



Reproductive Health Education In Reducing Early Married Numbers

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Abstract

Adolescence is a critical period, a period of change from childhood to adulthood, as well as the start of exploration of matters related to sexuality and romance. There are many reproductive health problems that occur in adolescents which are related to sexual behavior. There are many reproductive health problems that occur in

adolescents which are related to sexual behavior. Based on the results of the Indian Health Demographic Survey on teenager in 2018, it can be seen that only 33% and 37% of women and men know about the fertile period. The aim of the activity is to increase adolescent knowledge regarding reproductive health. As for the activities carried out in the form of counseling and assistance to teenager, village government. The result of this activity is that there is an increase in teenager knowledge about reproductive health at the point that there is an increase in knowledge about reproductive health at the adolescent age limit point, the reasons for teenagers are important for reproductive health education, diseases caused by sexual intercourse in adolescence, age of marriage for women, reasons for sexual relations pre-marriage and the impact of premarital sex on society. Through this activity, it is suggested that the provision of reproductive health information can be carried out continuously to teenager.

Keyword: *Reproductive Health Education, Early Marriage*

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INTRODUCTION

Youth are the successor of future generations who will continue the struggle of the Indonesian nation. Therefore it is necessary to instill physical and spiritual health education in order to foster clean and healthy habits of living habits and can improve health status. For adolescents, especially adolescents who are in high school / equivalent who begin to experience puberty and physical and psychological changes occur, it is very important to provide counseling about health science, especially counseling on reproductive health. This counseling was given due to the lack of knowledge of current adolescents about the risks of promiscuity. To save adolescents, the effort that can be done is to provide an understanding of reproductive health. In addition, the socialization of reproductive health can also support the development and growth of future adolescents.

UNFPA says 47 percent of girls in India are married before the legal age allowed. "Although Indian law against child marriage, religion and personal law allow it," Equality Now said.

Nearly a third of Indian girls marry in their early teens. Campaigners warn that marriage leads to early pregnancy and jeopardizes educational prospects. Rupesh Desai, of the Mumbai-based non-profit organization Magic Bus said about 30 percent of girls were married by the age of 13 or 14. Their parents effectively forced them to have early commitments, generally with older men. "When we tell parents that they need to let their children complete higher education, then you tackle the issue of early marriage. We have to make parents understand and look after them," he said.

The Magic Bus, with the support of Premier League football club Manchester City, is working to prevent forced marriage by soccer training. They send over hundreds of footballs, as well as coaches and other sports equipment, to train the youth there. "Before the Magic Bus, girls were not given any priority or importance, it was always for boys," said Syed Chaman, a 19-year-old student involved in the project.



Parents do not allow girls to go outside the house or play with boys. "Now I know that girls need the same opportunity to play and girls should be given the same rights to education," he said.

Research by charities Save the Children and the World Bank from 2017 found more than 20,000 underage girls marry every day. It was found that even in countries where there are laws restricting the practice, about 7.5 million girls marry illegally each year.

The study found that more than 100 million girls worldwide are not protected against child marriage under state law, putting them at greater risk. They say the disconnect between national, customary and religious laws helps facilitate child marriage. Too often community leaders support this practice.

Many of the countries with the highest rates of child marriage are in Central and West Africa. In that country, 1.7 million girls below the national minimum age are married each year.

About 40 percent of the suicide rates committed by women in the world occur in India, and those who do so are young women who have recently married.

1. Female suicide in India

2. Two out of five female suicides in the world occur in India

3. The causes include forced marriage, domestic violence, and childbirth

4. This has been described as a 'public health crisis' that the government has failed to address

Women in India are also 2.1 times more likely to die from suicide than the world average, and that accounts for 71 percent of the deaths of women under the age of 40 in the world, according to research published in the journal The Lancet.

It also states that suicide is the leading cause of death among women aged 15 to 29 years, with female mortality being higher than that of men in that age group.

Research also states that 'early marriage and matchmaking, women who gave birth young, low economic status and domestic violence are factors that contribute to the high rate of suicide.

"In Western countries, marriage is a place of refuge for women in India, it seems that marriage is not a refuge." said Dr Manjula O'Connor, a psychiatrist (psychiatrist) based in Melbourne who deals mostly with people of Indian descent in Australia. "This has to do with



patriarchal factors as well as the level of pressure and lack of freedom for women in married situations." Associate Professor Peter Mayer of the University of Adelaide, an expert on suicide in India, called these women "desperate housewives". Although the female suicide rate has decreased since 1990, two out of five suicides in the world occur in India, making it a 'public health crisis' there, said Dr Mayer.

According to the Lancet study, as in many other countries, the overall suicide rate in India is still more men than women. The figure is 21.2 percent for men and 14.7 percent for women per 100,000 population.

According to Dr O'Connor, suicide is also a problem among young women in the Indian community in Australia. However statistics are not available because the Australian Bureau of Statistics does not produce figures on suicide rates by ethnicity or culture.

Many of those who committed suicide were young women who had come from India to Australia with arranged marriages and arrived with 'dreams of freedom' but found out later that their husbands were very controlling. ' said Dr. O'Connor. "They fight because of demands for dowries or control of wives' salaries, and when these women fight the result is domestic violence." he said again and the problem was exacerbated by mental health problems as well as feelings of isolation.

The custom of dowry - common in Indian culture and for Indian communities abroad - is that a woman's family must give money or goods to their husbands after marriage. The Australian Senate's investigation into the dowry culture in Australia will be issued on Thursday (6/12/2018).

Talking about suicide and mental health in relation to it is still a huge stigma in India, with researchers saying this is a barrier to solving the root cause of the problem. "In India, that if we suffer from mental disorders is not only a problem for the person himself, but also affects the possibility of his sister getting married." said Dr. Mayer. "So there are a lot of barriers for someone to admit they have depression." India passed the Mental Health Law in 2017 but it is still considered controversial by some. (Flickr: Nevil Zaveri) Conflicting regulations in India. The existence of conflicting regulations has also made it difficult to reduce the suicide rate in India.



Under the Penal Code, attempted suicide carries a maximum imprisonment of one year or a fine, and hospitals must report suicidal patients to the authorities.

Last year, the Indian Parliament passed a Mental Health Act that basically made suicide no longer a crime.

But the founder of the suicide prevention institute in India Sneha, Dr Lakshmi Vijayakumar, said in reality the existence of these two regulations actually contradicts one another. "We still don't know what the hospital should do whether to report it or just let it go." he said. "Some report, others don't. They're confused." According to Dr Mayer, India itself is still overwhelmed by providing basic health services, let alone providing more complex mental health services.

According to the World Health Organization (WHO), from the statistics available so far there were only 0.3 psychiatrists per 100,000 population in India in 2011.

UNICEF said the findings meant that there were now 765 million boys and girls married among 2.2 billion children globally, but for girls there would be an added risk of health problems related to teenage pregnancy. About one in five women aged 20 to 24 are married before their 18th birthday.

METHOD

This research uses a qualitative study approach. The research method used is a case study method which aims to analyze the role of regional leadership in the implementation of health policies in the reproductive health sector. This research was conducted in India, involving informants from 30 perpetrators of early marriage and 30 adolescents, because the purpose of this study was to evaluate the government's Action Plan in dealing with this. The data collection process was carried out by in-depth interviews and focus group discussions.

RESEARCH RESULTS AND DISCUSSION

Child marriage in India, according to Indian law, is a marriage in which a woman is under 21 years of age or a man is under 21 years of age. The vast majority of child marriages involve underage women, many of whom are in poor socio-economic conditions.



Child marriage is prevalent in India. Estimates vary widely among sources regarding the extent and scale of child marriage. The Center for International Women's Research - a UNICEF publication estimated the rate of child marriage in India to be 47% of the 1998 survey sample, (United Nations) while the United Nations reported it to be 30% in 2005. The Indian census has calculated and reported married women according to age, with the proportion of women married to children falling in each 10 year census period since 1981. In the 2001 census report, India stated that no girls were married under the age of 10, 1.4 million girls were married out of 59, 2 million girls aged 10–14 years, and 11.3 million married girls out of 46.3 million girls aged 15–19 years. (India census, 2001) Times of India reports that 'since 2001, the rate of child marriage in India has fallen by 46% between 2005 and 2009. (Sinha, 2012) Jharkhand is the state with the highest rate of child marriage in India (14.1%), while Kerala is the only state where the rate of child marriage has increased in recent years. (Sinha, 2012) (Gopakumar, 2013) Jammu and Kashmir were reported to be the only states with the lowest incidence of child marriage at 0.4% in 2009. (Sinha, 2012) The rate of child marriage in rural areas is three times higher than the rate cities in India in 2009. (Sinha, 2012)

Child marriage was prohibited in 1929, under Indian law. However, in British colonial times, the legal minimum age of marriage was set at 14 for girls and 18 for boys. Under protests from undivided Muslim organizations in British India, a private Shariat Act was passed in 1937 that allows child marriage with the consent of the guardian of the girl. (Amster, 2009) After independence and the adoption of the Indian constitution in 1950, the law on child marriage has undergone several revisions. The minimum age for marriage, since 1978, is 18 for women and 21 for men. The law on preventing child marriage has been challenged in Indian courts (Amster, 2009) with several Indian Muslim organizations who do not want a minimum age and that age is left to their private law. (Radhakrisnan, 2013) (Sajjad, 2001) Child marriage is an active political subject as well as the subject of cases being reviewed in India's highest court. (Radhakrisnan, 2013)

Several Indian states have introduced incentives to delay marriage. For example, the state of Haryana introduced the so-called Apni Beti, the Apna Dhan program in 1994, which translates to



"My daughter, my wealth". This is a conditional cash transfer program dedicated to delaying young marriage by providing a guarantee paid by the government in her name, paid to her parents, in the amount of ₹ 25,000 (US \$ 350), after her 18th birthday if she is not married.

... other provisions of private law, marriage, dissolution of marriage, including talak, ila, zihar, lian, khula and mubaraat, maintenance, dowry, guardianship, gifts, trust and trust assets, and wakf (other than charity and charity institutions and donations charity and religion) decision rules in cases where the party who is Muslim will become Muslim Personal Law (Shariats)

- Act on the Application of Muslim Personal Law (Sharia) of 1937 (Amster, 2009)

The 1929 law for non-Muslims was revised several times after India's independence from colonialism, most notably in 1978 when the age of marriage was increased by 3 years for men and women, respectively. The application and authorization of child marriage among Muslims under the 1937 Act, under the Indian Constitution adopted in 1950, remains a controversial subject, with a series of cases and Supreme Court decisions.

A New York Times report states that sociologists attribute the origin of child marriage in India to a Muslim invasion that began more than 1,000 years ago. The invaders raped unmarried Hindu girls or took them as booty, prompting the Hindu community to marry off their daughters almost from birth to protect them. (Ralston, 1991) Scholars have argued that Muslim rule led to a decline in the status of women in India, including an increase in child marriage to protect girls from Muslim rulers and landlords. (Udogi, 2012) Others argue that child marriage was commonplace everywhere in the world before the 19th century. (Laiou, 1993)

During the Sultanate of Delhi, the political atmosphere was turbulent and was governed by the Muslim Sultan in an absolute monarchy. During this period the sultans carried out practices such as child marriage and further degrading the status of women (Chaurasia, 1707)

The Vedas, particularly the Rigveda and Atharvaveda, have verses which clearly show that during the Vedic Period, girls marry well after reaching puberty and at a mature age. Nagi, 1993) The Dharmasāstra (Dharmasutras) also states that girls should marry after they reach puberty. (Sigh, 2008) Medhātithi's Bhashya states that the right age to marry a girl can be inferred from



Manusmriti. According to the Tolkāppiyam, which is a book on Tamil grammar, a boy must marry after he is sixteen and a girl before he is twelve. The Greek historian Megasthenes spoke of the premature puberty of girls in South India. According to Edgar Thurston, in South India the candlelight ceremony for girls (vilakiddu kaliyanam) from seven to nine years, most likely later, but always before the wedding. Allan Dahlaquist stated this is definitely a prenuptial puberty ceremony which might explain Megasthenes' comments.

The parents of a child who is married to a child are often poor and use this marriage as a way to improve their future, especially in areas with little economic opportunity.

Mahar is a practice in India where the bride's family transfers wealth to the groom; in most cases, these are the demands and conditions of the marriage of the groom's family. Dowries are found among all religions in India, and the amount of dowry requested and given by the bride's family is linked to the age of the girl. Nagi, in 1993, stated that the practice of dowry creates fear and pressure to avoid late marriages, and encourages early marriage.

Poverty in India is cited as the cause of early marriage. Child marriage to girls is a way out of desperate economic conditions, and a way to reduce expenses for poor families.

In some parts of India, the existence of private laws for Muslims is the cause of child marriage. For example, in Kerala, 3400 girls aged 13-18 were married in 2012 in Malappuram district. Of these, 2,800 are Muslim (82%). Attempts to stop this practice by law enforcement have been protested and opposed in court by the Muslim League of the Indian Union and other Islamic organizations, with a petition setting a minimum age for marrying Muslim girls challenging their religious rights.

Tabel 1 United Nations and other estimates

Source	% Married women (<18)	Data Year	Sampling method
ICRW	47	1998	small sample survey
PBB	30	2005	small sample survey
NFHS-3	44.5	1998-2002	small sample survey



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UNICEF 47	2005-06	small sample survey
UNICEF 27	2015-16	small sample survey
NFHS-4 26.8	2015-2016	small sample survey

Small sample surveys have different methods for estimating overall child marriage in India, some using multi-year based data. For example, the NFHS-3 and NFHS-4 data for 2005, mentioned in the table above, used a survey of women aged 20-24, in which they were asked if they were married before the age of 18. The NFHS-3 also conducted a survey of older women, up to age 49, asking the same questions. The survey found that more than 40-49 married before they turned 18, of the women ages 20-24 who were interviewed. In the 1970s, the legal minimum age for marriage, in India, for women was 15

According to a UNICEF report published in 2005-06, the rate of child marriage in India is estimated at around 47%. This figure fell to 27% in 2015-16 according to a new report published by UNICEF. UNICEF also reported that child marriage is widespread in the three states of India (Rajasthan, Bihar and Bengal) and there is a 40% prevalence of child marriage in these states.

Javier Aguilar, head of child protection for UNICEF, stated that India accounts for the highest number of child marriages in South Asia based on its size and population.

Tabel 2 Indian government estimates

Source	% Married women (<18)	Data Year	Sampling method
Indian Census	43.4	1981	National census
Indian Census	35.3	1991	National census
Indian Census	14.4	2001	National census
Indian Census	3.7	2011	National census

The states with the highest observed marriage rates for girls under 18 years of age in 2009, according to the Indian Registrar's report, were Jharkhand (14.1%), West Bengal (13.6%), Bihar (9.3%), Uttar Pradesh (8.9%) and Assam (8.8%). According to this report, despite the sharp decline



in child marriage since 1991, still 7% of women over 18 in India were married in 2009. UNICEF India has played an important role in highlighting child marriage rates in India prevalence data from a 1990 study. -an.

According to India's 2011 national census, the average age of marriage for women is 21.2 years. In the 15-19 year age group, 69.6% of all women surveyed in India have never been married.

The main partner in this program is the Indian Reproductive Health Teachers Forum, which is a CBO (Community Based Organization) founded on concern for reproductive and sexual health issues. Members of this forum consist of several youths and several village community leaders and village officials. The reamaja forum encourages and endeavors to provide reproductive and sexual health information for adolescents in the village. To support these efforts, youth forums will provide knowledge strengthening to members. Collaborating with youth health associations through adolescent reproductive health forum meetings with the theme "Youth Reproductive Health Training".

This training was held in the Mumbai Village Hall with 20 participants attending. Participants were given a pre-test of 20 questions to find out prior knowledge about reproductive health material. The training is carried out in one meeting which consists of five materials along with role plays, among others (1). Introduction: Current data in adolescent sexual and reproductive health, (2). Adolescent reproductive health risks, (3). Sex, Gender, and Sexuality, (4). Counseling and mentoring for adolescents, and (5) Implementation of health and welfare education in the village. After all the materials are given, participants will take a post-test to see how their knowledge increases about reproductive health. From the results of the pretest score, the lowest score was 40 from a scale of 100, while the highest score was 60 from a scale of 100. After the participants got the material, discussion and role play about reproductive health, the results of the highest post-test score and the average score increased compared to pretest. The highest post test score is 85. Meanwhile, the lowest value fell from the lowest pretest 40 to the lowest 35 in the posttest. The enthusiasm of the participants was very high, it was seen from the activeness of the



participants in the discussion and role play facilitated by the speaker. The instruments used to support the activities were LCD, presentation slides, and flipcharts.

In the assistance provided, it has spawned several youth cadres in Mumbai village to provide knowledge about adolescent reproductive health education. This is done so that adolescents who are going to enroll or not understand how important reproductive health is.

The village government has conducted door-to-door outreach or held several workshops so that residents understand reproductive health well. This is done because it cannot be denied that there are customs and customary laws that make child marriage traditions. Currently, regular counseling has been carried out by youth cadres.

CONCLUSION

The enthusiasm of the participants was very high, it was evident from the activeness of the participants in the discussions and role plays facilitated by the speakers. The instruments used to support the activities were LCD, presentation slides, and flipcharts. This activity was followed up by the assisted youth with the support of the village government to continue to run to reduce the number of early marriages in India.



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