
The Effectiveness of Audiovisual Method Counseling on the Knowledge and Attitudes of Adolescents Regarding Early Marriage

Diadjeng Setya Wardani¹, Putri Shofy A'tul Al Fadhillah², Miftahul Jannah³, Rismaina Putri⁴,
Ratna Diana Fransisca⁵, Nur Aini Retno Hastuti⁶

Midwifery Departement, Faculty of Medicine, Brawijaya University, Malang, Indonesia

Correspondence: Diadjeng Setya Wardani, Midwifery Departement, Faculty of Medicine,
Brawijaya University, Malang, Indonesia. Tel: +6285755540404.

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Abstract

Early marriage is a marriage that occurs in either one or both parties under 19 years old. In 2022, Singosari District became the area with the highest rate of early marriages in Malang Regency, with a total of 100 cases. Low knowledge regarding the risks of early marriage will tend to make teenagers agree and have a negative attitude towards early marriage. The active role of society and government is very necessary to support efforts to prevent early marriage. One effort to improve teenagers' knowledge and attitudes is by providing information about early marriage. Audiovisual method counseling is an activity that aims to provide information using a combination of sound and image media. Therefore, this study aims to know the effectiveness of audiovisual counseling method on the knowledge and attitude of adolescents about early marriage. This study employed Pre-Experimental Research Design through the One Group Pretest-Posttest Design approach. Researcher used purposive sampling technique and obtained 65 respondents who met the research criteria. Data were analyzed using the Wilcoxon test. Shows that the average value of knowledge before counseling (Pretest) is 7.63 and after counseling (Posttest) is 8.09. The average value of attitude before counseling (Pretest) is 45.37 and after counseling (Posttest) is 47.14. Wilcoxon test results on the knowledge variable obtained a p-value of 0.010 and the attitude variable obtained a p-value of 0.000. In conclusion, the audiovisual methods is influential and effective in improving the knowledge and attitudes of adolescents about early marriage.

Keywords: Audiovisual Method, Adolescent Knowledge, Adolescent Attitude, Early Marriage

Introduction

Constitution of the Republic of Indonesia Number 16 of 2019 concerning Marriage (UU Nomor 16 Tahun 2019 tentang Perkawinan) states that marriage is only permitted if both parties, male and female, have reached the age of 19. In 2018 in Indonesia, 1 in 9 girls aged 20-24 were married before the age of 18. From this data, it is estimated that the number reached around

1.220.900 and this figure places Indonesia among the 10 countries with the highest child marriage rates in the world (UNICEF, 2020). According to the International Convention on the Rights of the Child, early marriage violates the rights to education, health, protection from violence and sexual abuse, and protection from exploitation.

Early marriage has a negative impact on women and the children they give birth to. Women who marry under the age of 18 are 3 times more likely to experience prolonged labor, 5 times more likely to experience postpartum hemorrhage, and 4 times more likely to have a miscarriage (Mokdad *et al.*, 2016). Children born to mothers who are 19 years old or younger have a 20-30% higher risk of preterm birth and low birth weight, higher odds of being stunted (41%) and underweight (38%) (Paul *et al.*, 2019).

Early marriage is associated with a variety of factors stemming from community, family and individual capacity. Low knowledge of the risks of early marriage will tend to make adolescents agree and have a negative attitude towards early marriage. Sexuality content presented through print and electronic mass media triggers adolescents' curiosity to try and follow what they see and hear from the mass media (BKKBN, 2017). This is evidenced by the research of Syakiri and Kusumawati (2017), which found a significant relationship between mass media exposure and the incidence of early marriage in Selo District, Boyolali Regency (p-value 0.000 and OR 4.616) (As-Syakiri *et al.*, 2017). This indicates that adolescents who use communication tools such as electronic media to obtain information about early marriage have not been utilized effectively and correctly.

Audiovisual method is one of the learning media or counseling media that is interesting and easy to understand and proven to increase one's knowledge. The advantages of video learning are that it presents an image and sound based on a coherent and precise process, increases motivation and instills attitudes, and presents events in the real world directly so as to increase students' imagination to be able to feel the actual events (Arsyad, 2019).

Method

Study Design and Participant

This study used a pre-experimental research design with a one-group pretest-posttest approach. The experimental research involved providing a specific treatment (audiovisual method counseling) to the research subjects to assess the impact on the observed outcomes, specifically adolescents' knowledge and attitudes towards early marriage.

Participants

The population used in this study were all students at Islamic Junior High Schools, Malang Regency, East Java, Indonesia, totaling 88 people. The inclusion criteria are that male and female students are willing to participate as study respondents and agree to follow the study in a conducive manner until its completion.

Sampling Procedures

A purposive sampling method was used to select the sample based on certain characteristics of the known population, ensuring more representative data. The sample size for this study included 88 respondents.

Operational Definition

1. Adolescent knowledge about early marriage are defined as everything that adolescents know about early marriage obtained by using questionnaires filled out by the teenager before and after counseling activities.
2. Adolescent attitudes about early marriage are defined as adolescents' decisions or reactions about early marriage which can be positive or negative which can be obtained by using questionnaires filled out by the teenager before and after counseling activities.

Intervention

The intervention in this study involved providing counseling to adolescents using the audiovisual method on the topic of early marriage, aiming to improve their knowledge and attitudes regarding the risks and consequences of early marriage. This intervention was measured by delivering educational video content that was both informative and engaging, followed by a discussion session to deepen understanding and positively influence adolescents' attitudes towards early marriage.

Statistical Analysis

The collected data were analyzed using SPSS software (version 26) through descriptive statistics, including frequency distribution and percentage, and inferential statistics. The inferential statistics included the Kolmogorov-Smirnov test to assess data normality. For normally distributed data, the Paired T-test was used, and for non-normally distributed data, the Wilcoxon test was applied to evaluate differences in adolescents' knowledge and attitudes regarding early marriage between pretest and posttest measurements.

Results

Respondent Characteristics

The following is a table of characteristics of research respondents, namely students at Islamic Junior High Schools, Malang Regency, East Java, Indonesia.

Table 1 Frequency Distribution of Respondent Characteristics

No.	Characteristic		N	%
1	Age	12	4	6.2
		13	25	38.5
		14	16	24.6
		15	20	30.8
			65	100
2	Grade	VII	22	33.8
		VIII	19	29.2
		IX	24	36.9
			65	100
3	Sex	Boys	45	69.2
		Girls	20	30.8
			65	100

Based on Table 1 above, of the 65 respondents, the highest age was 13 years as many as 25 respondents (38.5%), the highest number of respondents in grade 9 was 24 respondents (36.9%), and the respondents were dominated by men as many as 45 respondents (69.2%).

Pretest and Posttest Data of Knowledge

The following is the data on the Pretest and Posttest scores of the knowledge of Islamic Junior Highs Schools, Malang Regency, East Java, Indonesia students about early marriage.

Table 1 Average Knowledge Score of Students

Variable	Value Type	Mean	Standar Deviation	Min-Max
Knowledge	Pretest	7.63	1.68	4-10
	Posstest	8.09	1.73	3-10

Based on Table 1.2 above, the average Pretest score of students' knowledge is 7.63 with the highest score is 10 and the lowest score is 4, while the average Posttest score of students' knowledge is 8.09 with the highest score is 10 and the lowest score is 3. It can be concluded that there is an increase in the average score of students' knowledge before (Pretest) and after (Posttest) given counseling audiovisual method.

Pretest and Posttest Data of Attitude

The following is data on the Pretest and Posttest scores of the attitudes of Islamic Junior Highs Schools, Malang Regency, East Java, Indonesia students about early marriage.

Table 2 Average Attitude Score of Students

Variable	Value Type	Mean	Standar Deviation	Min-Max
Attitude	Pretest	45.37	5.65	22-50
	Posstest	47.14	4.31	18-50

Based on Table 1.3 above, the average Pretest score of students' attitudes is 45.37 with the highest score of 50 and the lowest score is 22, while the average Posttest score of students' attitudes is 47.14 with the highest score of 50 and the lowest score is 18. It can be concluded that there is an increase in the average score of students' attitudes before (Pretest) and after (Posttest) given counseling audiovisual method.

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Table 3 Wilcoxon Test Analysis Results on Pretest and Posttest Knowledge and Attitudes of Students

Variable	Ranks	N	Mean Rank	Sum of Ranks	p-value
Knowledge	Negative Ranks	14	16.00	224.00	0.010*
	Positive Ranks	26	22.92	596.00	
	Ties	25			
	Total	65			
Attitude	Negative Ranks	10	17.50	175.00	0.000*
	Positive Ranks	35	24.57	860.00	
	Ties	20			
	Total	65			

Based on the output table of the Wilcoxon test results on the knowledge variable, the p-value = 0.010 (smaller than α 0.05), the average value of Positive Ranks is greater (22.92) than the average value of Negative Ranks (16.00), which means that the audiovisual method of counseling has a significant effect on increasing the knowledge value of students about early marriage. In addition, the output table of the Wilcoxon test results on the attitude variable, obtained a p-value = 0.000 (smaller than α 0.05), the average value of Positive Ranks is greater (35) than the average value of Negative Ranks (17.50) which means that the audiovisual method counseling has a significant effect on increasing the value of students' attitudes about early marriage.

Discussion

Adolescents' Knowledge about Early Marriage Before and After the Audiovisual Method of Counseling

The results of this study indicate that audiovisual method counseling has a significant effect in increasing adolescents' knowledge about early marriage. The results of this study are in line with the results of research by Wijayanti and Azizah (2023) which showed that there was an increase in knowledge and attitudes of adolescents about early pregnancy after being given health education with audiovisual methods (p-value 0.000) (Wijayanti and Azizah, 2023). In line with the research of Siswati et al., (2022) which shows that the knowledge and attitudes of adolescents about the cycle of malnutrition who receive education through audiovisual methods have increased the value of knowledge and attitudes higher than through e-leaflet. This is due to the level of knowledge retention by only reading or seeing pictures only 30% while with a combination of images and sound the retention rate is 50%.

Knowledge is the result of a person knowing objects through his senses, namely the sense of hearing, the sense of smell, the sense of sight, and the sense of touch (Notoatmodjo, 2018). Efforts to increase adolescents' knowledge about early marriage can be done through health education through interesting methods that are easily understood and remembered by adolescents. In this study, the authors conducted counseling using the audiovisual method. In the process of memory formation related to adolescents' knowledge about early marriage, information is first captured by the sensory memory system, namely through a combination of the senses of vision and hearing. The duration of memory storage in visual sensory is less than 0.5 seconds while the duration of auditory sensory memory storage is 3 seconds. If adolescents pay attention to the information received, it will be sent to short-term memory.

The duration of human short-term memory storage is 20-30 seconds and if no stimulus is repeated (maintenance rehearsal) then short-term memory will be lost. In addition to maintenance rehearsal, one way to maintain memory related to adolescent knowledge about early marriage is the source of information that involves emotional factors. When emotional factors are involved, the appreciation of the information will be deeper and the resulting impression will be felt longer (Bisaz et al., 2014).

Adolescents' Attitudes About Early Marriage Before and After the Audiovisual Method of Counseling

The results showed that audiovisual method counseling had a significant effect in improving adolescents' attitudes about early marriage. The increase in respondents' attitudes was influenced by the factor of increasing knowledge after being given counseling about early marriage using the audiovisual method. After seeing and listening to material from educational videos, respondents gained new knowledge about early marriage. New knowledge will increase respondents' awareness, especially the problems that can arise if an adolescent practices early marriage. Thus, this awareness will encourage respondents to act to avoid early marriage.

Research conducted by Wardani & Hariyanti (2022) shows that the use of audiovisual methods in the intervention group occurs an increase in the average understanding of pregnant women about the importance of exclusive breastfeeding to prevent Stunting. The formation of attitudes is influenced by several factors such as age, education, and information received. Correct and accurate information about early marriage will make teenagers refuse early marriage. But to see the implementation of knowledge about early marriage can be known after respondents aged 19 years. This aims to evaluate whether increased knowledge and attitudes can change behavior in this study.

Attitude in the scope of health is defined as the opinion or judgment of individuals or respondents on issues related to health, disease, and health risk factors (Notoatmodjo, 2014). Increased knowledge is the basis for changing attitudes and influencing individual habits. To cause attitude change, it is necessary to provide continuous encouragement in order to direct the change towards the desired goal, so it takes a long time and appropriate methods (Ramadhanti et al., 2022). Adolescents are an age category that is more responsive to technological developments. In an educational video, adolescents not only listen to the advice given but see firsthand the application of positive behavior that can stimulate motivation to adopt the same behavior (Brown et al, 2002).

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Audiovisual is the result of a combination of two media, namely audio related to the sense of hearing and visual related to the sense of sight. The popularity of educational videos as health education is increasing in the community. A video can be used to present factual news, such as important events or news, or in fictional form, such as stories. The use of this media not only enhances the appeal of learning but also helps in clarifying orally delivered information messages that may be difficult to comprehend comprehensively (Siswati et al., 2022).

Based on statistical tests, the p-value of knowledge (0.010) and p-value of attitude (0.000) means that the research hypothesis which reads “Audiovisual method counseling is effective in increasing adolescents' knowledge and attitudes about early marriage” is accepted. The video presented by the researcher contains some information related to early marriage. The information includes: the definition of early marriage, the age limit of marriage according to applicable law, factors related to early marriage, the adverse effects for perpetrators of early marriage, and actions that can be taken to prevent early marriage. Counseling using the audiovisual method provides higher understanding because it combines two senses compared to applying only one sense. Edgar Dale's pyramid suggests that 50% of humans learn from what they see and hear. The absorption of the five human senses varies. The percentage of absorption of vision is 82%, hearing is 11%, touch is 2.50%, and smell is 1%. This shows that the senses of sight and hearing have the highest absorption (Khotimah et al., 2019). Therefore, the educational process must utilize the absorption ability of sight and hearing as well as possible, one of which is with audiovisual.

Health counseling on early marriage is important because the practice of early marriage violates the rights to education, health, protection from violence and sexual abuse, and protection from child exploitation. The success of health education in the community depends on the learning components, one of which is the media used. Health education conducted through educational videos is very effective because it can be accessed flexibly by the community. Especially if the targets of health education are adolescents and adults who are active users of the internet and social media. The results of Survei Asosiasi Penyelenggara Jasa Internet Indonesia in 2024 showed that the internet penetration rate in Indonesia based on generational groups, the most internet users were Gen Z at 87.02% and Millennials at 93.17%. Health education available on social media such as Youtube allows the delivery of information more quickly and easily to a wide target.

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