

The Effect of Educational Videos on Female Adolescents' Knowledge about the Impact of Early Marriage at SMA Negeri 1 Gambut

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Article Info

Article history:

Received April, 2026

Revised Feb, 2026

Accepted May, 2026

Keywords:

Adolescent

Early Marriage

Female Adolescents

Health Education

Knowledge

ABSTRACT

Early marriage remains a major public health issue in Indonesia because it contributes to adverse reproductive, psychological, social, and economic outcomes among adolescents. Strengthening adolescents' knowledge through health education is considered an important strategy to prevent early marriage. This study aimed to determine the effect of educational videos on female adolescents' knowledge regarding the impact of early marriage at SMA Negeri 1 Gambut. This quantitative study employed a one-group pretest–posttest design. Participants were selected using purposive sampling followed by cluster sampling and simple random sampling, resulting in 30 female students from grade XI. The intervention consisted of animated educational videos about the impact of early marriage, which were presented three times over three consecutive days. Data were collected using a validated and reliable knowledge questionnaire. Statistical analysis included univariate analysis using frequency distributions and descriptive statistics, while bivariate analysis was performed using the Wilcoxon Signed Rank Test because the data were not normally distributed. Before the intervention, most respondents had sufficient knowledge (70%), whereas after the intervention, the majority demonstrated good knowledge (93.3%). The Wilcoxon test showed a significant improvement in knowledge after receiving the educational videos ($p = 0.000$). These findings indicate that animated educational videos are effective in improving adolescents' understanding of the consequences of early marriage. It is recommended that schools, health professionals, and local health authorities integrate educational videos into adolescent reproductive health promotion programs as an engaging and sustainable educational strategy to prevent early marriage.

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1. INTRODUCTION

Although the World Health Organization (WHO) explains that early marriage is carried out by couples in which one or both individuals are under the age of 19 [1], the Ministry of Religious Affairs of the Republic of Indonesia defines it as underage marriage, namely less than 19 years old [2]. From a health perspective, the National Population and Family Planning Board (BKKBN) sets the age of 21 years as the ideal age, as individuals are generally considered to have reached physical and mental maturity and possess the capacity to establish a healthy family socially and economically [3].

The practice of early marriage remains a serious issue in Indonesia, as reflected in the country's ranking of 37th globally and second in ASEAN. Data from the Central Statistics Agency (BPS) in 2024 recorded that 25.08% of adolescents aged 16–18 years and 8.16% aged 10–15 years were involved in early marriage [4]. South Kalimantan Province has the highest rate of early marriage among females, with 7.89% marrying before the age of 18 [5]. The regency with the highest rate in South Kalimantan is Banjar Regency, with 24.90% occurring at ages 17–18. Data from the Office of Religious Affairs (KUA) of Banjar Regency also recorded 10 marriages involving couples under 19 years old, including one case that occurred within a school environment in 2023.

Pregnancy at a young age is associated with increased maternal mortality and morbidity rates. Girls aged 15–19 have twice the risk of mortality and morbidity compared to those aged 20–24 (BPS, 2023). Biologically, the immaturity of the reproductive system can trigger pregnancy and childbirth complications, which also affect child health. Psychologically, adolescents are not yet mature in managing married life, making them more vulnerable to depression, anxiety, and other mental health disorders [6]. Early marriage also has indirect effects, as mothers who marry at a young age have a higher risk of giving birth to stunted children compared to those who marry at a more mature age [7].

Although early marriage is caused by multiple factors, education is the most dominant factor, contributing 43%, which is significantly higher than other factors such as cultural pressure (20%), peer influence (18%), economic hardship (11%), parental pressure (5%), and media exposure (3%). Low educational attainment limits knowledge, making it difficult for individuals to think critically and ultimately hindering their ability to make appropriate life decisions [8].

The low level of knowledge among parents, adolescents, and communities regarding reproductive health is a major factor contributing to the high rate of early marriage in Indonesia. A lack of understanding among adolescents about reproductive health can lead to risky behaviors such as unhealthy dating and premarital sexual activity, which may result in teenage pregnancy [9]. Conversely, adequate knowledge can encourage female adolescents to delay marriage, thereby reducing the incidence of early marriage [10]. Prevention efforts require an integrated approach through strengthening comprehensive reproductive health education, including the risks of early marriage and the importance of maintaining reproductive health, so that adolescents are equipped to make appropriate decisions for their future [10]. Research has proven that health education using audio-visual media is more effective in increasing knowledge about early marriage compared to leaflets [11]. This advantage is reinforced by research (Sn Hartian et al., 2025) which shows a significant effect of animated video media. Audio-visual media are effective because they present audio, visual, and motion effects that align with adolescents' preferences, making the material more interesting and easier to understand [12]. Based on the results of a preliminary study conducted at SMA Negeri 1 Sungai Tabuk and SMA Negeri 1 Gambut on September 16, 2025, the school principal stated that there was a case of early marriage among female students in 2023 due to marriage by accident.

The government revised the Marriage Law by setting the minimum age at 19 years, supported by the implementation of the National Strategy for the Prevention of Child Marriage through the Life Skills Education program [13]. This effort is strengthened by the Generasi Berencana (GenRe) program from BKKBN through a dual approach of the Youth Information and Counseling Center (PIK-R) and the Adolescent Family Development (BKR). This transformation involves the active role of religious leaders and international programs in building understanding of reproductive health, thereby changing public perceptions to reject the practice of early marriage [14].

This study addresses the problem of low adolescent knowledge regarding the impact of early marriage through an educational approach that is in accordance with the characteristics of today's young generation, namely by using short animated video media that are interesting, easily accessible, and can be watched repeatedly. By directly comparing knowledge before and after the intervention within one group. This study can measure the effectiveness of video media in increasing female adolescents' knowledge about the impact of early marriage.

2. RESEARCH METHOD

The study employed a quantitative one-group pretest–posttest design. The population consisted of 177 female students in Grade XI at SMA Negeri 1 Gambut. The inclusion criteria, namely female students enrolled in Grade XI, willing to participate, and providing informed consent. Subsequently, cluster sampling was conducted by grouping participants according to their respective classes. Finally, simple random sampling was used to randomly select 30 respondents from the eligible population, ensuring that each participant had an equal opportunity to be included in the study.

The study was conducted for 3 consecutive days in accordance with the agreement with the school, namely from January 5–7, 2026. In the implementation of the study, ethical aspects were strictly maintained and approval had been obtained from the Health Research Ethics Committee of Universitas Muhammadiyah Banjarmasin with certificate number 0128226371, and the knowledge questionnaire instrument had been tested for validity and reliability at SMA Negeri 1 Sungai Tabuk, resulting in 20 valid question items (r count ≥ 0.374) with a Cronbach's Alpha reliability value of 0.844, indicating high consistency.

The intervention consisted of an animated educational video regarding the impact of early marriage. The video was shown once daily for three consecutive days. Participants completed a knowledge questionnaire before the intervention (pre-test) and after the final educational session (post-test). In addition, the animated educational video used as the intervention has been registered as Intellectual Property Rights with registration number 001090922, ensuring the originality and protection of the work.

Data were obtained by distributing questionnaires about the impact of early marriage. After the data were collected, editing was carried out to re-examine whether the data had been completely filled in, followed by coding by assigning codes to the questionnaire sheets about the impact of early marriage, then univariate analysis and bivariate

analysis using statistical tests were performed. Data analysis included editing, coding, data entry, and statistical analysis. Univariate analysis was conducted to describe respondent characteristics and knowledge levels using frequency distributions. Data normality was examined using the Shapiro–Wilk test. Because the data were not normally distributed ($p < 0.05$), the Wilcoxon Signed Rank Test was used to determine differences in knowledge before and after the intervention.

3. RESULTS AND ANALYSIS

3.1. Results

3.1.1. Univariate Analysis

Based on the results of the univariate analysis obtained in this study in the field regarding the effect of educational videos on female adolescents' knowledge about the impact of early marriage at SMA Negeri 1 Gambut are as follows:

Table 1. Distribution of Respondent Characteristics

Characteristics	Frequency (f)	Percentage (%)
Age		
Middle Adolescents (14–16 years)	17	56.7
Late Adolescents (17–21 years)	13	43.3
Source of Information		
Books	0	0
Parents	3	3.8
Teachers	30	37.5
Friends	2	2.5
Internet	30	37.5
School counseling	15	18.8
Never	0	0

Source: Primary Data 2026

Table 1 shows that based on the age characteristics of respondents, 17 respondents (56.7%) were in the middle adolescent group aged 14–16 years, while 13 respondents (43.3%) were in the late adolescent group aged 17–21 years.

Based on the sources of information that had been heard regarding the impact of early marriage, 30 respondents (37.5%) obtained information from teachers and the internet, 15 respondents (18.8%) obtained information from school counseling, 3 respondents (3.8%) obtained information from parents, and 2 respondents (2.5%) obtained information from friends.

Table 2. Distribution of Female Adolescents' Knowledge Before and After Being Given Educational Videos about the Impact of Early Marriage

Knowledge	Frequency (f)	Percentage (%)
Before		
Good	7	23.3
Sufficient	21	70.0
Poor	2	6.7
After		
Good	28	93.3
Sufficient	2	6.7
Poor	0	0

Source: Primary Data 2026

Table 2 shows that the knowledge of female adolescents before being given educational videos about the impact of early marriage, 21 respondents (70%) were categorized as having sufficient knowledge, 7 respondents (23.3%) were categorized as having good knowledge, and 2 respondents (6.7%) were categorized as having poor knowledge.

The knowledge of female adolescents after being given educational videos about the impact of early marriage, 28 respondents (93.3%) were categorized as having good knowledge, 2 respondents (6.7%) were categorized as sufficient, and none were categorized as having poor knowledge.

Table 3. Descriptive Statistics of Pre-Test and Post-Test Scores

Knowledge	N	Min	Max	Mean	Std. Deviation
Pre-Test	30	7	20	14.83	2.574
Post-Test	30	17	20	18.87	1.592

Source: Primary Data 2026

Table 3 shows the results of descriptive statistical analysis of pre-test and post-test scores. The average knowledge of female adolescents before being given the educational video about the impact of early marriage had a minimum value of 7 and a maximum value of 20, with a mean value of 14.83 and a standard deviation of 2.574. This value indicates that before the intervention, the variation in respondents' scores was still quite diverse.

A change in the mean occurred after being given the educational video about the impact of early marriage, which was shown 3 times during the study for 3 days, with a minimum value of 15 and a maximum value of 20, resulting in a mean value of 18.87 and a standard deviation of 1.592. After the intervention, this value indicates that the scores became more homogeneous and the respondents' understanding was more evenly distributed.

3.1.2. Bivariate Analysis

Table 4. Results of Shapiro-Wilk Normality Test

Knowledge	df	statistic	Sig.
Pre-Test	30	.916	0.021
Post-Test	30	.725	0.000

Source: Primary Data 2026

Table 4 based on the results of the normality test using Shapiro-Wilk shows that the significance value of the pre-test is 0.021 with a statistical value of 0.916 from 30 respondents. Meanwhile, in the post-test, the significance value obtained is 0.000 with a statistical value of 0.725 from 30 respondents. Because the significance value in both the pre-test and post-test is less than α (0.05), it can be concluded that the data are not normally distributed. Therefore, the statistical test used for further analysis is a non-parametric test, namely the Wilcoxon Signed Ranks Test.

Table 5. Results of the Wilcoxon Signed Ranks Test

Knowledge	Negative Ranks	Positive Ranks	Ties	Z	P-Value
Pre-Test and Posttest	1	29	0.021	-4.768	<0.000

Source: Primary Data 2026

Table 5 based on the results of the Wilcoxon Signed Ranks Test shows that the value of negative ranks is 1 respondent, positive ranks is 29 respondents, and ties is 0, with a total of 30 respondents. This indicates that most respondents experienced an increase in knowledge scores after being given the educational video. The statistical test results show a Z value of -4.768 with a significance value of P-Value = 0.000 < 0.05, indicating that the hypothesis is accepted, which means that there is an effect of educational videos on female adolescents' knowledge about the impact of early marriage among female adolescents at SMA Negeri 1 Gambut.

3.2. Discussion

Based on the results of univariate and bivariate analysis obtained in this study in the field regarding the effect of educational videos on female adolescents' knowledge about the impact of early marriage at SMA Negeri 1 Gambut are as follows:

3.2.1. Ages

Based on the characteristics of respondents by age, 17 respondents (56.7%) were in the middle adolescent group aged 14–16 years, while 13 respondents (43.3%) were in the late adolescent group aged 17–21 years. The majority of respondents being in the middle adolescent group indicates that most respondents are in a developmental phase that is vulnerable to environmental influences, whether from family, peers, or information media.

This is in line with research findings which explain that increasing age into the middle adolescent phase is generally followed by better cognitive maturity and reflective ability, including in assessing the risks of early marriage [15]. This is further supported by research findings which explain that increasing adolescent age is directly proportional to thinking maturity and the ability to consider long-term impacts, so that middle adolescents tend to have better knowledge and attitudes toward the prevention of early marriage compared to early adolescents [16]. Thus, the age distribution of respondents in this study shows the importance of providing reproductive health education from the middle adolescent stage as an effort to prevent early marriage.

As a person gets older, their ability to grasp and their way of thinking will also develop, so that the knowledge and experience obtained will improve because their mindset is already able to distinguish what is good and right for themselves [17].

Based on the age characteristics of the respondents, most are in the middle adolescent age category, which requires more attention in efforts to prevent early marriage. The vulnerability of adolescents at this phase to environmental influences as well as limitations in cognitive maturity indicates the importance of early intervention. Therefore, it is recommended that educational institutions, health workers, and related parties can improve the provision of comprehensive and sustainable reproductive health education that is appropriate to enhance adolescents' knowledge, attitudes, and ability to make appropriate decisions for their future.

3.2.2. Source of Information

Based on Table 6, the results show that female adolescents were most exposed to information from teachers, 30 respondents (37.5%), and the internet, 30 respondents (37.5%). Information is very important to be known as a source of information about the dangers of early marriage, and this can be a key factor in increasing awareness and encouraging action with the aim of reducing the rate of early marriage among adolescents.

The results of this study are in line with findings which state that the level of knowledge is not only influenced by the source of information, but also by the depth of understanding of the information received. In addition, the findings state that information delivered in a one-way manner and not discussed in depth, even if it comes from credible sources such as teachers, tends not to increase knowledge, and information available such as the internet does provide broad and fast access to information, but its passive and one-way nature often makes adolescents merely exposed without deeply understanding the serious consequences of such information, such as the critical impacts of early marriage [18].

Based on the results above, it can be concluded that the sources of information obtained by students at SMA Negeri 1 Gambut are mostly from teachers and the internet regarding early marriage, and the respondents are at the stage of knowing, but also show that the respondents are able to understand the information received to the level of synthesis, namely linking information about early marriage with its impacts and consequences. However, the effectiveness of these sources of information is not only determined by accessibility, but also by the depth and method of delivering the material. Therefore, the implications of these findings indicate the need for more comprehensive, communicative, and participatory reproductive health education strategies, both in the school environment and through digital media, so that adolescents are not only exposed to information, but are also able to understand and internalize the message of early marriage prevention optimally.

3.2.3. Female Adolescents' Knowledge Before Being Given Educational Videos about the Impact of Early Marriage

The results of the study describe the level of knowledge possessed by respondents before being given educational videos about the impact of early marriage. The pre-test results show that 21 respondents (70%) had sufficient knowledge about the impact of early marriage. This is in line with findings which state that before being given animated video treatment, most respondents had sufficient knowledge, and many female adolescents did not fully understand the various health, psychological, and social risks of early marriage [19].

The low level of adolescents' knowledge about the long-term risks of early marriage makes them vulnerable to making decisions without careful consideration because adolescents only know about early marriage but do not fully understand the impacts of early marriage [20]. This is in line with research findings which state that adolescents with low knowledge will have a higher desire to engage in early marriage [21].

Based on the results of the study, it can be concluded that the level of knowledge of respondents before the educational intervention regarding the impact of early marriage was in the sufficient category. Low knowledge makes adolescents more vulnerable and potentially have a higher desire to make decisions to marry at a young age without careful consideration. The implication of these findings shows that low depth of knowledge can increase adolescents' vulnerability in making decisions to marry at a young age without careful consideration. Therefore, it is recommended to improve knowledge through continuous reproductive health education by utilizing educational media that are interesting, interactive, and easy to understand, such as educational videos, as an effort to prevent early marriage.

3.2.4. Female Adolescents' Knowledge After Being Given Educational Videos about the Impact of Early Marriage

The results of the study describe the level of knowledge after being given educational videos about the impact of early marriage, showing that respondents had good knowledge, with the number before receiving the educational video being 21 respondents (70%) and after being given the educational video 28 respondents (93.3%). Based on the post-test results and the comprehensive evaluation that has been carried out, it can be concluded that in general female adolescents have shown adequate understanding regarding the various negative impacts of early marriage. This

understanding not only includes risks to the physical health of the mother and child but also social and psychological impacts. They have understood that marriage at a young age can limit educational opportunities and career development, trigger social pressure, and potentially cause health problems.

This is in line with findings which explain that animated video media increase knowledge from 78.9% before the intervention to 84.2% after the intervention, which reaches very good knowledge. Audio-visual media from animated video media are a powerful strategy tool to increase female adolescents' knowledge about the impact of marriage, resulting in changes in their perspective in understanding the concept presented, namely the impact of early marriage [22]. This is in line with research findings which state that respondents who have received education using animated video media about reproductive health related to early marriage among adolescents experienced an increase in knowledge because the use of supporting media during the research process provided education related to early marriage [23]. This is reinforced by research findings which state that the increase in knowledge through health education using animated video media can increase student involvement in learning because it is very interesting, not boring, easy to remember regarding the topics presented, thereby triggering students' interest to help deepen their understanding of the concepts presented [24].

Adolescents' good understanding is not only about knowing early marriage but also includes risks to physical, social, psychological, and career aspects, so that adequate knowledge has the potential to avoid early marriage which can result in life-threatening health problems [25]. Based on the results of the study, after being given educational videos about the impact of early marriage, there was a significant increase in the level of knowledge of female adolescents. This increase indicates that the use of educational video media is effective in improving adolescents' understanding of the impact of early marriage, both from physical health, psychological, social, as well as education and future career aspects. The implications of these findings confirm that audio-visual media, especially animated videos, are appropriate and easily accepted educational tools for adolescents. Therefore, it is recommended that reproductive health education in schools and health service facilities can utilize educational video media continuously and in an integrated manner as a preventive effort to reduce the rate of early marriage among adolescents.

3.2.5. The Effect of Educational Videos on Female Adolescents' Knowledge about the Impact of Early Marriage

Based on the results of statistical testing using the Wilcoxon test, it was found that the value of $p = 0.000 < \alpha = 0.05$. This indicates that the hypothesis can be accepted, which means that there is a significant effect and difference in knowledge before and after being given education through animated educational videos about the impact of early marriage. Changes in knowledge occurred after being given the animated educational video; previously, knowledge was in the sufficient category at (70%). However, after being given educational videos about the impact of early marriage, which were shown 3 times during the study for 3 days, knowledge became in the good category at (93.3%).

This study is in line with research findings which state that before being given animated educational videos, knowledge about early marriage was in the sufficient category (48.6%), good (4.3%), and poor (37.7%). After being given the education, the level of knowledge increased with results in the good category (85.7%) and sufficient category (14.3%), which shows that health education has a significant effect on increasing adolescent knowledge 6 times higher about early marriage compared to adolescents who were not given health education [26]. This is in line with research findings which state that animated video is an audiovisual media that presents learning material through moving images and audio narration, making it easier for students to understand in the process of attracting attention, strengthening long-term memory, and students' emotional involvement, which plays an important role as a tool to achieve a deep understanding of concepts related to early marriage [27].

Digital media, one of which is animated video related to adolescent health, is an interesting medium to be accessed as a source of information through electronic media so that messages are easy to remember and understand [28]. This is in line with findings which explain that the use of animated videos in education has been proven effective in improving conceptual understanding, learning motivation, and student engagement through visualization and the combination of elements as a narrative attraction with an appropriate duration to increase students' knowledge [29]. This is further reinforced by research findings which state that studies using videos with short durations of less than 10 minutes during the research process have been proven to be more effective in maintaining student engagement, because they are easy to digest and do not cognitively burden students [30].

Based on the results of the Wilcoxon statistical test, it can be concluded that health education through animated video media has a significant effect on increasing female adolescents' knowledge regarding the impact of early marriage. This increase in knowledge indicates that animated video media is an effective, interesting, and easy-to-understand educational tool for adolescents. The implication of these findings is the utilization of audio-visual media in reproductive health education as a preventive strategy. Therefore, it is recommended that schools, health workers, and related institutions can integrate the use of animated videos continuously in adolescent health education programs to improve understanding and support efforts to reduce the rate of early marriage.

4. CONCLUSION

Based on the results of the study, it can be concluded that educational videos have an effect on increasing female adolescents' knowledge about the impact of early marriage at SMA Negeri 1 Gambut. Before being given the education, most respondents had knowledge in the sufficient category, while after being given the educational video, knowledge increased to the good category. The results of the Wilcoxon test show a value of $p = 0.000 < 0.05$, which indicates a significant effect of educational videos on female adolescents' knowledge regarding the impact of early marriage. This study has limitations during data collection because there was one respondent who could not participate in the study due to illness, so a replacement respondent was selected randomly according to the sampling technique used. Future research is recommended to involve a larger number of respondents in order to obtain more comprehensive results.

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