

## Psychosocial Dynamics of The Decision Marry Young In Lombok East NTB Distric

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### ABSTRACT

*In many studies it has been mentioned the impact of marrying young whose dominant proportion is more to the negative side. But in reality, there are still many who do marriage at a young age. The purpose of this study is to uncover the psychosocial dynamics of young marriage decision making both internally and externally and how the two aspects collaborate in providing encouragement for marriage decision making at a young age. The other side of the establishment of the main objectives is the exposure of the causative aspects of marriage on the internal and external sides of the individual. The research conducted uses a descriptive qualitative approach. Where researchers collect data through active interviews openly and closedly as a primary data source method. The focus of the group discussion, observation and understanding of the supporting document evidence as a secondary source. Analyzing the findings in depth, researchers reduce data, present data in the form of narratives, verify data and then draw conclusions. The results of the study found that the decision to marry at a young age is predominantly influenced by external factors rather than the internal side of the individual. The power of external factors exerts an influence on the speed of decision-making to get married. The will on the internal side of the individual is low on the side of interpersonal attraction, the competition side, and the diversion of boring or exhausting activities. However, due to the friction of external factors such as the pressure of high expectations and desires of parents, the fulfillment of family expectations, the economic demands of the family, feelings of anger towards parents or family and the atmosphere of the friendship environment become a source of strength in making decisions to get married even though it is still at a fairly young age.*



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## Introduction

Law Number 16 of 2019 describes marriage as a physical and spiritual bond between a man and a woman as husband and wife to form a happy and eternal family or household based on Belief in the One Supreme God (*Undang Undang Nomor 16 Perkawinan*, 2019). This is in line with the principles and principles of marriage which also emphasize the same goal, namely, marriage is to form a happy and eternal family. Technically, if it is based on these



goals, husband and wife have the obligation and are required to be able to complement each other so that each can develop their personality to achieve spiritual and material well-being. Apart from containing the principles and objectives of marriage, another matter regulated in Law number 16 of 2019 is regarding the age limit that is permitted to marry. In its journey, since the 1974 marriage law (*Undang Undang Nomor 1 Tentang Perkawinan*, 1974) up to Law number 16 of 2019 has developed a minimum age limit to be able to get married. The minimum age limit for being able to get married based on this law is an age of 19 for both men and women based on the judicial review of the Constitutional Court Number 22 of 2017 which originally set a limit of 16 years for women. Based on these rules, marriages that occur under that age are called early marriages.

In its journey, early marriage contains many perspectives on the negative side rather than the positive side. The factors that highlight this negative aspect include; economic factors, educational factors, and biological factors. The impact that later arises from the existence of early marriage based on the factors above can be seen from several aspects including the health aspect. Pregnancy at an early age carries risks to the health of the mother and child plus the cycle of disease transmission. Then on the psychological and social aspects including personality development disorders and the risk of abandonment of children born. On the economic side, low income can result in various complex phenomena up to divorce (Kabalmay, 2015).

Seeing the developmental tasks in adolescence and early adulthood, several developmental tasks should have been optimal at that age. Among these achievements are independence, maturity, and emotional stability (a reference to emotional stability in adolescence and early adulthood). At the age of adolescents, the attainment of independence is intended to release outside influences and dependencies in determining a decision, being able to solve their own problems in the best way, and being able to think about the consequences of all actions and decisions which are marked by the formation of good conditions from these decisions. In early adulthood, power and responsibility have become the basis of every situation that is lived (Santrock, 2003). From the perspective of the developmental tasks above, if a red thread is drawn with the condition of the couple who are married at that age, they should be able to live a married life. However, the reality on the ground now creates a gap with what is expected.

NTB Province itself is a province that ranks in the top 7 provinces with contributors to early marriage rates on a national scale (Sianturi, 2022) and East Lombok Regency is



included in the district with the highest early marriage rate(Sianturi, 2022) as well as districts with early marriage emergencies in NTB province(Gual, 2022). Records from the High Religious Court of NTB Province note that the number of underage marriage dispensations has increased every year. In 2019 there were 370 dispensation arrangements, in 2020 there were 875 cases, in 2021 there were 1132 cases and as of April 2022 there were 153 cases. This means that from 2019 to 2021 alone there will be an increase in cases of early marriage reaching almost 300 percent(Ahmad, 2022).

Preliminary observations made by researchers in East Lombok Regency through data from the Religious Courts (PA) of East Lombok Regency found that there were 1246 cases that occurred in households in 2020. 777 of these cases were cases of quarrels, 366 cases of extramarital affairs, 44 cases of domestic violence, and 38 cases caused by economic conditions. Early marriage itself accounted for 10% of the total cases or around 120 of these cases occurred by couples who married at an early age in East Lombok District.

The observation was continued by looking at the data on the granting of marriage applications from the Office of Religious Affairs (KUA) of East Lombok Regency as well as data on letters of dispensation, namely decrees to be able to perform marriages for early marriage couples issued by the Religious Courts (PA) of East Lombok Regency. Data for the last three years totaling 155 couples whose application to marry at the age below the specified age was granted; with a description of 14 couples in 2019, 40 couples in 2020, and 101 couples whose applications were granted in 2021. However, based on information from the Office of Women's Empowerment, Child Protection, and Family Planning (DP3KB) of East Lombok Regency, there were 2,700 cases of women who gave birth under the age of 20(Khalid, 2020). This data indicates that the prevalence of early marriages that occur in East Lombok Regency is between the record of PA dispensation and the reality that occurs in the field.

Decomposing data on the number of existing early marriages with the prominence of the negative impact of marriage at an early age certainly raises concerns. The hope that arises from a marriage is the achievement of the purpose of marriage. It is hoped that the quality of marriage is in line with developmental tasks at that age, namely carrying out independent and responsible behavior. However, different things happened on the ground with the amount of domestic violence that occurred.

Seeing this phenomenon, of course, joint efforts and efforts are needed to suppress cases that occur in couples who choose to marry at an early age so that expectations for the



quality of marriage can be realized. Among the various efforts that can be expected to improve the quality of couples who marry at an early age is to look at the psychosocial dynamics of actors who decide to marry at an early age. Psychosocial itself is composed and influenced by internal factors and external factors. Internal factors are related to psychological factors and external factors are related to conditions from outside the individual that have a direct or indirect influence on the decision to get married. It is hoped that through understanding this psychosocial picture, policymakers can provide appropriate interventions in realizing expectations for the quality of marriage for young couples.

Tracing some of the factors above in a psychosocial view, will and behavior are determined by various factors including views and understanding of oneself, views and understanding of other people and the environment, as well as moral attitudes and behavior and how all of these are influenced by the existence of external factors in terms of it is the influence of other people and the environment (Rahman, 2014). If this is examined more deeply and comprehensively, a collaboration between external and internal factors is the main factor contributing to or influencing the decision to engage in early marriage. For this reason, based on a psychosocial view, researchers try to examine more deeply related to each of these factors, namely external factors and internal factors and how these two factors are connected and work in influencing the decision to carry out early marriage for couples who choose to marry early.

It is hoped that the results of this research can be used by the community and government as well as policymakers, especially the Office of Religious Affairs (KUA) and the Religious Courts (PA) to be able to carry out counseling and approaches that are humane, persuasive and educative by providing an understanding of the psychosocial aspects of prospective marriage partners. early age as part of the treatment and regulation before issuing a letter of dispensation or marriage recommendation

## **Method**

This study used qualitative research methods with a natural/natural approach in looking at the psychosocial picture of perpetrators of early marriage. The process of collecting data through active interviews with direct subjects. Observations, FGDs and documentation were carried out by researchers to support the main data. The primary data source in this study was obtained from 20 couples who married at a young age in East Lombok Regency, West Nusa Tenggara. Data collection was carried out through open and



closed interviews with research subjects. Then, secondary data was obtained through observation of data sources and their environment as well as literacy studies. After the data is collected, the researcher then conducts data analysis through data reduction, presents the data in narrative form, verifies the data and then draws conclusions (Iskandar, n.d.). To maintain the objectivity of data sources, researchers use a triangulation approach in monitoring data sources so that they can provide comparisons on the information obtained. The sharp analysis of this research refers to the psychological view of social psychology where Allport emphasizes social psychology in the aspects of thoughts, feelings, and behavior that are influenced by the presence of other people and the demands and social roles of early marriage practitioners in an evolutionary, social, and cognitive perspective on the other hand. Supporting analysis applies a sociological view of social psychology in looking at the dynamics of phenomena in the field as well as theories and other research results that are relevant to the dynamics of the decision to marry young.

## **Result and discussion**

### **The factor of early marriage**

In undergoing or making the decision to get married at a young age at the research location, of course there are many factors that can play a role in making the decision to get married. Based on the findings in the field, some of these factors can be explained as internal factors and external factors.

#### **1. Internal Factors**

The focus on this aspect is an internal decision on the basis of liking, love and affection between partners. There is a feeling of mutual love and you already feel fit in the condition that you already have a partner and have the same desire, namely to marry at a young age without thinking about what problems you will face in the future and only based on feelings of mutual love (Naibaho, 2013).

Based on the information obtained through WJ, AA, and A both said that they had a close relationship with their partners. The basis for making the decision to get married is that you want to take the relationship more seriously. The subject feels he is ready to do the marriage.

Based on the observations that the researchers made, it was found that the level of physical development experienced by WJ, AA, and A exceeded that of other subjects. But the contrast is seen on the social and mental sides. Based on the interview results, the



researcher did not see any social and mental development in the subject. This can be proven through the attitudes of WJ, AA, and A who don't think too much about other people's feelings and don't really consider problems with their parents in the future. The choice of marriage is taken based on the choice of consensual and loving each other.

Another factor on this side that stands out is due to external phenomena that have a direct influence on the decision to get married. An interview with FUN found that there is competition in getting a partner of heart. FUN's exhaustion in holding back his feelings because he is believed that his partner can still be taken by other men is the main thing that influences FUN to get married.

In contrast to the conditions above, another prominent situation experienced by AAD who chose to marry was part of a decision due to problems with their parents. AAD's decision to marry himself was a form of anger at AAD because his parents always asked AAD to get married. The exact same condition was experienced by EM, who was angry with her grandmother for being asked to get married.

A contrast can be seen in AOD, where AOD's decision to marry was due to exhaustion in attending school. AOD felt tired of studying so he decided to get married. If examined further, this can be seen as a form of escape or diversion. AOD diverts things that are boring and tiring for him to other things that are more interesting and fun with an indication that the old things in this case going to school will no longer be lived by him.

The conditions experienced by FUN, AOD, and EM can be seen from the relationship with parents, obedience and/or conflict with parents determines the occurrence of marriage at a young age. In this case, the marriages that occurred to FUN, AOD, and EM occurred because of the situations above.

## 2. External Factors

In this aspect, based on findings in the field, researchers uncover external factors that influence decision making to marry young in research subjects.

Based on interviews with data sources (informants) WJ and HA, the researcher found the fact that the decision to marry young was already valid and had been passed down in the family for generations. Based on the interviews conducted, data were obtained from the informants that early marriage had been carried out previously by close families.

The consequence of this situation was that WJ and HA had the courage to marry at a young age. Informants thought that marrying at a young age was not a new and frightening



thing but part of an adaptation to the previous pattern that had occurred in their families, namely marrying at a young age and being allowed by the family.

Through this situation, the researcher concludes that marriage at a young age that occurred previously in the family both vertically and horizontally can have an influence in the form of adaptation to decision-making to marry at a young age for the next generation. The same thing was also conveyed by other researchers where family factors were a factor in the existence of young marriages, where families and parents would immediately marry off their children when they reached adulthood.

This is something that is common or hereditary (Naibaho, 2013). If examined more deeply based on the findings above, young marriage is hereditary in the WJ and HA families.

Furthermore, the results of interviews with AOD led to the decision to marry young because of the wishes of the parents themselves. In line with the conditions above, in EM, F, AAD, and AM, the decision to marry is the wish of the parents and closest relatives who have a direct influence on the subject.

Based on some of the views above, it can be concluded that the decision to marry at a young age, apart from being internal to the subject, is also influenced by the existence of the family. Of the 20 subjects in the study, the decision to marry young based on desire or family influence occurred in 7 subjects or about 40% of the total number of subjects in the field.

In the next analysis, based on interviews with WJ, HA, EM, AAD chose to get married because they felt they had weaknesses on the financial side. The subject believes that by getting married, they will have enough money for their daily needs. Seeing this view, of course it can be concluded that economic factors do influence the decision to marry (Hadiono, 2018).

In another view, a person's income figure plays an important role in making a decision to start a family because building a family requires physical, mental, spiritual and socio-economic readiness. The low family economy is not enough to guarantee the continuation of children's education so that if a girl has completed basic education and does not continue to higher education, she just stays at home. This is in accordance with one of the studies which revealed that low-income people are more likely to marry early. In this case the lower the income the higher the possibility of a person getting married at a young age (Hadiono, 2018).



A person's level of education is influential in responding to something new or not yet accepted and known by the wider community. The higher the level of education, the more rational the response given by someone to something new. The research conducted revealed that respondents with low education had more early marriages than those with higher education (Stang, & Mambaya, 2011). Based on observations at the school level and searching for evidence of documents owned by subjects at the research location, the researchers found that subjects AOD, F, J, and EM were at the junior high school (SMP) level as the last educational position. On the side of parents and next of kin on the subjects AM, FUN, AAD, F, EM, and SR found a low level of parental education ranging from elementary to high school levels. Through this data, researchers can conclude that the level of education of both direct subjects and parents influences the decision to marry at a young age. Findings in the field found that low levels of education prefer to marry at a young age.

Another thing that directly influences the decision to marry young is environmental conditions. Interview with AM as a boy who lost his mother, chose to get married because his family did not have a mother figure. There were no women in the family so AM chose to marry young. AM thinks that his wife will be able to take care of herself, her younger sibling and her male parents.

If traced to the various views above, of course, internal factors and external factors can influence the decision to marry at a young age. Among these internal factors are: 1) feelings of liking, mutual love and compatibility, 2) competition, 3) forms of anger and resistance as part of the relationship with parents, 4) forms of diversion from boredom and boredom. External factors include; 1) family factors including environmental conditions within the family, 2) economic factors or income level, and 3) educational level of children and parents.

### **Psychosocial Actors of Early Marriage**

In his view of social psychology, Allport explained that psychosocial is emphasized on how the thoughts, feelings, and behavior of individuals are influenced by the presence of other people by social attitudes and demands. Related to this, researchers try to look at the dynamics of individuals who decide to marry at a young age from a psychological and social point of view on the internal and external sides of the research subjects on the factors that influence it.

#### **1. Individual internal factors on the decision to marry young**



In making the decision to marry and it is influenced by internal factors within the individual the subject of this study refers to internal factors in the field that have a direct influence on couples who choose or make decisions to marry at a young age. These factors include;

a. Feelings of liking, love, and compatibility.

In making the decision to marry at a young age in the research subjects, there were couples who had previously been in a relationship. In interviews in the field, the subject referred to this relationship as a courtship relationship. Before marriage, some of the subjects were in a relationship for a period that varied from one to two years. During this relationship, there was an understanding between people that gave rise to compatibility to the point of affection so that some subjects chose to decide to get married even though they were still at a young age.

Almost all subjects in the field are physically attracted to their partners. However, there were 5 couples who previously had emotional relationships and closeness. The basic needs that underlie a relationship include affection (attachment) and attention(Weiss, 1974). The basis of this relationship is mutual liking, mutual comfort, and compatibility between partners. Interpersonal attraction is pleasure, similarity, closeness, complementarity, physical attraction, and personal warmth. Through this situation, researchers can conclude that couples have an interest in each other before deciding to get married(Refia & Purwoko, 2014).

Of all the subjects who married at a young age, it was found that only 5 out of 21 individuals married on the basis of an internal desire to continue the relationship to a more serious level. Through this phenomenon, researchers perceive that the decision to marry young for research subjects in the field originates from internal desires and drives that occur in a small number of individuals.

b. Competition

Competition in this early marriage research study explains that the decision to make early marriages is caused by the presence of competitors. The presence of competitors/competitors here gives its own fear to the research subjects so that it raises motivation in themselves to make the decision to marry as soon as possible. An interview with FUN mentioned another concern that arises when a competitor/competitor is present is feelings of hurt. If explored further, the views above emphasize that the decision to marry young is caused by factors originating within the individual with the aim of finding solutions



to life's problems or difficulties (Naibaho, 2013). The subjects in this study felt that they were in a difficult situation due to the presence of competitors, so they immediately sought a way out through marriage. So here it can be interpreted that the decision to get married is a way out of the difficulties faced by the subject.

### c. Transfer Form

As a form of counter behavior towards situations that are not liked, humans will try to divert focus or activities to other activities. This can be understood through the human defense mechanism. Data from interviews on one of the research subjects is where the decision to get married is a reason to avoid other activities. The subject felt tired in his education so he decided to marry young. If examined further, this can be seen as a form of escape or diversion. Where the subject diverts things that are boring and tiring for him to other things that are more interesting and fun with an indication of the hope that old activities, in this case going to school, will no longer be carried out. This is in line with research which reveals that one of a person's internal drives to marry at a young age is caused by the inability to receive lessons in school (Cahyani, B., & Prihartanti, n.d.).

## 2. External factors on the decision to marry young

Individual external factors that influence the decision to marry easily refer to some of the external factors above such as family, economy or income level, and level of education of children and parents.

### a. Family

Based on the findings of the data in the field, the researchers found that the decision to marry young had already been in effect and had been hereditary in the family. Based on the interviews conducted, data were obtained from informants that early marriage had been carried out previously by close relatives (father, mother, aunt, grandmother, etc.). Through this view, the subjects took the courage to marry at a young age. The subject thought that marrying at a young age was not a new and frightening thing but part of an adaptation to the previous pattern that had occurred in his family, namely marrying at a young age and being allowed by the family.

Through this situation, the researcher concludes that marriage at a young age that occurred previously in the family both vertically and horizontally is able to influence in the form of behavioral adaptation in making decisions to marry at a young age for the next generation. The same thing was also conveyed by other researchers where family factors were a factor in the existence of young marriages, where families and parents would



immediately marry off their children when they reached adulthood. This is something that is common or hereditary (Naibaho, 2013).

In addition, marriage at a young age can take place because of the attitude of obedience and/or resistance by adolescents to their parents' orders. Relations with parents determine the occurrence of marriage at a young age. In everyday life, it is common to find teenage marriages because they want to escape from the influence of their parent's environment. There are environmental influences that are positive actions and negative actions. Positive action is interpreted as a form of behavior because of sympathy and empathy for parents so they do not want to burden parents, and negative action is interpreted as a form of resistance to parents because of pressure, restraint, and so on.

Based on the findings of the research data, the researchers found that the subject made the decision to marry as part of the subject's anger towards their parents. Subjects feel irritated with parents who always ask and tell them to get married. This makes the subject take the decision to get married immediately. Of the total subjects at the location, the researchers found 2 subjects married because of these aspects, namely anger, and annoyance with their parents or family.

In the view of social psychology, behavior is based on the situation above where the existence of the family influences decision making, so this is aligned with the evolutionary perspective of Mc Dugall where behavior is a product of instinct and inherited genetic factors which in this case is behavior in social life. namely the decision to marry young.

#### b. Economy

A person's income plays an important role in making a decision to start a family because in building a family, physical, mental, spiritual and socio-economic readiness is needed. The low family economy is not enough to guarantee the continuation of children's education so that if a girl has completed basic education and does not continue to higher education, she just stays at home. In this case, the lower the income, the higher the probability that someone will marry at a young age.

The choice to marry young based on data findings in the field is partly motivated by economic factors. This view holds that by getting married you will have strength on the economic side for the necessities of life. The economy is the main factor influencing the decision to marry in young couples (Hadiono, 2018).

In the view of social psychology, the need for this can be seen in aspects that play a role in the strength of interpersonal attraction. The principle of complementarity is a part



that can be a reference in this aspect(Refia & Purwoko, 2014). Each pair hopes to be able to complement each other on the economic side.

### C. Education level

A person's level of education is influential in responding to something new or not yet accepted and known by the wider community. The higher the level of education, the more rational the response given by someone to something new. Individuals with low education are more likely to marry early than those with higher education(Stang, & Mambaya, 2011).

Based on findings in the field regarding aspects of education level, the researchers found that on average couples who married young had a low level of education (didn't go to high school). Not only married couples, parents and immediate family also have low education. The level of education here is closely related to the cognitive level. In a psychosocial perspective, social learning and social cognitive perspectives are important parts to understand. Someone with a good level of education will certainly find it easier to understand self and social perception. On a different side, of course this will have a real impact on the decision to marry at a young age.

### d. Friendly environment

The environment is one of the factors that influence the formation of an individual's behavior. In the view of many experts, it is believed that the character, attitudes and behavior of an individual are formed from environmental influences.

The findings of researchers in the field found that among the many factors that influence the decision to marry, one of them is the friendship environment. Based on the findings in the field, the researcher found that the friendship environment that influences the decision to marry young includes: 1) many friends who are married, 2) bullying by married friends in joking situations, and 3) feeling alone because his friends had left him

## **Psychosocial Dynamics in Making Early Marriage Decisions**

Marrying young does not only happen because of the influence of external factors but also because of internal factors. On the internal side of the individual, young marriage occurs not because of other people's wishes but because of their own desires. Dreams of the future, lack of activity, and anxiety about losing the person you want are the main factors in deciding to get married soon. Interest with a partner due to internal factors (love and affection), emotional connection, the warmth of the relationship, and mutual care is an integral part in determining the decision to get married.



In the social cognitive domain, as a whole, the subject does not fully understand the meaning of marriage. Even though some subjects are aware of the complexities of getting married at a young age, there are still difficulties in dealing with it. The desire to marry is more to the encouragement both internal and external. But the impetus does not extend to deep cognitive understanding.

Seeing the overall picture of the findings, the decision to marry young in East Lombok Regency in the research subjects is more directed to external rather than internal encouragement. Parents' wishes, relationship with parents, attention from parents, and demands from parents, economic factors, as well as the level of education and friendship environment, are the main factors that have a major influence on the decision to marry.

Internal factors on aspects of competence, feelings of love and affection, anxiety, fear, a sense of fulfillment of biological needs from physical development, as well as forms of diversion to other more enjoyable activities are aspects within oneself that influence the decision to marry.

Based on the findings and views above, the researcher found cause and effect and how these two factors collaborated with each other in making the decision to marry at a young age. In many subjects, the strength of external factors has a dominant influence on the speed of decision making. Willingness on the internal side of the individual is actually low on the side of interpersonal interest, part of the form of competition, and as a diversion to boring or tiring activities. However, the dominant decision to marry young is due to external friction. The friction that occurs such as pressure on family wishes, fulfillment of family expectations, family economic demands, feelings of anger towards parents or family and the atmosphere of friendship become a source of great strength in making decisions to marry even at a relatively young age.

The reactions shown by the couple at the research location were a form of the subject's response to external pressure, which in this case was an external factor as described above. Even though the internal side also contributes to decision making, based on the findings of researchers in the field, subjects will not respond until they make a decision to marry without strong encouragement, which in this case is encouragement from the family on aspects of relationships with family, anger, bullying responses that occur in the environment. friendship, as well as hopes for improvement or economic strength.

In view of social psychology, researchers can conclude that the decision to emerge behavior which in this case is the decision to marry at a young age is much influenced by



external factors rather than the internal side of the individual. This is in accordance with Allport's view which states that individual circumstances influence how the individual shows roles and behavior, in this case the decision to marry. Not much different from Allport's view, the position of how individuals in social situations begin with how the individual interprets information about himself and others<sup>1</sup>. In this view, it is once again found that the behavior shown by individuals always departs from how the individual is in the environment and reacts in social situations.

## **Conclusion**

The decision of a couple to marry at a young age in East Lombok Regency is influenced by two factors, namely individual internal factors and external factors. On the internal side, it includes feelings of love and affection, feelings of like and compatibility as aspects of interpersonal attraction, anxiety and forms of competition, fulfillment of biological needs, and diversion of activities or activities. On the external side of the individual includes family aspects including; fulfillment of wishes and expectations with parents, relationships with parents including the relationship of obedience and conflict, attention from parents, and demands from parents, then economic factors, as well as the level of education in both married children and parents and and the atmosphere of friendship.

The decision to make a decision to marry at a young age is dominated by individual external factors. For most of the informants, the strength of external factors influences the speed of decision making to marry. Willingness on the internal side of the individual is low on the side of interpersonal interest, the side of competition, and the diversion of boring or tiring activities. However, due to friction from external factors such as pressure on the high expectations and desires of parents, fulfillment of family expectations, family economic demands, feelings of anger towards parents or family and the atmosphere of friendship becomes a source of strength in making decisions to marry even though it is still at a relatively young age.

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