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PREVENTION OF EARLY MARRIAGE THROUGH A TALK SHOW ON HEALTHY FOOD CONSUMPTION BASED ON ANCIENT AGRICULTURE

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Abstract. Early marriage is one of the social phenomena where marriage occurs due to unwanted pregnancy due to promiscuous sexual behavior. The impact of early marriage is that adolescents who experience drowning syndrome during pregnancy so that their children have low birth weight (BBLR) and also miscarriages. The purpose of this community service is to provide counseling in the form of a talk show about the prevention of early marriage through the consumption of healthy food based on ancient agriculture and to find out the response of residents to the talk show activities carried out. The method used by the author of this study is using the following methods: (a) a survey of residents who have been married early, (b) sharing and discussing talk show materials with ancient agricultural experts, and (c) interviews with residents regarding the response to these activities. The results of this counseling activity provide education that is quite effective in increasing adolescents' knowledge regarding the prevention of early marriage, which is carried out by consuming healthy food and participating in ancient agricultural activities. The social impact of residents gives a positive response to the talk show activities, the environmental implications felt is the enthusiasm of residents to participate in the implementation of ancient agriculture, and the economic impact is that through the ancient agriculture program, residents are not only equipped with knowledge but can create businesses by producing several products with monetary value.

Keywords: Early Marriage; Healthy Food, Estrogen Hormone, Ancient Agriculture

INTRODUCTION

Marriage is a reasonably sacred activity to be carried out, so before getting married, and it is necessary to have a mature readiness from the couple who will undergo it (Octaviani, F., & Nurwati, N. 2020). The preparation that must be considered is not only an economic matter, but the couple must also prepare themselves mentally, physically, and for other needs that will cover life after marriage. Holding a marriage requires physical, psychological, and material health in it. Emotional maturity significantly affects the sustainability of a married couple's household so that it remains lasting.

Emotional maturity will only be obtained, one of which is the maturity of marriage age in adulthood. Saidiyah and Julianto (2016) revealed that according to the law in Indonesia and from a health perspective, the right age to get married is 25 years for men and 20 years for women. This age is recommended in the hope that a man will have the financial maturity to support his wife and children. What they convey gives a positive statement under the needs that are indeed needed in married life because it is undeniable that in a marriage, a lot of costs are necessary to meet daily needs, and this will not be able to be passed if the husband does not have financial maturity, even though being economically established is also not a major factor. But, of course, it will greatly influence the sustainability of the couple's life. Emotional and financial maturity is the main factor in getting to the ark of the household so that it can reduce the risk of conflict in marriage, so that household life is lived peacefully (Endeh et al., 2023).

A woman at the age of 20 has gone through physical maturity, where a mature egg is transformed and released from the ovary follicle (Budastra et al., 2020). If marriage under the age of 20 is still carried out, then according to Zelharsandy (2022) several reproductive health impacts due to complications and childbirth will be suffered by pregnant women, namely miscarriage, anemia, postpartum bleeding and preeclampsia, while in babies, namely: BBLR (Low Birth Weight) and premature. In addition, the impact for both husbands and wives who get married at a young age is that there are often quarrels caused by a lack of understanding for both of them in fostering a household, the most heartbreaking impact is that the husband is unable to overcome various problems making him a temperament and the wife has to accept domestic violence from the husband, then the divorce is getting later to be the end of this couple's story. Divorce has a psychological impact on children, due to a lack of affection from both parents (Ningsih and Rahmadi, 2020).

Given that the impact of early marriage is so significant, if it is allowed to take place, it will have an effect on the sustainability of the life of the nation and the Indonesian state because the hope for the emergence of a golden generation in building the nation will be extinguished. Sarwadadi Village is located in Talun District, Cirebon Regency, with a population of 2337 people consisting of 1196 men and 1141 women with a total of 705 heads of families with two hamlets, 3 RWs, and 10 RTs. The initial survey results in this service activity obtained data that the villagers are residents who uphold customs and obey the existing order of religious values, so there is no data on early marriage found due to sexual deviation. Still, some data shows that marriage occurs when the wife is 17 to 19 years old; due to the tradition in the village that does not prohibit marriage at that age, no wedding news explains the negative impact of the marriage because the husband is old enough to be emotionally and financially mature. As an effort to carry out service in the form of early marriage prevention, we carry out the Habit of Healthy Eating Based on Ancient Agriculture by developing farms based on ancient agriculture and the habit of consuming healthy livestock from ancient farms, which Father Deden Lesmana is developing at the Saung Cihanjuang Healthy Sultan Nature School, Sarwadadi Village, Cirebon.

One of the factors that not many people know about early marriage is the relationship between foods containing the hormone estrogen due to synthetic chemicals injected into livestock, which have an impact on hormonal instability in the growth and development of children. Through Ancient Agriculture, people are invited to return to a healthy diet through the consumption of livestock based on ancient agriculture, so that hormonal instability in children can be reduced and stable again. As an effort that can be made to prevent early marriage in this activity, "Talk Show on Prevention of Early Marriage Through Consumption of Farm Animals Based on Ancient Agriculture" was carried out. The formulation of the problem in this activity is:

1. How can efforts be made to socialize the Prevention of Early Marriage Through the Consumption of Livestock Based on Ancient Agriculture
2. How do villagers respond to the usefulness of the service program in efforts to prevent early marriage

Purpose of service:

1. Knowing the efforts that can be made to socialize the Prevention of Early Marriage Through the Consumption of Farm Animals Based on Ancient Agriculture

2. Knowing the response of villagers about the usefulness of the service program in efforts to prevent early marriage

METHOD

The method carried out in this teaching activity is Service Learning. The community involved in this activity is the youth of the Sawardadi Village mosque, Talun District, Cirebon Regency. The components of this service activity are: academic materials, relevant community service, and critical reflection (Lucas, 2011). The activity was carried out from August 5 to September 5, 2023. The approaches taken in this activity are: Survey of resident data collection related to married couples who get married early; Sharing and discussion with Mr. Deden Lesmana about the application of ancient agriculture to animal feed and its growth and breeding process as extension material, and Interviews related to residents' responses regarding talk show activities. The selection of material presented was related to the effect of food consumption containing injections of the hormone estrogen in livestock that are sold freely in the market and its impact on adolescent sexual behavior, causing unwanted pregnancies and also early marriage and the impact of early marriage on mental health.

Flow of Talkshow Activities

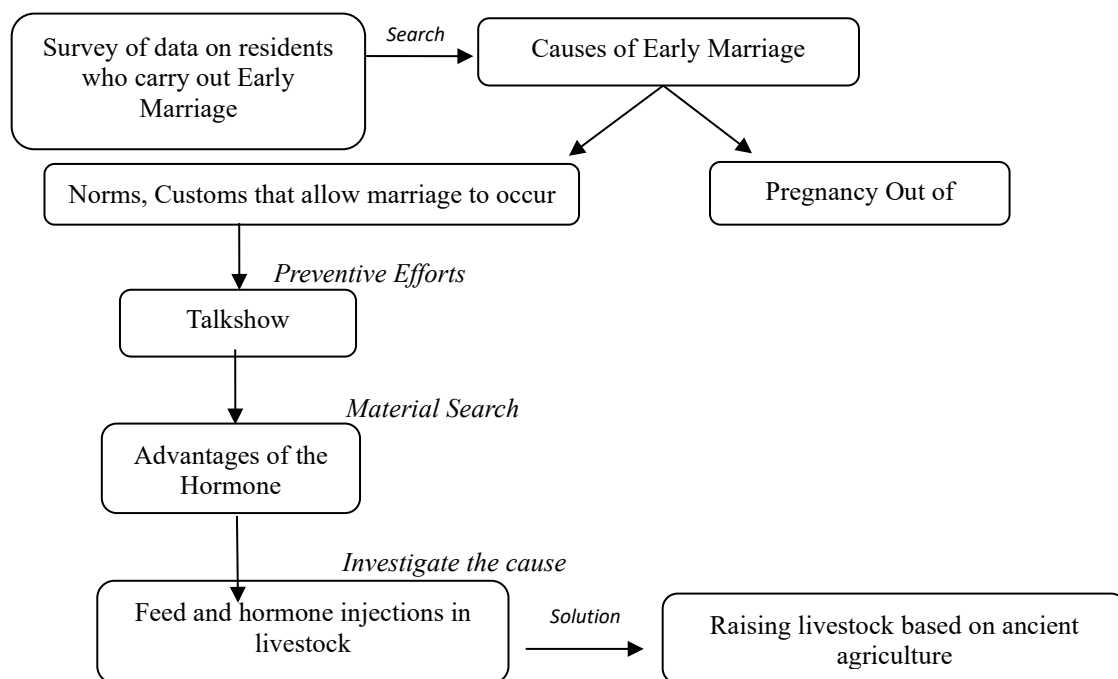


Figure 1 Flow of Talkshow Implementation

RESULTS AND DISCUSSION

Efforts to Socialize the Prevention of Early Marriage Through the Consumption of Farm Animals Based on Ancient Agriculture

One of the efforts made to prevent early marriage is to return people to healthy food consumption patterns. Healthy food consumption can only be obtained from processed foods using ingredients that are not mixed with synthetic chemicals. Using wholesome ingredients can only be done with a healthy agricultural system. Sarwadadi Village is a village that is developing an ancient agricultural system where, in the process, it does not use synthetic chemicals, and everything returns to nature. Not only is the farm aspect worked on in this method, but from this, agriculture will continue to be the way of farming using animal feed and the process of breeding and maintenance through natural processes, back to ancient times.

The link between the consumption of healthy food and the treatment of free sex that leads to early marriage begins with the addition of the hormone estrogen that is injected into livestock such as boiler chickens and imported cattle in the process of growth and development. The hormone estrogen is a sex hormone produced by the uterus (Septadina et al., 2018). The presence of the hormone estrogen affects sexual behavior in animals in the mass of dietrus; the amount of estrogen hormone will experience its culmination point (Zakiya et al., 2021). During the dieting period, it is highly recommended that the breeding process occur. Boiler chickens are given hormone injections so that their bodies increase in size and accelerate the process of egg making (ovulation); of course, if humans consume this boiler chicken, then the amount of estrogen hormone in the human body will increase, which has an impact on increasing early sex drive which is dressed in free sex behavior and leads to early marriage because pregnancy occurs outside of marriage. Based on survey data, data about five married couples in the village at an early age. This early marriage is not because of pregnancy out of wedlock, but the customs in the town that do consider it a regular thing when children do not go to school so that they can get married at an early age, with the marriage age range for wives ranging from 17 to 19 years. However, because the husband is mature, the early marriage that was carried out also did not harm the young couple.

The increase in the amount of estrogen for growing children is directly proportional to the prevalence of pornographic videos and images that are widely distributed in the media so that when they are teenagers, they feel an incredible sensation of having free sex. It shows

that containing sexual behavior will stimulate the brain, so the FSH (Follicle stimulating hormone) hormone will mature faster (Trisnadewi et al., 2022). Pa Deden Lesmana, in developing ancient agricultural methods in Sarwadadi village, has built a cattle cage based on ancient agriculture without any chemical residue in the Cihanjuang hut of the Sultan Sehat Nature School. However, not all residents, especially teenagers who are in a range of promiscuity, understand the activities that they do so that early marriage can be prevented also, village teenagers can better understand the relationship between excess estrogen hormone and sexual behavior, so the activity "Talk Show on Prevention of Early Marriage Through the Consumption of Farmed Animals Based on Ancient Agriculture" was carried out.



Figure 2 Healthy nature school (1) Figure 3 Healthy nature school (2)



Figure 3 Healthy Nature School (3) Figure 4 Healthy Nature School (4)

This activity was carried out by providing material in the form of a talk show. In this activity, sharing and interactive discussions were carried out, where the participants were mosque teenagers. This activity was carried out because of the rampant early marriage carried out by teenagers starting from junior high school age. Pregnancy in adolescent girls is due to excessive close relationships between teenage boys and girls so that they have sex outside of marriage, causing their parents to marry at an early age (Tampubolon, 2021).

One of the factors that cause free sex to occur is in addition to the lack of closeness to the rabble Izzati, namely Allah SWT, there are other factors that affect it, food. It may feel awkward, but *kompas.com* (2015) reported that some farmers have injected the hormone estrogen into boiler chickens. The Dean of the Faculty of Public Health, University of Indonesia, Agustin Kusmayati revealed that the consumption of chickens injected with hormones will affect the hormones of boys and girls during their growth period. Boys will have smaller penises while girls will accelerate the arrival of menstruation; this will have an impact on the nature of men who are approaching feminism because their penis is shrinking so that it looks like a woman and over time, they will like the same-sex who is sorry her penis is bigger.

As reported in *hellosehat.com*, the hormone estrogen will affect sexual activity, which is characterized by an increase in libido, so lubricant production will increase, which will certainly increase sex drive. Currently, in adolescence, children's sex drive is increasing and is also supported by the absence of filters in receiving information in this era of disruption so that pornographic content is widely seen and can be easily accessed by teenagers, of course, this has a great impact on their social-emotional development at the stage of being curious and finding out and practicing what exists and free sex occurs. Menarche has been swept to a younger age in the last 100 years, allowing adolescent girls to come into contact with sexual life more quickly (Yazia, 2019). Batubara (2016) revealed that girls who like to consume boiler chicken have an overweight body weight, and they experience menarche because estrogen stored in fat tissue causes an increase in bioactivity. Menarche is the first menstruation experienced by adolescent girls during puberty, usually appearing at the age of 11 to 14 years. Hormonal changes impact cell maturity and are the effect of nutritional intake when menarche arrives (Marlia, 2020).

One of the efforts that can be made to prevent early marriage is through a talk show about socialization to reduce hormonal foods such as boiler chicken or imported beef. Also, other foods have been injected with hormones so that the hormone estrogen contained in our body is not excessive, so in this talk show, we invite mosque teenagers to develop ancient agricultural methods by participating in the animal breeding program and the maintenance of livestock that were fed with the results of ancient agricultural methods that had been applied by Sultan Sehat pa Deden Lasmana.

Through this activity, it is hoped that teenagers can contribute directly to efforts to improve healthy food in the village by participating in activities that are being developed by

Father Deden Lesmana through his nature school. In these activities, they will gain knowledge about how to make healthy feed, how to raise livestock, and the procedures of the farming process in ancient times, so that in addition to farming and raising livestock, they also have the opportunity to become young entrepreneurs, And of course this can be an opportunity for economic improvement. Jannah (2016) revealed the verse of Imam Al Ghazali, which reads, "Youth will grow up according to what their father has been accustomed to; the youth does not live with his reason, but with his religion, so bring him closer to religion." What is conveyed in the poem implies that it is important to solve the problem of early marriage that is mushrooming; an integrative and comprehensive knowledge study is needed so that they can grow awareness to build the nation and state, considering that human existence is the most precious creature of God on earth.

Response of villagers about the usefulness of service programs in efforts to prevent early marriage

This counseling activity received a positive and open response from teenagers in Sarwadadi Village, Talun District, on September 2, 2023. Fifteen teenagers and several village officials attended the activity. Overall, the counseling took place smoothly and was filled with enthusiasm from the participants through the many questions asked and the responses given. The occurrence of early marriage is due to the community's lack of understanding of the impact of early marriage, especially for the mentality of teenagers who directly marry underage.

The impact is evident on women, especially if they have not been physically or mentally prepared. The risk is relatively high for women at an early age, such as the death of the mother after giving birth because of the lack of readiness in her reproductive organs, sociological pressure when seeing the difference in activity with her peers because of the time she has is very limited where she has a dual role as a mother and wife, this can cause topological pressure and can trigger baby blues. In addition, they are prone to domestic violence, which causes conflicts within them; it happens because of the selfishness of each person, both the wife and husband. At a young age, in terms of ego and emotions, it is very unstable, and it can cause commotion in the household and can result in divorce.

Through this activity, it is hoped that mosque teenagers understand the dangers of early marriage on their reproductive health. So that a responsible attitude grows in acting, able to plan and make the right decisions so that early marriage does not occur, considering the

negative impact on their reproductive health and Unwanted Pregnancies (KTD), where the most pronounced are adolescents who experience drowning syndrome during pregnancy so that their children have low birth weight (BBLR) and also miscarriage (Octavia, 2018).



Figure 5 Determination of Talkshow Material



Figure 6 Talkshow Prevention of Early Marriage

The impact felt socially by mosque youth who participated in the talk show was a positive response to the talk show activities where they added new knowledge about the influence of hormonal food intake on adolescent sex behavior and the negative impact of early marriage, the environmental implications felt was the enthusiasm of residents to participate in the implementation of ancient agriculture carried out in the Cihanjuang hut, The economic impact is that through the Ancient Agriculture Program, residents are not only equipped with knowledge but can create businesses by producing several agricultural products that can be sold with a clear market share so that they are not afraid of losing consumers.

CONCLUSION

One of the efforts that can be made to prevent early marriage is to conduct a talk show through the consumption of healthy food by applying ancient agricultural methods in an effort to breed and maintain livestock, to get healthy foodstuffs to consume so that early menstruation or early sex behavior due to the excess of the hormone estrogen can be prevented. The youth of the Sarwadadi village mosque felt a social impact through this talk show activity, namely in the form of understanding information on how to prevent early marriage and the negative impacts caused by early marriage, the environmental impact they can directly participate in ancient agricultural activities along with how to farm and raise livestock, while economically the opportunity to become an entrepreneur is wide open.

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