

## **LITERATUR REVIEW THE RISE OF EARLY MARRIAGE IN LOMBOK DUE TO TRADITIONAL AND LACK OF KNOWLEDGE ABOUT IT'S NEGATIVE IMPACT OF REPRODUCTIVE HEALTH**

**Amanda Kristina Wibowo, Ari Setyaningsih, Gabriella Laurencia Bulewea, Hana Alvionita Chrisanti.**

*S1 Keperawatan, Stikes Bethesda Yakkum Yogyakarta*

[amandakristinaw@gmail.com](mailto:amandakristinaw@gmail.com), [riariiiiiii@gmail.com](mailto:riariiiiiii@gmail.com),

[gabbygabriella20356@gmail.com](mailto:gabbygabriella20356@gmail.com), [hanaalvionita9@gmail.com](mailto:hanaalvionita9@gmail.com)

*Corresponding author-email: riariiiiiii@gmail.com*

### **Abstract**

Early marriage still often happens in Indonesia, especially in Lombok. One of the causes is the presence of traditions like merariq or eloping, which are already deeply rooted in the community. Early marriage happens mostly because of the lack of knowledge about the negative impacts, especially regarding adolescent reproductive health. This research was done using a literature study method to find out the factors that cause early marriage and how it affects both physical and mental health. From the various sources that have been reviewed, it was found that getting married at a young age can lead to pregnancy complications, risky childbirth, infectious diseases, stress or depression, and even dropping out of school, which can lead to economic problems. There needs to be equal education and awareness in the community so people can be more aware and delay marriage age for a better future. Besides that, laws and government roles are also needed.

### **Keywords:**

*Early marriage, tradition, Lombok, reproductive health, adolescents*

### **Article history**

Received: Juli 2025

Reviewed: Juli 2025

Published: Juli 2025

Plagirism checker no 234

Doi : prefix doi :  
10.8734/Nutricia.v1i2.365

Copyright : Author

Publish by : Nutricia



This work is licensed under a [creative commons attribution-noncommercial 4.0 international license](https://creativecommons.org/licenses/by-nc/4.0/)

## **1. Introduction**

Early marriage is still a serious issue in Indonesia, especially in Lombok. This practice is often influenced by strong traditions and social norms, and it has many negative effects on teenagers' reproductive health. Many teens lack knowledge and access to information about the health risks of getting married too young. This makes the problem worse. Even though the government and organizations have tried to stop early marriage, the number is still high in Lombok. This journal will talk more deeply about early marriage in Lombok, the reasons behind it, and how it affects teen reproductive health. Hopefully, this can help in making better strategies for prevention and solutions. This topic is important because it shows the need for a complete approach like education, empowering girls, and changing cultural views to deal with this complicated issue.

## **2. Literature Review**

Early marriage means getting married when one or both people are still teenagers. According to WHO, early marriage happens when someone under 18 gets married. In Indonesia, the law says marriage is only allowed if both the man and the woman are at least 19 years old (Law No. 16 of 2019). Marriage is seen as a sacred promise between two people to live together as a couple. The goals of marriage are to build a happy family, have children, and stay away from sinful behavior (Duvall & Miller, 1985). So, marriage means being ready to take responsibility as a husband and wife including having sexual relations, wanting kids, and sharing roles at home.

According to the World Health Organization, health is not just about the body, but also mental and social well-being. It's about being able to live productively. Indonesia's Health Law No. 36 of 2009 also says health includes being physically, mentally, spiritually, and socially well, so people can live productive lives (Notoatmodjo, 2012). Reproductive health is not only about avoiding disease or disability it covers the full physical, mental, and social well-being related to the reproductive system and its functions. BKKBN defines it as a healthy condition that includes how the reproductive system works and develops in teenagers. Being healthy doesn't just mean not being sick it also means being well physically, mentally, and socially (Ministry of Health, 2017).

For girls, early marriage can cause many reproductive health problems. It raises the risk of getting sexually transmitted infections like HIV, syphilis, and HPV, especially if they didn't get sex education. Young girls who get pregnant often face

serious issues during pregnancy and childbirth, like preeclampsia or heavy bleeding. Mental health is also affected they might feel stressed, anxious, or even depressed because they're expected to become wives and mothers too early. On top of that, they're more likely to face violence and unhealthy relationships. All of this shows how harmful early marriage can be for a girl's body, mind, and social life. For boys, early marriage can also cause health problems, like getting sexually transmitted infections (STIs) or even HIV. It can also cause mental health issues like stress and depression. Getting married young can affect their future too they may not be ready to handle the big responsibilities of marriage. That's why it's important that teens are mentally, financially, and emotionally prepared before taking such a big step.

### **3. Research Method**

This research uses a literature review method to take a closer look at studies and articles about early marriage in Lombok including how common it is, what causes it, and how it affects teen reproductive health. The process included searching for reliable sources, choosing the ones that met clear criteria, collecting important info from them, and then looking for common patterns or themes. Articles that were just opinion-based, used unclear methods, or didn't have full text available were not included.

### **4. Result**

Marriage is a big life event that joins a man and a woman as husband and wife to build a family based on love and responsibility. According to Law No. 1 of 1974, the minimum age to get married was 19 for men and 16 for women. But later, the law was changed now both must be at least 19. If someone is under 21, they still need permission from their parents. The National Population and Family Planning Board (BKKBN) says the ideal age to get married is 20-35 for women and 25-40 for men. Early marriage means people get married before reaching the legal or proper age basically while they're still kids or teenagers. If someone wants to get married before 19, their parents have to ask permission from a religious court and explain why, with proof.

There was a video recently that went viral showing a child bride in Central Lombok crying and calling for her mom while being paraded during her wedding. Many people felt sad and angry watching it. This is linked to a local tradition in Lombok called merariq, or "kawin lari" (runaway marriage), which often involves

minors. While it's part of cultural customs, in reality, it's often used as an excuse to marry off young girls and boys before they're ready. Even though the law says the minimum age is 19, many families still follow old traditions. In some cases, early marriage is even seen as a way to prevent sexual activity before marriage. Unfortunately, not everyone understands that marrying off kids can be considered a form of sexual violence. A lot of parents and local leaders are not aware of the legal risks, and some even support it in the name of preserving culture.

Merariq is a Sasak tradition in Lombok. People often misunderstand it as just eloping. Actually, it's part of the cultural wedding process. It starts with *paling* (the girl is taken quietly to the man's family home), then *nyeleket* (telling the girl's family in an indirect way), followed by *selabar* (an official meeting between families), *sorong serah aiq mual* (a formal handover with prayers), and *nyongkolan* (a public parade of the groom). Even though it looks like running away, *merariq* is meant to be a meaningful ritual full of love and commitment. Sadly, many people use it the wrong way.

One big issue is that people still don't know much about the dangers and legal consequences of child marriage. Parents often don't realize that marrying off a child can actually be a crime. Even when cases are reported, police often don't follow up seriously, so this keeps happening again and again. The root of the problem is often poverty and low education. Some parents think that marrying off their children will reduce their financial burden, without realizing that they might be hurting their kids' futures. Some are also worried their child might "not find a partner" if they wait too long, or that they'll have sex before marriage so they choose to marry them off early as a way to avoid shame.

Social media doesn't help either. Sometimes child weddings are shown like they're something cool or romantic when in fact, they're really dangerous. Kids who leave school to marry are more likely to stay poor, and have a higher risk of getting diseases, especially sexual infections. To stop this, we need strong teamwork: from the government, cultural and religious leaders, schools, and families. Kids also need to be involved maybe through youth forums or making rules in the village about child marriage.

Getting married too young can lead to many reproductive health problems. Reproductive health means more than just not being sick it's about physical, mental, and emotional well-being, and having a safe and satisfying sexual life,

whether before or after marriage. Girls who get pregnant too young can have serious issues like preeclampsia (high blood pressure and damage to organs), which is dangerous for both mom and baby. During childbirth, young girls are more likely to have severe tearing, even to the urinary or anal areas. Their babies may be born too small or too weak. In the worst cases, the mom or the baby or both can die

#### 4.1 Tables and Figures



Figure 1 Graph of FDR in East Java - February 2021

## 5. Conclusion

From everything we've discussed about merariq and its background in Sasak culture, it's clear that this tradition is more than just "running away to get married." Merariq has a deep meaning for the people of Lombok. The word itself means "to take away" or "to run off with," which reflects the idea of freeing a girl from her parents' control. There are two main ideas about where this tradition came from. Some say it's a local custom that existed before colonial times, and others believe it came from Hindu-Balinese culture. The writer leans more toward the second one that merariq was influenced by Hindu-Bali traditions, especially since some parts of it look similar to the caste system in Bali.

Merariq also carries strong cultural values. For example, taking the girl without asking is seen by some as a way for the guy to prove he's brave and strong. On the other hand, the girl's parents often don't want to "give" their daughter away easily,

because she's considered precious. So in some ways, merariq is like a cultural shortcut to avoid family conflict or embarrassment. At the end of the day, merariq is not just a wedding ritual it's part of the social fabric of Sasak people in Lombok. It shows how traditions, values, and identity all mix together. This tradition has also been shaped over time by Javanese and Islamic influences, which makes the culture in Lombok even more unique and complex.

## **References**

- Hellen, S. (2025, May 25). *Perkawinan Anak di Lombok, Saat Tradisi Bertentangan dengan Hukum*. Kompas.id. <https://www.kompas.id/artikel/perkawinan-anak-di-lombok>
- Sekarayu, S. Y., & Nurwati, N. (2021). Dampak pernikahan usia dini terhadap kesehatan reproduksi. *Jurnal Penelitian Dan Pengabdian Kepada Masyarakat (JPPM)*, 2(1), 37-45.
- Wardani, D. W., & Pratiwi, A. I. (2022). Edukasi Kesehatan Reproduksi dan Menciptakan Pola Hidup Bersih Dan Sehat di Era Pandemi Covid-19. *Jurnal Kreativitas Pengabdian Kepada Masyarakat (PKM)*, 5(7), 2160-2169.
- Winata, V. P., & Purwasih, A. (2024). Pernikahan Dini Pada Remaja: Studi Analisis di Desa Rukti Basuki. *SOCIAL PEDAGOGY: Journal of Social Science Education*, 5(1), 73-82.
- Zelharsandy, V. T. (2022). Analisis dampak pernikahan dini terhadap kesehatan reproduksi di Kabupaten Empat Lawang. *Jurnal Kesehatan Abdurahman*, 11(1), 31-39.