



## Effectiveness of Equal-Age Counselling Services to Prevent Early Marriage Attitude of Class IX MTS students Riyadhus Sholihin Sunggal

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### Abstract

*The study aims to find out the effectiveness of peer counselling services to prevent attitudes towards early marriage of students of 9th grade MTS Riyadhus Sholihin Sunggal. The research method used is experimental. In this study the researchers used the Pre Experimental research model using One Group Pre Test – Post Test Design. As to the data collection techniques used are (1) document analysis, namely list of names, number of students of class IX MTS Riyadhus Sholihin Sunggal and photo documentation of the research. (2) The test method used in this study is the filling of angket. (3) Observation, from the results of the analysis of data of counselling services for prevention of early marriage attitudes in students using the statistical analysis technique t-test, obtained  $t_{count}$  as 5.542 while the size of the number on the table of value  $t$  for one-party test (one tail test) with a degree of significance of 0.05 (5%) at d.b  $N-1=9$  is 1.833. Therefore, the result of the data analysis of 5,542 is above the limit of rejection of the zero hypothesis which is large 1,833 ( $t_{count} > t_{table}$ ), so this study is significant.*

**Keywords:** peer counseling, early marriage

### Advance

Adolescence is a transition from childhood to adulthood, involving biological, cognitive and socio-emotional changes. Adolescents in this age of the Z-gen face an increasingly complex challenge. These challenges relate to the three risks faced by adolescents (sexuality, HIV and AIDS and Napza), and the poor knowledge of adolescents about the risks of early marriage. These challenges are the problems that teenagers have to go through. According to the Central Statistical Authority of Sunggal

District, according to the 2023 census, there are about 18,954 teenagers, with a total population of 9,742 male teenagers and 9,212 female teenagers from the age group of 15-19 years. (Sumber: BPS-Statistik of Deli Serdang Regency). With a large population of teenagers, it is hoped that it will provide maximum benefits for the development of Sunggal districts in the future. However, on the other hand, teenagers in Sunggal are also faced with various problems. Some problems related to the problems of teenagers in Sunggal district, among others, early

marriage, pregnant teenagers outside the marriage which leads to the problem of divorce (Roman, 2017). Specifically the problem of early marriage, based on the data obtained from the Chief Minister's Chamber of Sunggal in 2023 that there are 16 number of installations of the chief minister in the age of 14-19 years. Based on this it is known that in Chief minister Sunggal generally in each village every year there is at least one teenage boys or teenage girls who are married aged 15-19 years, even some who are still 14 years old. It's offended by the low level of adolescent knowledge about the risks of early marriage. So it's important for adolescents to know that adolescents can avoid attitudes towards early marriage as an attempt to create a qualified family. A qualified family is a family formed on the basis of a legitimate marriage, prosperous, healthy, advanced, independent, having an ideal number of children, forward-looking, responsible, harmonious, and fearful of the One God.

Marriage is the birth and inner bond between a man and a woman as husband and wife with the aim of forming a happy and eternal family based on the One God. Thus, under section 1 of Act No. 1 of 1974 on the marriage of a man who is 19 years old and a woman who is 16 years old (Rahman,2022), and under the Law revised by the House on September 16, 2019, marriage is permitted only to both men and women who are 19 years of age. (Rozy,2022). Though it has been said so, the truth shows that a great number of the children who are younger than nineteen years old are married early. (kurniawati, 2022; page, 2022). Early marriage is a minor marriage whose preparation (physical, mental, and material preparation) has not been maximized. (Muhammad M. Dlori, 2005: 5). According to BKKBN, the recommended age for marriage is at least 21 years for women and 25 years for men. The age is recommended for a number of factors, namely a psychological age that is considered unstable. Child mental age, potential

dangerous early pregnancy, as well as potential cervical or uterine cancer in adolescents. On the other hand, in relation to pregnancy, BKKBN also recommends that future mothers become pregnant between the ages of 20 and 35. It's to prevent the risk of death and worsen the health of the fetus in the womb. According to the BKKBN, when a prospective mother is pregnant beyond that age, then the potential of congenital defects, abnormalities, up to dysfunction of organs is higher. Then from the pregnant mother's side, the future mother also has a high risk of developing various diseases, such as diabetes, anemia, hypertension, bleeding, to heart disease. Early marriage affects the deaths of babies, maternal deaths, divorce, DDRT and school dropouts. (Emilia, dkk 2007).

As an attempt to prevent attitudes towards early marriage, the role of an adult in the surrounding environment is required to provide direct guidance. In addition, adults can also build adolescents around them to be trusted as a convenient discussion container for adolescents with a supply of information about preventive attitudes that lead to social problems. One of these training facilities, both in the community and in the school, can be through the Youth Information and Counselling Centre (PIK-R), which is a Programme of Planned Generation (GenRe) activities managed by, by and for adolescents, in order to provide information and counselling services on family life planning for teenagers and other nurturing activities. GenRe is a program promulgated by the RI Law No.52 of 2009 on the Development of Population and Family Planning of National Planning. Through the GenRe program, a Centre for Youth Information and Counselling (PIK-R) was established from the central, provincial, district, city and district levels. (dalam BKKBN, 2012: vi). PIK-R is intended to provide information on family life preparation for adolescents, marital age maturity, and life skills. In the school, the students of the PIK-R members play an active role as peer

counsellors with the aim of making the students more familiar and informed in communicating their complaints. This is a program of peer counseling as a service of counselling among fellow students, which is the help given by one student to another fellow student in solving the problems faced by him. In general, the goal of peer counsellors is to help successfully maintain student counselling programmes in schools in order to optimize student development, both in the personal, social, academic, and career spheres.

9th grade MTS students are a class of middle-aged teenagers, their average age is 14 years. Where physically, psychically and reproductively adolescent at this age is still in the developmental stage so that it is not fully able to accommodate the child in its uterus especially for women, and for men the degree of emotional maturity is not so mature that it has not been able to think of the burden of responsibility himself especially his future wife. In this case, it is important for the author to provide knowledge about the risks of early marriage from the beginning of early adolescence as a preventive effort from an early age. Besides, there's also a case where this 14-year-old teenager engages in a high-risk marriage, gives birth to a stunting child and can interfere with the mother's health and even death. MTS Riyadhus Sholihin Sunggal is one of the schools that does not yet exist SK PIK-R based school. He hopes that by doing this research, the school will gain insight and knowledge about the importance of early marriage prevention efforts at the earliest possible age.

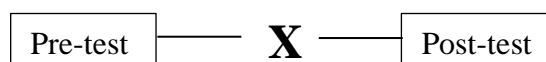
## Method

The type of research used in this research is field research, which is a kind of research that seeks to gather data and information about issues in the field. According to Handri Nawawi field research is the research activities

carried out in the community, institutions and organizations either in the environment of society or government.

In this study, the researchers attempted to systematically describe peer counselling services to prevent early marriages. The nature of this research is experimental. This research uses experimental methods, which according to sofian (2007:5) experimental research is research by conducting an objective, systematic, and controlled study to predict or control phenomena.

The model used is pre-experimental research using One Group Pre Test Post Test Design. Because in this study measurements are done twice before and after the experiment. The design used in this study is as follows (Sugiyono, 2010:74)



**X = Treatment**  
 (Senior Counseling)  
 Image Design 1.

The steps taken in this study include, Pre-Test uses a scale of assessment to determine the level of students' understanding of the risks of early marriage. The pre-test results are considered in the selection of research subjects to be compared with the post-test. Treatment (X) is the treatment that is performed through the provision of counselling services where counsellors are recruited based on the selection of friends, given in two meetings. Then for counsellor training is done after the pre-test is carried out which is continued with the training material that will be given by counselors to their friends.

Table 1. Training material to be given to peer counsellors.

Topic	Mother	Objective
Early marriage	1) Early marriage, 2) Risk of early marriage	So that students are avoided from early marriage
Early marriage factors	There are internal and external factors	So that students can know the factors that

		influence early marriage
Early marriage impacts	There are biological, psychological, social and educational impacts	So that students know the impact of early marriage

After the peer counselling process is completed, the counsellor will be given an advanced post-test aimed at finding out the success of peer counseling as an attempt to prevent early marriage.

This research site is being carried out at MTS Riyadhus Sholihin Sunggal in the Study Year 2023/2024.

Shampoos are part of the quantity and characteristics that such populations possess. (Sugiono, 2010: 81). And according to Syofian Siregar (2017:30) samples are a process of data collection in which only a portion of the population is taken and used to determine the properties and characteristics of a population. Sampling as the object of research is done so that what is studied can represent and describe the state of population to the maximum. In this study the sample used was Class IX MTS students of Riyadhus Sholihin Sunggal who totalled 10 female students.

The data collection technique is (1) document analysis, i.e. list of names of students of class IX MTS Riyadhus Sholihin Sunggal (2) the test method used in this study is the filling of the lift. (3) Observation or observation is the technique of collecting data through observation of ongoing activities. (Sukmadinata, 2009:220).

Table 2. Tests used to grid data from respondents on the variables studied:

No	Aspect	Indicator	No Item	Amount
1	Biological	a. Health	1	1
		b. Age	2,3	2
		c. Physical	4	1
2	Psychological	a. Personality	5,6,7	3
		b. Mental and soul	8,9,10	3
		c. Properties	11,12,13,14	4
3	Economy	a. Job	15,16	2
		b. Household survival	17,18	2
		c. Not economically autonomus.	19,20	2
Total number of items				20

To analyze, the results of the experiment in this study using Pre-test and Post-test One group design (design 2), then the formula is:

$$t = \frac{Md}{\sqrt{\frac{\sum x^2 d}{N(N-1)}}}$$

### Description:

Md = Mean of the difference between *Pre-test* and *Post test*

Xd = Deviations each subject (d-Md)

$\sum x^2 d$  = Number of square deviations

N = Subject of sample

d.b = Determined by N-1

(Suharsimi Arikunto, 2010:348-349).

Step-by-step to analyze data:

1. Formulate a zero hypothesis (Ho)
2. Arranging work tables
3. Inserting data into a formula
4. Value testing t
5. Student satisfaction analysis

## Results and discussion

### Research results

#### Formulate a zero hypothesis (Ho)

The hypothesis formulated in this study is an alternative that states that "there is effectiveness of counselling equals to prevent early marriage of students of 9th grade MTS Riyadhus sholihin Sunggal". To prove whether such hypotheses prove their truth, then the alternative hypothese is first changed into a zero hypothèse, so it reads "There is no efficiency of co-counselling to prevent the early marriages of pupils of IXth grade Riydhus Sholihin Songgal".

#### Arranging work tables

For the data processing needs of the student's early marriage prevention score results, the following working tables are required:

Table 3. Data Students of Class IX MTS Riyadhus Sholihin Sunggal.

No	NAME
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1.	Afiqa Indriyani
2.	Azkiyah Zahra Lubis
3.	Dhea Aulia Wijaya
4.	Delyara Azzahra
5.	Hanifa Azzahra
6.	Intan Natasya
7.	Shiren Alifah Putri
8.	Syah Prida Lubis
9.	Syifa Galuh Pratiwi
10.	Yolanda

Table 4. Calculation of Pre-test ( $x_1$ ), Post-test ( $x_2$ ), and Gain ( $\sum d$ ) Post-test - Pret-test.

No	Subject	Pre-test	Post-test	Grain (d). Post-test - Pret-test.
1.	Afiqa	71	74	3
2.	Azkiyah	67	72	5
3.	Aulia	61	66	5
4.	Zahra	58	69	11
5.	Hanifa	60	67	7
6.	Intan	65	71	6
7.	Alifah	69	73	4
8.	Prida	69	71	2
9.	Syifa	66	69	3
10.	Yola	72	74	2
	N=10	$x_1= 658$	$x_2= 706$	$\sum d = 48$

Advanced:

No	Subjek	D	$x_d$ (d-Md)	$x^2d$
1.	Afiqa	3	-1,8	3,24
2.	Azkiyah	5	0,2	0,04
3.	Aulia	5	0,2	0,04
4.	Zahra	11	6,2	38,44
5.	Hanifa	7	2,2	4,84
6.	Intan	6	1,2	1,44
7.	Alifah	4	-0,8	0,64
8.	Prida	2	-2,8	7,84
9.	Syifa	3	1,8	3,24
10.	Yola	2	-2,8	7,84
	N=10	$\sum d = 48$		

$$Md = \frac{\sum d}{N} = \frac{48}{10} = 4,8$$

Inserting data into a formula.

Searching for values "t"

Formula *t* test:

$$t = \frac{Md}{\sqrt{\frac{\sum x^2d}{N(N-1)}}}$$

$$t = \frac{4,8}{\sqrt{\frac{67,6}{10(10-1)}}}$$

$$= \frac{4,8}{\sqrt{\frac{67,6}{90}}}$$

$$= \frac{4,8}{\sqrt{0,75}}$$

$$= \frac{4,8}{0,866}$$

$$= 5,542$$

Value Testing "t"

From the data analysis of counselling of equals against risk of early marriage in students using the statistical analysis technique t-test, obtained  $t_{count}$  of 5,542 while the size of the number on the table of value t for the one-party test (one tail test) with a degree of significance of 0.05 (5%) in d.b N-1=9 is 1,833. Therefore, the result of data analysis with 5,542 is above the limit of rejection of the zero hypothesis, which is large 1,833 (value  $t_{hitung} > t_{tabel}$ ) then this research is significant.

Analysis of Student Satisfaction

Results The evaluation of student satisfaction during peer counselling is as follows:

Table 6. Evaluation of equal age counselling skills.

No	Subject Name									
	Afiqa	Azkiyah	Aulia	Zahra	Hanifa	Intan	Alifah	Prida	Syifa	yo la
1.	4	3	4	3	4	3	4	3	3	3
2.	4	4	4	4	3	4	4	4	4	3
3.	3	3	3	3	4	4	4	4	4	4
4.	3	4	4	4	3	4	4	4	4	4
5.	4	3	4	4	4	4	3	4	4	4
6.	3	4	4	4	4	4	4	4	4	4
total	21	21	23	22	22	23	23	23	23	22

### Description:

1. The minimum score achieved is  $1 \times 6 = 6$ , and the highest score is  $4 \times 6 = 24$
2. Output category :
  - a. Very good : 21-24
  - b. Good : 17-20
  - c. Enough : 13-16
  - d. Less : 15-12

From the results of filling the student satisfaction lift or from the table above 2 people got a score of 21, 3 people got 22 and 5 people got 23 and that means that the counsel's answers are mostly very good or very satisfied according to the rating category very good (21-24) thus it can be concluded that the guidance done during the research influenced the student's understanding of the risks of early marriage.

### Equal age counselling services

The basic premise behind peer counselling is that generally people are able to find their own solutions to their difficulties and their own ways to their goals. The fact that peer counselors are peer counsellors who have relatively similar life experiences enables them to create more relaxed relationships in discussing personal and secret matters. With individual equality, the relationship between the two is easier to build. Although peer counsellors and counselors have different roles in peer counseling, as individuals sharing experience, they are equal and work side by side during the meeting sessions. According to Laurence M. Bramer (in Loekmono, dkk, 1985)

noted four underlying reasons for his need for peer counseling, namely:

- 1) A lot of people are inclined to raise their questions to their close friends,
- 2) Helping solve problems is not just the task and function of professionals, but the duty of everyone,
- 3) Help not only as science, but also as art. A civilian in the science of helping often has tips and talents that help him in helping others,
- 4) Too many people need help and too few people who are skilled in helping science, such as counseling, so it requires the help of a paraprofessional.

### Equal counseling purposes

(Abdullah,2019) Generally speaking, the goal of peer counselling is to help successfully maintain student counseling programmes in schools in order to optimize student development, both in the personal, social, academic, and career spheres.

In particular, the peer counselling program at school is expected to realize the objectives and purposes, namely as follows:

- 1) Provide a potential supporting force in the implementation of assistance services to students in the midst of the limited number of professional personnel in the area of counselling counseling in the school,
- 2) Expand and multiply opportunities for students to obtain assistance services in solving their problems through programmes of mutual assistance amongst fellow students,
- 3) Accelerate and intensify problem solving services among students through the exploitation of the potential of the students themselves to be able to help each other,
- 4) Provide opportunities and experiences for students to update and develop their potential in the field of service to help each other, while improving the quality of students in empathy, social intelligence, communication skills, confidence, and other positive effects of their involvement

in the performance of duties and functions as peer counsellors.

### Early marriage

In fact, early marriage is marriage that has not met the age limit and has not reached the actual age limit. As affirmed in article 81, paragraph 2, of Act No. 23 of 2002, a child is a person who is not 18 years of age, classified as still a child. (Zulkhairi,2021). Early marriage is a marriage that lasts below the reproductive age, i.e. if the woman is under 20 and the man is under 25. It is confirmed that if marriage is under the reproductive age, that is, the increase in the rate of pain and death during childbirth and breathing, the birth of premature babies and the birth weight of the baby is low and vulnerable to stress. (Hukum & Pernikahan, 2022).

### Early marriage impact

Children who are married at an early age have a higher risk of developing some of the following problems:

- 1) In the face of economic problems, young couples may be said to be unstable and not mentally prepared as husbands or wives, not having a fixed job to support a family, and not being able to build a better career and a more decent future due to impaired education even stopped and dropped out of school due to early marriage. Adequate finance is one of the most crucial things in a household to finance the life of a couple, especially if you already have children, the greater the burden is borne. As a result, a new circle of poverty was created in social life. (Syalis, 2020).
- 2) In relation to reproductive problems, the risk is very dangerous especially for women whose reproductive organs at the age of teenage years are still developing and susceptible to disease, especially at

this early age still lack knowledge about good sex as well as healthy. The results reveal that young women are at higher risk of infections, viruses, and various other diseases. (Lezi,2020)

- 3) Domestic violence is prevalent, from threats to persecution, because it's mentally immature, especially when faced with a variety of domestic problems, and this can trigger violence. On the emotional side, easy couples are still said to be unstable, emotions can explode mixed with high egos, making acts of domestic violence vulnerable. (Kurniawati, 2022)
- 4) Psychological problems that may occur, such as susceptibility to stress, anxiety, and other mental disorders, because both men and women at this young age tend to want to export a lot of things, and still want to express themselves freely. So their great responsibility in the household could have imprisoned them psychically. The study revealed that children who were forced into young marriages were at a higher risk of developing mental disorders, be it anxiety disorder, stress, or depression. This condition is due to their inadequacy in carrying the burdens and responsibilities accepted as husbands or wives. (Supriadi et al., 2022)
- 5) Early pregnancies are at high risk of complications that are harmful to both the mother and the fetus. Health risks for the baby, because it affects the growth of the fetus. The risk of miscarriage to premature birth could occur. Also, the lack of nutrition and their minimum knowledge of pregnancy, also greatly affects the health of their babies. In mothers, childbirth at a young age is at risk of causing preclamsia or anemia. If not treated, this condition can lead to serious complications such as

eclamsia that is fatal, even death in mothers and babies. (Ria,2020)

- 6) Difficulty raising a child because the condition of both young parents is unstable both financially, psychologically, and otherwise, will have a direct impact on their children. (Pamungkas et al., 2021)
- 7) The risk of a divorce is high, because the two still maintain each other's egos, thus making their marriage end up deadlocked. Studies revealed that divorce is 50% more likely in married couples at the age of 25 than in couples who are 25 years of age or older, and 38% divorce after five years of marriage. (Permata,2022)
- 8) For women, the loss of rights as children in their families includes: the right to education, to a life free from violence and harassment, the right protected from exploitation, and the right not to be separated from parents. (Law,2022).

### **Attitude**

The human attitude, or in short we call it, has been defined in various versions by experts. The first is the framework of thought represented by psychologists (Berkowitz, 1972) attitude is a form of evaluation or reaction of feelings. A person's attitude toward an object is a sense of support or favour or a feeling of non-support or disapproval of the object. They formulate an attitude as a degree of positive or negative affection towards a psychological object. (Allen, dkk, 1980) according to them attitude is a kind of readiness to react to an object in a certain way. It can be said that preparedness is a potential tendency to react in a certain way when an individual is exposed to a stimulus that requires a response. They define attitude as a pattern of behavior, a tendency or anticipative readiness, a predisposition to adapt to social situations, or simply, attitude is a response to a social stimulus that has been considered. (Secord, & Backman, 1964) An attitude is a constellation of cognitive, affective, and

conative components that interact in understanding, feeling, and behaving towards an object. For instance, attitudes as a certain regulation in terms of feelings (affections), thoughts (cognitions), and predispositions of one's actions (relationships) to an aspect of the surrounding environment.

Value and opinion are very closely related to attitude, even the two concepts are often used in defined definitions of attitude. Sometimes they are even found with equal uses or exchanged meanings. Actually, the three terms don't mean exactly the same thing. Opinion is a very specific statement of attitude or attitude in a narrower sense. Opinions are formed on the basis of established attitudes but opinions are more situational than contemporary. For example, someone who has a negative attitude to abortion when faced with an emergency case between saving the life of the mother or the baby in her womb. It can only be when it thinks that abortion can be done. The opinion or opinion in such a situation does not change his attitude to abortion because the opinion is situational and is more likely to change according to his condition.

Value is a broader disposition and a more fundamental nature. Value has deeper roots and is therefore more stable than individual attitudes. More than that, values are regarded as part of the individual personality that can color the personality of a group or nation. Like, Indonesians value and adhere to the values of peace, which means that love of peace is considered part of Indonesian personality. In its context, the value of peace will be the basis for the formation of Indonesian human attitude as an individual to issues or problems, so that the Indonesians tend to avoid conflict.

### **Conclusion**

The study aims to find out the effectiveness of peer counselling services to prevent attitudes towards early marriage of students of 9th grade MTS Riyadhus Sholihin Sunggal. This type of research uses a quantitative approach, with pre-experimental research design, one-group pre-test – post-



test designs. Data analysis using one-sided tests. The result of the hypothesis shows that the value  $t_{hitung} > t_{tabel}$  That is  $5,542 > 1,833$  which means  $H_0$  rejected and  $H_a$  accepted, based on the results of data analysis and discussion then it can be concluded that there is the effectiveness of peer counselling services to prevent attitudes against early marriage in the students of class IX MTS Riyadhus Sholihin Sunggal.

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#### Author profile

Ramadhani LS, born in Sei Mencirim Village, Sunggal district of Serdang Province of North Sumatra on July 12, 2001. Currently active as a student and is pursuing S1 undergraduate education at the Faculty of Education and Education Sciences of Muhammadiyah University of North Sumatra in 2024. The authors can be contacted by email [laylasuciramadhani@gmail.com](mailto:laylasuciramadhani@gmail.com) With perseverance, high motivation to continue learning, striving and praying to complete Education Strata 1 (S1), the author successfully completed the final task of the journal entitled "Effectivity of Equal Advisory Services to Prevent Early Marriages of Students of Class IX MTS Riyadhus Sholihin Sunggal". May with the writing of the final assignment this journal be able to make a positive contribution to the world of Education and add to the treasure of science as well as useful and useful for each other.