



Gender-Responsive Empowerment through Green Tea Soft Skills Training as Part of Efforts to Prevent Stunting among Students in Early Marriages in Palu City, Central Sulawesi, Indonesia

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ABSTRACT

Community Service Outreach with the theme: "Preventing Early Marriage Among Students in Palu City Through a Gender-Responsive Approach and Its Impact on Women's Health as an Effort to Prevent Stunting and Reduce Maternal Mortality." This community service initiative aims to help adolescent boys and girls transitioning into adulthood understand the importance of knowledge regarding early marriage and its impact on women's reproductive health, with the goal of preventing stunting and maternal mortality among students in Palu City, particularly junior high school students in Palu City. According to the Law on Early Marriage, the government defines early marriage as a marriage conducted when a man and a woman are still minors or are below the age specified in the Marriage Law. Law No. 16 of 2019 states that marriage is only permitted if the man and woman have reached the age of 19. Implementation. The objective of the awareness campaign on the prevention of early marriage is to provide students with knowledge and a deep understanding of how the law on early marriage, enacted in Law No. 16 of 2019, is implemented.

INTRODUCTION

Early marriage occurs widely in various parts of the world with various problems and has become an international concern, because it is related to women's reproductive health. Underage marriage can cause disruption to the risk of complications that occur during pregnancy and childbirth which are risky if married underage, so that it will result in an increase in maternal mortality and childbirth. The problem of early marriage is a failure and protection of children's rights, thus it is hoped that all parties, including pediatricians, will increase awareness in stopping the practice of underage marriage (Beruntung Reza Sakti, 2020).

Isnaeni, (2016) Law No. 16 of 2019 states that Law No. 1 of 1974, Article 7 paragraph (1) states that marriage is only permitted if the man and woman have reached the age of 19 years, and the proposed changes to Article 7 of 2019 paragraph (1) marriage can be permitted if the man and woman are at least 19 years old, paragraph (2) to carry out the marriage of each prospective bride and groom who have not reached the age of 21 years, must obtain permission from both parents, in accordance with the agreement of the National Population and Family Planning Agency (BKKBN) which has collaborated with the Memorandum of Understanding (MOU) which states that the First Age of Marriage is permitted if the man reaches the age of 25 years and the woman reaches the age of 20 years (Law No. 16 of 2019). The purpose of marriage is to form a happy, eternal family, so maturity, process, and continuation are needed (S Syakroni, 2021).

Analysis of the situation in the field shows that many marriages occur at a young age or underage, which requires physical and mental maturity and responsibility to realize ideal hopes in married life. The role of parents is very significant for the psychological well-being of their children. Considering that a family is a group consisting of a father, mother, and children who grow and develop from birth to adulthood, parenting is very necessary and must be considered in every family. The results of research according to SY Sekarayu (2021) indicate that the causes of early marriage are influenced by various factors that encourage them to marry at a young age.

Palu City is one of the cities in Central Sulawesi, which has a population of 397,029 people with an area of 395.06 km². Early marriage shows that the average age of the population of Palu City who married at an early age has increased. In 2018, there were 100 children who married at an early age, in 2019 the number of children who married at an early age increased to 150 children consisting of 8 districts. The number of children who married at an early age in West Palu District was 24 people or with a percentage of 3.06%. East Palu District was 20 people with a percentage of 4.78%. South Palu District was 24 people with a percentage of 3.06%. North Palu District was 6 people with a percentage of 2.10%, Ulujadi District was 30 people with a percentage of 4.30%. Mantikulore District has 22 people with a percentage of 2.69%, Tatanga District has 4 people with a percentage of 1.81%, Tawaeli District has 14 people with a percentage of 5.98% (BPS Palu City, 2020). Ulujadi District is one of the districts in Palu City that has a number of early marriages with a total of 30 people or with a

percentage of early marriage of 0.10%. Why is this research interesting to be socialized to the community? Considering that the number of early marriages increases every year. And has an impact on women's reproductive health. If not addressed, it will result in an increase in maternal mortality. This is because girls who are not old enough to marry will become a burden on parents who finance their children who are not ready to marry and enter the workforce. This socialization can provide benefits to parents and community leaders and traditional shops in the sub-district environment in Palu City. In an effort to reduce the number of cases of early marriage in Palu City for junior high and high school students and students at Febriyanti University (2025).

The benefits of early marriage socialization are expected to add more real information or insight for the community and families to contribute and play a role in handling cases of early marriage that occur in Palu City and can contribute scientific thinking to the development of science in overcoming early marriage in society. The results of the socialization are expected to provide information in newspapers and scientific magazines and journals related to the increase in early age in Palu city. There needs to be prevention and a solution to comply with government regulation no. 16 of Law 2019. All village heads are instructed to comply with the regulations set by the Government so that early marriage is set at the age of 19 years. It is not allowed under the age of 19. There are regulations that regulate it. Because this is very dangerous if left unchecked and has a burden on the family and women's reproductive mental health (Inayati, 2015), Latifa, FZ (2020) Purnomosidi, et al (2023).

Literature Survey

Research on the influence of early marriage on the mental health of adolescents in Pujananting District, Barru Regency by researchers DA, Rahman et al (2024), found that Indonesia is one of the countries with a high rate of early marriage, with around 1.2 million women aged 20-24 years married before the age of 18. The conclusion that early marriage has a significant influence on the mental health of adolescents in Pujananting District, Barru Regency. The same findings Eka fitriani Rahayu, (2022). Theme factors related to the incidence of early marriage Women aged 20-24 years who had their first marriage occurred at the age of approximately 18 years. Findings by A Sutriani (2025) Factors Influencing the Occurrence of Early Marriage - in the Pelimbangan village survey in 2022-2024, the trend of teenage marriage is still high, namely an average of 30-40% of underage teenagers. They get married early because of one of the socio-economic factors of their parents. The inability to raise their children, findings by Ayu Wardhani, W & Kautsar, A (2022). Dian Anggraeni Rachman (2024) explains that the age of marriage in Indonesia is only permitted if men and women have reached the age of 19 (nineteen) years (Law of the Republic of Indonesia, No. 16 of 2019, the same finding that underage marriage or better known as early marriage is a social phenomenon that occurs in Indonesia today. Early marriage is caused by having first sexual relations before marriage, the majority of perpetrators of early marriage occur in villages. More often it occurs in women who do not work, women of childbearing age who are very poor, and the level

of education of women is low. The level of knowledge of young women about the impact of early marriage on reproductive health is found that almost all have knowledge (Eliza Verawati, 2024).

Partner Issues

The sons and daughters of students in Senior High School and Junior High School education in Silae Village, Ulujadi Kabonena District, Palu City are villages with quite a lot of early marriage rates and unemployment rates. Topographically, they are located in coastal areas that can develop their economic potential in poverty alleviation efforts by empowering women's groups to be able to listen to socialization of underage marriage. Solutions for socialization of women's reproductive health and sex education for adolescents must be carried out intensively by integrating them into the learning curriculum at schools.

Partner Problems can be explained as follows:

- 1) Women's groups do not yet know how to handle underage children
- 2) Providing outreach to parents at home to address early marriage and women's reproductive health issues
- 3) Providing scientific knowledge information to children's education and learning curriculum in schools.

Problem Solution

Situation Analysis

In terms of fertility, it is influenced by employment status. High fertility rates can increase the age of first marriage in women, and this can be done by improving educational facilities, developing a creative economy for women who are not highly educated so they can work, and improving public infrastructure in rural areas such as women's reproductive health services.

This community service activity helps provide solutions through a discussion among high school and junior high school students about preventing early marriage in Palu City. It can provide important and accurate knowledge to parents and the community as information on women's reproductive health in Palu City to prevent stunting. The materials to be presented are as follows:

1. Prevention of early marriage among junior high and high school students.
2. Factors causing early marriage in relation to socio-economic conditions.
3. Child marriage from the perspective of law, human rights and health.
4. Analysis of marriage dispensation decisions from the perspective of women's protection.

Problem Solution

1. Providing understanding to parents and students in Palu City so that they can comply with regulation no. 16 of Law 2019, in preventing the increasing number of early marriages.
2. Providing understanding to students in Palu City about the impact of early marriage on women's reproductive health.

Output Target

The target of this socialization is a contribution to be published in a national journal so that all people can read and understand the importance of implementing this socialization:

and village leaders and village officials are able to produce the following:

1. Prevention of early marriage decline
2. The results of this outreach and socialization can be published in the national journal of Community Outreach as documentation in Silae Village, Ulujadi District, Kabonena City, Palu.

IMPLEMENTATION AND METHODS

This outreach program focuses on parents, teenagers, and community leaders. The outreach/education program is conducted over two days, with each activity serving as a continuation of the following activities. The activity plan can be seen in the image below:

Preparation and Provisioning

Competition and provision of extension/socialization activities carried out as follows:

1. Determining the target location for outreach/socialization
2. Site observation
3. Material Provision:

Socialization of prevention of early marriage

Strategies to address early marriage by providing information on its impact on women's reproductive health to address the reduction in maternal mortality rates in Palu City.

Activity Implementer

The main activities are carried out by carrying out outreach/socialization activities, including:

1. The group of presenters is divided based on the target participants of the outreach/socialization activities.
2. Materials are distributed to participants of the outreach/socialization
3. Evaluation is carried out by providing feedback to the extension participants by providing time for discussion and questions and answers.
4. Complete the preparation of green tea raw materials and operational equipment for activities in the effort to create green tea and Thai tea production.

Operationalization of Activity Implementation

The outreach/socialization activities were carried out for two days. Preparations were made the day before departure, and the outreach took place at the Silae Village Office, Ulujadi District, Kabonena City, Palu City. The methods used in implementing the outreach/socialization activities included presenting material to the community members participating in the outreach program for the women's group of the Majelis Ta'Lim.

Operational stages that will be implemented during the activity:

1. The first activity is a situation analysis based on observations of scheduled activities.
2. The counseling was held at the Silae Subdistrict Office, Ulujadi District, Kabonena, Palu City.
3. In the final stage, documentation was carried out by opening a Q&A discussion session and continued with practice by the Untad PKM TEAM to find out the extent of the response of the extension participants regarding the prepared material.

RESULTS AND DISCUSSION

Output Target

The goal of this outreach program is to provide understanding and skills to Indonesian young women and men regarding early marriage. It is hoped that the material provided will be useful in facilitating their understanding of marriage and adulthood. Young women must be prepared for pregnancy and adolescent reproductive health to prevent stunting.

External

The results of this socialization are expected to be beneficial for parents and young women at the Alkhaerat Islamic boarding school, which can result in: protection for the reproductive health of young women in the form of:

1. Early marriage can overcome stunting and malnutrition
2. Prevention of infant mortality and maternal mortality which are quite high
3. Understanding antenatal care pregnancy checks to prevent unsafe deliveries
4. It is hoped that if teenage girls become pregnant, they can immediately increase their breast milk production according to health and pregnancy care instructions.
5. It is hoped that young women will be able to help their families plan to use contraceptives.

Early marriage occurs frequently throughout the world, with various problems and attracting international attention, as it is related to women's reproductive health. Underage marriage can lead to complications during pregnancy and childbirth, which are risky if married under age, thus resulting in increased maternal mortality and childbirth. The problem of early marriage is a failure of the protection of children's rights, thus it is hoped that all parties, including pediatricians, will increase awareness in stopping the practice of underage marriage (Yugoslavia, Sri Hartati, Siti Safitri, Nand Rizki Wildani, 2025).

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both parents, in accordance with the agreement of the National Population and Family Planning Agency (BKKBN) which has collaborated with the Memorandum of Understanding (MOU) which states that the First Age of Marriage is permitted if the man reaches the age of 25 years and the woman reaches the age of 20 years (Law No. 16 of 2019). The purpose of marriage is to form a happy, eternal family, so maturity, a process, and continuity are needed from the subject or person who will carry out the marriage vows (I Bangsawan 2022).

Analysis of the situation in the field shows that many marriages occur at a young age or underage, which requires physical and mental maturity and responsibility to realize ideal hopes in married life. The role of parents is very important for the psychology of their children. Considering that the family is a group consisting of the father and mother and children who grow and develop from birth to adulthood, parenting is very necessary and must be considered in every family. The results of the study indicate that the causes of early marriage are influenced by various factors that encourage them to marry at a young age.

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The benefits of early marriage socialization are expected to add more real information or insight for the community and families to contribute and play a role in handling cases of early marriage that occur in Palu City and can contribute scientific thinking to the development of science in overcoming early marriage in the community. The results of the socialization are expected to provide information in newspapers and scientific magazines and journals related to the

increase in early age in Palu city, there needs to be prevention and a solution to comply with government regulation no. 16 of Law 2019. All village heads are instructed to comply with the regulations set by the Government so that early marriage is set at the age of 19 years. It is not allowed under the age of 19 years. There are regulations that regulate it. Because this is very dangerous if left unchecked and has a burden on the family and women's reproductive health (Inna Noor Inayati, 2015).

Partner Issues

Silae Village, Ulujadi Kabonena District, Palu City, is a village with a high rate of early marriage and unemployment. Its coastal location offers economic potential for poverty alleviation by empowering women's groups to address issues of underage marriage. Intensive socialization of women's reproductive health and sex education for adolescents must be integrated into the school curriculum.

Partner Problems can be explained as follows:

- 4) Women's groups do not yet know how to handle underage children
- 5) Providing outreach to parents at home to address early marriage and women's reproductive health issues
- 6) Providing scientific knowledge information to children's education and learning curriculum in schools.

The form of community service is carried out in the form of a seminar as a form of introduction and insight into what early marriage is and the dangers and benefits for children under 18 years of age. Marriage is a physical and spiritual bond between a man and a woman as husband and wife with the aim of forming a happy family and household according to Law no. 16 of 2019 concerning amendments to Law no. 1. 1974 concerning marriage, article 7 paragraph 1. Marriage is permitted if men and women have reached the age of 18 years. Early marriage is more common among women and usually in rural communities. Because in the community environment it seems to have an assumption that women who have reached puberty or have entered adolescence should be married quickly because if not they will get ridicule and nicknames as "old maids" or unsaleable women who encourage large families to immediately marry their children at an early age. and society, causing a tendency to marry their children who are still underage. Early marriage occurs because of the circumstances of families living on the poverty line, to ease the burden on their parents, their daughters are married to children of people who are able. Seen from the educational aspect, that the low level of education and knowledge of parents.

The impact of early marriage: the younger a mother is, the higher the risk of stunting in babies. At this stage, it is clear from health science that mothers who have a history of early marriage are susceptible to it. Marrying at a young age increases the risk of maternal and infant death during childbirth. A narrow maternal pelvis is one of the factors that contribute to maternal and infant mortality. Pregnancy in young women has the potential for cervical rupture, which can cause bleeding – increasing the potential for pre-eclampsia, which is

increased blood pressure and seizures during labor. This condition can cause death in

*Results of Community Empowerment Implementation
Solutions to the Impact of Early Marriage*



Figure 1. Banner for community service activities



Figure 2. Socialization of Early Marriage

Figure 3. The activity was held in Ulujadi sub-district, Kabonena district, Palu on September 10, 2024, at 10:00 a.m. It was attended by 40 students from junior high and high school. What needs to be done to prevent child marriage? Parents/guardians are obliged to prevent child marriage by:

- a. Fulfilling the requirement to support 12 (twelve) years of compulsory education as a form of fulfilling children's rights
 - b. Knowing and understanding the impacts of child marriage and taking a stance not to marry children under the age of 18
1. What causes teenagers to marry at an early age?
 - a. The occurrence of early marriage among Indonesian society, especially teenagers, can be caused by various factors such as socio-cultural, economic, educational, religious, difficulty in getting a job, mass media, views and beliefs, and parents.
 2. What influences early marriage?

Young marriage in the eyes of psychologists, with the following explanation:

 - a. What is the psychologist's view on early marriage age?
 - b. Does age affect a person's level of maturity for marriage, then, what are the impacts of early marriage for, and what is the impact of early marriage on children and couples?
 - c. What is the role of parents in preventing early marriage?
 - d. What are the risks involved in young marriage?
 - e. What are the impacts of early marriage?
 - f. Why should early marriage be avoided?
 - g. What are the problems that often arise in early marriage?
 - h. What is the difference between early marriage and young marriage?
 - i. What are the consequences of early marriage?
 - j. Physical health impacts (mother and baby) as:
 - a). The consequences of pregnancy and childbirth risks: the reproductive organs of adolescent girls are not yet mature, increasing the risk of anemia, pregnancy complications, and cervical cancer.
 - b). Maternal and Child Mortality: Complications during childbirth are the main cause of death.
 - c). Stunting: Babies are at high risk of experiencing stunting (growth retardation), low birth weight, and malnutrition.
 - k. Social and Economic Impacts:
 - a). Dropping out of school: Early marriage almost always ends formal education, which limits skills and job opportunities.
 - b) Poverty: Lack of economic skills makes young couples financially vulnerable and dependent on their parents.
 - c) Domestic Violence (DV): Young couples are more vulnerable to experiencing domestic violence, both physical and sexual, due to unstable emotions.
 - d). High divorce rate: Immaturity in resolving conflicts often leads to high divorce rates in Indonesia.



Figure 3. Socialization of the impact of early marriage through soft skills training in making Green Tea



Figure 4. How to prevent early marriage by making processed Green Tea.



Figure 5. What solutions can early marriage provide to enable economic entrepreneurship?

Assisting with early marriage by making green tea so that every woman affected by early marriage can start a business by making green tea drinks. Green tea products are quite simple to make, and the raw materials are easily available at supermarkets. When making green tea, the product can be stored in the refrigerator or freezer where cold drinks are stored. This ensures the green tea remains cool and cold for public consumption.

CONCLUSION

1. Parents/guardians are obliged to prevent marriages at a young age by means of:
 - a). fulfill and support 12 (twelve) years of compulsory education as a form of fulfilling children's rights.
 - b). understand the impacts of child marriage and take a stance not to marry off their children under the age of 18.
2. The strategy for preventing and eliminating child marriage is carried out through: soft skills training.
3. The Indonesian government is targeting a reduction in the number of early marriages to protect children's rights, improve the quality of human resources, and break the cycle of poverty. The main hope is to increase the maturity of couples in the household, reduce the divorce rate, and improve the health of mothers and children.
4. Strengthening the role of regional governments in regulating, monitoring and ensuring the implementation of efforts to prevent child marriage and its complaints.
5. Early marriage can cause risks in early pregnancy if the mother is still very young, physically immature and not ready will make pregnancy more risky. This can cause conditions for the mother and fetus.

RECOMMENDATION

Things You Can Do to Prevent Early Marriage

- a). Education about the importance of education
- b). Economic empowerment for families
- c). Socialization of the impact of early marriage
- d). Provide legal support and strict supervision
- e). Provide counseling and support for adolescents

It is hoped that parents will follow the laws and regulations set by the government, early childhood prevention efforts, to prevent risks at an early age.

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