

Socio-Economic And Cultural In Shaping Early Marriage And Stunting In Mempawah Regency

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Abstract

Early marriage and stunting in Mempawah Regency are high. The factors causing early marriage and stunting are not only 1 factor, but many factors are interrelated, if you want to overcome stunting thoroughly and effectively, you must find the causative factors associated with early marriage and stunting. This study aims to explain and analyse the relationship between early marriage and stunting from social, economic and cultural perspectives. This research uses descriptive qualitative research methods, informants consist of the Head of KUA, Religious Court, Head of Puskesmas, Midwives and Sub-districts of Mempawah Hilir. Data collection techniques, interviews, observation and documentation and data analysis methods perform data reduction, presentation and conclusions. The results showed a relationship between socio-culture and economics with the formation of early marriage and stunting, all of which are interrelated.

Keywords: *Early Marriage, Stunting, Factors, Social, Cultural, Economic*



INTRODUCTION

Early marriage and stunting are social issues that are related to each other. A single element does not cause the factors of social problems, but many factors can cause one social pain. One of the stunting cases in the Mempawah Regency is caused by early marriage (Chainar et al., 2023).

Marriage is still a trend in some society groups, and the numbers contributed by this issue are alarming. According to WHO, early marriage is a marriage that occurs before the age of 18 years, carried out by both boys and girls, but in fact, early marriage often occurs in girls (WHO, 2013). According to the Marriage Act, a man and a woman must be 19 years old to marry, meaning that it cannot be done if one has not reached the age of 19.

According to UNICEF, 22 million women have married under the age of 18 worldwide, and an estimated 280 million are at risk of becoming brides before 18. Indonesia still has a relatively high rate of early marriage in the ASEAN region. UNICEF noted that Indonesia ranked 8th highest with an absolute number of "child brides" of 1,459,000 cases (UNICEF, 2015). Indonesia ranks 8th globally and 2nd in ASEAN with the highest number of early marriages (Arief Maula, 2023).

Child marriage is still rife today. National Commission for Women noted that throughout 2021, there were 59,709 cases of early marriage given dispensation by the court (Harruma, 2022). This condition is very concerning if children who are supposed to study and work must marry at an early age. Early marriage is caused by several factors, including cultural and social norms prevailing in society, economic status, and education level (Arroiffah, 2022).

The view of some people related to unmarried women at an age that is no longer young influences parents to decide their children to marry at an early age. In addition, economic conditions often make families give up their children to be married for financial reasons, and besides that, some people assume that by matching, economic stability will occur.

Low education makes it difficult for people to get decent jobs, so parents prefer to marry off their children rather than increase the burden on the family (Marcelina, Sheilla, 2021). In addition, there are cultural factors that cause early marriage. The factor of parents agreeing to marriage at a young age is also often caused by parents' fears of pregnancy out of wedlock to encourage their children to marry at a young age (Sumbulan & Jannah, 2012). The impact resulting from early marriage is also diverse, the occurrence of early marriage indirectly has an impact on several fields. For example, early marriage affects the education sector, with early marriages carried out by these children do not complete their education or do not continue their education



to the next level. Child welfare is also one of the impacts produced by early marriage. Mental or psychological children also have an impact that can affect early marriage. Children who are still immature when married and then have children allegedly do not have capital in parenting and often experience depression after giving birth.

Adverse effects also occur on the health of mothers and babies caused by early marriage. Children born to mothers who marry early have a lower chance of life and have more significant nutritional problems, such as being short, thin, and malnutrition (Onis & Branca, 2016). The existence of early marriage can also cause stunting in children. This is caused by limited education and disruption of the mother's reproductive organs. The percentage of short children increases in mothers who marry at an early age, the younger the mother's marriage age, the proportion of toddlers with temporary nutritional status increases (Dartilawati et al., 2021). Pernikahan dini bisa menimbulkan masalah sosial baru yang menjadi tantangan untuk semua pihak.

West Kalimantan is one of the provinces that contributes a relatively high rate of early marriage. Referring to the 2021 National Socioeconomic Survey (Susenas) results, cases of early marriage in West Kalimantan were recorded at 21 per cent. This figure is above the national average of 10.35 per cent (Kiwi, 2023). If we look at the impact of early marriage, West Kalimantan may experience this impact.

One of the districts rife with early marriage is Mempawah Regency (Rinto, 2022). Efforts to reduce the number of early marriages in Mempawah Regency are with the Memorandum of Understanding (MoU) by the Mempawah Class I.B. Religious Court (P.A.) held with the Mempawah Regency Health, Population Control, and Family Planning Office. The MoU is about medical examination services for applicants for marriage dispensation for children who apply for marriage dispensation at the Mempawah Religious Court (Ardiansyah, 2022).

The problem that is quite worrying again is the impact of early marriage on stunting cases. Stunting is the government's focus to handle and provide solutions so that stunting rates do not increase in each province. Of course, if observed, stunting arises not only because of nutritional problems but can be caused by other social issues, one of which is early marriage, meaning that it is necessary to break one link in the chain of causes not to cause other cases.

Based on the above background, the author conducted social, economic, and cultural research in shaping early marriage and stunting in Mempawah Regency. This is a continuation of previous research related to stunting, where the results showed that stunting was caused by early marriage which was quite high in Mempawah Regency, so the author wanted to continue the



research by linking early marriage and stunting with social, economic and cultural factors.

METHOD

This research uses qualitative methods with a descriptive analysis approach. The subjects of her study consisted of the Head of K.U.A., the Religious Court, the Head of the Puskesmas, Midwives and Lurah in Mempawah Hilir District. The object of this study is the relationship between early marriage and stunting from a social, economic and cultural point of view in Mempawah Hilir District. The location of this research was conducted in the Mempawah Hilir District, where this area has a very high rate of early marriage and stunting. Data collection techniques with Observation, Interviews and Documentation and Data analysis methods perform data reduction, data presentation and conclusions.

LITERATURE REVIEW

Early marriage

Early marriage is a marriage performed by a man and a woman who are under 18 years old. The high practice of early marriage is carried out and is universally evidenced by data that there are 270 million women who marry before the age of 18 years, which is the age range of 15 years (Adam, 2020).

In Indonesia, early marriage itself is a unique problem that until now has not been eradicated or minimised. The presence of early marriage certainly does not escape from problems that occur, such as Domestic Violence Cases (KDRT), which occur due to a lack of emotional control from both parties, so there are minor problems in the family, causing them to commit acts of violence. If this continues to happen, then the end of this marriage is divorce because they feel there is a mismatch between them, so they take the step of divorce as a way out they take. In 2022, it is known that there will be 516,334 divorce cases in Indonesia, and this divorce rate will increase yearly (Annur, 2023). In addition, because of the violence factor that happens, there are also other problems faced by couples who marry early, namely the harmony factor in the household. This is because the mindset of those who are still children and not mature enough to cause harmony in their families not to be established so well, this phenomenon will undoubtedly have an impact on their next lives.

Early marriage occurs because several factors influence it, one of the leading causes is economic factors. A person's inability to meet his needs leads to early marriage. This early



marriage often occurs because based on the encouragement of their parents, who hope that after they marry their children, the economic burden on their family disappears. Besides that, the research also explains that the low education factor is also one of the factors for someone entangled in early marriage. It is also because of customs or habits that cause someone to marry, such as the stigma circulating in society that matches the same age. Old is not good (Khaerani, 2019). Things like this certainly cause the number of early marriages to rise significantly.

Stunting

Stunting is a problem related to the lack of nutrition obtained by children (Rahmadhita, 2020). Providing nutrients that do not follow what is needed for a long time is the cause of the problem of stunting. This is because the food given does not meet the necessary nutritional needs. Since they are still in the womb, children can be affected by stunting problems, and usually, this will be seen when the child is about to turn two years old. If this problem is not immediately overcome with various efforts, one of which is by catch-up, then this will be a big problem and can cause a decrease in growth experienced by the child. Stunting is a problem that can cause an increased risk of illness, death, and even obstacles to child growth, and this stunting problem is a problem in public health (Nirmalasari, 2020).

Stunting occurs due to malnutrition problems in infants up to the age of 2 years. Usually, children affected by stunting will experience unstable height growth (stunted), but not only that, children who experience stunting problems will experience brain disorders and thickness systems in children. The other impact experienced is that children will experience impaired intelligence, susceptible to disease and will be at risk to children's productivity levels in daily life. The stunting problem in Mempawah Regency, according to SSGI is 25.1 per cent in 2022 (Rinto, 2022).

Several factors cause stunting in infants in Mempawah Regency, namely:

1. Poor Nutrition
Poor nutrition occurs in infants due to the mother's lack of attention to providing food that should be able to meet infants' four or five healthy needs of vitamins and minerals.
2. Recurrent infections
Two things usually cause recurrent infections, the first is lack of access to health kits in mothers and babies, and the second is unclean lifestyles such as living in dirty places and difficulty in accessing clean water.
3. Lack of psychosocial stimulation



Not only providing adequate nutrition, but the baby also needs to interact with people around the baby so that the baby not only grows but will develop optimally.

RESULT AND DISCUSSION

Social factors affecting early marriage

Social factors that influence parents' decision to marry off their children at an early age are as follows:

Factors of parents

Factors from parents cause marriage at an early age. Parents have several reasons to marry their children at an early age as parents are worried that their children fall into promiscuity, which has negative consequences, parents also want to match their children with children from relatives because the property owned is not dropped to others but still with the family and parents are also afraid that if their children do not marry immediately, it can embarrass their families because it is considered to be embarrassing their families because they are deemed unsalable and so spinster. This condition does not only occur in Mempawah but also occurs in several places in line with research conducted on adolescents aged 17-21 years who are married (Khoirunnisa & Qolbi, 2022), The most common reason so that children do not fall into promiscuity (Harsoyo & Widyastomo, 2022).

The low level of education is caused by economic factors from families who cannot afford to continue their education and also because of large families that make it difficult for parents to send their children to school. In addition, socio-cultural factors can also affect the lack of education in the community in the environment where they live, causing adolescents to be too lazy to continue their education to a higher level. Therefore, parents prefer to marry young children (Bahrun & Wildan, 2022).

Low parental education can also affect the mindset of parents to marry their children at an early age because parents think that education is not too important. Still, in contrast to highly educated parents, parents will think of marrying their children because instead of their children deviating from norms that can embarrass the family, it is better to marry.

The Will of the Child Himself

The occurrence of marriage at an early age in Mempawah Regency is due to the child's desire arising from the child's instinct. Marriage at an early age is caused by the will of this child,



where this child already feels suitable with his partner and his willingness to settle down so that parents marry off their children as parents must also obey the wishes of their children, even though it is contrary to what is expected for a better child's life. The willingness of the child also influences early marriage because the child is afraid that his girlfriend will be taken by someone else because his girlfriend has someone who comes to propose.

If the child already has a job and thinks he can provide for his wife and children, this is what causes the child's desire that often arises and the child's curiosity to feel married so that this child is willing to marry. Parents cannot do much because children who are strong in heart to marry even though they are not old enough.

The presence of factors from the environment

Man cannot live alone, therefore, he also needs other humans. Another individual will exemplify all of the actions of one individual. Our environment can also affect a person's mindset to perform an action. Some parents urge their children to marry because they see the environment around them who have married their children at an early age, so parents do not feel inferior because their children are the same as other people's children who also marry young (Arroiffah, 2022). In general, the environment can also influence their peers, so adolescents usually trust friends more than parents. The influence of peer interaction contributes to the initiation stage of the family decision-making process (Singh & Nayak, 2014), and adolescents are more comfortable and open in talking about sexual behaviour or romance problems with their peers compared to their parents (Malihah et al., 2022).

In addition to education, the surrounding environment can also influence the occurrence of marriage at an early age in Mempawah Regency, and parents decide to marry off their children at a young age, which aims to unite family bonds between male and female relatives. Early marriage is a place to unite families and maintain the integrity of the extended family (Irmawati, 2019). Parents who marry off their children early can also be influenced by neighbours who always ask their children when to get married while the child is no longer in school and want parents to weigh grandchildren because they see neighbours whose children have had children as long as possible.

Economic Factors

Economic factors are one of the causes of early marriage, especially in rural areas, many



underage teenagers use economic factors as a reason to marry at an early age. Besides, most of them also think they have no cost to continue school, so they marry early. Economic needs significantly affect marriage at an early age due to low family income, which requires parents to marry off their children because they cannot afford to provide for their own families. With the existence of economic pressure, parents have the thought that instead of being a burden for the family, it is better to marry off even though the age is still relatively young. This phenomenon is not unique to Mempawah, but in some communities, parents consider their daughters as a burden and ask their children to marry at an early age to reduce the economic burden associated with supporting women (Sah, 2008).

People in Mempawah Regency have diverse livelihoods, some of them have permanent jobs, and some do not have permanent jobs, therefore, people's income every day is uncertain. For people who have irregular jobs, they will have difficulty in providing for their families. The occurrence of early marriage in Mempawah Regency is primarily due to economic needs. Parents who marry their children at an early age assume that by marrying their children, they feel the family's financial burden will be reduced. If their child is married, it will be the husband's responsibility, and even parents hope that if the child is married, he can help with his parents' needs. The demand for early marriage is also influenced by factors such as family economic problems, local religious and cultural norms, and low education related to early marriage (Kartini, 2022).

Early marriage can also cause exceedingly high stunting in the Mempawah Regency. Caused by the lack of preparation of this young couple regarding the fulfilment of adequate nutrition during pregnancy and the lack of knowledge about good parenting can impact the nutritional status of their children. Stunting can also occur due to a lack of nutritional fulfilment or healthy food that parents rarely give to their babies due to economic factors experienced by their families. Family income causes the provision of less nutritious food, if the income in the family is high, then it can be expected that all family members are fulfilled and can also buy healthy food and good nutrition for the fulfilment of nutrition in their family. However, if, on the contrary, their income is low, then there is a lack of satisfaction of nutritional needs in infants. Families that have low-income figures will be at risk of having stunted children, and this is in line with research that states that there is an influence on income and nutritional fulfilment (Tang et al., 2022).



Cultural Factors and Parenting

Early marriage is common for the people of Mempawah Regency. The rise of the practice of early marriage in Mempawah Regency has led to a high rate of early marriage, especially in Mempawah Regency. Early marriage occurs, of course, because of various factors. One of them comes from cultural factors. Arranged marriage for children is one of the causes of early marriage. The occurrence of early marriage due to arranged marriages made by parents causes underage children to marry at an early age. This arranged marriage occurs because of the hereditary culture their parents still hold dear. Most of those who engage in early marriage are Madurese. This arranged marriage is related to family tradition. Some families do require early marriage because they consider that marriage must be fast to be carried out in continuing offspring. In addition, they believe that marriage is good to do when the child is young. So that when the child has menstruated, their parents will find a mate to marry their child (Sumbulan & Jannah, 2012). Conversely, suppose the child does not marry like people in the surrounding environment. In that case, this child will be considered not following the norms that develop in society and violating the rules that have been held. So that will play a significant role in this matter is parents. Parents will not allow their children to have a life path different from the local community's. Therefore, parents have a huge role in early marriage because family socio-cultural values and practices have a broad influence on the early age of first marriage in every society (Uddin, 2015).

The parenting style carried out by children who come from early marriage is also not as good as that of someone who gets married when the age is mature (adult), it is caused by not being mentally and physically ready (Vishwakarma et al., 2021). Most children who engage in early marriage do not know how to take good care of children and do not know the diet of good children in child growth and development so this ignorance can cause stunting (Saadah et al., 2022). Stunting occurs not only in the first thousand lives of children but also when the child is still in the womb.

Since in the womb, a mother has to maintain a diet and consume good nutrients for fetal growth and development. Perpetrators of early marriage in the Mempawah Regency area do not know how to take care of children and eat good children. Based on the results of interviews, most parents from early marriage do not understand how to process good sources of nutrition for children and do not know what animals can provide good food sources for children. This ignorance can shape the occurrence of stunting in children. In addition to the lack of knowledge of mothers, laziness is also one of the causes of poor parenting for early marriage actors in forming stunting



in Mempawah Regency. This happens because couples who marry young are completely immature emotionally, so their mindset still often changes.

From the explanation above, it can be seen that from all sides, both in terms of social factors, economic factors, and cultural factors have a relationship with each other in forming early marriage and stunting in Mempawah Regency, the practice of early marriage is firmly rooted in cultural beliefs, norms, and values, as well as socioeconomic conditions (Banlanjo, 2022).

CONCLUSION

Based on the results of the study, it can be concluded that there is a relationship between social, economic and cultural the process of early marriage and stunting, which is caused by several factors such as social factors, namely factors from parents who worry about children promiscuity, the level of parental education is also influential and the parents' economy. Economic factors and low income contribute to the opportunity for early marriage and stunting, and cultural factors and parenting patterns of arranged marriage culture also influence.

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