



RELATIONSHIP BETWEEN CHILD MARRIAGE AND STUNTING INCIDENCE

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ABSTRACT

Child marriage has a negative impact on the health of mothers and toddlers and can contribute to stunting. In reality, many women who marry at a young age and give birth under the age of 19 are mentally unprepared to face pregnancy, childbirth, and raising children. Objective: This study aims to find out the relationship between child marriage and stunting. This study uses a quantitative research design with a cross-sectional approach. The population in this study were married couples who already had children. The sample selection used an accidental sampling technique, with a sample size of 30 respondents. Data collection using questionnaires by research surveyors to collect primary data. Data analysis in this study used the chi-square test. Statistically, there is a significant relationship between child marriage and stunting incidence $p=0.04$ ($p<0.05$). Child marriage has a risk of 1.67 times having a child with stunting compared to marriage in adulthood (OR= 1.67, 95% CI 1.32-8.74). The level of maternal education is not related to the incidence of stunting $p = 0.09$ ($p> 0.05$). There is no relationship between maternal employment and the incidence of stunting $p = 0.27$ ($p> 0.05$), but the results of the estimation test show that mothers who do not work have a risk of 2.8 times stunted children compared to mothers who work (OR = 2.8, 95% CI 0.42-18.38). There is a relationship between the number of children and the incidence of stunting $p = 0.04$ ($p <0.05$). Mothers who have children > 2 are at risk of having stunted children compared to mothers who have children ≤ 2 (OR = 2.17, 95% CI 1.43-3.28). Anemia in mothers during pregnancy is not related to the incidence of stunting with a value of $p = 0.35$ ($p> 0.05$). There is a significant relationship between early marriage, the number of children, and the incidence of stunting. The level of education, employment, and anemia status in mothers during pregnancy are not related to the incidence of stunting.

Keywords: child marriage; incidence; stunting

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INTRODUCTION

The practice of child marriage shows a downward trend in various countries around the world. UNICEF in 2018 estimated that around 21% of young women (aged 20 to 24 years) were married at a young age. This figure has decreased compared to ten years ago when the figure reached 25%. This reduction also marks an acceleration of the trend that is occurring in many countries. Over the past decade, an estimated 25 million child marriages have been prevented through various effective efforts. However, there are still around 650 million women and girls alive today who were married before their 18th birthday. The largest number is in South Asian countries followed by Sub-Saharan Africa (BPS, Kementrian PPN/Bapenas, UNICEF, PUSKAPA, 2020).

Susenas 2018 data shows that 1 in 9 girls are married and the number of women aged 20-24 years who are married before the age of 18 is estimated to reach 1,220,900 women. Although the percentage of child marriage for girls continues to decline every year, the decline is still very slow, and the absolute number of child marriages that occur places Indonesia in 8th place in the world (BPS, Kementrian PPN/Bapenas, UNICEF, PUSKAPA, 2020). Based on UNICEF 2023 data, Indonesia ranks 4th in the world with an estimated number of girls

married reaching 25.53 million, and Indonesia is the country in the ASEAN region with the largest number of child marriage cases (Unicef, 2023).

Child marriage in West Kalimantan reached 11.29 percent (Budiyanto), while the average number of child marriage cases (National) was 8.64% for the 2020-2023 period (BPS, 2023). Meanwhile, in West Kalimantan, the 5 regencies with the highest proportion of marriages by age <18 years were Ketapang Regency (2,163 cases), Landak Regency (1,445 cases), Sintang Regency (1,118 cases), Sambas Regency (1,021 cases) and Sanggau Regency (903 cases) (<http://www.disdukcapil.kalbarprov.go.id>, 2023). The increase in the number of unwanted pregnancies and applications for dispensation of marriage or underage marriage also occurs. In 2020 there were more than 64 thousand applications for dispensation of underage marriage (Duana, 2022). It is important to note that pregnancy at an age below 17 years increases the risk of medical complications, both for the mother and the child. Pregnancy at a very young age is correlated with maternal mortality and morbidity. It is stated that girls aged 10-14 years are five times more likely to die during pregnancy or childbirth compared to the 20-24 years age group, while this risk doubles in the 15-19 years age group. The mortality rate for mothers under 16 years of age in middle and low-income countries is even six times higher. The anatomy of the child's body is not ready for the process of pregnancy or childbirth, so complications can occur. Pregnancy in very young women also carries the risk of maternal and infant death, abnormalities in the baby or birth defects, high blood pressure and premature birth, babies born with low birth weight, sexually transmitted diseases, and postpartum depression (BPS, Kementrian PPN/Bapenas, UNICEF, PUSKAPA, 2020).

The age of first marriage is one of the important factors that influences fertility and will result in failed child growth and development which can result in stunting problems in children (Duana, 2022). Nutritional problems such as malnutrition, thinness, and shortness, and low life expectancy are risks for children born to mothers who marry at a young age (married at age <19 years) (Zulhakim, 2022). This is because mothers of toddlers who are married under 18 years old usually have poor parenting patterns which will have an impact on the nutritional status of the child (Khusna, 2017). Factors that can cause malnutrition and stunting in children are child marriage. Child marriage has a negative impact on the health of mothers and toddlers. The causative factors are due to the mother's reproductive organs not being ready, the mother's education level, the mother's knowledge, and the lack of maternal care during pregnancy (BKKBN, 2021) (Abdullah Azam Mustajab, 2023). In reality, many women who marry at a young age and give birth under the age of 19 are mentally unprepared to face pregnancy, childbirth, and caring for children (Permatasari, 2022). The main cause of *stunting* is long-term (chronic) malnutrition. This lack of nutritional intake can occur since the baby is still in the womb because the mother does not meet nutritional needs during pregnancy. In cases of child marriage, psychologically, they are not yet mature and do not have sufficient knowledge about pregnancy and good and correct childcare patterns. Mothers who marry at a young age are at risk of having children with poor and short nutritional (Dartilawati, 2021). Maternal age affects fetal growth, if the mother gets good nutritional intake, it will have a good impact on the fetus. This study aims to determine the relationship between child marriage and the incidence of stunting.

METHOD

This study uses a quantitative research design with a cross-sectional approach. The population in this study were married couples who had children in their marriage. Sample selection using *accidental sampling technique*, with a sample size of 30 respondents. Data collection using questionnaires by research surveyors to collect primary data. The questionnaire has been tested for validity and reliability and is declared valid and reliable. Data analysis in this

study using the chi-square test. The researcher has obtained *ethical clearance* from the ITEKES Muhammadiyah West Kalimantan number 68/II.I.AU/KET.ETIK/V/2025.

RESULT

Table 1.
Characteristics Respondent study

Variables	f	%
Child marriage		
<19 years	22	73.2
≥19 years	8	26.7
Education		
Elementary school	5	16.7
Junior high school	14	46.7
Senior high school	11	36.6
Work		
No	24	80
Work	6	20
Amount child		
>2	4	13.3
≤2	26	86.7
HB Mother		
Anemia	15	50
Normal	15	50
Child status		
Stunting	14	47.7
No stunting	16	53.3

The characteristics of the research respondents are as in Table 1, the variable of mother's age when married, the data obtained shows that most respondents were married at the age of <19 years, namely 22 respondents (73.2%) and those who were married at the age of ≥19 years were 8 respondents (26.7%). This study also found that, in the education variable, respondents with elementary school education level were 5 respondents (16.7%), junior high school education level was 14 respondents (47.7%), and high school education level was 11 respondents (36.6%). Most respondents did not work, 24 respondents (80%) and those who worked were 6 respondents (20%). In the variable number of children, this study shows that most respondents have children ≤2, 26 respondents (86.7%), and > 2 as many as 4 respondents (13.3%). Mothers who experienced anemia and did not experience anemia during pregnancy had the same proportion, each as many as 15 respondents (50%). This study found data that 14 children (47.7%) experienced stunting, and 16 children (53.3%) did not experience stunting.

This study found that, statistically there is a significant relationship between child marriage and the incidence of stunting with a value of $p = 0.04$ ($p < 0.05$). Child marriage has a risk of 1.67 times having a child with stunting compared to marriage in adulthood (OR = 1.67, 95% CI 1.32-8.74). The level of maternal education is not related to the incidence of stunting with a value of $p = 0.09$ ($p > 0.05$), as well as the employment variable, the results of the study showed that there was no relationship between maternal employment and the incidence of stunting with a value of $p = 0.27$ ($p > 0.05$), but the results of the estimation test showed that mothers who do not work have a risk of 2.8 times to have a child with stunting compared to mothers who work (OR = 2.8, 95% CI 0.42-18.38). There is a relationship between the number of children and the incidence of stunting with a value of $p = 0.04$ ($p < 0.05$). Mothers who have > 2 children are at risk of having stunted children compared to mothers who have ≤2 children (OR= 2.17, 95% CI 1.43-3.28). Anemia in mothers during pregnancy is not associated with the incidence of stunting with a p-value of 0.35 ($p > 0.05$),

Table 2.
Relationship between child marriage with stunting incident

Variables	n=45				X2	p	OR	95%CI
	Child status							
	Stunting		No stunting					
	f	%	f	%				
Child marriage								
<19 years	11	50	11	50	3.25	0.04*	1.67	1.32-8.74
≥19 years	5	62.5	3	37.3			1	
Education								
Elementary school	3	60	2	40	1.16	0.09	-	-
Junior high school	7	50	7	50				
Senior high school	6	54.5	5	45.5				
Work								
No	14	58.3	10	41.7	1.2	0.27	2.8	0.42-18.38
Work	2	33.3	4	66.7			1	
Amount child								
>2	4	100	0	100	4.04	0.04*	2.17	1.43-3.28
≤2	12	46.2	14	53.8			1	
HB Mother								
Anemia	9	60	6	40	0.54	0.35	1.71	0.4-7.29
Normal	7	46.7	8	53.3			1	

*Significant p<0.05

DISCUSSION

Wedding is a recommended thing even can be required by religion, with he did relationship wedding can change lots matter in life daily for those who carry it out. Marriage is an embodiment of the desire to make life better. It's better to do a wedding, important to notice readiness from each party, good from men and also women, factors that must be noticed naturally related to readiness attack. For Mary, Good in a way physique both physically and mentally. Child marriage age child is a marriage that takes place at a younger age, and conformity to rules can threaten life as well as health (Suci Sholihat, 2024). The absence of understanding about the impact bad to marrying early makes the parents think again, and long for their son to marry his son. There are many bad impacts that can be caused by marrying early, one of them is an increased number of babies and baby stunting sufferers from parents who marry early (Titi Sulastri, 2023). Age at first wedding is one of the important factors that influences fertility and will affect in growth as well as development of a child, which can result in stunting in children (Duana, 2022). The problem of nutrition, like nutrition bad, thin, and short, as well as the chance of a low life becomes a risk to the child being born to mothers who marry at an early age, children (married at age < 19 years (Zulhakim, 2022). This is due to Because mothers' toddlers who are married not enough from 18 years usually have a pattern of poor care which will impact on nutritional status child, one of them is stunting (Khusna, 2017).

Stunting is a form of failure of growth, a consequence of accumulation insufficiency, and long-lasting nutrition (Elly Wahyuni, 2023). The main reason for stunting is malnutrition in the long term (chronic). Deficient nutrition intake. This can happen since the baby is still inside the womb because the mother does not have sufficient nutritional needs during pregnancy. In this case, the child in a way, is psychologically not yet ripe and does not yet have sufficient knowledge about pregnancy and patterns to foster a good and proper child. A mother who marries in child at risk own child's status, nutritionally bad and short (Dartilawati, 2021). From the aspect of health reproduction, teenage married women are not enough from the age of 18 years, and reproductive organs are also not yet ripe, so that at risk of abnormal growth and development fetus, which can cause miscarriage (Kemenag, 2023). The age Mother is influential to the growth fetus, if the mother gets good nutrition, so will be good for

the fetus. In fact, lots of women who marry at an age and give birth under 19 years old are mentally not mentally Ready to face pregnancy, childbirth, and parenting a child (Permatasari, 2022). A study found that there is a relationship between child marriage with the occurrence of stunting (Nur Fitriana Zahra., 2023). This is in line with a study previously reported that child marriage has a significant influence on the improvement risk of stunting in children. Child marriage can cause premature birth and lack of adequate care during pregnancy, which then can influence the growth child negatively (Titi Sulastri, 2023). A WHO study in Indonesia stated that one of the reasons for the problem of stunting in Indonesia is the rise wedding early marriage. Especially when this group of the party considers weddings early as a matter of normal (Susilawati, 2023). Age is one of the factors affecting the desire married. Child marriage age is a marriage that was carried out in a way valid by someone who has not prepared adequately and lacks the maturity needed, for that matter this is a concern and brings lots of associated risks to health.

The low level of education and also knowledge of parents, children, and society, causes existence trend to marry their son who is still underage and not accompanied by long thought about the consequences and impacts problems faced. The low education between parents with his son, who is just educated up to elementary school and intermediate school. Research finds that there is no relationship between education and stunting incidents in children. Research This is in line with a study previously explained that no existing relationship between education with nutritional status (Khoirun Ni'mah, 2015), because of the development of existing technology this present. A mother with a level of education with existing access to development technology moment can be achieved with easy access to information from various media so that knowledge of mothers can increase (Astuti, 2013) (Lestari W, 2014). Other studies state that children who have a mother with low education are at 2.4 times higher risk of becoming stunted compared to children who have a mother with the level of education (Senbanjo I.O., 2011). Research results found that there is no relationship between the occupations of others with stunting. Mothers who do not work are more at risk for their own child stunting compared to working mothers. Research This is in line with research conducted previously found that there is no relationship between occupational Mothers with stunting incidents (Wanda Lestari, 2018). Working mother by itself help in the improvement income family. Income growing family help for fulfillment need food at home stairs, while mother who doesn't Work No can support in a way financial for help fulfil need his family, especially needs nutrition for his son, even though she own lots of time in nurse his son (Sultan, 2014). Research results found that there is the relationship between children with stunting incidents. This is in line with a study previously found that member families relate with stunting incidents in children (Wanda Lestari, 2018). Research results are also in line with studies by others who reported that the number of household members is a risk factor for stunting incidents. The number of households with stunted children tend to larger compared to those with normal children (Wu. L., 2015)The number of members in a large family is not profitable for children. A family that numbers its members more many, accompanied by with low-income family, then members of the family, especially children, have a chance to get more intake good to fulfill need his body (Sriama Muliani, 2020).

A study found that there is no relationship between mothers with stunting incidents in children, even though the mother has low Hb, more at risk for her own stunted children compared to normal Hb levels. Research This is in line with a study that previously found that there is a relationship between Hb Level with incident stunting (Ratna dewi, 2020). Other studies have also found that a history of KEK and anemia in pregnant not related to stunting incidents in children aged 6-23 months, but a history of anemia in the present pregnancy is a risk factor for the occurrence of stunting, although the way is statistically significant. According to researchers, Current hemoglobin levels Mother pregnant related with long the

baby who will be born; increasingly tall Hb levels are increasing length size the baby that will be born.

CONCLUSION

This study found that, statistically there is a significant relationship between child marriage and the incidence of stunting. Child marriage is 1.67 times more likely to have a child with stunting compared to marriage in adulthood. There is a relationship between the number of children and the incidence of stunting. Mothers who have > 2 children are at risk of having stunted children compared to mothers who have children. The level of education and employment of the mother are not related to the incidence of stunting, mothers who do not work have a 2.8 times greater risk of having a child with stunting compared to mothers who work. Anemia in mothers during pregnancy is not related to the incidence of stunting.

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