



SNOWBALL-THROWING METHOD EDUCATION INCREASES THE KNOWLEDGE AND ATTITUDES OF ADOLESCENTS ABOUT THE MATURATION OF MARRIAGE AGE

Narmin ¹, Amsal ², Yuli Admasari ^{3*}, Munifa Amalia ³

¹D-III Midwifery Study Program, Ministry of Health Polytechnic, Palu, Palu, Indonesia

² D-III Environmental Health Study Program, Ministry of Health Polytechnic, Palu, Palu, Indonesia

³D-IV Midwifery Study Program, Ministry of Health Polytechnic, Palu, Palu, Indonesia

Correspondence address:

BTN Nusantara Indah Block B/7, Mambo, North Palu, Palu City, Central Sulawesi

*Email : admasariyuli@gmail.com

Abstract

Background: Maturation of Marital Age is an effort to raise the age of child marriage. The number of underage marriages results in rapid population development, high maternal and infant mortality rates, low maternal and child health, families are often not harmonious, domestic violence occurs, and is prone to divorce. The rate of child marriage in Central Sulawesi is very high, one of which is in Donggala district. Donggala Regency ranks 3rd with 196 child marriages in 2022. A contributing factor is the lack of knowledge and attitudes of adolescents about maturing marriage age. The purpose of the study was to determine the effect of snowball throwing method counseling on the management and attitudes of adolescents about the maturation of marriage age at SMKS Al-Amin Wani **Method:** The pre-experimental research with *one group pretest-posttest design* was conducted from April 14 to May 20, 2023, at SMKS Al-Amin Wani. *Proportional stratified random sampling* technique of 75 respondents. Analyzes data through *the Wilcoxon* test. **Result:** 31 respondents (41.3%) is 16 years old, 55 respondents (73.3%) is female. the most dominant knowledge was in a good category, 75 respondents (100%). Average increase in knowledge and attitude score of 38.00 and p-value of 0.000. **Conclusion:** Education on snowball throwing method can improve teenagers' knowledge and attitudes about *marriage-age maturity* at SMKS Al-Amin Wani.

keyword: *Marriage Age Maturity, Snowball Throwing, Knowledge, Attitude*

INTRODUCTION

Marriage Age Maturity is an effort to raise the age of early marriage to at least 25 years for men and 20 years for women when marrying, this age range is considered emotionally and physically ready for family life (Rohman, 2021). Based on Law No. 16 of 2019, marriage is only allowed if both parties are at least 19 years old (Rosyadi, 2022). This modification is carried out to be by Law No. 23 of 2002 concerning child protection which characterizes children as individuals under the age of 18 years classified as children who are in the womb (Candra, 2018).



According to (Unicef, 2020) there are 61.3 thousand women in Indonesia aged between 20 and 24 years who were married for the first time before the age of 15 and more than 1 million women aged between 20 and 24 years whose first marriage was right when they were under the age of 18. Development Economic And Social Affairs (UNDESA) in (Raehan et al., 2021) the highest child marriage in the world is in Indonesia, which is ranked 37th. Indonesia ranks 2nd overall in ASEAN, as evidenced by the increase in child marriage cases in several provinces including Central Sulawesi Province with a percentage of 16.3 percent. (Unicef, 2020)(Raehan et al., 2021)

Based on data on the number of Couples of childbearing age according to the age of first marriage, Indonesian family data collection sourced from the BKKBN (2022) states that the highest first marriage age of <19 years is in Parigi Moutong Regency with 55,648 people, the 2nd Banggai Regency with 55,648 people, the 3rd Donggala Regency with 48,023 people.

Donggala Regency is ranked 3rd in terms of child marriage. The results of the recapitulation of underage marriage data (<18 years) in 2019-2022 taken from the Ministry of Kementarian Agama Provinsi Sulawesi Tengah (2022) recorded that 178 women in Donggala Regency who married at the age of <18 years while men married at the age of <18 years were 18 people. Based on data obtained by researchers from the Donggala Regency Ministry of Religious Affairs Office in 2021-2022, the highest related to child marriage is in Sindue District and followed by Tanantovea District. In Tanantovea District, there are Senior High Schools (SMA), Wani National High School and Vocational High Schools (SMK), Al-Amin Wani High School.

Child marriage is one of the most highlighted problems around the world and a phenomenon that occurs in society, because this happened since a long time. Factor related this problem are of lack of religious understanding, economic conditions, low education levels and low knowledge of adolescents on maturation of marriage age (Nindyasari & Herawati, 2019). Based on research (Redjeki et al., 2016) The most dominant factors that cause child marriage are knowledge, education and cultural factors. This is further supported by research findings (Liesmayani et al., 2022)



Marital Age Maturity must be immediately socialized among adolescents to provide understanding and awareness of adolescents in order to prepare themselves for family planning and can consider various aspects related to family life, physical, mental, emotional, educational, social, economic readiness, and determine the number and distance of births (Istawati, 2019). The purpose of marriage age maturity like this has consequences for the necessity of the age of marriage to be raised to more mature in order to have an impact on reducing overall fertility rates (Putri & Rosida, 2019).

Various efforts shown to adolescents in responding to the phenomenon of child marriage are by providing education to increase adolescent knowledge of maturation of marriage age. One of the factors that influence education is that the method of delivering the message used must be right on target so that the message to be conveyed can be received optimally, to target small groups suitable methods include snowball (*Snowball*) and game simulation (Erniati & Hayati, 2022). The application of an active learning approach known as *snowball throwing* includes many responses from respondents (Nurhayati, 2020). The *snowball-throwing* learning paradigm has advantages over other learning models, such as inviting respondents to actively participate in learning by developing their courage and readiness to ask and respond to questions from friends (Yuliadi, 2020; Saputri et al., 2019).

According to (Nurhayati, 2020) counseling on snowball throwing techniques has succeeded in changing teenagers' views on marriage anak. The results of research by using (Erniati & Hayati, 2022) the type of *snowball throwing* can help adolescents learn concepts better and the results of research (Handayani et al., 2017) show that learning cooperatives with *snowball throwing* types can improve learning outcomes. The purpose of this study was to analyze the effect of counseling using *snowball throwing* on adolescents' knowledge and attitudes about maturation of marriage age at SMK Al-Amin Wani.

METHOD

This research is a quantitative research using the type of *experimental research* method where the design form used is *one group pretest and posttest*. The

study time starts from April 14 to May 20, 2023. The research was conducted at SMKS Al-Amin Wani. The population in this study was all 93 students of grades X and XI, the sample in this study was 75 students. Sampling technique by means of *Proportional stratified random sampling*. The independent variable in this study is education with the snowball-throwing method. The dependent variable is adolescent knowledge and attitudes about Marital Age Maturity. Knowledge is measured through questionnaires using the Guttman scale with as many as 10 question items, while attitude measurement tools are questionnaires using the Likert scale. The questionnaire was adapted based on (Nurhayati, 2020). This research has received an ethical permit from the Research Ethics Commission of the Ministry of Health Palu with number 0076/KEPK-KPK/IV/2023.

RESULT AND DISCUSSION

1. Univariate Analysis

Table 1 Characteristics of respondents by age and gender at SMKS Al Amin Wani

Characteristics	Frequency(<i>f</i>)	Percentage (%)
Age		
15 years	12	16
16 years	31	41,3
17 years	25	33,3
18 years	7	9,4
Gender		
Woman	55	73,3
Man	20	26,7
Sum	75	100

Table 1 above obtained data based on the age of almost 16 years old, 31 respondents (41.3%), and based on the gender of most female respondents, 55 respondents (73.3%).

Table 2 knowledge and attitudes before and after snowball throwing education

Variable	Before		After	
	<i>f</i>	%	<i>f</i>	%
Knowledge				
Good	9	12	75	100
Enough	52	69,3	0	0
Less	14	18,9	0	0
Attitude				
Positive	5	6,7	68	90,7
Negative	70	93,3	7	9,3

Table 2 was obtained after education, the most dominant knowledge was in a good category, 75 respondents (100%). Meanwhile, attitudes after education were most in the positive category as many as 68 respondents (93.3%).

2. Bivariate Analysis

Table 3 bivariate analysis of knowledge and attitudes before and after education

Variable	N	Mean Rank	Sum of Ranks	Z	Asymp. Sig (2-tailed)
Knowledge				-7.604	0.000
Negative Ranks	0	0.00	0.00		
Positive Ranks	75	38.00	2850.00		
Ties	0				
Attitude				-7.535	0.000
Negative Ranks	0	0.00	0.00		
Positive Ranks	75	38.00	2850.00		
Ties	0				

Based on Table 3, it is known that the analysis of both knowledge and attitudes using the Wilcoxon test shows that $p = 0.000$ ($p < 0.05$), then (H_0) is rejected and (H_a) is accepted which means that there is an influence of *snowball throwing* method education on the knowledge and attitudes of adolescents about maturing marriage age at SMKS Al-amin wani.

DISCUSSION

The results of the analysis showed that there was an influence of *snowball throwing* method education on adolescent knowledge about the maturation of marriage age at SMKS Al-Amin Wani. In the opinion of researchers, the increase in one's knowledge can be influenced by the health education provided by researchers. Providing education and health education will be easier if you use learning methods that can help someone understand well, one of which is the *snowball-throwing method*.

According to the learning process, good learning requires the right media and methods to achieve effective and efficient learning objectives. This is in line with the statement that fun learning is a learning process that must take place in a fun and memorable atmosphere so that it will attract students to be actively involved, and learning objectives will be maximally achieved. (Saputri et al., 2019)

Snowball throwing method counseling has the advantage of being able to make students become more eager to understand the material by working in groups so that more interaction and contribution occur. This is in line with research there are significant differences between student learning outcomes and interests (Saputri et al., 2019). The results of the study using a cooperative approach type of snowball throwing (Erniati & Hayati, 2022) help adolescents learn concepts better and the results show that cooperative learning with the type of *snowball throwing* (Handayani et al., 2017) can improve the learning outcomes of respondents.

Based on observations during the counseling process using the *snowball throwing* method after delivering the material, it can be seen that adolescents are able to answer correctly and correctly and are able to explain concepts in their own language. This counseling provides more opportunities for adolescents to be able to find alone or in groups the resolution of each question. The advantages of *snowball throwing* method counseling are training in formal operational thinking processes, training cooperation and competitive spirit, and improving communication skills.

Health counseling through *the snowball throwing* method provides a different counseling experience from the conventional method of lectures. Health counseling through the snowball throwing method provides a fun experience for adolescents because the learning of the snowball throwing cooperative group game is designed to change the picture that learning must be individual and cannot be done while playing. (Nurhayati, 2020)

The results of the analysis using the Wilcoxon test showed that there was an influence of counseling using the *snowball throwing* method on adolescents' attitudes about maturing the age of marriage at SMKS Al-Amin Wani. The formation or factors that influence attitudes are personal experiences, the influence of others who are considered important, cultural influences, mass media, educational institutions, religion, and emotional factors. Attitude is a closed response to a stimulus or object, and involves the relevant opinion and emotion factors (Azwar S. 2017). So there are some respondents who do not pay attention to the information conveyed by researchers, to respondent factors, the absorption



of information that varies from person to person and the intensity of attention or willingness of respondents to listen to the information conveyed by researchers.

Attitude can also be influenced by knowledge according to (Walgito, 2013) several factors influence a person's attitude, one of which is knowledge. The knowledge possessed by respondents becomes the basis for determining attitudes. If the respondent's knowledge is good, the respondent's attitude will be positive, and vice versa if the respondent's knowledge is poor, the respondent's attitude can also be negative. According to counseling research, (Nurhayati, 2020) *snowball throwing* techniques have succeeded in changing teenagers' views on child marriage. The results of the study using a cooperative approach type of snowball throwing (Erniati & Hayati, 2022) help adolescents learn concepts better and the results show that cooperative learning with the type of *snowball throwing* (Handayani et al., 2017) can improve the learning outcomes of respondents.

This study is in line with research that there is a relationship between adolescent attitudes about maturing marriage age. This is due to the attitude towards Marriage Age Maturity education to increase the ideal marriage age, it is hoped that students will not get misinformation about Marriage Age Maturity. Then another study conducted showed that there was a significant influence of the use of the snowball-throwing learning model on students' responsible attitudes in Civics subjects in grade III SD Muhammadiyah Mutihan Wates Kulon Progo. (Hartati, S., Acquisition, M., & Ernawati, 2019; Hartati, S., Acquisition, M., & Ernawati, 2019)

CONCLUSION AND SUGGESTION

There is an influence of *snowball throwing* method counseling on adolescents' knowledge and attitudes about maturing marriage age at SMKS Al-Amin Wani. It is expected to increase the provision of more in-depth health promotion to increase the knowledge and attitudes of adolescents towards MARRIAGE AGE MATURITY and can reduce the rate of child marriage.

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