

THE MATURITY OF MARRIAGE AGE AS A STRATEGY TO PREVENT PREMARITAL SEXUAL BEHAVIOR AMONG ADOLESCENTS IN SAMARINDA

Ratna Wati ¹⁾, Annisa Nurrachmawati ²⁾, Ike Anggraeni Gunawan ³⁾, Nur Rohmah
⁴⁾, Endah Wahyutri ⁵⁾, Muhammad Arifin ⁶⁾, Jasmawati ⁷⁾, Siti Raihanah ⁸⁾

¹Department of Midwifery, Health Polytechnic, Ministry of Health, East Kalimantan

²Department of Health Promotion, Faculty of Public Health, Mulawarman University

³Department of Biostatistics, Population and Reproductive Health Faculty of Public
Health, Mulawarman University

⁴Department of Health Promotion, Faculty of Public Health, Mulawarman University

⁵Department of Nursing, Health Polytechnic, Ministry of Health, East Kalimantan

⁶Social Development Study Program, Faculty of Social and Political Sciences,
Mulawarman University

⁷Department of Midwifery, Health Polytechnic, Ministry of Health, East Kalimantan

⁸Department of Midwifery, Health Polytechnic, Ministry of Health, East Kalimantan

bdratnasmd@gmail.com

ABSTRACT

Perilaku seksual pranikah menjadi permasalahan sosial yang signifikan di kalangan remaja di Indonesia, terutama terkait dengan tingginya angka perkawinan anak dan kehamilan di luar nikah. Meskipun telah dilakukan upaya Pendewasaan Usia Perkawinan (PUP) untuk menekan angka tersebut, efektivitasnya masih memerlukan pengkajian lebih lanjut, terutama dalam konteks motivasi remaja untuk menghindari perilaku seksual berisiko. Penelitian ini bertujuan untuk mengeksplorasi motivasi remaja dalam menghindari perilaku seksual pranikah melalui penerapan teori Protection Motivation Theory (PMT), yang melibatkan ancaman (*threat appraisal*) dan penilaian koping (*coping appraisal*) dalam keputusan remaja untuk menunda pernikahan dini. Penelitian ini menggunakan metode kualitatif dengan pendekatan fenomenologi. Informant terdiri dari remaja usia 15-19 tahun di Kota Samarinda yang telah mendapatkan informasi tentang PUP. Pengambilan data dilakukan melalui wawancara mendalam terhadap enam Informant yang dipilih secara purposif dengan teknik intensity sampling. Keabsahan data dicapai melalui triangulasi sumber dan dokumentasi. Data yang dikumpulkan kemudian dianalisis menggunakan QSR NVIVO 12 Pro. Hasil penelitian menunjukkan bahwa remaja sebagian telah menerapkan PUP terbatas, dengan ancaman perilaku seksual pranikah dipersepsikan rendah. Upaya proteksi terhadap perilaku seks pra nikah oleh remaja masih belum dilakukan, karena faktor usia yang muda dan menganggap hal tersebut tidak mungkin terjadi pada dirinya. Faktor-faktor seperti persepsi keparahan (*severity*) remaja sudah cukup baik karena melihat secara langsung dampak yang ditimbulkan dari seks pranikah. Untuk *response efficacy* dan efikasi diri (*self-efficacy*) dalam melakukan pendewasaan usia perkawinan tergolong tinggi bagi remaja yang sudah terpapar PUP. Hal ini karena remaja memiliki dukungan orang tua dan teman yang memberikan informasi terkait PUP serta peran lingkungan sosial, media, dan tingkat pendidikan juga memengaruhi motivasi mereka respons remaja terhadap PUP sebagai upaya proteksi.

Keywords: Pendewasaan Usia Perkawinan, Perilaku Seksual Pranikah, Protection Motivation Theory, Remaja

ABSTRACT

Premarital sexual behavior has become a significant social issue among adolescents in Indonesia, particularly concerning the high rates of child marriage and unintended pregnancies. Despite efforts to promote Marriage Maturity to reduce these rates, its effectiveness requires further investigation, especially in the context of adolescent motivation to avoid risky sexual behavior. This study aims to explore adolescent motivation to avoid premarital sexual behavior by applying the Protection Motivation Theory (PMT), which involves threat appraisal and coping appraisal in adolescent decision-making to delay early marriage. This research employs a qualitative method with a phenomenological approach. Informant consisted of adolescents aged 15-19 years in Samarinda City who had received information about marriage maturity. Data was collected through in-depth interviews with six purposively selected Informant using intensity sampling techniques. Data validity was ensured through source triangulation and documentation. Collected data were analyzed using QSR NVIVO 12 Pro. The findings reveal that adolescents' understanding of marriage maturity is still limited, and the threat of premarital sexual behavior is perceived as low by most Informant. Factors such as perceptions of severity adolescents are quite good because they have seen firsthand the impacts of premarital sex. For response efficacy and self-efficacy in delaying the age of marriage, these are relatively high among adolescents exposed to PUP. This is because they have parental and peer support providing information related to PUP. Additionally, social environment, media exposure, and education levels shape adolescents' responses to marriage maturity as a protective measure.

Keywords: Marriage Maturity, Premarital Sexual Behavior, Protection Motivation Theory, Adolescents

1. INTRODUCTION

The issue of child marriage has been a long-standing problem, yet it remains unresolved to this day. Child Marriage (CM) cases are recognized as harmful practices. Marriage at underage is not a new phenomenon in Indonesia, as it has been practiced for a long time by many. It occurs not only in urban areas but also in rural regions (Iskandar, 2017).

The National Population and Family Planning Agency (BKKBN) recommends the ideal marriage age to be a minimum of 25 years for men and 21 years for women. This is promoted through the initiative of Marriage Age Maturity, which aims to educate and raise awareness among adolescents about the

importance of considering various aspects such as physical, mental, and economic readiness before starting a family (BKKBN, 2020).

According to recent UNICEF data from May 2023, Indonesia ranks fourth globally in child marriage cases (UNICEF, 2023). Meanwhile, in 2022, the child marriage rate decreased from 10.35% in 2021 to 9.23% in 2022 (UNICEF, 2022). Over the past decade, child marriage practices in Indonesia have declined by 3.5 percentage points. However, this decrease is still slow, and systemic and integrated efforts are required to achieve the target of 8.74% by 2024 and 6.94% by 2030 (UNICEF, 2023). This indicates that both global and national targets for

eliminating child marriage have not been met, making this issue a primary concern.

A study conducted by the Center for Child Protection and Well-being Advocacy (PUSKAPA), UNICEF, the Central Statistics Agency (BPS), and the National Development Planning Agency (Bappenas) in 2020 revealed that Indonesia ranks 10th globally for the highest number of child marriages. The study estimated that approximately 1,220,900 Indonesian children experience child marriage annually (Puspensos, 2022), equating to 1 in 100 children. In East Kalimantan Province, child marriage cases numbered 1,159 in 2020, 1,089 in 2021, and 789 in 2022 (Department of Population, Women Empowerment, and Child Protection [DKPA], 2023). These figures highlight the significant impact on Indonesia's human resource quality, jeopardizing the nation's goal to achieve resilience, independence, and inclusivity by 2045. Therefore, specific efforts to reduce child marriage rates in East Kalimantan through marriage maturity are essential.

Multiple factors drive the prevalence of child marriage. According to the Religious Court, a child seeking marriage must obtain a marriage dispensation. In 2020, 64,200 child marriage dispensations were recorded, a 177.7% increase from 23,100 dispensations in 2019. The rise in 2020 was attributed to the COVID-19 pandemic, which disrupted face-to-face schooling and imposed economic hardships on families. This situation, coupled with increased exposure to unfiltered digital content, led to unintended pregnancies. Although the dispensation cases dropped to 61,449 in 2021 and further to 50,673 in 2022 as the pandemic subsided, East

Kalimantan recorded 930 dispensations in 2022, with Samarinda City ranking second (153 cases) after Tanah Grogot (171 cases) (Samarinda Religious Court, 2023).

The high number of marriage dispensations indicates that government efforts to fulfill children's rights and ensure optimal growth and development have not been successful. Despite commitments from various stakeholders to eliminate child marriage, as stipulated in the Sustainable Development Goals (SDGs), systemic challenges persist. The dominant factor for child marriage is premarital pregnancy, as reported in a 2023 PUSKAPA UI study showing that 36.36% of child marriages in 2022 were due to pregnancy. Premarital pregnancy leads to psychological immaturity, limited self-development opportunities, and decreased educational prospects (Munawarah, 2021). However, positive impacts include preventing fornication and reducing parental burdens (Yanti, Hamidah, & Wiwita, 2018).

Various theories, including the Protection Motivation Theory (PMT), can be applied to address these issues. PMT posits that health-related behaviors are influenced by threat appraisal and coping appraisal, shaped by factors like perceived severity, vulnerability, self-efficacy, and response efficacy. These factors can motivate adolescents to avoid premarital sexual behavior and consider the importance of marriage maturity as a preventive measure (Park, Hoover, Dodd, Huffman, 2011; Permana & Prabandari, 2022; Riztiardhana, 2013).

This study explores the relationship between marriage maturity and adolescent motivation to prevent premarital sexual behavior,

guided by the PMT framework. The study aims to fill the gap in research linking marriage maturity as a protective measure against premarital sexual behavior.

The importance of addressing child marriage and its underlying causes cannot be overstated. One key aspect is improving access to comprehensive sex education for adolescents, which is currently lacking in many regions of Indonesia. Comprehensive sex education not only informs young people about the risks of premarital sex but also empowers them with knowledge about their rights and the legal implications of early marriage. By providing adolescents with the necessary tools to make informed decisions, education can be a vital factor in preventing child marriage. Efforts to integrate this education into both formal and informal schooling systems are crucial to changing long-term behaviors and societal attitudes toward child marriage.

Efforts to integrate education about child marriage into formal and informal schooling systems are crucial for driving long-term changes in behavior and societal attitudes. Research shows that holistic educational approaches combining literacy, life skills, and gender equality awareness can significantly influence perceptions of child marriage.

Community-based programs, such as Tostan in West Africa, have demonstrated the effectiveness of social dialogue in reducing child marriage rates. While formal education systems offer standardized curricula with broad reach, they often lack cultural relevance compared to informal systems, which are more adaptable but face resource limitations. Models like gender-sensitive pedagogy in

Bangladesh and Ethiopia highlight the importance of integrating global initiatives with localized strategies to ensure cultural alignment and community engagement. Strengthening these efforts requires incorporating child marriage topics into school curricula, training educators to address sensitive issues, engaging community leaders and parents, and advocating for policies mandating gender and human rights education while providing incentives to keep girls in school (Feyissa, et al., 2023; Yusroni et al., 2024).

Moreover, fostering community engagement and empowering local leaders to advocate for change is another essential strategy. Local leaders, including religious figures and community elders, significantly influence attitudes and practices within their communities. Through targeted programs and awareness campaigns, these figures can be educated on the detrimental impacts of child marriage and encouraged to become champions for girls' rights. The success of such initiatives depends on the active involvement of communities in identifying and addressing the cultural, economic, and social barriers that perpetuate child marriage. By fostering a collective commitment to preventing early marriages, Indonesia can move closer to achieving its SDG targets and ensuring a better future for its youth.

2. RESEARCH METHOD

This study employs a qualitative approach with a phenomenological design to explore the actions of adolescents regarding the marriage maturity as a protective measure against premarital sexual behavior. The phenomenological approach allows researchers to deeply understand the meanings of concepts

or phenomena based on individual consciousness, which is crucial in comprehending subjective experiences (Moleong, 2017). As a qualitative research method, phenomenology has evolved in sociology, focusing on phenomena as they appear to individuals, free from researcher biases. In this context, the study aims to describe the motivations behind adolescents' avoidance of premarital sexual behavior within the scope of marriage maturity.

In qualitative research, the researcher is the primary instrument for data collection. The researcher engages fully within the observation setting and knows adolescents' discomfort. Therefore, the researcher refrains from presenting themselves as a healthcare professional to encourage openness in responses. Though the researcher has not previously conducted qualitative research, they are familiar with marriage maturity and adolescent reproductive health through research and community service activities related to these topics. The researcher strives to gather as much information as possible to maintain objectivity, focusing on the research objectives and the study's boundaries. Common qualitative research tools such as a camera, writing instruments, voice recorder, and note-taking are used to facilitate data collection.

The research was conducted in Samarinda City, chosen due to its alignment with the city's vision of becoming a competitive and environmentally aware metropolitan area (Samarinda, 2023). As a metropolitan city, Samarinda is not exempt from issues such as adolescent promiscuity and premarital sexual behavior, common in other metropolitan areas across Indonesia. The city also plays a

significant role as a support region in developing Indonesia's capital, Nusantara, along with Balikpapan.

This study commenced with a literature review, preliminary surveys, and initial studies, followed by the preparation phase and the implementation of the research. The study is set to be conducted throughout 2024, following a tentative timeline for data collection and analysis.

The Informant of this study include male and female adolescents aged 15-19 years from Samarinda who have been exposed to information regarding marriage maturity. The Informant were selected purposively using intensity sampling, focusing on adolescents who are or have been in a dating relationship. The criteria for selection included (1) willingness to participate in interviews, (2) being in a dating relationship, (3) having a non-long-distance relationship, and (4) being involved in a heterosexual relationship. Key Informant for the study also included PIKR BKKR counselors and psychologists from PUSPAGA Samarinda. Additionally, Informant who have experienced early marriage were approached through accidental sampling in public spaces frequented by adolescents. This approach ensures a diverse range of perspectives, with the goal of reaching data saturation, a point where no new information emerges (Gentles et al., 2015). This research has received ethical approval from the Health research Ethics Commission of the Faculty of Pharmacy Mulawarman University with number 147/KEPK-FFUNMUL/EC/EXE/10/2024.

3. RESULTS AND DISCUSSION

RESULTS

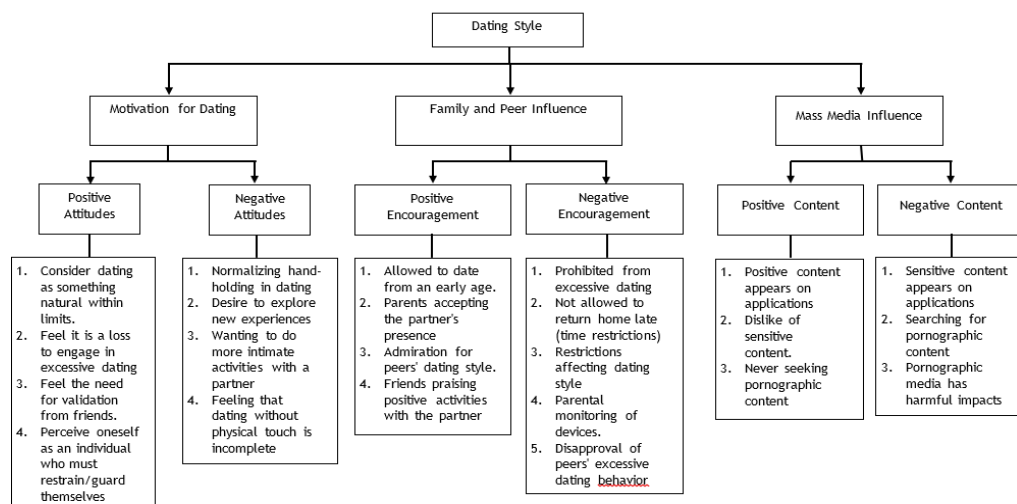


Figure 1. Dating Style of Adolescent

The study was conducted in Samarinda, the largest city in East Kalimantan, with an area of 718 km² and a population of 861,878 people (Samarinda.go.id, 2020). The city's demographic composition includes 140,671 adolescents, indicating the study's relevance. Observations revealed an increase in teenage pregnancies within the past three years, with behaviors such as kissing and premarital sexual activity normalized among youth. Locations such as abandoned housing complexes and guesthouses facilitate such behaviors. High social mobility and inadequate parental supervision exacerbate the problem, as evidenced by direct observation of youth activity in these areas on September 23, 2024.

The study involved six main Informant aged 15–24 and two supporting Informant, including a psychologist and a BKKBN counselor. Most Informant had engaged in risky sexual behaviors, ranging from kissing to intercourse, even those from seemingly protective environments. Alternatively, for instance, adolescents living with parents also exhibited risky behaviors, contradicting expectations of better supervision. Educational background played a significant role,

with those not pursuing higher education more prone to risky

behavior. Supporting Informant validated these findings through triangulation, emphasizing the need for comprehensive sexual education and structured family oversight to mitigate such behaviors.

Adolescent dating styles in Samarinda reflect a shift towards more permissive behaviors, including kissing, necking, and petting, influenced by social media and peer environments. Social norms around romantic relationships have evolved, allowing for more public displays of affection. However, some traditional values persist, leading to mixed perceptions among adolescents. Informant highlighted a lack of awareness of the consequences of risky behaviors, underscoring the need for targeted educational programs. Programs like marriage maturity and counseling services are essential to fostering healthy and responsible relationships among adolescents, aligning with the perspectives of psychologists and counselors in Samarinda.

Adolescents' understanding of marriage maturity and premarital sexual behavior is influenced by factors like family support, lifestyle,

and social environment. Adolescents in supportive families tend to understand better the importance of delaying marriage. In contrast, those in less supportive environments may face more freedom, requiring strong self-control to avoid risky behaviors. Dating experiences vary, with motivations ranging from curiosity to emotional needs. Those with better awareness of the risks of premarital sex, such as unwanted pregnancies and STIs, are more likely to delay such behaviors, especially when supported by education and supervision from family and schools. These findings highlight the critical role of family, lifestyle, and education in shaping adolescent behavior (Informant 1; Informant 2; Informant 3; Informant 4; Key Informant 1; Key Informant 2). The findings from this study reveal that adolescents generally understand the importance of marriage maturity to ensure mental, physical, and financial readiness for marriage (Informant 1; Informant 2). They recognize the risks of early marriage, such as educational setbacks and unstable life conditions (Informant 1; Informant 2; Informant 3).

Furthermore, family support plays a crucial role in shaping their views on marriage maturity, as adolescents from supportive families are more likely to delay marriage and focus on education (Key Informant 1; Key Informant 2). However, those with insufficient family guidance are more susceptible to peer influence, which can lead to early marriage (Informant 3; Informant 4; Informant 5). Adolescents with better access to education about the risks of early marriage and marriage maturity tend to make more informed decisions about delaying marriage, highlighting the importance of continuous education and family involvement in

preventing early marriage (Informant 5; Informant 6). The study reveals that, according to the perspectives of adolescents, early marriage has significant negative impacts, particularly on education and life stability. Informant reported that early marriage often leads to difficulties pursuing education and achieving future goals (Informant 1 and 2). Moreover, early marriage can cause emotional stress, financial pressure, and an increased risk of divorce (Key Informant 1 and 2). It also hampers financial stability and may lead to depression or other mental health issues (Informant 4 and 5). Similarly, experiences regarding premarital sex among adolescents show notable social, emotional, and educational consequences. Many adolescents expressed that premarital sex resulted in unintended pregnancies, leading to early marriages to avoid social stigma (Informant 1, 6). The main factors driving premarital sex were peer pressure, lack of knowledge, and insufficient parental supervision (Informant 2, 4, 5). Lastly, adolescents generally view premarital sex as morally wrong, understanding its harmful consequences, such as unwanted pregnancies and social stigma (Informant 1, 3, 5). However, peer influence and curiosity often lead them to engage in such behavior despite their awareness of its risks (Informant 2 and 6). The findings suggest the importance of continuous education and parental guidance to help mitigate the negative effects of early marriage and premarital sex.

The findings reveal that the perceived severity of premarital sexual behavior strongly influences adolescents' preventive efforts, shaped by education, religious values, and family support. Adolescents recognize premarital sex

as a significant threat to their physical, mental, and social well-being, with statements such as, "Premarital sex is sinful and will ruin the future, so I avoid it" (Informant 1) and "I see premarital sex as violating religious and social norms, so I strive to avoid it" (Informant 3). Health concerns, including risks of sexually transmitted infections (STIs) and unintended pregnancies, are critical deterrents, as noted by Informant 6: "Premarital sex can lead to unwanted pregnancies and STIs, which are my main reasons to reject it." Psychological consequences like stress and social stigma further emphasize the risks, supported by Informant 4: "Premarital sex damages mental health and incurs social stigma." Educational aspirations also suffer, with Informant 5 noting: "Unintended pregnancies disrupt education and future goals." Informant underscore the role of education and familial communication in raising awareness, with Key Informant 1 asserting, "Adolescents informed about risks are more likely to assess these threats seriously." Findings suggest that integrated educational programs, such as marriage maturity, foster adolescent awareness and resilience and focus on achieving life goals while avoiding risky behaviors.

The findings indicate that perceived vulnerability significantly impacts adolescents' efforts to prevent premarital sexual behavior, influenced by environmental factors, peer pressure, and self-control (Informant 1, Informant 5). Educational programs such as marriage maturity enhance awareness and provide concrete steps for prevention, as seen in participation in community and school-based activities (Informant 4, Informant 6). Adolescents' strategies to avoid early

marriage include focusing on education, maintaining positive social environments, and receiving family support (Informant 2, Informant 3). Furthermore, strong religious values and rational decision-making empower adolescents to reject premarital sexual pressure from partners (Informant 3, Informant 5). The family and economic conditions also influence behavior, with harmonious and supportive family environments as protective factors (Informant 1, Informant 3). Conversely, lack of attention or financial instability increases vulnerability, highlighting the need for robust family involvement and social support systems (Informant 4, Informant 6). These findings emphasize the critical role of integrated education and family engagement in fostering adolescents' resilience against risky behaviors.

The study reveals that adolescents generally perceive programs like marriage maturity as effective in raising awareness about the risks of premarital sex and the importance of delaying marriage until maturity. Coping strategies vary among participants, with many citing awareness of negative impacts, religious approaches, and engagement in productive activities as key methods for resisting premarital sex (Informant 1; Informant 3; Informant 5). Furthermore, adolescents often employ direct communication and assertiveness to reject such pressures, supported by familial and educational influences (Informant 2; Informant 4). Public figures also play a dual role in shaping youth perspectives, as their actions may either inspire or misguide, depending on the values they promote (Informant 1; Informant 5). Adolescents resistant to external motivations for early marriage

emphasize mental, financial, and educational readiness (Informant 3; Informant 6) while recognizing the correlation between premarital sex and early marriage due to societal and cultural pressures (Informant 6; Key Informant 1). These findings underscore the necessity of targeted educational interventions, family support, and enhanced supervision to empower adolescents in making informed decisions about their future, highlighting the role of structured programs in mitigating risks associated with premarital sex and early marriage.

The study found that adolescents' self-efficacy in delaying marriage and avoiding premarital sex is strongly influenced by education, family support, and a conducive environment, as highlighted by participation in programs such as the marriage maturity. Adolescents employ strategies like focusing on future aspirations, engaging in productive activities, and leveraging religious awareness to resist premarital sex (Informant 1, 3, 4). Additionally, they avoid risky environments and stay committed to life goals (Informant 2, 5). Regarding peers involved in premarital sex, adolescents expressed mixed emotions, including concern and empathy, adopting non-judgmental stances while offering advice (Informant 1, 2, 4). Moral and religious values were pivotal in shaping these attitudes, emphasizing educational approaches over judgment (Informant 3, 6). These findings suggest that educational interventions and peer counseling programs can empower adolescents to make wise decisions, support their peers, and mitigate risky behaviors. The study revealed that adolescents primarily turn to their families, especially parents, as key references

when facing pressures for early marriage, seeking guidance and support (Informant 1, 2, 3). In external pressures, such as from the wider community, some adolescents also seek assistance from authorities (Informant 4, 6). This reflects the trust adolescents place in individuals who can provide practical solutions. Regarding the experience of maintaining marriage maturity behaviors, adolescents demonstrated a strong commitment, supported by a focus on education and career aspirations (Informant 1, 2, 4). Educational programs, like PIK KR, were identified as significant in fostering awareness and strengthening marriage maturity behavior (Informant 1). Moreover, the adolescents emphasized the importance of marriage maturity in ensuring mental, physical, and financial readiness for marriage and viewed it as a tool for achieving future goals (Informant 1, 2, 6). These findings suggest that continued education, peer counseling, and family support are essential in helping adolescents maintain their commitment to marriage maturity and navigate pressures effectively.

DISCUSSION

The findings in this study reveal that adolescents in Samarinda exhibit diverse understandings and experiences concerning dating styles and premarital sexual behavior. Dating styles among the youth reflect varying levels of awareness and self-control in their relationships. Generally, these dating behaviors range from light communication activities to more intimate physical acts, such as hand-holding, kissing, and, in some cases, petting. This aligns with Rahardjo (2017), who noted that premarital sexual behavior is often influenced by relationship

commitment and partner expectations, driven by emotional and social factors. The dating styles observed in this study show a permissive pattern, indicating the influence of social environments and a lack of self-regulation. The study also highlights that adolescents often engage in dating activities in less supervised places, such as secluded areas or locations without adult supervision, with social media exposure facilitating access to content that normalizes premarital sexual behavior. This finding is consistent with Permana and Prabandari (2022), who stress that education on the risks of premarital sexual behavior should be strengthened through community-based programs like marriage maturity, which helps adolescents resist risky behaviors through education and family support.

This study shows that adolescents' understanding of marriage maturity and premarital sexual behavior is quite varied. Generally, adolescents recognize the importance of delaying early marriage to ensure mental, physical, and financial readiness, as well as to avoid risks such as unwanted pregnancies and sexually transmitted infections (STIs). This finding aligns with Permana and Prabandari (2022), who suggest that education and understanding of marriage maturity are effective in protecting adolescents from premarital sexual behavior. The results of this study are also in line with Rahardjo (2017), who emphasized the importance of emotional and mental readiness in postponing marriage and avoiding premarital sex. Furthermore, the analysis using a hierarchy chart reveals factors influencing adolescents' understanding of marriage maturity, such as family

support for education and the consequences of early marriage, which contribute to healthier decision-making.

The findings of this study indicate that adolescents are highly aware of the serious threats posed by premarital sexual behavior, including physical, mental, and social consequences. Most participants identified the negative impacts, such as unwanted pregnancies, STIs, and mental health disturbances, as major deterrents. This perception of risk, particularly concerning long-term impacts, can motivate adolescents to avoid risky behaviors. The study also reveals that family support plays a crucial role in reinforcing this awareness, with good family communication enhancing adolescents' understanding of the dangers of premarital sex. These findings are in line with Lestari et al. (2019), who found that awareness of the risks associated with premarital sexual behavior significantly influences adolescents' decisions to refrain from engaging in such behavior.

The results indicate that adolescents are aware of their vulnerability to the risks of premarital sexual behavior, which is influenced by their social environment, lack of self-control, and peer pressure. Most adolescents expressed that low supervision and negative peer influences increase the likelihood of engaging in risky behaviors. This study supports Permana and Prabandari (2022), who argue that education, particularly religious and moral teachings, plays a key role in helping adolescents understand and avoid the risks of premarital sex. Additionally, adolescents who participated in marriage maturity programs exhibited a stronger understanding of

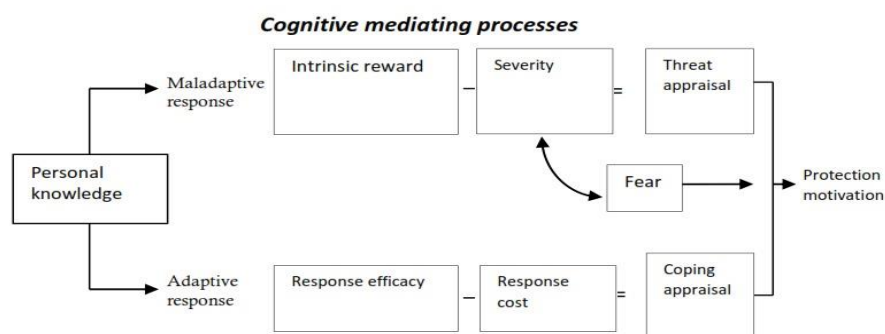
the risks and were more adept at avoiding these behaviors. This aligns with Lestari et al. (2019) findings on the importance of comprehensive education in managing peer pressure and risky environments.

The findings reveal that adolescents view educational programs on marriage maturity as an effective strategy for preventing premarital sexual behavior. They believe that these programs help them understand the risks associated with premarital sex and motivate them to delay marriage until they are more mature. This aligns with the Protection Motivation Theory (PMT), which posits that adaptive responses are more likely when individuals believe in the effectiveness of preventive measures (Floyd, 2000). Furthermore, family support plays a significant role in enhancing the effectiveness of marriage maturity programs by providing a sense of security and motivation to adhere to safe behavior. This finding corroborates Houtepen et al. (2020), who found that family involvement in marriage maturity education significantly boosts adolescents' confidence in making responsible decisions regarding their sexual and marital behavior. Respondents can be encouraged to

that highlight the physical, emotional, and economic impacts of early marriage while promoting the benefits of marriage at a mature age. Additionally, fostering open discussions with family members and trusted community leaders can help deepen their understanding of the importance of waiting until they are ready for marriage.

The findings of this study of this study contribute valuable insights into the significance of self-efficacy and supportive environments in promoting behaviors aligned with marriage maturity and avoiding premarital sexual activity among adolescents. The high levels of self-efficacy reported by adolescents reflect their ability to effectively manage social pressures, which is reinforced by family support and educational interventions. These results align with the research by Myhre et al. (2020), which highlights self-efficacy as a key factor in reducing risky behaviors. Furthermore, the study emphasizes the importance of positive role models within the family and community in shaping adolescents' decision-making processes, corroborating

Figure 2. The Innovation of Cognitive Mediating Processes in the Protection Motivation Theory



participate in educational programs or workshops

Mehra et al.'s (2018) findings on the role of family in raising awareness

about the risks of early marriage and premarital sex.

These observations suggest that targeted efforts to enhance adolescents' self-efficacy, such as through life skills training, mentorship programs, and family-based interventions, could be instrumental in fostering resilience against societal pressures. Additionally, incorporating formal and informal educational initiatives that address these risks can further empower adolescents to make informed and mature decisions about their future. Therefore, this study underscores the need for a multi-faceted approach that integrates individual, familial, and community-level interventions to support adolescents in navigating challenges related to early marriage and premarital behaviors effectively. Providing access to quality education, life skills training, and career development opportunities can empower teenagers to focus on personal growth and future stability before marriage. Additionally, promoting mentorship programs and peer support networks can help guide teenagers in making informed decisions about relationships and marriage at a mature age.

4. CONCLUSION

- a. Adolescents in Samarinda show a range of dating behaviors, from simple activities to more permissive sexual behavior, influenced by environmental factors, family norms, and media exposure.
- b. The majority of adolescents have a good understanding of marriage maturity and the risks of premarital sex. However, applying this knowledge

depends on education levels, family support, and social control.

- c. Adolescents' perception of the severity of premarital sex consequences, such as reproductive health risks and social pressure, is a key driving factor in preventing such behaviors.
- d. Adolescents recognize their vulnerability to the risks of premarital sex, particularly unwanted pregnancies and sexually transmitted infections. However, environmental factors and education are crucial for increasing awareness.
- e. Adolescents' confidence in the effectiveness of marriage maturity as a protective step highlights the important role of reproductive health education and counseling in supporting adaptive responses to sexual behavior risks.
- f. Education, family support, and involvement in positive activities strongly influence adolescents' self-efficacy in resisting risky behaviors. This indicates the need for strengthening adolescents' self-efficacy in related programs.
- g. Continuous education by PIKR BKKBN counselors and psychologists from PUSPAGA Samarinda, using a family, community, and counseling-based psychological approach, plays a vital role in building awareness and helping adolescents cope with social and environmental pressures.

5. RECOMMENDATIONS

- a. Future researchers are advised to explore in greater depth the effectiveness of the marriage maturity education program with

more interactive approaches and to investigate the socio-cultural factors influencing adolescent behavior within a broader context.

- b. The Faculty of Public Health is encouraged to design and implement campus-based education programs that integrate marriage maturity and reproductive health topics to enhance students' understanding and self-efficacy as future agents of change in society.
- c. Relevant institutions, such as the Health Department and the Women's Empowerment and Child Protection Department, should strengthen collaboration with schools, youth communities, and local organizations to conduct regular counseling sessions on marriage maturity and the risks of premarital sexual behavior. Additionally, they should provide wider access to adolescent counseling and reproductive health services.
- d. Adolescents are encouraged to actively seek information on marriage maturity and reproductive health through available educational programs and to maintain good communication with family and social circles to improve their ability to manage social pressures and make wise decisions. They should also participate in positive activities that support personal development and the importance of future planning.

REFERENCES

BKKBN. (2020). *Rencana Strategi BKKBN 2020-2024*.

DKPA. (2023). Dinas Kependudukan, Pemberdayaan Perempuan dan Perlindungan Anak. Retrieved from <https://dp3ap2kb.jogjakota.go.id/>

Feyissa, G. T., Tolu, L. B., Soboka, M., & Ezeh, A. (2023). Effectiveness of interventions to reduce child marriage and teen pregnancy in sub-Saharan Africa: A systematic review of quantitative evidence. *Frontiers in reproductive health*, 5, 1105390. <https://doi.org/10.3389/frph.2023.1105390>

Gentles, A. J., Newman, A. M., Liu, C. L., Bratman, S. V., Feng, W., Kim, D., ... Alizadeh, A. A. (2015). The prognostic landscape of genes and infiltrating immune cells across human cancers. *Nature Medicine*, 21(8), 938–945. <https://doi.org/10.1038/nm.3909>

Houtepen, L. C., Heron, J., Suderman, M. J., Fraser, A., Chittleborough, C. R., & Howe, L. D. (2020). Associations of adverse childhood experiences with educational attainment and adolescent health and the role of family and socioeconomic factors: A prospective cohort study in the UK. *PLoS Medicine*, 17(3), e1003031. <https://doi.org/10.1371/journal.pmed.1003031>

Iskandar, H. (2017). Penerapan Dispensasi Perkawinan Anak di Bawah Umur Menurut Hukum Positif di Indonesia (Studi Analisis Penetapan Pengadilan Agama Bengkulu). *Jurnal Qiyas*, 2(2), 123–136.

- Lestari, Prihatin, Giartika, Karya, S. (2019). Life Style Remaja dengan Perilaku Seksual Pranikah. *Jurnal Ilmiah Kesehatan Jiwa*, 1(1).
- Myhre, A., Xiong, T., Vogel, R. I., & Teoh, D. (2020). Associations between risk-perception, self-efficacy, and vaccine response-efficacy and parent/guardian decision-making regarding adolescent HPV vaccination. *Papillomavirus Research*, 10, 100204.
<https://doi.org/10.1016/j.pvr.2020.10.0204>
- Park, Hoover, Dodd, Huffman, F. (2011). The use of the modified protection motivation theory to explore adult consumers' functional foods consumption. Retrieved from <https://core.ac.uk/download/pdf/13605099.pdf>
- Pengadilan Agama Kota Samarinda. (2023). Data Dispensasi Kawin Pengadilan Agama Kota Samarinda.
- Permana, Prabandari, P. (2022). College students' perception of cardiovascular disease in Yogyakarta. *Jurnal PROMKES*, 10(2), 144–156.
<https://doi.org/10.20473/jpk.v10.i2.2022.144-156>
- Rahardjo. (2017). Perilaku seks pranikah pada mahasiswa: Menilik peran harga diri, komitmen hubungan, dan sikap terhadap perilaku seks pranikah. *Jurnal Psikologi*, 44(2), 139.
<https://doi.org/10.22146/jpsi.23659>
- Rahmah. (2017). Hubungan antara intimacy dan perilaku seks pranikah pada remaja di Sanggar Kegiatan Belajar (SKB) Kecamatan Kalibagor. Purworejo: UMP.
- Riztiardhana, D. (2013). Prediktor protection motivation theory terhadap perilaku merokok wanita dewasa awal yang belum menikah di Surabaya. *Jurnal Psikologi Klinis Dan Kesehatan Mental*, 2(2), 79–87.
- UI, P. (2023). *Laporan Tahun 2023*. Retrieved from <https://puskapa.org/blog/publikasi/6326/>
- UNICEF. (2022). *Laporan Tahunan Indonesia 2022*.
- UNICEF. (2023). *Is an end to child marriage within reach? Latest trends and future prospect 2023 update*.
- Yanti, Hamidah, & Wiwita. (2018). Analisis faktor penyebab dan dampak pernikahan dini di Kecamatan Kandis Kabupaten Siak. *Jurnal Ibu Dan Anak*, 6(2), 96–103.