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The Role of Audio Visual in Increasing Knowledge of the Risks of Early Marriage

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ABSTRACT

Introduction: Early marriage is a problem that has a significant impact on the physical, mental, and social health of adolescents. One of the main factors influencing early marriage is the low knowledge of adolescents about the risks and impacts. This study aims to determine the effect of health education using audio-visual media on increasing knowledge about preventing early marriage at SMPN 1 Sambeng.

Methods: The research design used was a pre-experimental design with a one-group pretest-posttest approach. The sample consisted of 62 seventh-grade students selected through simple random sampling. This study was conducted on February 13, 2025, at SMPN 1 Sambeng. The intervention, in the form of an educational video about early marriage, was conducted once, followed by measuring the level of knowledge before and after the intervention using a questionnaire. Data analysis was conducted using the Wilcoxon test.

Results: The research results showed an increase in the average knowledge of seventh-grade students about the prevention of early marriage, from a pretest score of 71.85 to a posttest score of 91.1. The study was conducted on seventh-grade students with a total of 41 male and 21 female participants.

Conclusion: The results of the study showed a significant increase in the level of student knowledge after receiving health education through audio-visual media. It can be concluded that audio visual media is effective in increasing students' knowledge about early marriage.

Keywords: Audiovisual, Early marriage, Health education, Knowledge, Youth

INTRODUCTION

Early marriage is a formal or informal marriage that takes place before the age of 20. Early marriage among teenagers has

become common in Indonesia. The reasons for teenagers marrying at such a young age are usually influenced by parents, society, local customs, economic conditions, and

lack of knowledge. In some areas, marrying at a young age is done because society perceives women who marry late as old maids. Adolescence is a transitional period from childhood to adulthood and involves an interest in the opposite sex. (Martilova, 2020).

Early marriage impacts psychology as the couple is not mentally ready to face changes in roles and household problems. Early marriage has the potential to lead to Domestic Violence (DV) resulting in divorce, trauma for children caused by their psychological unpreparedness for sexual relations, and another impact is the violation of educational rights. The prevalence of early marriage will have a negative effect on the health status of teenage girls and lead to issues such as disrupted reproductive health. (Winengsih et al., 2024).

Child marriage globally occurs most frequently in Africa and Southeast Asia. Regionally, the highest rates of child marriage are in Sub-Saharan Africa (25%), South Asia (30%), Latin America and the Caribbean (25%), the Middle East and North Africa (17%), and Eastern Europe and Central Asia (11%) (Bahriyah et al., 2021). Laos and the Solomon Islands rank the highest at 37%, while Mongolia and Vietnam are at the lowest with 6.2% and 12.3%, respectively. Globally, 765 million adolescent girls and boys are married among 2.2 billion (Handayani et al., 2022). Indonesia ranks 2nd in ASEAN and 8th in the world for cases of early marriage. A UNICEF Indonesia report in 2020 indicated that in 2018, around 1,220,900 women aged 20-24 were married before the age of 18. Approximately 1,220,900 women aged 20-24 got married before the age of 18, with the highest number in Java

at 668,900 women (Noval & Retno, 2022). Based on data in June 2024 from the Office of Religious Affairs (KUA) in Sambeng District for the years 2022-2024, 60 individuals were found to have married underage, with 80% due to out-of-wedlock pregnancies and 20% due to economic reasons, with an average age of 14-18 years. Teenagers requesting marriage dispensations are mostly due to accidents (out-of-wedlock pregnancies) because of a lack of supervision from parents.

One of the main causes of early marriage in Indonesia is the economy. It seems that early marriage is viewed as a solution to various problems, including financial issues. A study shows that several interviewed informants stated that they married prematurely to improve their family's finances. The parents of the women and the women themselves often provide this reason (Damayanti & Wahyudi, 2023).

The education of adolescents and parents is also another factor that leads to early marriage. A person's level of education greatly influences how an individual handles problems and makes decisions, including more complex issues and their psychosocial maturity. A low level of education and knowledge in children can lead to a tendency to marry at a young age (Yunita & Az'zahra, 2021).

The factors influencing early marriage can be categorized into two: internal factors and external factors. Internal factors include knowledge, education, experience, and perception. External factors consist of the environment, religious understanding, personality, family, customs, and culture. Worse still, the factor of pregnancy outside of marriage often becomes a reason for early marriage,

according to research conducted by (Yani et al., 2019). Many studies have found that the welfare level of early marriages falls into the category below the line of stability, both financially and spiritually. The causes of the unwellness in early marriage families include immature mindsets, mental states, and spiritual conditions. Ultimately, such marriages lead to the loss of the true purpose in building welfare. dan kebahagiaan keluarga (Setyanto et al., 2022). Knowledge was chosen because it is the easiest factor to measure, directly influences behavior, and is the easiest to intervene through education. Unlike other factors that are more complex and difficult to control, knowledge provides a clear and measurable foundation for understanding and preventing early marriage.

Reproductive health education in Indonesia has not been widely implemented. Reproductive health education is not included in the school curriculum as recommended by WHO. Therefore, the role of health workers is very much needed to reduce the risks associated with early marriage. Health workers as educators play a role in providing guidance or counseling. The role of health workers in counseling can be carried out in many ways, one of which is through audiovisual media. In addition to being educators, health workers also serve as motivators. As motivators, health workers have the responsibility to encourage positive health behaviors, implemented consistently and developed further. For the facilitation role, health workers must be able to bridge the gap effectively between security and family fulfillment so that risks can be addressed if safety is not met, and then assist families

in overcoming obstacles to improve health status (Syfa et al., 2022).

Special treatment tailored to the desires, tastes, and needs of adolescents. Based on the explanation above, the researcher is interested in studying the 'influence of health education using audio-visual materials on knowledge about early marriage at SMPN 1 Sambeng.

METHOD

This study used a Pre-Experimental design with a One Group Pre-Test Post-Test approach. The research was conducted at SMPN 1 Sambeng. The population used in this study consisted of all 62 seventh-grade students with a sample of 62 students. The sample size was determined using calculations based on Slovin's formula.

The instrument used in this study was a questionnaire on knowledge of early marriage. Validity tests showed that most items had a calculated $r > \text{table } r$ and were declared valid. Reliability tests showed > 0.70 , so the questionnaire on knowledge of early marriage was considered reliable.

The inclusion criteria in this study were seventh-grade students, not having cognitive limitations, and willing to participate as respondents by signing informed consent. The exclusion criteria for this study were students who were absent during the research and students who could not complete the full procedure.

Experimental procedure, the researcher first explained the purpose and objectives of the study to the respondents and requested their consent by asking the students to sign the informed consent form. After that, the researcher distributed a pretest questionnaire to assess the students' knowledge of early marriage prevention behaviors before providing

education. Next, the researcher played an animated video using a projector and speakers, and after the video ended, the researcher distributed a posttest questionnaire to assess changes in the students' knowledge after the education was delivered through the animated video.

RESULTS

Based on table 1, it was found that out of 62 respondents, the majority were male, totaling 41 respondents (66.1%), and nearly half were female, totaling 21 respondents (33.9%).

Table 1. General Research Data

| Gender | n | (%) |
|--------------|-----------|-------------|
| Women | 41 | 66.1% |
| Men | 21 | 33.9% |
| Total | 62 | 100% |

Table 2. Distribution of Knowledge Level Before the Provision of Audio Visual Education to Grade VII Students

| Level of Knowledge | n | (%) |
|--------------------|-----------|-------------|
| Good | 12 | 19.4% |
| Enough | 50 | 80.6% |
| Less | 0 | 0% |
| Total | 62 | 100% |

Table 3. Distribution of Knowledge Levels After Audio-Visual Education for Seventh Grade Students

| Level of Knowledge | N | (%) |
|--------------------|-----------|-------------|
| Good | 62 | 100% |
| Enough | 0 | 0% |
| Less | 0 | 0% |
| Total | 62 | 100% |

Based on table 2 it can be seen that the respondents' level of knowledge before receiving audio-visual education was

mostly at a sufficient level, with 50 respondents (80.6%) and a small portion at a good level, with 12 respondents (19.4%). The average pretest knowledge level was 71.85.

Based on table 4.3 it can be seen that the level of knowledge of respondents after being provided with audio-visual education all had a good level of knowledge with as many as 62 respondents (100%). With an average posttest knowledge level of 91.1.

Based on table 4, it is noted that 62 respondents in the pre-test had the lowest knowledge score of 58 and the highest knowledge score of 82 with an average pre-test score of 71.85. Meanwhile, in the post-test, the lowest knowledge score was 85 and the highest knowledge score was 98 with an average post-test score of 91.1.

Based on the results of the data distribution test, it was found that $p < 0.05$, meaning the data distribution is not normal, so the hypothesis test used the non-parametric Wilcoxon test. Based on the results of the Wilcoxon test, it was found that $p < 0.001$ where $p < 0.05$, which means H1 is accepted, indicating that there is an effect of providing audio-visual education on the level of knowledge of early marriage among students. seventh grade.

DISCUSSION

Knowledge before being provided with counseling about Early Marriage

Based on Table 4.1, the pretest results show that out of 62 students, 50 students (80.6%) have knowledge in the 'sufficient' category and 12 students (12.4%) have good knowledge. This is consistent with

Table 4. The Effect of Audio-Visual Education on the Level of Knowledge about Early Marriage Among Seventh Grade Students

| Level of Knowledge | Frek | Mean | Min-Max | t | p |
|--------------------|------|-------|---------|-------|-------|
| Pretest | 62 | 71.85 | 58-82 | 19.25 | 0.001 |
| Posttest | 62 | 91.1 | 85-98 | | |

the research conducted by Liesmayani (2022), which states that this study found that 61.2% of teenage girls have knowledge in the 'sufficient' category regarding early marriage.

Gender can influence the level of knowledge and attitudes of adolescents towards early marriage, but its influence is not always significant and is often affected by other factors such as communication with parents, access to information, and social environment. Therefore, educational interventions that consider these factors and involve all genders equally may be more effective in enhancing adolescents' understanding of the risks of early marriage.

Research by (Kholisah, 2023). shows that low knowledge is influenced by several factors such as educational factors, socio-economic cultural factors, environmental factors, and limited access to reproductive health information, especially regarding risky pre-marital sex, particularly among the younger age group. This study identified all adolescents aged 13-14 years who generally have not received adequate sexual education, either formally or informally, from schools or family environments. Besides age, gender can also affect the level of adolescents' knowledge about early marriage, but its influence is not always significant and is often affected by other factors such as communication with parents, access to information, and social environment.

Therefore, educational interventions that consider these factors and involve all genders equally can be more effective in improving adolescents' understanding of the risks of marriage.

Knowledge or cognitive is a very important domain for the formation of a person's actions. A person's knowledge about an object contains two aspects: a positive aspect and a negative aspect (Harahap, 2023). In this study, it is shown by the frequency value of the less category with 50 respondents. This is due to several factors that influence knowledge, including education, mass media/information, socio-cultural and economic factors, environment, experience, and age (widiyastuti, 2023).

According to the research (P. F. Wulandari et al., 2025), early marriage is a condition or event that is not good, unnatural, and very concerning, which impacts the loss of the youth's future in the process of self-identity formation due to promiscuity that tarnishes the family name, forcing parents to marry off their children.

Based on the results regarding early marriage, it can be concluded that the understanding of middle school students on this issue is still not optimal. This fact is reinforced by the distribution of answers that shows the low understanding of students regarding the ideal age for marriage, the impacts, and the ways to prevent early marriage. This condition reflects an urgent need for more

comprehensive and continuous educational interventions, especially at the middle school level.

Knowledge after being provided with counseling about Early Marriage

Based on table 2 of the research results after the intervention, all of the 62 students showed a good level of knowledge with 62 respondents (100%). Where the average knowledge after the intervention increased by 91.1%, which means that after being given counseling, the knowledge improved from a sufficient level to a good level of knowledge.

Therefore, educational efforts should not only be conducted in schools, but must actively involve the roles of families and communities. In line with (Indriani et al., 2023), early marriage not only impacts the health and psychology of teenagers, but can also rob them of their future in the process of identity formation. Therefore, a systematic, interactive, and relevant counseling program for adolescents is needed. It is very much needed for this 'sufficient' knowledge to be enhanced to 'good', thus forming a strong awareness to reject the practice of early marriage (Arwanda et al., 2023).

In line with the opinion of (Vega et al., 2024), early marriage not only impacts the health and psychology of adolescents but can also rob them of their future in the process of identity formation. Therefore, a systematic, interactive, and relevant counseling program for the youth is greatly needed so that this 'sufficient' knowledge can be enhanced to 'good', thus fostering a strong awareness to reject the practice of early marriage.

According to (Nuraeni et al., 2020) knowledge is well gained from the ease of

obtaining information, which accelerates a person's ability to enhance their knowledge. This is also in line with the research (Martilova, 2020), which states that information is a source of knowledge for an individual that will increase when they receive a lot of information.

Mass media as a means of communication in various forms such as television, radio, newspapers, magazines, outreach, and others has a significant influence on the formation of opinions and beliefs of people. With the presence of new information regarding something, it provides a new cognitive basis for the formation of knowledge about that matter (Mardhiati, 2023).

Based on these results, it serves as concrete evidence that the right educational approach can change students' perspectives and knowledge. The success of the counseling is greatly influenced by the quality of information delivery, both from the media used and the competence of the presenters. Therefore, the selection of educational media that aligns with the characteristics of adolescents is key to success in the process of knowledge enhancement.

In conclusion, effective counseling is able to significantly change knowledge, and must be an integral part of youth educational strategies. Education that involves engaging media, competent sources, and supportive environments is an ideal combination to create a generation that is more aware and wise in addressing social issues such as early marriage.

The Influence of Health Education with Audiovisuals on Knowledge of Early Marriage

Based on the research presented in table 4, it shows that the knowledge level of 62 students before the intervention was an average of 71.85. Meanwhile, the knowledge after the intervention was 91.1. Thus, it can be seen that the difference between the two means is 19.25.

Based on the results of the Wilcoxon non-parametric test, it was found that the $p\text{-value} = 0.001$ where the $p\text{-value} < 0.05$ which means H_1 is accepted indicating that there is an effect of health education with audiovisuals on the knowledge of early marriage among seventh-grade students, Lamongan. The results of this study are consistent with the research (P. A. A. Wulandari, 2022) on the effect of video provision on the impacts of early marriage in Yogyakarta.

Similarly, the research conducted by (Widiyastuti, 2023), found an average increase in knowledge of 3.17 after being provided with educational videos, indicating that educational video media has a greater impact compared to e-modules. This is because educational video media includes images, sound, text, and the core material being presented, making it less monotonous. Thus, the visual and auditory senses can convey knowledge and absorb information more effectively.

Video media is an effective medium for conveying educational information. Reproductive health counseling using video media increases adolescents' knowledge about early marriage. According to Harginson's theory, learning by seeing can absorb 50%, and hearing can absorb 10%, thus providing counseling using video media allows students to understand 60% of the material presented (Susanti & Isrohmaniar, 2023)

This is also in line with the research (Safitri et al., 2025) which states that educational videos can increase the average knowledge from 59.47 to 78.31. The increase in knowledge occurs because the sense of sight conveys knowledge around 75-87%, 13% from the sense of hearing, and 12% from other senses. Educational videos contain images and sounds, enabling respondents to absorb the information presented at around 88%, while e-modules only contain text and images, allowing respondents to absorb the information presented at around 75% (Cahyani et al., 2022).

The effectiveness of audiovisual media in the context of education, especially on topics related to reproductive health and social issues such as early marriage, becomes increasingly relevant in today's digital era. Video media not only presents information visually and audibly, but also has the ability to create greater emotional engagement compared to conventional media such as text or modules (Kahfi et al., 2021). The delivery of information through video media can enhance information retention. This indicates that the utilization of technology in education is not merely a trend, but has become a necessity to create a more effective and meaningful learning experience (Sulistyo & Mustofa, 2024).

In conclusion, Audiovisual-based education has a strong impact on enhancing teenagers' knowledge because it simultaneously combines elements of sound, moving images, text, and engaging narration. This combination of visual and auditory stimuli helps the brain process information more quickly and makes it easier to remember compared to lecture or text-only methods. In the context of

preventing early marriage, audiovisual media can present real-life situations, case studies, health, psychological, and social consequences, as well as moral messages in the form of stories or animations relevant to teenagers' lives. Delivering information through powerful visuals—such as illustrations of the impact of early marriage on education, economic conditions, or the future—can evoke empathy and foster a deeper understanding. Furthermore, an engaging presentation style keeps teenagers focused, motivated, and actively involved in the learning process.

Thus, the use of audiovisual media not only enhances knowledge but also strengthens attitudes and the readiness of adolescents to reject early marriage and choose healthier and more responsible preventive behaviors.

CONCLUSION

Using audio-visual media, health education has proven to be effective in increasing adolescents' knowledge about early marriage, including understanding, consequences, and ways to prevent it. Before health education, most respondents had sufficient knowledge; however, after the audio-visual media intervention, their knowledge significantly improved to be good. Audio-visual media can convey information in a more engaging and easily understandable way for adolescents, making them more involved and better understanding what they learn. Audio-visual health education can help prevent early marriage by increasing awareness and knowledge among adolescents.

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