

Challenges of Married Life for Couples Who Married at an Early Age Around the World, Seen from the Driving Factors and Solution Strategies

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Abstrack

Early marriage is a common problem in low- and middle-income developing countries, bringing health, emotional, sexual, and social consequences. These challenges vary by country. This study aims to explore the challenges of early marriage, including its drivers and strategies for addressing them. This study employed a systematic literature review using the Scopus and Google Scholar databases, as they offer broad and credible academic coverage. Of the 151 articles identified, only 10 met the inclusion criteria, which included topic relevance, language, full-text accessibility, and a clear methodology. The results showed that couples who marry early are generally not physically and psychologically ready to assume the roles of husband and wife. Factors driving early marriage include residence, religion, limited access to education, poverty, family cultural structure, and low individual autonomy. One strategy for addressing this is through marriage counseling, which helps women plan pregnancies and prevent the negative impacts of early pregnancy.

Keywords: early marriage, family, marriage counseling

Abstrak

Pernikahan dini merupakan masalah umum di negara berkembang yang berpenghasilan rendah dan menengah sehingga membawa konsekuensi kesehatan, emosional, seksual, dan sosial. Tantangan ini berbeda di tiap negara. Penelitian ini bertujuan mengeksplorasi tantangan pernikahan dini dari faktor pendorong dan strategi penyelesaiannya. Studi ini menggunakan metode tinjauan pustaka sistematis melalui basis data Scopus dan Google Scholar karena cakupan akademiknya luas dan kredibel. Dari 151 artikel yang ditemukan, hanya 10 artikel yang memenuhi kriteria inklusi, seperti relevansi topik, bahasa, dapat diakses full text, dan metodologi yang jelas. Hasil penelitian menunjukkan bahwa pasangan yang menikah dini umumnya belum siap secara fisik dan psikologis untuk menjalani peran sebagai suami dan istri. Faktor pendorong pernikahan dini meliputi tempat tinggal, agama, keterbatasan akses pendidikan, kemiskinan, struktur budaya keluarga, dan rendahnya otonomi individu. Salah satu strategi penanganannya adalah melalui konseling pernikahan, yang membantu perempuan merencanakan kehamilan dan mencegah dampak negatif kehamilan dini.

Keywords: pernikahan dini, keluarga, konseling pernikahan

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INTRODUCTION

Early marriage is a social phenomenon that deserves serious attention, especially in developing countries, including Indonesia. According to 2022 data from the Central Statistics Agency (BPS), approximately 8.06% of women aged 20–24 years married before the age of 18. This percentage is higher in rural areas and areas with limited access to education. The Head of the National Population and Family Planning Agency (BKKBN), Hasto Wardoyo, stated that the rate of early marriage in Indonesia reached 20 per 1,000. This means that for every 1,000 people, there are 20 cases of early marriage. The minimum age for marriage in Indonesia is regulated in Law Number 16 of 2019 concerning marriage, which states that the minimum age for marriage is nineteen for both women and men (Azizah, 2024).

Early marriage, as defined by the United Nations (UN), is marriage or living together before the age of 18, which constitutes a violation of a person's human rights. This can undermine girls' rights to autonomy, development, and the achievement of public health goals (Stark, 2018). According to the Commission on Human Rights, these rights should be universal and guaranteed by the state, inalienable, indivisible, interrelated, and interdependent (UN, 2018). Girls face numerous challenges, including child marriage. There are many child brides worldwide, although developing countries account for the majority of the 14 million girls who marry before the age of 18 each year (Walker, 2012)..

Early marriage has a negative impact on sexual health and well-being. Physical weakness and illness are among the consequences of early pregnancy, possibly since women marry when their bodies have not yet completed their developmental stages and are not yet ready to handle the stress of pregnancy and childbirth. Previous studies have also demonstrated the risk of physical problems among women who marry early (Goli et al., 2015). Another physical impact of early marriage is high-risk pregnancies and deliveries, which women repeatedly report (Ahinkorah et al., 2019; Yasmin et al., 2014). Research conducted by Uecker found that early marriage negatively impacts women's mental health (Uecker, 2012). Similarly, other studies have shown that women who experience early marriage experience psychological problems, such as stress, depression, and anxiety (Daraz et al., 2014; John et al., 2019).

Early marriage is relatively common in low- and middle-income countries (Saleheen et al., 2021). According to a UNICEF report, Indonesia has the highest rate of early marriage in the world, with 457,600 women aged 20-24 married before the age of 15. Some countries also set lower age requirements for girls than for boys. For example, in Iran, boys are permitted to marry at ages fifteen, thirteen, nineteen, sixteen, eighteen, and fifteen, respectively, for girls.

Eliminating early marriage is a key goal in achieving Sustainable Development Goal (SDG) number five, gender equality, and is also crucial for achieving other SDGs set by the UN. Globally, the Amhara region in the Gojjam Zone of Ethiopia recorded the highest rate of early marriage, at 83% (Asrese & Abebe, 2014), Bangladesh at 78,2% (Hossain et al., 2016), and Sub-Saharan Africa at 55% (Efevbera et al., 2019). Indonesia ranks 8th in ASEAN with an early marriage rate of 11%. Adolescent birth rates are increasing, which can lead to serious complications and maternal mortality. The percentage of early marriage in Indonesia reached 4.89% in the 15-19 age group, with 1,396 births involving girls under 20 years of age (Idawati et al., 2023).

Strategies and interventions should be provided to complete education and training for women who marry at an early age. Marriage education and counseling can also be strategies to help women plan pregnancies and childbirth to prevent the negative



impacts of early pregnancy. Furthermore, strategies to strengthen marriages include opening more positive communication and reuniting with partners by restoring positive habits from the beginning of the marriage. Indonesia has implemented a minimum age for marriage policy through the revision of Law No. 16 of 2019; however, its implementation still faces numerous challenges. This research was conducted to explore the challenges, driving factors, and strategies for addressing early marriage, to contribute to the development of more effective policies and programs.

METHOD

This study employed the Systematic Literature Review (SLR) method, utilizing the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) model. A Systematic Literature Review is a review that can summarize previous research, test hypotheses, expand theories, and evaluate research (Xiao & Watson, 2017). Furthermore, Perry & Hammond, (2016) it was stated that the Systematic Literature Review method employs a research protocol and systematically searches for research results and articles. This method also has clear criteria for determining which articles will be included, which can minimize deviations. Systematic Literature Review with the PRISMA model allows planning and documentation in the review method, acts as a safeguard against arbitrary decision-making during the review process, allows readers to assess the presence of selective reporting of completed reviews, reduces duplication of efforts, and has the potential to encourage collaboration (Moher et al., 2015).

Search Strategy

The article search process was conducted using the Harzing's Publish or Perish application, version 8, which facilitates searching for articles based on specified keywords such as "early marriage," "child marriage," "psychosocial impact," and "preventive strategy." This application was chosen for its ability to efficiently analyze bibliometric data. This literature review utilized articles published between 2015 and 2025, accessible in full-text PDF format. The articles were sourced from Scopus and Google Scholar, as these databases provide credible and academically relevant articles. The selected articles were similar, analyzed, and summarized. The research results are then summarized in the full discussion in this article.

Summary of Inclusion and Exclusion Criteria

The method used was the Preferred Reporting Items for Systematic Reviews and Meta-Analyses (PRISMA). Before the analysis was conducted, the articles obtained underwent a preliminary screening test, followed by a review and summary based on the author's name, year of publication, number of studies, objectives, research methods, research results, and suggestions for further research. The inclusion criteria for this study included: 1) the relevance of the topic to early marriage (early/child marriage) seen from the driving factors and resolution strategies; 2) written in Indonesian or English; 3) published between 2015-2025; 4) available in full text (PDF); 5) derived from scientific sources with accountable methodology. Meanwhile, articles that fell into the exclusion criteria were those that were irrelevant, only available in abstract form, written in a foreign language other than Indonesian or English, or came from sources that were not academically accredited, such as blogs or popular opinion pieces.



RESULT AND DISCUSSION

A search of all research databases using keywords revealed that out of 151 published articles, only 10 met the criteria. These articles can be systematically summarized in the table below.

Table 1.
 Summary Of The Articles Analyzed

Author, Year & Title	Location	Method	Participants	Results
Early Marriage, Cohabitation, and Childbearing in West Africa (Avogo & Somefun, 2019)	West Africa (Nigeria, Burkina Faso, and Niger)	Standard survival analysis and discrete-time logistic regression models	6,653 girls in Nigeria, 2,690 in Burkina Faso, and 1,570 in Niger aged 15–18 years	The study's findings confirm that marriage and first childbearing among adolescents aged 15–18 are quite high in the three countries analyzed, particularly in Niger, where rates of both outcomes are more than double those of Nigeria and Burkina Faso. Results from a variety of variables indicate that community characteristics are significant predictors of adolescent transitions, particularly in Nigeria. Among socioeconomic characteristics, household wealth increases the risk of marriage but decreases the risk of first birth, particularly in Nigeria. Christian religion decreases the risk of union formation and increases the risk of childbearing.
Making Sense of Child, Early and Forced Marriage Among Syrian Refugee Girls: a Mixed Methods Study in Lebanon (Bartels et al., 2018)	Lebanon	A mixed qualitative-quantitative cross-sectional study using SenseMaker from Cognitive Edge	Married and unmarried Syrian girls and boys, Syrian parents	Quantitative data summarized the differences in perspectives between female and male participants. Girls and mothers in Syria were more likely to share stories about protection/security and/or education and were more likely to report that girls were overprotected. Male participants were more likely to share stories about financial security and



				sexual exploitation of girls and were more likely to report that girls were not adequately protected.
Determinants of Early Marriage from Married Girls' Perspectives in Iranian Setting: A Qualitative Study (Montazeri et al., 2016)	Ahvaz, Iran	A qualitative inquiry using a content analysis approach was chosen as the research methodology.	The participants were 15 married girls, aged 3–19, Persian-speaking, and living in Ahvaz.	This study aimed to explore the determinants of early marriage from the perspective of married girls in Iran. Although most participants intended to delay marriage until they completed their education, several factors, such as family cultural structure, low authority, and responsiveness to needs, influenced participants' decision-making and encouraged them to marry. The results revealed that family structure is one of the underlying factors pushing girls into early marriage.
Child Marriage: Using The Indonesian Family Life Survey to Examine The Lives of Women and Men Who Married at an Early Age (Cameron et al., 2023)	Indonesia	The Indonesian Family Lives Survey (IFLS) wave method uses a pooled cross-section using Ordinary Least Squares (OLS) to estimate models with fixed effects for geographic areas, down to the village level.	Respondents who participated in the IFLS5 and IFLS-East rounds and were aged 18 years and older. IFLS5 was a survey conducted in 1993, 1997, 2000, 2007, and 2014, while IFLS-East was conducted in 2012.	Early marriage affects Indonesian women and men across all religions, ethnicities, regions, and socioeconomic levels. From IFLS data, we estimate that approximately 23% of women living in Indonesia in 2012/2014 were married before the age of 18, and approximately one in 17 Indonesian men (5.9%) were married before the age of 18. There is significant variation between provinces, ranging from 8% of women in Yogyakarta to 35% in Southeast Sulawesi. The prevalence of early marriage among women is significantly higher than among men across all provinces.
Early Marriage, Stressful Life	Malekan, Iran	A case-control study	The study population	Of the 387 subjects, the majority (114.57%) were



<p>Events and Risk of Suicide and Suicide Attempt: a Case-Control Study in Iran (Fakhari et al., 2022)</p>	<p>was conducted based on suicide records in the Malekan region of Iran from 2016 to 2018.</p>	<p>consisted of suicide or attempted suicide patients (SAs) registered in the national suicide registry during the 2016-2018 study period. The total sample size was 387 subjects.</p>	<p>female. Nearly 72% of completed suicides were male, while the majority of attempted suicides were female (64%). Age and gender were significantly associated with suicide risk. Marital prevalence and the prevalence of various stressful life events (SLEs) were associated with the risk of suicide and suicide attempts among both the case-based and population-based control groups. The correlation between suicide, attempted suicide, and the number of SLEs revealed a trend and association between the number (frequency) of SLEs and suicide and suicide attempts. Based on multiple regression analysis, there was a significant association between suicide risk and early marriage, financial problems, and family conflict. However, there was no significant association between early marriage and suicide attempt risk.</p>	
<p>Determinants of Early Marriage Among Married Women in Injibara Town, North West Ethiopia: Community-Based Cross-Sectional Study (Bezie & Addisu, 2019)</p>	<p>Injibara, Amhara, Ethiopia</p>	<p>A community-based cross-sectional study was conducted from September to December 2018.</p>	<p>The study participants were 373 married women aged 15-49.</p>	<p>The prevalence of early marriage is quite high in Injibara City, at 44.8%. Factors that tend to facilitate early marriage in this city include family income, number of family members, father's education level, and the respondent's age.</p>
<p>Sociodemographic Factors and Early Marriage Among Women in</p>	<p>Bangladesh, Ghana dan Iraq</p>	<p>Relevant statistical methods for data analysis</p>	<p>The study participants were 64,378 women aged</p>	<p>The study found that the average age at first marriage in Ghana and Iraq was higher than in Bangladesh.</p>



<p>Bangladesh, Ghana and Iraq: An Illustration from Multiple Indicator Cluster Survey (Saleheen et al., 2021)</p>	<p>were adopted to achieve the different objectives of this study, namely using a binary logistic regression model in a multivariate setting.</p>	<p>15–49 in Bangladesh, 14,374 women aged 15–49 in Ghana, and 30,660 women aged 15–49 in Ghana and Iraq.</p>	<p>This is evident from the analysis, which shows that early marriage in all three countries decreases with age, suggesting that older women are less willing to marry at a very young age than younger women. According to surveys conducted in Bangladesh, Ghana, and Iraq, the education level of the household head and the woman, wealth status, mass media, household size, and residence are significant factors associated with early marriage.</p>
<p>Exploring the Consequences of Early Marriage: A Conventional Content Analysis (Lebni et al., 2023)</p>	<p>Qualitative research using a conventional content analysis approach.</p>	<p>Thirty women from Kermanshah and Kurdistan Provinces in western Iran who married under the age of 18 were selected using purposive sampling.</p>	<p>The results show that early marriage is associated with severe negative consequences that can jeopardize the future of women and their families. The negative consequences of early marriage include:</p> <ol style="list-style-type: none"> 1. Physical and psychological problems (high-risk pregnancy and childbirth, physical illness, depression, and emotional distress); 2. Family problems (dissatisfaction with married life, experiencing multiple responsibilities, lack of independence in family life); 3. Social problems (risky social behavior, lack of access to social and health services, social isolation, lack of access to employment and educational opportunities); <p>However, they also</p>



				experienced positive impacts from early marriage, such as receiving support from their families, improved living conditions, and opportunities for advancement and empowerment.
Economic Pressure, Coping Strategy, and Family Strength in Early Marriage Family (Herawati et al., 2017)	Indonesia	This study used a cross-sectional study design	The study involved 70 respondents, mothers who were married under the age of 20 and had children aged 0-6	The results showed that family economic pressure was categorized as moderate, family coping strategies were categorized as low, and family resilience was categorized as moderate. Factors influencing family resilience were the number of family members, length of marriage, and economic pressure. Meanwhile, the number of family members and length of marriage had a significant positive effect on family resilience, while economic pressure had a significant negative effect on family resilience
Problem Pernikahan dan Strategi Penyelesaiannya: Studi Kasus pada Pasangan Suami Istri dengan Usia Perkawinan di Bawah Sepuluh Tahun (Saidiyah & Julianto, 2016)	Yogyakarta	A qualitative case study using interviews and observations as data collection techniques.	The subjects were married for 5-10 years and resided in Yogyakarta.	The results of this study indicate two challenges in those five years of marriage: financial difficulties and the adaptation of married couples' habits to their extended family. The strategies employed included recognizing communication and using family as a mediator. Couples married for 6-10 years tended to face challenges related to differences in childcare, changes in positive attitudes lost after a long period of marriage, and changes in communication between partners. The problem-



solving strategy involved reopening more effective communication.

Based on the results of the first journal literature review, as shown in Table 1 above, it was found that the distribution of adolescents aged 15-18 who were living together or married (forming a union) in the three countries analyzed continued to increase with age. At age 18, 27.41% of adolescents were married in Nigeria, 24.23% in Burkina Faso, and nearly 60% in Niger. By age 18, 13% of adolescents in Nigeria, 12% in Burkina Faso, and 27% in Niger had given birth to their first child. There were slightly more adolescents who were married but childless: 15% in Nigeria, 14% in Burkina Faso, and 33% in Niger. Compared to adolescents who had already had their first child, the figure was 13% in Nigeria, 14% in Burkina Faso, and 33% in Niger. Union formation and childbearing status differed by educational level. Uneducated adolescent girls are more likely to form a union or have their first child than those with primary, secondary, or tertiary education. Girls with household wealth are less likely to form a marriage or have their first child. Muslim adolescent girls form marriages (89% and 77%, respectively) and have their first child (79% and 71%, respectively) at higher rates in Nigeria and Burkina Faso than girls belonging to Christian or other religions.

Girls living in southern Nigeria have lower rates of marriage formation and childbearing than those in northern Nigeria. However, in Burkina Faso, the southern part of the country has higher rates than the northern part. Finally, adolescents living in female-headed households have lower rates than those in male-headed households. However, the proportion of first-borns in female-headed households is higher than the proportion of marriage formation. The proportion of women with secondary to tertiary education in a community reduces the risk of marriage in all three countries. For example, in Niger, the odds of marriage for women living in communities with a higher proportion of educated women were 0.343 times lower than for women living in communities with lower levels of female education (the odds in Nigeria and Burkina Faso were 0.068 and 0.278, respectively).

Community poverty levels increase the odds of union formation in all countries. A woman in Nigeria living in a community with a high household poverty rate is almost four times more likely to form a union than one living in a community with a low poverty rate (the odds are 1.6 and 1.9 times in Burkina Faso and Niger, respectively). Except in Nigeria, where a high proportion of employed women in a community reduces the odds of union formation (odds ratio = 0.565), the study found no significant relationship between the proportion of employed women in a community and union formation in Burkina Faso and Niger. The wealth index, a measure of socioeconomic status, increases the risk of union formation. For example, women in the richest quintile of the wealth index in Nigeria are twice as likely to be married as those in the poorest quintile. The odds, while lower in the poorest quintile, remain statistically significant in Nigeria.

Christianity reduces the risk of union formation in Nigeria but increases it in Burkina Faso compared to Islam and other religions. Living in southern Nigeria also reduces the risk of union formation, but not in Burkina Faso and Niger. Living in a female-headed household decreases the risk of union formation and increases the risk of childbearing (especially in Nigeria).

The second literature review, conducted in July and August 2016, included 1,422 self-interpreted stories about the experiences of Syrian girls in Lebanon collected from



1,346 unique individuals representing diverse participant groups. The stories shared by the female participants provided some perspective on the perception that Syrian girls are overprotected. One girl shared her personal story of early marriage after being sexually abused and reported being overprotected. Other female participants spoke of early marriage as a means of protection. In contrast, men were more likely to report that Syrian girls were not adequately protected. However, the stories shared by men further illustrated the risks girls face in Lebanon. A Syrian father shared the following story, reporting that the girl in the story was not adequately protected. A married male participant told of a Syrian girl who married outside her sect due to financial need and reported that the girl in the story was not adequately protected.

Using SenseMaker from Cognitive Edge, 1,422 self-interpreted narratives about the experiences of Syrian refugee girls in Lebanon were collected from 1,346 unique participants. Personal stories and interpretations of the narratives from married and unmarried girls, mothers and fathers, as well as married and unmarried men, were also included. Respondents independently identified early marriage as a significant issue in their communities, with most stories concerning or mentioning early marriage despite no indication of the topic in the study introduction or questions. Findings regarding the root causes of early marriage among the Syrian refugee community in Lebanon are consistent with existing research from other contexts, where poverty, lack of access to education, fear of sexual and gender-based violence (SGBV), and political instability are contributing factors to the increased prevalence of early marriage (Neal et al., 2016; Parsons et al., 2015).

Men were more likely to emphasize financial resources and generally discussed early marriage as a coping strategy for financial issues. BMJ Global Health. Married Syrian girls were more likely to report that finding a suitable husband was very important to themselves and their parents. For example, one married girl who shared her story rated finding a suitable husband as very important to herself and her parents. In contrast, women and girls were more likely to identify their stories with protection/security and education. They more often saw early marriage as a way to protect girls from SGBV and abuse.

This study also provides new insights into the circumstances that lead some girls to deliberately choose early marriage. In many cases, girls who decided to marry early described a lack of freedom at home and being unable to go out or have a social life, primarily because their parents were concerned about their safety. These girls often viewed early marriage as a means of escaping unfavorable domestic situations. In some cases, girls appeared to be aware of the inherent risks of marrying a man they did not know, but were willing to take those risks. Parents' safety concerns typically centered on preserving girls' honor by limiting their exposure to premarital sexual experiences and SGBV, and there was a clear sense that the risks were higher in Lebanon than in Syria.

The results of the third journal literature review revealed that participants perceived marriage as an unexpected and stressful event because they were not prepared to accept the roles and responsibilities of early marriage. Similarly, numerous studies have shown that marriage forces adolescent girls to accept new responsibilities for which they are often not physically and psychologically ready (Khanna et al., 2013; Willan, 2013). In this study, although most participants intended to postpone marriage until they completed their education, several factors, such as family cultural structure, low authority, and responsiveness to needs, influenced participants' decision-making and encouraged them to marry. Indeed, these factors have underlying forces that encourage



participants to enter into early marriage. This concept differs from forced marriage, as discussed in the literature (Matlabi et al., 2013; Sabbe et al., 2013; Ahmed et al., 2014).

Based on research findings, family structure is one of the fundamental factors driving girls into early marriage. Several dimensions of family structure have been identified in the literature, including the family as a system, family norms, roles, communication, the balance of power within the family system, and intergenerational aspects. Within this cultural context, the notion that marriage appears to be the only means of achieving identity remains unchanged among three generations of Iranian women. Despite significant diversity in marriage patterns across regions, and the level of education and achievement in other aspects of women's lives, marriage itself is fundamental to the social identity of all women, and pressure on women to marry persists. Consequently, early marriage remains common and encouraged by Iranian culture (Abbasi-Shavazi & Hossein-Chavoshi, 2009; Hosseini & Erfani, 2014).

In this study, participants reported feeling that they were not mature enough and lacked sufficient autonomy in making decisions about their marriage. Therefore, they were unable to overcome their parents' authority regarding the benefits of early marriage. In this case, the term "coercion" seems inappropriate, as it is not interpreted as such, but rather as fulfilling full obligations to the family. Low autonomy due to a lack of adequate life skills, including decision-making, problem-solving, negotiation, and critical thinking, plays a significant role in pushing girls into early marriage. Life skills encompass a set of psychosocial competencies and abilities that enable individuals to exhibit adaptive and positive behavior, thereby effectively navigating the challenges of everyday life (UNICEF, 2005). The results indicate that although all participants received education leading up to marriage, they had not yet learned essential life skills and were not sufficiently empowered to make informed decisions regarding their marriage.

The literature review of the fourth journal revealed that early marriage affects Indonesian women and men across all religions, ethnicities, regions, and socioeconomic levels. Based on IFLS data, researchers estimate that approximately 23% of women living in Indonesia between 2012 and 2014 married before the age of 18, and approximately one in 17 Indonesian men (5.9%) married before the age of 18 (BPS, 2016). There is significant variation across provinces, ranging from 8% of women in Yogyakarta to 35% in Southeast Sulawesi. The prevalence of early marriage among girls is significantly higher than among boys across all provinces. Six provinces have boy marriage rates of 5% or above, with the highest rate at 11%, also in Southeast Sulawesi. The prevalence of early marriage among both girls and boys is significantly higher in rural areas (28% of girls, 9% of boys) than in urban areas (17% of girls, 2.1% of boys). Collectively, these figures indicate that approximately 20 million girls and 5 million boys in Indonesia are currently married before they reach the age of 18 (World Bank, 2020). Early marriage occurs across all religious groups, with the highest prevalence among Muslims (25% compared to 22% among Protestants, 18% among Hindus, and 16% among Catholics).

Early marriage is often associated with lower socioeconomic status, and this is also the case in Indonesia. Early marriage declines with declines in per capita household consumption in both urban and rural areas (except for men in rural areas, where it remains relatively constant), with a stronger correlation in urban areas than in rural areas. In urban areas, women in the poorest consumption quartile are twice as likely to marry early as women in the richest consumption quartile (a difference of 9 percentage points). By comparison, women in the poorest consumption quartile in rural areas are only 13% (3 percentage points) more likely to marry early than women in the richest consumption



quartile in urban areas. However, women in the richest consumption quartile in rural areas are more likely to marry early than women in the poorest consumption quartile in urban areas.

There is a significant difference in educational attainment between individuals who marry at a young age and those who do not. Fewer than one in three Indonesians who marry early are still in school at the age of 15, compared with more than six in ten who do not marry early. By age 18, less than 3% of girls (7% of boys) who marry early are still in school, compared with more than 30% of girls who do not marry early.

Women who marry early have lower labor force participation. This may be due to having children at a younger age. Women and men who marry early are also less likely to be formal sector workers (wage earners) and more likely to be self-employed or unpaid family workers. These workers bear the burden of income fluctuations and have limited access to health services, pension plans, and paid leave (Cameron et al., 2023). (Cameron et al., 2023).

The results of the fifth journal literature review revealed that of the 387 subjects, the majority (114.57%) were women. Among completed suicides, nearly 72% were men, while in cases of AS, most participants were women (64%). Age and gender were significantly associated with suicide risk (p -value <0.05). Regarding occupation and family income, there were significant associations between groups. Furthermore, among behavioral risk factors, we found an association between suicide and alcohol abuse, smoking, and a history of depression.

This study found that EM and SLE were associated with suicide risk. However, there is no evidence that EM increases the risk of AS. This study showed that suicide cases had a higher prevalence of EM and SLE compared to population-based controls. Furthermore, our findings suggest that episodes of EM and various SLEs are common in suicide cases. Given that EM is common in women, gender distribution may confound the true association between EM and suicide risk. Subgroup analyses adjusted for gender showed a significant association between EM and suicide risk in both women and men. Similarly, subgroup analyses by age group showed that EM increased the risk of suicide in subjects aged 10–15 years, while this association was not significant for the 26–40 and >40 age groups (Fakhari et al., 2022).

The prevalence rates of EM among SA and population-based controls were similar. This difference appears to be related to the nature and causes of suicide and AS. These findings highlight the need to consider various contextual and sociocultural factors in suicide prevention strategies suggested in community-based studies, at least in Iran (Fakhari et al., 2021). Early marriage (EM) is a common social problem and a negative life event that deserves attention. Evidence indicates that many family problems and quarrels are correlated among EM individuals (Evans et al., 2013). Findings indicate that EM individuals are unhappy with their current marriages. Although gender differences are reported in SA, husband dissatisfaction leads to marital and family conflict or psychological distress, which is a major risk factor for suicidal behavior (Hajihassani & Sim, 2018).

A literature review of the sixth journal found that the prevalence of early marriage in Injibara City was 44.8%. This finding is lower than that of a study in Bangladesh (78.2%) (Hossain et al., 2016). This may be due to differences in the implementation of regulatory and legislative measures, as well as traditional cultural, religious, and social norms and values between each country. This finding is also lower than studies conducted in Sub-Saharan Africa (55%) (Efevbera et al., 2019) and the Eastern Gojjam Zone,



Amhara Region (83%) (Asrese & Abebe, 2014). The difference may be due to recent research focusing more on the issue of early marriage and women's well-being, and increased awareness of harmful traditional practices.

This study's findings are higher than those of research conducted in Latin America (16%) (Jensen & Thornton, 2003). This difference may be due to previous studies conducted in developed countries, where the optimal age for early marriage and its impacts are better understood, and children's reproductive rights are more effectively utilized. These findings indicate that respondents' educational level and their fathers' education level are significantly associated with early marriage in girls. Women with non-formal education are 3.94 times more likely to marry early than women with formal education.

This finding aligns with studies from the Democratic Republic of the Congo (Mpilambo et al., 2017), Serbia (Hotchkiss et al., 2016), and Sudan (Ali et al., 2014). The higher a person's education level, the more knowledge they acquire and understand, including information on reproductive health, appropriate marriage age, and the impact of early marriage. However, if a person's educational attainment is low, there will be a disconnect between knowledge and information, and this can lead to reduced adolescent activity. In this study, women with an average family income of <1,000 Ethiopian birr were 2.85 times more likely to engage in early marriage compared to those with a family income of >2,000 birr. This may be due to poverty. Parents perceive daughters as an economic burden. Consequently, they attempt to maintain their financial well-being by sharing roles and responsibilities from their daughters' families with their husbands (Hardiani & Junaidi, 2018).

The seventh literature review identified underlying factors contributing to early marriage in three different countries, using data collected from the MICS in Bangladesh, Ghana, and Iraq in 2019, 2017–2018, and 2018, respectively. The sample size used in this study was 64,378 people from Bangladesh, 14,374 from Ghana, and 30,660 from Iraq. The ratios of early marriage based on the sample size were 54.1%, 21.3%, and 23.2%, respectively. Interestingly, among the three countries studied, Bangladesh had the highest prevalence of early marriage. The study found that the average age at first marriage was higher in Ghana and Iraq than in Bangladesh. This is evident from the analysis, which shows that early marriage in all three countries decreases with age, suggesting that older women are less likely to marry at a young age than younger women. Similar conclusions have been reached by other researchers, who have demonstrated a link between age and early marriage (Palamuleni, 2011; Adebowale et al., 2012).

Place of residence is a crucial factor in early marriage patterns (Hotchkiss et al., 2016). However, this study failed to detect a significant influence on early marriage in Bangladesh and Ghana. In Iraq, urban women are significantly less likely to engage in early marriage than rural women. Several previous studies have also shown conservative attitudes in rural residential areas (Rahman, 2017; Rumble et al., 2018). Furthermore, women's education and household headship are important factors in determining early marriage in Bangladesh, Ghana, and Iraq, respectively. The findings of this study confirm that women with no education or primary education are more likely to engage in early marriage than women with higher education. This finding aligns with much of the existing literature in South Asia and elsewhere (Parsons et al., 2015; Bezie & Addisu, 2019).

Muslim families exhibit a higher likelihood of early marriage compared to non-Muslim families, and this finding aligns with previous findings (Kamal et al., 2014). These remarkable research findings demonstrate that, despite decades of transition,



Muslim attitudes toward age at first marriage have not changed. In fact, many Muslim families, especially in rural areas, believe that early marriage is acceptable, even though many Muslim countries have changed this pattern (Maaiké, 2016).

Regarding family wealth status, it was noted that women from poor and middle-class households were more likely to marry before the age of 18 than women from the wealthiest quintiles in Bangladesh and Ghana. Similar findings have been found in studies conducted in Iran, Bangladesh, and East Africa (Montazeri et al., 2016; Schaffnit et al., 2019). Early marriage is less common in countries with good employment opportunities for women (Otoo-oyortey & Pobi, 2003). Regarding the gender of the household head, our research findings indicate that early marriage is more common in patriarchal families than in matriarchal families in Bangladesh.

The eighth peer-reviewed literature study found that early marriage is associated with negative consequences that can jeopardize the future of women and their families. However, in a significant number of cases, nearly a quarter of the participants' early marriage had a positive impact on them. Physical weakness and illness are among the consequences of early pregnancy, possibly since these women marry when their bodies have not yet completed their developmental stages and are not yet ready to handle the stress of pregnancy and childbirth. The occurrence of physical problems in women who marry early has also been demonstrated in previous studies (Goli et al., 2015). Furthermore, another physical impact of early marriage is high-risk pregnancy and childbirth, which was repeatedly mentioned by women (Ahinkorah et al., 2019; Yasmin et al., 2014). Education about marriage and marriage counseling can be a strategy to help women plan their pregnancies and childbirth to prevent the negative impacts of early pregnancy.

Emotional and psychological problems were among the impacts of early marriage, frequently expressed by participants in this study. Women who marry young often have different and less pleasant experiences in their lives because they spend most of their formative years (childhood, adolescence, etc.) with forced and dissatisfied experiences. As a result, they face different conditions compared to their friends, which gives rise to a kind of longing and regret within them. Research conducted by Uecker found that early marriage has a negative impact on women's mental health (Uecker, 2012). In line with that, other studies also show that women who experience early marriage have psychological problems, such as stress, depression, and anxiety (Daraz et al., 2014; John et al., 2019).

The findings of this study indicate that women who marry at an early age often experience dissatisfaction and emotional and sexual conflict. In some cases, they stated that they were forced to continue their marriage, and that if they had suitable conditions or more support from their families, they would not have continued their marriage. Emotional divorce is one of the real consequences of early marriage in this study, which is rarely discussed in previous research. Several women stated that they did not have stable relationships with their husbands during their marriage and that they were only together physically and did not interact emotionally with each other. Tilson and Larsen also reported that early marriage can lead to divorce (Gage, 2013).

Experiencing all kinds of violence was one of the family impacts of early marriage in this study. Most previous research indicates that early marriage triggers violence (Kidman, 2016; Tenkorang, 2019). A lack of autonomy due to a lack of awareness, knowledge, and life skills is another significant consequence of early marriage, as identified in this study. Research shows that women who marry early have a weak



position in their family life, and many life decisions are made by their husbands or even their husbands' families. Research by Mardi et al. also found that women who marry early experience less independence in their family life (Mardi et al., 2018).

Lack of access to social and health services, as well as educational and employment opportunities, is among the interesting findings in this study, contributing to women's social isolation through early marriage. This finding is similar to previous research (Delprato et al., 2015). Therefore, strategies and interventions should be provided to complete education and training for women who marry at an early age. Although the negative impacts of early marriage outweigh the positive ones, a significant finding is that a quarter of women reported positive outcomes from early marriage, namely receiving more family support. Several young women reported that after marriage, they received support from their families and husbands in various areas, including sex and marriage, finances, and childcare. Improved living conditions are another positive impact of early marriage. These findings contribute to previous research indicating that early marriage may have positive effects under certain conditions; however, overall, the negative impacts outweigh the positive ones.

A literature review of the ninth journal revealed that education levels are still relatively low, with less than nine years of education. The study revealed that more than half of the husbands (55.7%) were laborers, with other occupations including self-employment, private sector employment, teaching, and tailoring. As many as 81.4% of wives are housewives, while others work as entrepreneurs, laborers, and tailors. Rafidah et al. (2009) found that respondents with low levels of education are 2.9 times more likely to marry at a young age than respondents with higher levels of education. A low level of education influences the type of employment they hold.

This study measured family economic stress using a self-perception questionnaire regarding their family's economic situation and circumstances. It showed that families categorized as having moderate economic stress were present in both families with a marriage duration of less than ten years (48.5%) and families with a marriage duration of more than ten years (62.2%). Economic stress, as one of the conflicts experienced by families, is caused by several factors, including job loss, low income that makes the family unable to meet their living needs, unstable assets and debts (Tati, 2004), uncertainty about financial resources, job instability, and/or insufficient income to meet needs or desires (Fox & Bartholomae, 2000).

The study results showed that spending reduction coping strategies were more common than income-increasing strategies. This aligns with research by Kabbaro et al. (2014), which showed that families consistently employed coping strategies such as purchasing cheaper food, changing food distribution, replacing expensive medications with cheaper ones, choosing less expensive medical care, postponing treatment, reducing clothing purchases, and reducing household furniture purchases. The study results indicate that the sample families' economic coping strategies were in the low category. Health was the most frequently used aspect of spending reduction strategies. In the income-increasing dimension, selling assets for daily needs was the most frequently used strategy. Lazarus and Folkman (1984) found that stressful situations can have detrimental effects on both the physical and psychological levels.

Family resilience refers to a family's ability to manage resources and challenges in order to achieve its goal of maintaining family well-being. The results of this study indicate that most of the sample families fell into the moderate category of physical resilience. According to Walsh (2003) research, when supportive families, neighbors, and



friends work together to provide social and economic support, it benefits the stability of resources within the family unit and the neighborhood. Family physical resilience is closely related to the family's physical well-being and economic capacity (Sunarti, 2001). esearch shows that families have relatively good social resilience.

The number of family members has a positive effect on family resilience. The greater the number of family members, the greater the family's resilience. This means that with more family members, the family will be better equipped to manage its social, physical, and economic conditions, as well as its psychological well-being, thereby increasing family resilience. According to Febriani (2013), intergenerational transfers serve as a safety net to meet the needs of each family member.

A literature review of the tenth journal revealed that the age of marriage in Yogyakarta still relatively follows local norms, below 25 years. In certain cases, due to employment and education factors, they can marry after 30 years. The woman's age being older than her husband is currently not a significant issue. When conflicts arise, older wives tend to be more patient and more willing to give in. Almost all subjects reported experiencing financial difficulties within the first five years of marriage. However, over time, these issues were successfully resolved.

Financial issues and adaptation with both partners and families are important considerations in the first five years of marriage. Strategies to address these challenges include building work readiness, particularly for both men and women (when opportunities arise and there's agreement with their husbands). Issues that occurred in the second five years, between 6 and 10 years, according to informants, included husbands being laid off, resulting in wives becoming sole breadwinners, differences in childcare, and the loss of positive habits among wives and husbands over time. The wife's habit of kissing her husband's hand when he leaves, and the husband's saying goodbye when leaving the house, are common. Strategies to strengthen a marriage include opening more positive communication and reconnecting with one's partner by reinstating positive habits from the beginning of the marriage.

An additional interesting finding from this study was the suggestion to the marriage registrar's office to increase pre-wedding counseling sessions, to understand the bride and groom's backgrounds, characters, and habits, as well as how to address potential post-wedding issues. This could potentially lead to collaboration with other parties in providing counseling. In addition, after marriage, it is necessary to strengthen the marriage through group counseling to reunite the couple and overcome problems such as sexual problems, childcare and restoring the couple's positive habits (Saidiyah & Julianto, 2016).

CONCLUSION

Based on the research results and discussion outlined previously, a literature review of ten journals indicates that early marriage is an unexpected and stressful event due to a lack of physical and psychological readiness to accept the roles and responsibilities of husband and wife. Early marriage affects women and men across all religions, ethnicities, regions, and socioeconomic levels. Typically, individuals entering early marriage are still relatively accustomed to local norms, but in some cases, factors related to employment and education can lead to marriage at a more mature age. Factors driving early marriage include residence, religion, lack of access to education, poverty, family cultural structure, and low autonomy due to a lack of adequate life skills, including decision-making, problem-solving, negotiation, and critical thinking skills.



The negative impacts of early marriage include physical weakness and illness, which are consequences of early pregnancy. This is since these women marry when their bodies have not yet completed their development and are not yet ready to handle the stress of pregnancy and childbirth. Furthermore, emotional, sexual, and psychological conflict are other negative impacts of early marriage. Lack of access to social and health services, as well as educational and employment opportunities, is among the interesting findings of this study, leading to women experiencing social isolation through early marriage. Practical implications of this research point to the need for policies that promote sex and reproductive education, mandatory premarital counseling, and women's empowerment and family education programs. The government and relevant institutions are also advised to increase access to health and education services, particularly in areas with a high prevalence of early marriage. Preventive efforts such as life skills training and group counseling for adolescent girls can be concrete steps in reducing the rate of early marriage in the future.

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