

## The Effect of Early Marriage E-Booklet Education on the Knowledge and Attitudes of Teenagers at SMA Negeri 5 Palu

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### ABSTRACT

**Background & Objective:** Statistical agency data shows that Indonesia in the 10th ranks of child marriages in the world, about 1,220,900 children. Some factors that contribute toward increasing in early marriage include knowledge and attitudes of adolescents. So, the prevention through education is important that can be achieved through digitalization approaches such as e-booklets. **Method:** This type of quantitative research by using pre-experimental design with pre-test and post-test in one group pretest-posttest design. The total of population in the study was 333 students in class X (ten). The total of sample was 34 students that taken only 10% of the population. The sampling technique used stratified random sampling technique. **Result:** The results showed that there was a significant increase in adolescent knowledge after receiving e-booklet education about early marriage, which the Wilcoxon statistical test results obtained a  $p\text{-value} = 0.000 < \alpha = 0.05$  and the results showed that there was a significant increase in adolescent attitudes after receiving e-booklet education about early marriage, which the Wilcoxon statistical test results obtained a  $p\text{-value} = 0.000 < \alpha = 0.05$ . **Conclusion:** There is an impact of early marriage e-booklet education toward the knowledge and attitude of adolescents at SMA Negeri 5 Palu.

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### Introduction

Biological and psychological growth and development occur during the transition from childhood to adulthood, also known as adolescence. Primary and secondary sexual growth are biological changes, while emotional changes, unstable feelings, and numerous desires are psychological changes (Liesmayani et al., 2022). Common behaviors such as smoking, using illegal substances, stealing, engaging in

various crimes, and deviating from societal norms, often leading to legal issues, as well as engaging in premarital sex and early marriage, frequently occur during this adolescent transition period and are often associated with a state of crisis (Karlina, 2020).

UNICEF (United Nations International Children's Emergency Fund) states that early marriage is indeed a significant global issue, with data from 2020 showing that early marriage has decreased in some countries worldwide over the past ten years, from 15% in 2018 to 21%. However, before the age of 18, many women have already married under the age of 18, totaling approximately 650 million women (UNICEF, 2021).

In 2020, the Statistics Agency reported that Indonesia has the highest number of child marriages in the world and ranks 10th globally. They reported that there were 1,220,900 children who entered into early marriages. Early marriage in Indonesia can occur at the age of 18 and also 15. Data shows that among women under the age of 24, 1.2 million children married for the first time at the age of 18. Among children who married under the age of 15, there were approximately 61,300 children. UNICEF reported that over the past 10 years, Indonesia has seen a decrease in the incidence of early marriage, with a percentage of 3.5%. This is considered slow progress, and more systematic and effective measures are needed to achieve the target of 8.74% by 2024 and a projected 6.94% by 2030 (UNICEF, 2020).

In 2023, a report from the Central Sulawesi Population Welfare Statistics showed that the prevalence of early marriage among those aged 15-19 was higher among women at 6.36%, while for men it was 1.83%. Every year, the number of women aged 20-24 who were married before the age of 18 fluctuates. In 2021, there were approximately cases of early marriage. Although there was a decrease in 2023, the practice of early marriage persists annually (BPS, 2024).

The phenomenon of early marriage has various impacts on young people who marry at an age that is not yet appropriate. Women are at risk of experiencing pregnancy-related issues if they are forced into early marriage due to the health risks associated with reproductive health. Some of these issues include premature birth, maternal mortality, infant mortality, and stunting in children. Additionally, there are social, economic, and psychological challenges that threaten the well-being of mothers (Arzumni and Palupi, 2024).

Early marriage does not occur without cause. Many factors can contribute to it, and one of the most significant factors is the level of knowledge among adolescents about early marriage, including the negative consequences of early marriage, such as its impact on education, health, and social life, which can influence their attitudes and behaviors regarding the decision to marry. Therefore, adolescents' knowledge is key in shaping awareness and actions aimed at reducing the rate of early marriage in society (Salaka, Hanifa, and Noviyani, 2024).

Information, age, and education are some of the factors that can influence a person's education. Higher education and age will influence a person's experiences, as older individuals tend to have more experiences. People who have information will have an impact on their behavior, attitudes, and knowledge. Knowledge will improve if there are many sources of information obtained beforehand (Supriadi, Rosalina, and Berthiana, 2022).

Early marriage can occur as a result of low knowledge. A person's behavior is influenced by how their knowledge is acquired due to the medium-term nature of that

knowledge. Attitude changes can be influenced by knowledge; knowledge and attitude form the foundation for how adolescents develop by instilling in themselves the belief that they are suitable and ideal individuals. Thus, there is harmony between knowledge and attitude, especially if the attitude is formed before the knowledge acquisition process. (Dini and Nurhelita, 2020).

Avoiding early marriage is a positive attitude possessed by adolescents with sufficient knowledge about the impacts and risks associated with early marriage. On the other hand, negative attitudes may emerge or be more likely to lead to early marriage among adolescents who lack sufficient knowledge about early marriage (Supriadi, Rosalina, and Berthiana, 2022).

Considering the various risks and causes of early marriage, preventing risks through education about early marriage is an important step in enhancing knowledge and attitudes among adolescents. With the advancement of technology, many aspects of human life have become digital. Digital media such as e-booklets are effective tools for conveying information. E-booklets allow for interactive content presentation and easy access via devices such as computers, tablets, or smartphones (Makdis, 2020). The absorption of material becomes easier for the target audience when using information through e-booklets. This medium contains text, audio, and images in digital form, making it very easy for adolescents to understand, especially when compared to other media used or communicated directly. (Indrawati, Wulandari, and Andikatyas 2023).

Based on research conducted by Wahidah and Ruhmawati (2022), it was found that there was a significant effect on the use of e-booklets in health education, where the pretest score was 50.30% and after the intervention, it increased to 73.78%. It can be seen that there was an increase of 46.67% in the percentage before and after the test, with a significance level of 0.000.

Research conducted by Sinaga, Silalahi, and Situmorang (2023) showed an increase of 80.34% through e-booklet media, where the value before the intervention was 58.62% through the material provided on biodiversity to 10th-grade students at SMA Negeri 4 Pematang Siantar. This indicates that there are significant results from the intervention provided.

Based on the research results from Indrawati, Wulandari, and Andikatyas (2023), conducted in Pakis Village, Magelang Regency, education through e-booklets about early marriage among children aged 16 to 19 years effectively increased adolescents' knowledge. The results explain that there was a difference in knowledge before and after the intervention from the education provided. The study was conducted by implementing interventions on the control group and evaluating the educational intervention before and after the treatment, with a significance level of 0.000. Thus, the study concluded that there was a difference in knowledge between the intervention group and the control group, thereby accepting the hypothesis that there was a noticeable effect from the intervention on both the control group and the intervention group through the distribution of leaflets.

The results of the initial data collection and interviews at SMA Negeri 5 Palu in the Guidance and Counseling (BK) department indicated that there were three students who dropped out of school. In 2022, one student at SMA 5 Palu was forced to leave school due to early marriage. This number increased to two students in 2023 for similar reasons. This was due to pregnancy, which influenced the school's decision to expel the students.

The school has conducted socialization and counseling, but the problem persists. This is because, during interviews with 10 students, they revealed that the socialization previously conducted – on the dangers of sex and smoking – was only through lectures without the use of media.

Based on the above, therefore, in this counseling session, using research conducted with e-booklets as media, the researcher felt it necessary to further examine the issue through research titled “The Influence of E-booklet Education on Early Marriage Knowledge and Attitudes Among Adolescents at State High School 5 Palu.”

## Objective

The purpose of this study is to analyze the effect of early marriage e-booklet education on the knowledge and attitudes of teenagers at SMA Negeri 5 Palu.

## Method

This research is quantitative in nature, using empirical approaches to collect, analyze, and present data in numerical form (numbers). The research design uses a pre-experimental design with a pre-test and post-test in a one-group pretest-posttest design, in which there are no control variables (Sugiyono, 2023).

## Results

### Respondent Characteristics

TABLE 1. Respondent Characteristics

Characteristics	Frequency	Percentage
<b>Age</b>		
15 years old	9	26,5
16 years old	24	70,6
17 years old	1	2,9
<b>Gender</b>		
Male	17	50.0
Female	17	50.0
<b>Parents' Occupations</b>		
Farmer	9	26,5
Entrepreneur	17	56,1
Business	2	5,8
Laborer	3	2,8
Police Officer	2	5,9
Online Motorcycle Taxi Driver	1	2,9
<b>Father's Latest Education</b>		
Elementary School	1	2,9
Junior High School	4	11,8
Senior High School	26	76,5
Bachelor's Degree	3	8,8
<b>Mother's Latest Education</b>		
Elementary School	3	8,8
Junior High School	2	5,9
Senior High School	25	73,5
Bachelor's Degree	4	11,8
<b>Respondents' Place of Residence</b>		
With Parents	20	58,8
Family	6	17,6
Boarding House	8	23,5

Based on Table 1. above, it can be seen that based on age characteristics, most respondents are 16 years old, with 24 respondents (70.6%). For gender characteristics, the number of male and female respondents is the same, with 17 respondents (50.0%). For the father's occupation characteristics, most of the respondents' fathers are self-employed, with 17 respondents (56.1%). For the mother's occupation, most mothers are housewives, totaling 24 respondents (70.6%). For the father's highest level of education, most have completed high school, totaling 26 respondents (76.5%). For the mother's highest level of education, most have completed high school, totaling 25 respondents (73.5%). while for the respondents' place of residence, most respondents lived with their parents, totaling 20 respondents (58.8%).

### Univariate Analysis

**TABLE 2.** Teenagers' Knowledge Before Receiving Marriage Education E-Booklets

Characteristics	Frequency	Percentage
Good	12	35,3
Fair	11	32,4
Poor	11	32,4
<b>Total</b>	<b>34</b>	<b>100</b>

Based on Table 2 above, it can be seen that most respondents had a good level of knowledge about early marriage before being given the e-booklet education, namely 12 respondents (35.3%), 11 respondents (32.4%) had sufficient knowledge, and 11 respondents (32.4%) had insufficient knowledge.

**TABLE 3.** Attitudes of Adolescents Before Receiving Education on Early Marriage E-Booklets

Characteristics	Frequency	Percentage
Good	15	44,91
Fair	19	55,9
<b>Total</b>	<b>34</b>	<b>100</b>

Based on Table 3 above, it can be seen that the results of the data on the attitudes of adolescents before being given education through e-booklets about early marriage showed that 15 respondents (44.1%) had good attitudes and 19 respondents (55.9%) had adequate attitudes.

**TABLE 4.** Knowledge of Adolescents After Being Given Education Through E-Booklets on Marriage

Characteristics	Frequency	Percentage
Good	28	82,4
Fair	4	11,8
Poor	2	5,9
<b>Total</b>	<b>34</b>	<b>100</b>

Based on Table 4 above, it can be seen that most respondents had a good level of knowledge about early marriage after being given the e-booklet education, with 28 respondents (82.4%) having a good level of knowledge, 4 respondents (11.8%) having a sufficient level of knowledge, and 2 respondents (5.9%) having a poor level of knowledge.

**TABLE 5.** Attitudes of Adolescents After Receiving Education Through the E-Booklet on Marriage

Characteristics	Frequency	Percentage
Good	29	85,3
Fair	5	14,7
<b>Total</b>	<b>34</b>	<b>100</b>

Based on Table 5 above, it can be seen that the data on the attitudes of adolescents after being given an e-booklet education about early marriage showed that 29 respondents (85.3%) had a good attitude and 5 respondents (14.7%) had a fair attitude.

### Bivariate Analysis

**TABLE 6.** The Effect of E-Booklet Education on Early Marriage on Adolescent Knowledge at State High School 5 Palu using the *Wilcoxon Test*

Teen Knowledge	Pre-test		Post-test		Difference	P Value
	<i>f</i>	%	<i>f</i>	(%)		
Good	12	35,3	28	82,4	+47,1	0,000
Fair	11	32,4	4	11,8	-20,6	
Poor	11	32,4	2	5,9	-26,5	
<b>Total</b>	<b>34</b>	<b>100</b>	<b>34</b>	<b>100</b>		

Based on Table 6 above, it can be seen that there was an increase in the knowledge of adolescents in the good category in the pre-test of 12 respondents and the post-test of 28 respondents, with an increase of 47.1%. In the “adequate” category, there were 11 respondents in the pre-test and 4 respondents in the post-test, with a decrease of 20.6%, while in the “poor” category, there were 11 respondents in the pre-test and 2 respondents in the post-test, with a decrease of 26.5%. The results of the Wilcoxon statistical test yielded a p-value of 0.000 with  $\alpha = 0.05$ , indicating that there is an effect of the e-booklet education on early marriage on the knowledge of adolescents at SMA Negeri 5 Palu.

**TABLE 7.** The Effect of E-Booklet Education on Early Marriage on the Attitudes of Adolescents at SMA Negeri 5 Palu Using the *Wilcoxon Test*

Teenage Attitudes	Pre-test		Post-test		Difference	P Value
	<i>f</i>	%	<i>f</i>	%		
Good	15	44,1	29	85,3	+41,2	0,000
Fair	19	55,9	5	14,7	-41,2	
<b>Total</b>	<b>34</b>	<b>100</b>	<b>34</b>	<b>100</b>		

Based on Table 7 above, it can be seen that there was an increase in the attitudes of adolescents in the good category, with 15 respondents in the pre-test and 29 respondents in the post-test, representing an increase of 41.2%, while the attitudes in the fair category in the pre-test were 19 respondents and 5 respondents in the post-test, representing a decrease of 41.2%. The results of the Wilcoxon statistical test yielded a p-value of 0.000 with  $\alpha = 0.05$ , indicating that there is an effect of the e-Booklet education on early marriage attitudes among adolescents at SMA Negeri 5 Palu.

### Discussion

The Effect of Early Marriage E-booklet Education on the Knowledge of Adolescents at SMA Negeri 5 Palu

The results of the bivariate test showed a significant increase in adolescents' knowledge after being educated through e-booklets. Knowledge in the good category increased from 12 (35.3%) to 28 respondents (82.4%), or an increase of 47.1%. Meanwhile, the “adequate” category decreased by 20.6% and the “poor” category decreased by 26.5%. The Wilcoxon statistical test yielded a p-value of 0.000 ( $\alpha = 0.05$ ), indicating a significant effect of the e-booklet education on teenagers' knowledge about early marriage at SMA Negeri 5 Palu.

This increase is likely due to the visually appealing and easy-to-understand presentation of information in the e-booklet. Respondents showed enthusiasm for the interactive content, including images and audiovisual elements that made the educational activity enjoyable and easy to follow. This finding suggests that educational media tailored to the characteristics of adolescents can enhance the effectiveness of information delivery. These results are consistent with the research of Alfaridzi and Suparti (2023) and Sheladjiq and Yulianti (2023), which show that e-booklets are effective in increasing adolescents' knowledge on various health topics. E-booklets are considered easy to access, attractive, and interactive because they combine print and digital elements and are able to improve memory and understanding.

Prananta and Safitri (2023) also mention that e-booklets are systematically designed with specific learning objectives communicated through electronic media, complete with navigation, animations, and sound and images, making it easier for adolescents to understand the information. Overall, this study confirms that the use of e-booklets is an effective educational method for improving adolescents' knowledge, as it can convey information directly, attractively, and in line with the needs and characteristics of the younger generation.

#### The Effect of E-booklet Education on Early Marriage Attitudes Among Adolescents at State High School 5 Palu

Bivariate test results indicate a significant increase in adolescents' attitudes toward early marriage after receiving education through e-booklets. Respondents with positive attitudes increased from 15 in the pretest to 29 in the posttest, representing a 41.2% increase. Meanwhile, respondents with neutral attitudes decreased from 19 to 5, a decrease of 41.2%. The Wilcoxon statistical test yielded a p-value of 0.000 ( $\alpha = 0.05$ ), indicating a significant effect of the e-booklet education on changes in adolescents' attitudes at State High School 5 Palu.

The researcher assumes that this increase is due to the respondents' improved understanding after participating in the education program. Through the interactive and engaging e-booklet, the respondents gained a better understanding of the importance of avoiding early marriage and the negative consequences it can entail. The positive attitudes demonstrated are a form of appreciation and response to the information received during the educational activity. This finding is also supported by the previously observed increase in knowledge. It is known that the majority of respondents had knowledge in the good category after the education. Therefore, it can be concluded that the increase in knowledge directly contributes to the formation of a more positive attitude. This aligns with the theory stating that attitudes are formed through cognitive components such as knowledge and deep understanding of an object.

According to Notoatmodjo (2018), attitudes are a person's response that includes cognitive, affective, and conative elements. The cognitive component, namely knowledge and beliefs about an object, plays an important role in shaping attitudes. In this context, knowledge about the dangers of early marriage plays a role in creating more rational and logical attitudes, rather than attitudes based solely on environmental influences or social pressure.

The results of this study are also in line with a study conducted by Yanti (2022), which shows that education using e-booklets can increase adolescents' knowledge and

attitudes toward anemia. Attitude changes occur because adolescents are more receptive to and understand the material presented through media that is attractive and suited to their characteristics.

Thus, it can be concluded that e-booklets are an effective educational method not only in increasing knowledge but also in shaping positive attitudes among adolescents toward important issues such as early marriage. Systematic information delivery, attractive visuals, and ease of access are the main advantages of e-booklets as an alternative learning medium for adolescents.

### **Conclusion**

1. The knowledge of teenagers before being given education through the E-Booklet about early marriage at SMA Negeri 5 Palu was mostly good.
2. The attitude of teenagers before being given education through the E-Booklet about early marriage at SMA Negeri 5 Palu was mostly positive.
3. The knowledge of teenagers after being given education through the E-Booklet about early marriage at SMA Negeri 5 Palu was mostly good.
4. The attitudes of teenagers after receiving education through the e-booklet on early marriage at SMA Negeri 5 Palu were mostly positive.
5. There was an effect of education through the e-booklet on early marriage on the knowledge of teenagers at SMA Negeri 5 Palu.
6. There was an effect of education through the e-booklet on early marriage on the attitudes of teenagers at SMA Negeri 5 Palu.

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