birth at the age of fewer than 20 years has a high risk of experiencing prematurity (born prematurely) with a high probability of physical and mental birth defects, blindness and deafness, while

the age with a small risk in giving birth is the age of 20-35 years [7].

Based data from the Central Statistics Agency (2015) shows that the province of West Sumatra has a percentage of marriages less than 16 years 4.40%, 17-18 years 10.07% and ages 19-20 years as much as 30.27% from cities and districts [2].

Based on data obtained by researchers from the Ministry of Religion (Kemenag) of West Pasaman Regency, it was found that from 2017-2020 there were 1,007 married women. under the age of 20 years and 168 men who were married under the age of 20 years, namely, there were 350 women and 89 men who were married at the age of 16-18 years in 2017 and there were 363 women and 33 men married in aged 16-18 years in 2018, while women who were married at the age of >19 years were 213 women and 27 men in 2019 and in 2020 women who were married at the age of >19 years were 81 women and 19 men (Kementerian Agama Pasaman Barat, 2020).

To reduce the number of early marriages, the government issued laws and programs from the Ministry of Religion and the National Family Planning Population Agency (BKKBN). The reformation of the law began with Law No. 1 of 1974, article 7 paragraph

(1) regarding the age of marriage. The Sakinah family movement program from the ministry of religion and the PUP (Marriage Age Maturation) program as well as the Genre program from the

Health Counseling is an educational activity carried out by disseminating message information, instilling confidence, so that people are aware, know and understand, but are also willing and able to make recommendations related to health and increase knowledge, skills, and attitudes [8].

Media provided in health education or promotion such as videos can be used as a tool in providing health education. Video playback will be able to achieve the effectiveness of the learning process, directing students' attention to concentrate on the

**2. RESEARCH METHODS**

This type of research is a quasi-experimental method, which is an experimental method with pre-test before treatment and post-test and treatment on respondents. The independent variable of this study was health education using video media, while the dependent variable of this study was knowledge about preventing early marriage before and after counseling. In research subjects, measured at the same time. This research was conducted at SMAN 2 Pasaman which was conducted from July 2021. The

**3. RESULTS AND DISCUSSION**

**A. Univariate Analysis**

**1. Knowledge Level of Students Before Counseling About Prevention of Early Marriage at SMAN 2 Pasaman, West Pasaman Regency in 2021**

The results of the knowledge analysis before the extension with the video playback method can be seen in table 1 below

2. Based on table 1, it can be seen that from 30 respondents, 24 respondents (80.0%) had poor knowledge and 6 respondents (20.0%) had good knowledge before being given counseling (pre-test) with the video playback method The level of student knowledge after counseling on prevention of early marriage at SMAN 2 Pasaman, West Pasaman Regency in 2021

BKKBN. In order to support government policies, it can take actions in the form of health education, counseling for healthy adolescent reproductive readiness [20].

material being studied so that the learning process becomes interesting. In addition, in health counseling the selection of methods and media will determine the success of counseling, so that health education through audio- visual media (video) has many advantages to increase students' knowledge [6].

The description above strengthens the author to conduct research that aims to increase knowledge through Health Counseling Using Video Media in increasing knowledge about preventing early marriage at SMAN 2 Pasaman in 2021.

sample of this study was taken using the Purposive Sampling technique, with a population of class XI teenage students at SMAN 2 Pasaman in 2021 with a population of 264 people with a total sample of 30 people.

Data was collected by distributing questionnaires and conducting interviews. Data management is computerized, analysis is carried out through univariate and bivariate analysis through Paired Sample T-test.

The results of the knowledge analysis after the extension with the video playback method can be seen in table 2 below:

Based on table 2, it can be seen that of the 30 respondents, 27 respondents (90.0%) had good knowledge and 3 respondents (10.0%) had poor knowledge after being given counseling (post-test) with the video playback method.

**B. Univariate Analysis**

The Effectiveness of Counseling Using Video Screening Methods in Increasing Students' Knowledge of SMAN 2 Pasaman, West Pasaman Regency About Prevention of Early Marriage The results of the bivariate analysis of the effectiveness of the video playback method can be seen in table 3:

**Table 1.** Frequency Distribution of Knowledge Before Extension With Video Playback Media

Knowledge	F	%
Well	6	20.0%
Not Good	24	80.0%
<b>Total</b>	<b>30</b>	<b>100%</b>

**Table 2.** Distribution of Knowledge Frequency After Counseling with Video Playback Media

Knowledge	F	%
Well	27	90.0%
Not Good	3	10.0%
<b>Total</b>	<b>30</b>	<b>100%</b>

**Table 3.** The Effectiveness of Counseling Using Video Screening Media in Increasing Students' Knowledge of SMAN 2 Pasaman, West Pasaman Regency About Prevention of Early Marriage

95% Confidence Interval Of The Difference						
Knowledge	Mean Deviation	Lower	Upper	T	n	P Value
Pretest	51.33	-	-	-		
Posttest	87.00	41.009	30.324	13.654	30	0.000

Based on table 3, there is a change in the average value of knowledge before and after being given counseling by the video playback method, namely 51.33% to 87.00%. The results of the analysis using the paired sample t-test obtained p value = 0.000 < 0.05, which means  $H_0$  is rejected and  $H_a$  is accepted. So it can be concluded that the video playback method is effective in increasing students' knowledge about preventing early marriage.

**4. DISCUSSION**

**A. Early Marriage**

Early marriage is a marriage for teenagers under the age of 20, who should not be ready to get married. This period is vulnerable to the risk of pregnancy due to early marriage, can cause miscarriage, premature delivery, low birth weight (LBW), congenital abnormalities, the incidence of infection, anemia, pregnancy poisoning and death [1].

According to Marriage Law No. 1 of 1974, marriage is an inner birth bond between a man and a woman as husband and wife with the aim of forming a happy and permanent family (household) based on the Almighty God [13].

The impact of marriage at a young age is more common in adolescent girls than adolescent boys because adolescent girls Physically the condition of the mother's uterus and pelvis has not developed optimally, resulting in maternal morbidity and mortality, the growth of the mother's physical development is stopped and stunted. The main cause is the physical condition of the mother who has not been or is not able to give birth. In addition, the anatomy of the body is not ready for the process

of conceiving. The real impact of early marriage is the occurrence of abortion or miscarriage, anemia, low birth weight, premature contractions and can also cause disability because physiologically the reproductive organs (especially the uterus) are not perfect. The increasing number of divorce cases in young couples is due to the fact that in general young couples are not yet mature psychologically, so they are still unstable in dealing with problems that arise in marriage. Judging from the socio-economic problems, early marriage is usually followed by economic unpreparedness [13].

Early marriage can also be found in a number of regions in the world, one of which is India, which is a developing country that has the second largest number of early marriages in the world with a percentage of 40% [12].

In India, early marriage is considered a common case, in the results of UNICEF India in 2010, the incidence of early marriage at the age of 15 years is around 43%. Meanwhile, those who got married at the exact age of 18 were around 54%. Around 13,000 girls in India are married every day, bringing the total

number of girls married under the age of 18 to more than 23,000,000 (UNICEF, 2012). The majority of cases of early marriage in India are the background of the low awareness and knowledge of parents about the impacts and risks arising from early marriage, both in terms of physical, mental, social and psychological. In addition, there is a public

perception that marrying off their daughters faster can lift the family economy. As well as the culture that has been adhered to for a long time, namely matching children, has started to be done when the child is still in the category of a child [17].

The incidence of early marriage still occurs because teenagers who have low knowledge cannot apply existing information that a good and healthy marriage is aged 20 years [19].

### **B. Knowledge Level**

In this study more than half (51.33%) had a low level of knowledge about preventing early marriage.

Knowledge is the result of human sensing, or the result of someone knowing about objects through the senses they have (eyes, nose, ears and so on). itself at the time of sensing to produce knowledge is strongly influenced by the intensity of attention and perception of the object. Most of a person's knowledge is obtained through the sense of hearing and the sense of sight [9].

Good knowledge tends not to marry at an early age, because they gain knowledge about early marriage from the environment around them, namely by looking at the lives of young couples who marry at a young age. Most of the lives of the young couple are experiencing difficulties in the economic field [4].

The results of the analysis of this study where knowledge prior to counseling about preventing early marriage using video media at SMAN 2 Pasaman, West Pasaman Regency, obtained 6 respondents (20.0%) who had good knowledge, 24 respondents (80.0%) who had poor knowledge. Meanwhile, after counseling using video media, 27 respondents (90.0%) had good knowledge, 3 respondents (10.0%) had poor knowledge. There was a change in the average value of knowledge before and after being given counseling using video media about preventing early marriage from 51.33% to 87.00%.

The results of this study are in line with research conducted by Fytra Indah Prambudi (2017) with the title "The Effect of Giving Marriage Age Maturity Videos on the Level of Knowledge About Prevention of Early Marriage in Adolescents in the Bantulan Hamlet, Sidoarum Village, Sleman Yogyakarta" showed that the 15 experimental group respondents showed before giving the video as many as 13 respondents (86.7%) had sufficient knowledge of maturation of marriage age while 2 respondents (13.3%) had good knowledge, the

One way of health education to children is to provide counseling accompanied by entertainment, so that the learning process becomes fun so that the message we convey is easy to understand and understand even later will have a positive impact on

level of knowledge of all members of the experimental group after being given the PUP video (Marriage Age Maturation) increased to 100%.

### **C. The Effectiveness of Video Media in Increasing Knowledge**

The average knowledge before being given health counseling using video media about preventing early marriage was 51.33% and the average knowledge after being given health counseling using video media about preventing early marriage was increasing to 87.00%. the average increase in knowledge by using video media about preventing early marriage is 35.67%.

The effect of video media in increasing knowledge about preventing early marriage in adolescents at SMAN 2 Pasaman Barat Regency based on the Paired Sample T-Test as seen from the P-value 0.000 ( $<0.05$ ) which means  $H_0$  is rejected and  $H_a$  is accepted, meaning the video can be increasing students' knowledge about preventing early marriage in adolescents at SMAN 2 Pasaman, West Pasaman Regency in 2021.

The results of this study are in line with the results of research (Yulia Novitasari, 2018) in a study entitled The Effect of Counseling with Video Media on Adolescent Knowledge Levels About Prevention of Early Marriage at Pgrri Kasihan Junior High School Bantul. Based on the results of statistical tests obtained p value = 0.000  $<0.05$  so that the hypothesis in this study is accepted. Which means that there is an effect of health counseling with video media on the level of knowledge of adolescents about preventing early marriage in SMP PGRI Kasih Bantul.

## **5. CONCLUSION**

Based on the results of the study, it can be concluded that there is a change in the level of knowledge of grade 2 students of SMAN 2 Pasaman, West Pasaman Regency before being given the intervention (51.33%) and after being given the intervention (87.00%) using video media.

Knowledge before and after being given an intervention using video media about Prevention of Early Marriage at SMAN 2 Pasaman, West Pasaman Regency, namely an increase in the P-value ( $<0.05$ ) which means  $H_0$  is rejected and  $H_a$  is accepted, it can be said that video media is effective against increasing students' knowledge about preventing early marriage.

changes in knowledge and attitudes of adolescents. Counseling using video media is more effective in providing information to adolescents to increase

adolescent knowledge. With the video media, children become more interested in listening to

messages and seeing the messages conveyed (Noviolin, 2018).

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