

Building Quality of Human Capital through Pre-Marital School for Teenagers in Ciherang Village

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Abstract

The number of child marriages in Indonesia continues to increase and Indonesia is in the top 10 with the highest number of child marriages in the world. Pre-Marital School is a non-formal learning about marriage preparation for adolescents to gain knowledge and readiness before entering family life. The objectives of the Pre-Marital School are to reduce the high rate of child marriage, change adolescents' perception of family welfare, increase adolescents' knowledge related to family welfare and family functions, family nutrition, and improve family welfare. This study used action research method, which is organizing measurable action activities for teenagers in Ciherang Village, Bogor Regency, West Java. The number of participants involved was 16 teenagers. The data collected were pre-test and post-test data. The data was processed with SPSS by looking at the average change in knowledge. The results show that there has been a change in adolescents' perceptions about the importance of forming a prosperous family, an increase in adolescents' knowledge about the minimum age of marriage, indicators of prosperous family stages and family functions, and an increase in knowledge about family nutrition in adolescents. The success of this program shows that it is necessary to re-conduct similar programs that can be carried out in other areas. It is hoped that this program can reduce the number of child marriages in Indonesia.

Keywords: adolescence, child marriage, empowerment, family function, family well-being

Abstrak

Angka pernikahan anak di Indonesia terus meningkat dan Indonesia masuk ke dalam 10 besar dengan angka pernikahan anak tertinggi di dunia. Sekolah Pra Nikah merupakan pembelajaran non-formal tentang persiapan pernikahan kepada remaja agar memperoleh pengetahuan dan kesiapan sebelum memasuki kehidupan berkeluarga. Tujuan dilaksanakannya Sekolah Pra Nikah adalah untuk mengurangi tingginya angka pernikahan anak, mengubah persepsi remaja mengenai keluarga Sejahtera, meningkatkan pengetahuan remaja terkait keluarga sejahtera dan fungsi keluarga, gizi keluarga, dan meningkatkan kesejahteraan keluarga. Penelitian ini menggunakan metode *action research*, yaitu menyelenggarakan aksi kegiatan yang terukur kepada para remaja di Desa Ciherang, Kabupaten Bogor, Jawa Barat. Jumlah peserta yang terlibat sebanyak 16 remaja. Data yang dikumpulkan merupakan data *pre-test* dan *post-test*. Data diolah dengan SPSS

dengan melihat perubahan rata-rata pengetahuan. Hasil menunjukkan bahwa telah terjadi perubahan persepsi remaja mengenai pentingnya membentuk keluarga sejahtera, peningkatan pengetahuan remaja mengenai usia minimal menikah, indikator tahapan keluarga sejahtera dan fungsi keluarga, serta peningkatan pengetahuan mengenai gizi keluarga pada remaja. Keberhasilan program ini menunjukkan bahwa perlu dilakukan kembali program serupa yang dapat dilakukan di wilayah lain. Harapannya program ini dapat menurunkan angka pernikahan anak di Indonesia.

Kata kunci: fungsi keluarga, keluarga sejahtera, pemberdayaan, pernikahan anak, remaja,

Introduction

People's welfare or social welfare is a mandate contained in the Preamble of the 1945 Constitution, namely "advancing the general welfare and intellectual life of the nation based on the principle of social justice for all Indonesian people". The achievement of welfare is related to the quality of human resources in a particular country. The quality of human resources cannot be separated from the quality of the closest environment that gives birth and shapes one's personality, namely the family. Therefore, the formation of a quality family needs to be planned through a continuous learning mechanism.

There are 7 main indicators of welfare, namely: (1) population, because the number and quality of the population determine the progress of a nation. The number of productive age groups that do not contribute productivity to economic growth will become a demographic disaster such as increased unemployment and layoffs. Conversely, if it contributes positively because of its high productivity, it will become a demographic bonus. (2) Health and Nutrition The level of health quality is an important indicator to describe the quality of human development in a region with indicators of life expectancy, infant mortality rate, morbidity rate, prevalence of malnourished children under five and other indicators related to access to health care facilities such as the percentage of children under five whose delivery is assisted by medical personnel, the percentage of the population who seek outpatient treatment at hospitals, doctors/clinics, health centers, and others, as well as the ratio of health workers per population, (3) Education. Fulfillment of the right to quality education is a measure of justice and equity in the results of development and at the same time is an investment in human resources needed to support the sustainability of development, (4) Employment Various problems in the field of employment include the high level of unemployment, the low expansion of open employment opportunities, the low competence and productivity of labor, as well as the problem of child labor. percentage of unemployment by education level, percentage of working population by business field group, percentage of workers by wage/salary/net income group and percentage of child labor, (5) Level and Consumption Pattern. The consumption pattern of the population is also one of the socio-economic indicators of the community, which is strongly influenced by the local culture and environment. Household expenditure is differentiated according to food and non-food groups. The higher a person's income, there will be a shift in the pattern of expenditure, namely from expenditure on food and non-food expenditure. (6) Housing and Environment. The quality of the living environment affects the health status of its inhabitants. Apart from being a place to live, a house can also indicate a person's social status. A person's social status is positively related to the quality/condition of the house. The higher a person's

social status, the greater the opportunity to fulfill the need for better quality housing and (7) Poverty, poverty conditions will make it difficult for a person to obtain proper education, health, housing (BPS Indonesia, 2021).

Based on the 2019 Law Number 16 states that the minimum age of marriage for women and men is 19 years. According to the National Population and Family Planning Agency (BKKBN), the ideal age of marriage for women is more than 21 years old while for men it is more than 25 years old. The Central Statistics Agency (BPS) in 2020 noted that around 1,220,900 girls were married before the age of 18. The United Nations Children's Fund (UNICEF) said that in 2020, Indonesia ranks eighth out of the top ten in the world with the highest number of child marriages. According to the Cibinong Bogor Religious Court records, there were 136 marriage dispensation cases in 2019, and in 2020 it rose to 255.

Sari, Suawarsito, and Mustolikh (2015) state that the factors causing child marriage include traditional factors, namely child marriage is hereditary. The second factor is economic factors. A low economy that encourages child marriage as a way out of reducing the family's economic burden. The third factor is lack of access to information on the minimum age of marriage. The fourth factor is low education so that knowledge about the impact of child marriage is still limited. According to Rahman, Syahadatina, Aprillisya, and Afika (2015), parents who marry off their children at a young age tend to have economic limitations, culture, low knowledge, and fear of socialization. Arbelia and Riany (2022) suggest that the lower the level of parental education, the higher the motivation for children to marry early.

Early marriage is a marriage that is not prepared so that it will weaken family joints such as loving relationships, the same vision and mission between family members, the level of welfare, security and comfort, facilities, and so on. Sunarti (2018) states that an unprepared marriage can lead to conflict, high stress, low marital happiness, financial problems, and difficulty adapting. Based on the results of research by Mustika and Herawati (2022), it shows that marriage readiness is important for individuals because it can determine the quality of marriage. In addition, Wijayanti (2021) concluded that the high divorce rate is caused by a lack of marriage readiness, especially in the economic aspect. Ghalili, Etemadi, Ahmadi, Fatehizadeh, and Abed (2012) state that marriage readiness consists of age readiness, mental readiness, interpersonal readiness, moral readiness, emotional readiness, social-contextual readiness, financial readiness, and life skills.

A prosperous family is expected to be a new paradigm for every prospective married couple. A prosperous family is a family that is formed based on a legal marriage, is able to fulfill proper spiritual and material needs, is devoted to God Almighty, has a harmonious, harmonious and balanced relationship between members and between families, society and the environment (article 1 paragraph 11 of Law No.10 of 1992).

The high rate of child marriage, the relatively high poverty rate, the high school dropout rate, and the level of health that has not improved are some of the conditions that occur if households formed by young men and women are not based on marriage readiness. Dwinanda, Wijayanti, and Werdani (2015) state that early marriage is very risky because age can determine organ readiness for women and in men determine readiness to support family life. Moreover, if the formal education taken is also low. The family knowledge they have is only based on observations from the household life of their parents and other families around them. This is supported by Ningrum, Latifah, and Krisnatuti (2021), who state that family knowledge can affect individual marriage

readiness. This means that family knowledge is an asset to achieve intellectual readiness before entering family life. According to Hurlock (1980), during adolescence, no preparation is given in facing family life, so that these adolescents will have difficulty in making adjustments in their marital life. There is no specific learning design aimed at prospective brides before they start a family. The purpose of this program is to increase adolescents' knowledge related to family welfare and family functions, and family nutrition.

Methods

Participants

This research is a type of action research that organizes measurable action activities. The form of activity action carried out is Pre-Marital School. The participants involved in the Pre-Marital School activities are teenagers (12–21 years). This activity will be carried out in Ciherang Village, Dramaga District, Bogor Regency. This village has distinctive characteristics as an agricultural village that includes the village around the campus of IPB Dramaga. Ciherang Village has a population of 13,776 people with 3,623 families. The total male population is 7,200 people and the female population is 6,576 people with a teenage population of 790 people.

This activity was carried out in July-August 2022 which was carried out continuously in 10 material sessions. The overall material provided is related to material on family welfare indicators, the urgency of marriage, healthy marriage towards a prosperous family, the role and function of bride and groom candidates in realizing a healthy marriage, reproductive health, eight family functions, family nutrition and lifeskills as provisions for strengthening the family economy.

Measurement

The stages of Pre-Marital School activities are carried out through the preparation stage, implementation stage, monitoring stage, and evaluation stage. The preparation stage carried out is conducting a survey at the location of the activity to obtain a qualitative description of the socio-economic conditions of the family, exploring the needs of the Pre-Marital School material, and contacting local residents to participate in the implementation of the program. The implementation stage is carried out by delivering material using lecture, simulation, role playing and presentation methods about the description of a family that you want to form later. The monitoring stage is carried out by paying attention to the running of activities in accordance with planning, namely timeliness, continuity of events, and the implementation of the program as a whole. The evaluation stage is carried out by conducting tests to lead to the understanding received by participants. The data collected is primary data. Primary data in this activity is in the form of pre-test and post-test data collected during program implementation. Data collection techniques were carried out by: 1) conducting a pre-test to determine the knowledge and perceptions of participants; 2) intervening with participants by delivering materials; 3) conducting a post-test to determine changes in participants' knowledge and perceptions.

Analysis

The data that has been collected is then processed and analyzed using Microsoft Excel 2019 and SPSS 25. The data processing process includes editing, coding, scoring, entry, and analyzing. The data was then analyzed by assessing the average pre-test and post-test scores.

Findings

Characteristics of Participants

Table 1 presents the characteristics of the participants. Results show that the number of participants who consistently participated in premarital school activities was 16 people, namely 8 men and 8 women. This data shows that from the gender aspect, male and female adolescents have the same interest in obtaining knowledge related to marriage preparation. The age of participants is in the age range of 12-18 years, more than half are adolescents who are in the middle adolescent category.

Table 1. Characteristics of participants

Characteristics	n	%
Sex		
Woman	8	50.0
Man	8	50.0
Total	16	100.0
Age		
Early adolescence (12-15 years old)	5	31.25
Middle adolescence (15-18 years old)	11	68.75
Late adolescence (18-21 years old)	0	0
Total	16	100.0

Table 2 presents the characteristics of the participants' parents. Results show that most fathers work as laborers while other occupations are private employees, traders, drivers, and self-employed. Based on the data on the occupations of the participants' parents, it can be seen that most of the parents' professions are housewives (87,5%) and laborers (12,5%). This data illustrates that the economy of pre-marital school participants is on average middle to lower class. In addition to the average lower-middle class economic life, the education level of the parents of the pre-marital school participants was, on average, primary school. This data shows that most pre-marital school participants come from families with low formal education.

Table 2. Parents of participants characteristics

Variables	Father		Mother	
	n	%	n	%
Jobs				
Household assistant	0	0	2	12.5
Housewife/Not working	3	18.8	14	87.5
Laborer	6	37.5	0	0
Private employee	2	12.5	0	0
Trader	2	12.5	0	0
Driver	2	12.5	0	0
Self-employed	1	6.3	0	0

Table 2. Parents of participants characteristics (continue)

Variables	Father		Mother	
	n	%	n	%
Education				
Not in school	1	6.3	1	6.3
Elementary School	9	56.3	8	50.0
Junior High School	2	12.5	4	25.0
Senior High School	3	18.8	3	18.8
College	1	6.3	0	0

Family Welfare Perceptions

Table 3 shows that the average value of adolescents' perception of a prosperous family before the education was 60.93 and the average value of adolescents' perception of a prosperous family after the intervention was 67.34. This shows that there is a difference in the average pre-test and post-test perceptions, meaning that the provision of the pre-marital school intervention has improved adolescents' perceptions of family welfare. This change in perception shows that adolescents understand the importance of forming a prosperous family.

The increase in adolescents' positive perceptions of the concept of family welfare shows two things, namely: (1) the pre-marital school intervention has succeeded in increasing their positive perception of the principles of a prosperous family. The adolescents in Ciherang Village agreed and strongly agreed that a prosperous family is a family that has a good religious life, has an income, has harmonious relationships between family members and the surrounding community, attends formal schooling for family members aged 5-17 years, wears proper clothing, has access to health facilities, has sufficient nutritious food needs, has savings, all family members can read and write, has information source facilities, and has a decent house. (2) The adolescents of Ciherang Village, although coming from families with a lower-middle socioeconomic background, have a fairly strong understanding of how to reconstruct a family that they will form. This suggests that intervention in the form of pre-marital schooling is a very important activity to improve the perceptions of these adolescents.

Table 3. Pre-intervention and post-intervention scores on perceived family welfare

Variables	Average
Perceptions score (<i>pre-test</i>)	60.93
Perceptions score (<i>post-test</i>)	67.34

Table 4 presents the distribution of adolescents' knowledge improvement on family welfare. The results show that adolescents' perception of the importance of family welfare has increased. It can be seen that 6.25 percent of adolescents considered that family welfare is not important, but after the intervention, 37.5 percent considered that family welfare is important. In addition, adolescents experienced a change in perception regarding the importance of family planning to achieve family welfare (62.5%). Adolescents' perceptions about the characteristics of a prosperous family changed. As many as 37.5 percent of adolescents strongly agreed that being able to access health facilities and being able to consume healthy food are characteristics of a prosperous family. In addition, adolescents experienced changes in perceptions regarding the

characteristics of family welfare indicated by family members aged 10-60 years can read and a Prosperous family is a family that is able to achieve happiness in this world and the hereafter (37.5%).

A total of 6.25 percent of adolescents strongly agreed with the statement that harmonious family is a characteristic of a Prosperous family and increased to 18.75 percent. Likewise, only 6.25 percent experienced a change in perception regarding ownership of clothes as a characteristic of a Prosperous family. In addition, adolescents experienced a change in perception regarding the ownership of savings. Initially, there were no adolescents who considered that ownership of savings as a characteristic of a prosperous family, then increased to 18.75 percent who believed that savings are a characteristic of a prosperous family.

Table 4. Distribution of improvements in adolescents' perceptions of family welfare

No	Questions Item	Pre test	Post-test
		%	%
1.	Opinions on family welfare	6.25	37.5
2.	Opinions about family welfare in Ciherang	81.5	81.25
3.	Opinion about family welfare itself	81.5	75
4.	Millennials need a family plan	12.5	62.5
5.	Legal marriage is a characteristic of a prosperous family	6.25	62.5
6.	Practicing religion is a characteristic of a prosperous family	31.25	75
7.	Practicing some religions is a characteristic of a prosperous family	0	0
8.	Having an income is a way to achieve a prosperous family	18.7	6.25
9.	A harmonious family is a prosperous family	6.25	18.75
10.	Having a good relationship with the community is a characteristic of a prosperous family	0	0
11.	Active in community activities is a characteristic of a prosperous family	0	0
12.	Children aged 7-15 years old go to school Family welfare characteristics	6.25	0
13.	Having proper clothing is a characteristic of a prosperous family	0	6.25
14.	Able to access health facilities	0	37.5
15.	Able to consume nutritious food	6.25	37.5
16.	Have savings the characteristics of a prosperous family	0	18.75
17.	Obtain information on the characteristics of a prosperous family	6.25	0
18.	Family members aged 10-60 years old can read the characteristics of a prosperous family	6.25	37.5
19.	Having a decent house is a characteristic of a prosperous family	0	6.25
20.	Achieving happiness in this world and the hereafter is the characteristic of a prosperous family	37.5	37.5

Knowledge Increased on the Impact of Child Marriage, Family Welfare Indicators, and Family Functions

This activity was carried out by delivering material on the impact of child marriage, indicators of a prosperous family, and eight family functions. These materials were delivered so that adolescents know and understand the ideal age of marriage and the impact of child marriage. In addition, adolescents understand that in family life there are indicators that determine family welfare so that adolescents can prepare themselves to achieve these indicators so that when they get married they form a prosperous family. The material on family functions is given so that they understand that the way to achieve a prosperous family is by carrying out these functions.

Table 5 shows the changes in adolescent knowledge before and after education. The results show that the average value of adolescents' knowledge about the impact of child marriage, indicators of a prosperous family and eight family functions before education was 5.26 and the average value of adolescents' knowledge after education was 7.87. This means that the provision of education can improve adolescents' knowledge.

There is an increase in adolescent knowledge after being given education, so adolescents know and understand that the minimum age of marriage based on Law Number 16 of 2019 is 19 years for both men and women. In addition, adolescents know the ideal age recommendation for marriage according to BKKBN, which is at least 21 years for women and 25 years for men. Adolescents know that the impact of child marriage in various aspects such as physical, social, and psychological.

Table 5. Before and after education score on family welfare indicators and family functions

Variables	Average
Knowledge score (<i>pre-test</i>)	5.26
Knowledge score (<i>post-test</i>)	7.87

The results in Table 6 present the improvement of adolescents' knowledge on the impact of child marriage, indicators of family welfare, and family functions. The results show that there has been an increase in adolescents' knowledge on the impact of marriage. It is shown that almost all adolescents (95.7%) understand the minimum age of marriage for men according to Law. No. 16 of 2019. More than half of the adolescents (52.1%) understood the minimum age of marriage for women. In addition, adolescents also understand the current state of child marriage in Indonesia. More than half (60.8%) of adolescents knew that Indonesia ranks 7th in the world with the highest rate of child marriage. Adolescents' understanding increased on the importance of getting married in accordance with the law. All adolescents understand the health impacts of child marriage. Meanwhile, almost all adolescents (91.3%) understood the risks faced by perpetrators of child marriage socially and psychologically.

The results of this study show that most adolescents (82.6%) understand the indicators of family welfare. These indicators are guidelines that adolescents have to plan their marriage later. In addition, adolescents' understanding of family functions has increased. The results show that almost half of adolescents (43.4%) know the family functions based on BKKBN, namely 8 family functions. The eight family functions consist of religious function, socio-cultural function, love function, protection function, reproduction function, socialization and education function, economic function, and environmental development function. The results showed that more than half of the adolescents (56.5%) understood the protection function in the family.

Table 6 Distribution of increased knowledge of adolescents on the impact of child marriage, family welfare indicators, and family functions

No	Questions Item	Pre-test	Post-test
		%	%
1.	Minimum age of marriage for men according to Law No. 16 of 2019	20.1	95.7
2.	Minimum age of marriage for women according to Law No. 16 of 2019	0	52.1
3.	UNICEF data in 2020 shows that Indonesia is ranked 7th in the world for the most cases of child marriage in the world	4.4	60.8
4.	Marrying under the age of consent is against the law	95.7	100
5.	Health risks of early marriage	100	100
6.	Social risks of early marriage	91.3	91.3
7.	Psychological risks of early marriage	86.9	91.3
8.	Families that are considered prosperous	91.3	82.6
9.	Family function according to BKKBN	4.4	43.4
10.	Protection function in the family	13.0	56.5

Knowledge Improved on Family Nutrition

Table 7 presents the changes in adolescents' knowledge before and after the education program. The results show that the average score of adolescents' knowledge about family nutrition before education was 4.89 and the average score of adolescents' knowledge after education was 5.67. This means that the provision of education can increase adolescents' knowledge about family nutrition. The increase in knowledge about family nutrition in adolescents shows that adolescents know about balanced nutrition, good eating patterns, and physical changes that occur during adolescence.

Table 7. Before and after education scores on family nutrition

Variable	Mean
Nutrition education score (<i>pre-test</i>)	5.26
Nutrition education score (<i>post-test</i>)	7.87

Table 8 shows the improvement of adolescents' knowledge on family nutrition. The results show that adolescents understand the definition of balanced nutrition (100%). Adolescents' understanding also increased regarding the character that must be formed in relation to Pancasila 1 (77.8%) and 2 (22.2%). This became the foundation for adolescents to understand the importance of balanced nutrition as a step to achieve physical readiness. In addition, adolescents understand the character related to Pancasila to increase knowledge about adolescent moral readiness. Adolescents have a good understanding of the signs of growth and development of adolescent boys and the consequences of suffering from anemia.

Table 8. Distribution of increased knowledge of adolescents about family nutrition

No	Questions Item	Pre test	Post-test
		%	%
1.	Definition of balanced nutrition	66.7	100
2.	Limits of adolescent age	88.9	88.9
3.	Signs of growth and development of adolescent boys	100	100
4.	The consequences of adolescents suffering from anemia	100	100
5.	The right diet	88.9	88.9
6.	The value of forming children's character related to Pancasila precept	66.7	77.8
7.	Children's character building values related to the 2nd precept of Pancasila	11.1	22.2

Action Plan for Marriage Life and Entrepreneurship Training

The last session of the Pre-Marital School was the married life action plan. This activity was attended by 26 teenagers consisting of 11 male teenagers and 15 female teenagers. In this activity, a Forum Group Discussion (FGD) was conducted, where two groups of teenagers were formed. Each teen formulated a plan that would be carried out to achieve a prosperous family. In addition, adolescents also formulated the understanding and knowledge gained during the Pre-Marital school activities. The results showed that adolescents already understood how to achieve a prosperous family. This shows that the pre-marital school program was successful in increasing adolescents' understanding and changing adolescents' perceptions about marriage.

In addition, youth are also equipped with skills in entrepreneurship. Teenagers are trained in entrepreneurship by being introduced to various e-commerce. This is done to improve teenagers' skills to achieve one of the indicators of marriage readiness, namely life skills. In addition, entrepreneurship training is provided to adolescents so that they have the provision to achieve financial readiness before marriage. Especially for teenagers who do not continue their education to college, this skill can be a provision for teenagers.

Discussion

Adolescence is one of the stages of human development characterized by puberty or physical maturity, especially reproductive maturity in adolescents starting from the age of 12 years to 15 years (Gunarsa, 2008). Adolescence is also known as a period of change because in addition to experiencing physical changes, adolescents also experience changes in interests, behavior, and the values they believe in so adolescents often cause problems, rebel, and withdraw from the environment because in adolescence one of the tasks of adolescent development is to find self-identity (Gainau, 2015). Adolescence is an important period because at this time it becomes the final preparation point for entering adulthood which carries duties and responsibilities for itself as a whole (Santrock, 2019). Adolescence is an important period because during adolescence physical development and psychological development occur simultaneously, besides that adolescence is a period of searching for self-identity (Hurlock, 1980). Adolescent development is related to the family environment, based on family ecology theory, the family environment, especially parents, acts as the closest system to children's lives. Therefore, parents play a role in guiding children in a more positive direction so that children grow into quality individuals. The family is the first and main environment for children that will instill

values in children. Family conditions often influence children's marriage. One of them is the low economic condition of the family. In general, child marriage is more common among poor families, although it also occurs among upper economic families (Fadlyana & Larasaty, 2016). The family economy is the reason for early marriage as a way to make ends meet and economic uncertainty in the future encourages early marriage (Juhaidi & Umar, 2020). In addition to family economic conditions, parents often play a role in deciding their children to marry early. This is as stated by Juhaidi and Umar (2020), parents often marry off their children to maintain the good name of the family if the child is dating, besides that cultural-factors, especially for women, there is a negative view if they are not married, thus encouraging parents to marry off their children.

However, the challenge that must be faced today is the existence of the internet which is getting closer to children so that it can affect children's behavior and values. The existence of the internet, especially social media, has a negative impact and threatens teenagers. This is because crime is increasingly widespread. Indrijati (2017) previous research found that the internet makes it easy for teenagers to access pornographic content. According to Santrock (2003) adolescents who continue to be exposed to pornography will increase their sexual desire. This is one of the causes of the high rate of early marriage. Nurhikmah, Carolin, and Lubis (2021) state that mass media, the internet, and social media are currently very easy to access pornography, which has led to the high rate of early marriage because sex before marriage is increasingly prevalent.

This empowerment program aims to increase the knowledge of adolescents related to prosperous families and family functions, family nutrition, and hopes to reduce the high rate of early marriage. The results showed that adolescents' knowledge increased regarding several indicators of prosperous family stages, namely the pre-prosperous family stage, prosperous family I, prosperous family II, prosperous family III, and prosperous family III plus. According to Sunarti (2018), knowledge of prosperous family indicators is important to know because it is one of the ways to achieve family goals. Adolescents' understanding of the functions that must be carried out in family life is increasing. Teenagers understand that there are eight functions that must be carried out by the family, namely religious functions, affection functions, protection functions, socio-cultural functions, reproductive functions, socialization and education functions, economic functions, and environmental development functions. Herawati, Pranaji, Pujihavuty, and Latifah (2020) states that individual knowledge about family functions affects the implementation of family functions, when individuals have good knowledge about family functions, the better the implementation of their family functions.

Knowledge about family nutrition is important for adolescents to understand before they start a family. This is because adolescents are going through a phase of rapid growth. Nutritional intake before marriage is important, especially for women. Riyadi and Sukandar (2009) state that food intake needs to be considered because it is related to nutrition. Women with low nutrition will risk fetal growth and give birth to children who are likely to be born with low birth weight (LBW). The results show that adolescents' knowledge about family nutrition has increased. Adolescents understand the importance of maintaining health before marriage. Adolescents who understand the importance of nutrition before marriage are expected to avoid child marriage because it has a significant impact on pregnancy and the unborn child. Khusna and Nuryanto (2017) state that the age of marriage is closely related to the condition of the baby who is born. The lower the age of marriage, the more malnourished and short children will increase.

This activity program has limitations, namely the inconsistent attendance of adolescents during the activities. However, this program provides evidence of the importance of education through pre-marital school as an effort to prevent child marriage and achieve quality human resources. Therefore, it is important to re-implement this pre-marital school program.

Conclusion and Recommendation

Conclusion

The pre-marital school activities carried out in Ciherang Village, Dramaga Sub-district, Bogor Regency aimed to increase adolescents' understanding of family welfare, family functions, and family nutrition. The outcome of this program is to prevent child marriage and achieve quality human resources. The results obtained showed that the pre-marital school program was particularly successful in improving adolescents' knowledge of the concept of a prosperous family, both in terms of family function and family nutrition. This is shown by the increase in the average value of adolescent knowledge before and after being given education. Adolescents understand the impact of child marriage, indicators of a prosperous family, and family nutrition. In addition, adolescents experienced a change in perception about the importance of family welfare. At the end, adolescents were given the opportunity to convey the knowledge they have gained and the plans they will make when they are married. Furthermore, adolescents were given entrepreneurship training.

Recommendation

Given the success of the pre-marital school activities for adolescents conducted in Ciherang Village, this activity can be re-conducted in a wider area in order to reach a larger number of adolescents as pre-marital school participants, both at the village/sub-district, district/city, provincial and national levels. In addition, education can be provided in other aspects as a factor in achieving family welfare such as family development tasks. It is hoped that this education will be carried out with a larger number of participants in order to have a wider impact so that the goal of building quality human resources can be achieved. Providing education can also involve parents. Parents as the primary caregivers of adolescents have an important role in providing value to children.

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