

THE INFLUENCE OF FAMILY SUPPORT ON THE PREVENTION OF EARLY MARRIAGE IN DONOMULYO DISTRICT, MALANG REGENCY

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ABSTRACT

Early marriage, which occurs during adolescence before reaching the recommended age for marriage, remains a significant social issue in Indonesia because of its adverse effects on adolescents' health, education, and social well-being. Family support is considered one of the key factors influencing efforts to prevent early marriage. This study aimed to examine the effect of family support on the prevention of early marriage among adolescents in Donomulyo District, Malang Regency. A quantitative correlational study with a cross-sectional design was conducted involving 35 adolescents selected through total sampling. Data were collected using validated family support and early marriage prevention questionnaires and analyzed using simple linear regression with IBM SPSS Statistics. The findings indicated that both family support and early marriage prevention were predominantly at a moderate level. Regression analysis demonstrated a very strong positive relationship between family support and early marriage prevention ($R = 0.995$), with family support explaining 98.9% of the variance in early marriage prevention ($R^2 = 0.989$). The regression model was statistically significant ($F = 2998.831$, $p < 0.001$), and family support had a significant positive effect on early marriage prevention ($\beta = 0.995$; $B = 0.991$; $t = 54.762$; $p < 0.001$). These findings indicate that stronger family support is associated with greater adolescent readiness to delay marriage through improved awareness of education, reproductive health, and psychosocial maturity. Therefore, family-centered interventions that strengthen parental communication, emotional support, and reproductive health education should be prioritized as practical strategies to reduce the risk of early marriage among adolescents.

Keywords: Family Support, Early Marriage, Adolescent behavior

INTRODUCTION

Early marriage is a marriage that occurs between men and women during their teenage years or before reaching the ideal age for marriage. According to the United Nations Children's Fund, early marriage is a marriage that occurs before the age of 18, when the individual is not physically, mentally, emotionally, socially, or economically ready to live a married life [1]. In Indonesia, early marriage is a marriage performed by men or women at an age below the stipulated age. Based on Law Number 16 of 2019 concerning Marriage, the minimum age for marriage for men and women is 19 years. Therefore, marriages performed before the age of 19 are included in the category of early marriage. This regulation was created as an effort to protect adolescents from various health, psychological, social, and economic risks resulting from marrying at too young an age [2].

Globally, the United Nations Children's Fund states that more than 640 million girls in the world are married before the age of 18. Every year an estimated 12 million girls experience early marriage. This high figure shows that early marriage remains a health and social problem in various developing countries

because it impacts education, reproductive health, and the quality of life of adolescent girls [1]. In Indonesia, cases of early marriage are still quite high even though the government has set the minimum age for marriage to 19 years. Based on data from the Central Statistics Agency in 2024, the percentage of women who married for the first time at the age of under 16 years reached 14.21%, while women who married at the age of 17–18 years was 19.04%. This data shows that there are still many teenagers in Indonesia who marry before reaching the ideal age of adulthood [3]. In East Java Province, the rate of early marriage is also still quite high. Data from the Surabaya High Religious Court shows that in 2023 there were 12,334 cases of marriage dispensation or around 24,668 children married under the age of 19. Although this figure has decreased compared to the previous year, cases of early marriage in East Java are still a concern because most occur at the junior high school age [4]. In Malang Regency, cases of early marriage remain quite high, making it one of the areas with the highest rates of early marriage in East Java. Data from the Malang Regency Religious Court shows that from January to August 2024, there were 451 applications for marriage dispensation by underage adolescents. Although this figure is down from 618 cases in 2023, it indicates that early marriage remains common in Malang Regency [5].

Based on the results of initial interviews conducted by researchers on May 10, 2026 with 10 teenagers in Donomulyo District, Malang Regency, it was found that 6 teenagers (60%) said they still did not understand the impact of early marriage on health, education, and household life. 4 teenagers (40%) stated that early marriage was considered commonplace in their environment because it was influenced by community culture that supported marriage at a young age, including the culture of some communities who still considered women should marry immediately to avoid being considered "spinsters". In addition, 5 teenagers (50%) said that parents were more supportive of their daughters getting married than continuing their higher education because they assumed that women would ultimately take care of the household and kitchen. The interview results also showed that 4 teenagers (40%) admitted that economic factors were the reason for early marriage because parents hoped that the family's economic burden would be reduced after their children married. 3 teenagers (30%) said they received less supervision and education from their families regarding the impact of early marriage and the importance of future planning. This condition shows that cultural and economic factors, as well as low family support for the education and development of young women, are still the causes of early marriage in Donomulyo District, Malang Regency.

Early marriage among adolescents is influenced by various interrelated factors, such as cultural, economic, environmental, educational, and parental attitudes toward daughters. In some communities, early marriage is still considered normal and has become a tradition passed down through generations. Furthermore, there is still a perception that unmarried girls by a certain age are considered "spinsters," leading parents to feel ashamed if their daughters don't marry soon. This situation leads some parents to choose to marry off their daughters rather than provide them with the opportunity to pursue higher education. According to Trisna Rosanti (2020), parental culture influences early marriage because some people still consider early marriage normal. Research shows that most parents support early marriage, citing concerns about preserving

the family's reputation and adhering to prevailing social customs [6]. According to Eva Erna Juliawati (2021), economic, environmental, socio-cultural, mass media, and family perspectives and beliefs are associated with early marriage among adolescents. This research shows that adolescents from low-income families and negative socio-cultural environments are at greater risk of early marriage. Based on the above background, efforts to prevent early marriage are needed by increasing family support for adolescents. Parents are expected to provide attention, supervision, communication, and education regarding the impact of early marriage on adolescents' health, education, and social life. Furthermore, families also need to provide support for girls to continue their education and develop their potential to prevent the perception that women only play a role in household matters. Efforts to prevent early marriage can also be carried out by providing reproductive health education to adolescents, increasing knowledge about marriage readiness, and strengthening the role of schools and health workers in providing counseling to the community. Environmental support and changing community mindsets regarding the culture of early marriage are also needed to provide adolescents with better opportunities to plan for the future. Therefore, family support is a crucial factor in preventing early marriage among adolescents in Donomulyo District, Malang Regency.

RESEARCH METHODS

The method used in this study was quantitative research with a correlational analytical approach. The research design used was cross-sectional, meaning the study was conducted to determine the relationship between family support and the prevention of early marriage among adolescents at a single measurement point.

The population in this study were all adolescents in Donomulyo District, Malang Regency. The total population in this study was 35 respondents. The research sample was taken using a total sampling technique, namely the entire population was used as the research sample. The inclusion criteria in this study included: 1) adolescents aged 15–19 years in Donomulyo District, Malang Regency, 2) willing to be respondents, and 3) able to communicate well. Meanwhile, exclusion criteria included adolescents who were not present during data collection or did not complete the questionnaire completely.

This research was conducted on May 14, 2026, in Donomulyo District, Malang Regency. The independent variable in this study was family support, while the dependent variable was prevention of early marriage. Data collection was conducted using questionnaires distributed to respondents. The family support questionnaire was used to measure the forms of emotional, informational, instrumental, and appreciation support provided by families to adolescents. The early marriage prevention questionnaire was used to measure adolescents' knowledge, attitudes, and behaviors in efforts to prevent early marriage.

Data analysis was conducted using a Simple Linear Regression statistical test with the help of IBM SPSS Statistics to determine the effect of family support on preventing early marriage among adolescents in Donomulyo District, Malang Regency. A simple linear regression test was used to determine the magnitude of

the influence of the independent variables on the dependent variable. The significance level used in this study was $\alpha = 0.05$.

RESULTS AND DISCUSSION

A. GENERAL DATA OF RESPONDENTS

Table 1. General Data Of Respondents

Age	Frequency (n)	Percentage (%)	Age
Early Adolescence	15	42.9	Early Adolescence
Late Teenagers	20	57.1	Late Teenagers
Total	35	100	Total
Gender			
Man	12	34.3	Man
Woman	23	65.7	Woman
Total	35	100	Total
Education			
JUNIOR HIGH SCHOOL	8	22.9	JUNIOR HIGH SCHOOL
SENIOR HIGH SCHOOL	27	77.1	SENIOR HIGH SCHOOL
Total	35	100	Total

Based on general respondent data, the majority of respondents were in their late teens, namely 20 people (57.1%). Based on gender, the majority of respondents were female, namely 23 people (65.7%). Meanwhile, based on education level, the majority of respondents were in high school, namely 27 people (77.1%). This indicates that the respondents were predominantly female late teens with a high school education.

B. SPECIAL DATA

Table 2. Special Data

Family Support	Category	Frequency (n)	Percentage (%)
	Not enough	12	34.3
	Enough	12	34.3
	Good	11	31.4
	Total	35	100
Prevention of Early Marriage	Category	Frequency (n)	Percentage (%)
	Not enough	9	25.7
	Enough	15	42.9
	Good	11	31.4
	Total	35	100

Based on specific data, respondents' family support was divided almost evenly between the inadequate and adequate categories, with 12 respondents (34.3%) each, and the good category with 11 respondents (31.4%). Meanwhile, regarding the early marriage prevention variable, the majority of respondents were in the adequate category, with 15 respondents (42.9%), followed by the good category with 11 respondents (31.4%) and the inadequate category with 9 respondents (25.7%). This indicates that the level of early marriage prevention

among respondents is still in the moderate category.

C. The Influence of Family Support on the Prevention of Early Marriage in Donomulyo District, Malang Regency

TABLE 3. SUMMARY MODEL (REGRESSION ANALYSIS)

Model	R	R Square	Adjusted Square	R	Std. Error
1	0.995	0.989	0.989		0.66436

The analysis results show a correlation value (R) of 0.995, indicating a very strong relationship between family support and the prevention of early marriage. The R Square value of 0.989 indicates that 98.9% of the early marriage prevention variable is influenced by family support, while 1.1% is influenced by other factors outside the study.

Table 4. Anova (F Test)

Model	Sum of Squares	df	Mean Square	F	Sig.
Regression	1323,606	1	1323,606	2998,831	<0.001
Residual	14,565	33	0.441		
Total	1338,171	34			

The ANOVA test results showed a calculated F value of 2998.831 with a significance level of <0.001. Since the significance value is less than 0.05, it can be concluded that the regression model is significant. This means there is a significant influence between family support and the prevention of early marriage.

Table 5. Coefficients (t Test)

Variables	B	Std. Error	Beta	t	Sig.
(Constant)	0.979	0.466	-	2,099	0.044
Family Support	0.991	0.018	0.995	54,762	<0.001

The results of a simple linear regression test indicate that the family support variable has a significance value of <0.001, indicating a significant influence on the prevention of early marriage. The coefficient B value of 0.991 indicates that each increase in family support significantly increases the prevention of early marriage. Thus, family support has a positive and significant influence on the prevention of early marriage.

Based on the research results, the majority of respondents were in the late adolescent category, namely 20 respondents (57.1%), female gender was 23 respondents (65.7%), and had a high school education level of 27 respondents (77.1%). This shows that the study respondents were predominantly female late adolescents with a high school education level. In late adolescence, individuals begin to have more mature thinking skills so they are better able to understand the risks of early marriage and the importance of future planning. The results of this study are in line with research conducted by Ni Komang Ayu Juniari, I Kadek Nuryanto, and Ni Komang Tri Agustini (2024) which stated that high school-aged adolescents have a better understanding of the impact of early marriage because they are in the late adolescent development stage where they are starting to be

able to think critically about the future and reproductive health. The study also explained that family support plays an important role in increasing adolescent motivation to prevent early marriage [7]. According to adolescent development theory, late adolescence is a phase where individuals begin to be able to think abstractly and logically, and consider the long-term consequences of their decisions. Higher education also makes it easier for adolescents to obtain information about reproductive health and the social impacts of early marriage. The results of this study indicate that age, gender, and education level influence adolescents' understanding of early marriage prevention. Late adolescents with a high school education tend to have better knowledge about the importance of continuing their education and preparing for the future before marriage. In addition, women are the group that pays more attention to the issue of early marriage because they are the most vulnerable to the health and social impacts of marrying too young [8].

The research results revealed that family support among respondents was almost evenly distributed: 12 respondents (34.3%) were in the "poor" category, 12 respondents (34.3%) were in the "sufficient" category, and 11 respondents (31.4%) were in the "good" category. This indicates that some adolescents still do not receive optimal family support in efforts to prevent early marriage. Family support is crucial because the family is the primary environment that shapes adolescents' behavior, mindset, and decision-making regarding education and marriage.

The results of this study are in line with the study "The Phenomenon of Early Marriage Makes Parents and Teenagers Not Afraid of Experiencing Unwanted Pregnancy" by Aprianti et al. (2018) which explains that family culture and parental support influence the occurrence of early marriage. The study states that some parents consider early marriage as a solution when problems occur in adolescents so that adolescents receive less support to continue their education and plan for the future [9]. Another supporting study is "Policy of Limitation of Marriage Minimum Age on Marriage Law Revision Based on Sociological and Anthropological Approaches" by Robiatul Adawiyah and Esmi Warassih Pudjirahayu (2021). This study explains that sociocultural factors and family mindsets are still the causes of the high rate of early marriage in society. Families have a significant influence on the decision to marry at a young age [10]. Lack of family support and education regarding reproductive health results in adolescents having low readiness for marriage. Family support is needed so that adolescents understand the health and social risks of early marriage [11]. According to Friedman's theory, family support is a form of attention, affection, information, appreciation, and assistance provided by families to their members. Good family support will help adolescents feel cared for, gain motivation, and have positive direction in determining the future. Family support is an important factor in preventing early marriage. Adolescents who receive good family support tend to have higher knowledge and awareness of the importance of education, reproductive health, and marriage readiness. Conversely, a lack of family support can make adolescents more susceptible to the influence of cultures and environments that support early marriage [11].

Based on the results of the simple linear regression analysis, a correlation value (R) of 0.995 was obtained, indicating that the relationship between family support and the prevention of early marriage is included in the very strong

category. The R Square value of 0.989 indicates that 98.9% of early marriage prevention is influenced by family support, while 1.1% is influenced by other factors outside the study. The results of the ANOVA test obtained a significance value of <0.001 , indicating that the regression model used is significant. In addition, the results of the t test showed a significance value of the family support variable <0.001 with a B coefficient value of 0.991, meaning that every increase in family support will increase efforts to prevent early marriage in adolescents. The research results show that family support has a very strong influence on preventing early marriage among adolescents in Donomulyo District, Malang Regency. This indicates that the family is the primary environment that shapes adolescents' mindsets, attitudes, and behaviors in determining their future, including decisions regarding marriage. In everyday life, families who provide good attention and communication tend to be able to guide teenagers to understand the importance of education, reproductive health, and mental readiness before marriage. Parents who frequently provide advice, listen to their children's complaints, and support their children in continuing their education will make teenagers have clearer life goals so they are not easily influenced to marry at a young age. Emotional support from the family also makes teenagers feel appreciated and more open in expressing the problems they face [12]. Conversely, teenagers who receive less attention and supervision from their families tend to be more easily influenced by social and cultural environments that support early marriage [13]. In some families, there is still the view that women do not need to go to college and it is better to get married immediately [14]. In addition, economic factors also cause some parents to choose to marry off their children early in the hope of reducing the burden on the family. This condition shows that a lack of family support can increase the risk of early marriage in adolescents [15]. The results of this study are in line with the study "The Phenomenon of Early Marriage Makes Parents and Teenagers Not Afraid of Experiencing Unwanted Pregnancy" by Aprianti et al. (2018) which states that families have a significant influence on adolescents' decisions to marry young. Lack of communication and family supervision makes adolescents more vulnerable to early marriage [16]. Another study, "Policy of Limitation of Marriage Minimum Age on Marriage Law Revision Based on Sociological and Anthropological Approaches," by Robiatul Adawiyah and Esmi Warassih Pudjirahayu (2021), also explains that family culture and social environment are the main factors causing the high rate of early marriage. Family support in the form of education and supervision can help adolescents delay marriage until adulthood [17]. In addition, the study "Prospective Brides' Experiences of Reproductive Health and Premarital Care: A Scoping Review" by Fitri et al. (2025) stated that family support in providing reproductive health education and marriage readiness can increase adolescent awareness of the risks of early marriage [18]. According to Friedman's theory, family support is a form of attention, affection, appreciation, information, and assistance given by a family to its members. Good family support will help individuals feel loved, cared for, and motivated to make positive decisions [19]. The meaning of the results of this study shows that family support is a very important factor in preventing early marriage in adolescents [20]. The better the family support that adolescents receive, the better their understanding and readiness in planning for the future, continuing their education, and avoiding marriage at too young an age [21]. According to

researchers, family support plays a crucial role in preventing early marriage among adolescents because the family is the primary environment that shapes a child's mindset, behavior, and decisions regarding their future. Adolescents who receive attention, good communication, motivation to learn, and supervision from their parents tend to have a better understanding of the importance of education, reproductive health, and mental readiness before marriage, making them less likely to be influenced into marrying at a young age. Conversely, a lack of family attention and support can make adolescents more susceptible to the influence of social and cultural environments that view early marriage as normal. Furthermore, economic conditions and parental mindsets that still consider girls unnecessary for higher education can also increase the risk of early marriage. Therefore, family involvement in providing education, attention, and emotional support to adolescents is essential so that adolescents can plan their future more thoroughly and avoid marriage at too young an age.

CONCLUSION

Based on the research results, it can be concluded that the majority of respondents were late adolescents, predominantly female, with a high school education level. Family support for adolescents in preventing early marriage was in the adequate category, as were efforts to prevent early marriage undertaken by adolescents. The results showed a significant relationship between family support and early marriage prevention in Donomulyo District, Malang Regency. Good family support can help adolescents better understand the importance of education, reproductive health, and mental readiness before marriage, thus enabling them to avoid marriage at too young an age. The better the family support provided, the better the efforts to prevent early marriage among adolescents.

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