



STRATEGIS FOR PREVENTING EARLY MARRIAGE THROUGH ISLAMIC RELIGIOUS EDUCATION

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ABSTRACT

Early marriage is a social problem that still frequently occurs in Indonesia and causes various negative impacts on health, psychological well-being, education, and social life. This phenomenon is generally influenced by low educational levels, economic conditions, cultural factors, and a lack of understanding of Islamic teachings that emphasize physical and mental readiness for marriage. Islamic Religious Education plays a strategic role in shaping the moral and spiritual awareness of adolescents so that they are able to make wise decisions regarding marriage. This study aims to analyze the role of Islamic Religious Education in preventing early marriage, identify prevention strategies implemented through Islamic Religious Education, and examine the supporting and inhibiting factors in its application. This research employs a library research method with a qualitative descriptive approach by analyzing books, scientific journals, and relevant documents. The findings indicate that Islamic Religious Education is essential in instilling values of responsibility, patience, self-control, and understanding the purpose and responsibilities of marriage in Islam. Therefore, strengthening Islamic Religious Education through formal, non-formal, and informal channels can serve as an



effective effort to prevent early marriage and to develop a faithful, moral, and responsible young generation.

A. INTRODUCTION

Early marriage is a social issue that continues to pose a serious challenge in the development of human resources in Indonesia. The practice of marriage at a child or adolescent age is not only related to cultural and traditional aspects, but is also influenced by various structural and cultural factors, such as low levels of education, poverty, gender inequality, social pressure, and limited public understanding of the long-term impacts of marriage at an immature age.

In several regions, early marriage is still perceived as something normal and even considered a solution to family economic problems, adolescent social interactions, or premarital pregnancy, without considering the physical, mental, and psychological readiness of the individuals involved.

Various studies indicate that early marriage has complex and long-lasting negative impacts. From a health perspective, women who marry and become pregnant at a young age have a higher risk of experiencing pregnancy complications, premature birth, anemia, and increased maternal and infant mortality rates. This condition is exacerbated by limited access to reproductive health services and a lack of knowledge regarding pregnancy care.

From a psychological perspective, adolescents who marry early generally lack emotional maturity, making them vulnerable to stress, marital conflict, domestic violence, and mental health disorders. Meanwhile, from a social and economic perspective, early marriage often leads to discontinuation of formal education, limited employment opportunities, and economic dependency, ultimately reinforcing the intergenerational cycle of poverty.

From the perspective of Islam, marriage is a sacred institution and an act of worship. It aims to form a family that is *sakinah*, *mawaddah*, and *rahmah*, as well as to preserve honor and ensure the continuity of lineage. However, Islam does not view marriage merely as the fulfillment of biological needs, but as a great responsibility that



requires both physical and spiritual readiness. Islamic teachings emphasize responsibility, moral maturity, and the ability to fulfill the rights and obligations of husband and wife.

Therefore, marriage conducted without physical, mental, spiritual, and social readiness has the potential to deviate from the main purpose of marriage in Islam and contradict the principles of *maqāṣid al-syarī'ah*, particularly in preserving life (*ḥifẓ al-nafs*), intellect (*ḥifẓ al-'aql*), and lineage (*ḥifẓ al-nasl*).

Islamic Religious Education plays a strategic role in shaping the mindset, attitudes, and behavior of the younger generation regarding marriage. This education is not only oriented toward mastering religious knowledge, but also functions as a medium for internalizing moral, ethical, and spiritual values that shape students' character. Through Islamic Religious Education, adolescents are guided to understand the essence of marriage as a long-term commitment that requires comprehensive readiness, rather than as an instant solution to social pressure or economic problems.

In addition to educational approaches, the state also plays an important role in preventing early marriage through policies and regulations. The Indonesian government has established a minimum marriage age through Law No. 16 of 2019, which sets the minimum age at 19 years for both men and women. However, the high rate of early marriage in some regions indicates that legal approaches alone are not fully effective without educational and cultural support.

Based on these conditions, synergy is needed between state regulations, family roles, and the strengthening of Islamic Religious Education as a sustainable preventive strategy. This study focuses on examining the role of Islamic Religious Education in preventing early marriage, analyzing applicable strategies, and identifying supporting and inhibiting factors.

B. RESEACH METHOD

This study employs a qualitative approach using a library research method. Data were collected through documentation studies by examining academic books, scientific journals, previous research findings, legislative regulations, and official documents relevant to early marriage and Islamic Religious Education.

Data analysis was conducted qualitatively using an inductive technique, namely by grouping and interpreting data according to the research focus in order to draw



conclusions regarding the role of Islamic Religious Education in preventing early marriage. The validity of the data was ensured through the use of credible sources and source triangulation.

C. RESULTS AND DISCUSSION

1. The Role of Islamic Religious Education in Preventing Early Marriage

Islamic Religious Education (IRE) plays a highly significant role in efforts to prevent early marriage. This role is manifested through the formation of adolescents' moral and spiritual awareness, emphasizing the importance of physical and psychological readiness before marriage, and providing a correct understanding of rights and obligations within marriage. Through IRE, values such as responsibility, patience, and maturity are instilled from an early age, so that adolescents do not rush into marriage before reaching an appropriate level of age and maturity. This is in line with the principles of *maqāṣid al-syarī'ah*, which aim to protect life, intellect, and lineage, particularly the rights of children to grow and develop optimally.

In the learning process, IRE does not merely deliver religious teachings in a theoretical manner, but also instills life values that can shape adolescents' character so that they become more prudent in making decisions. The material concerning marriage in Islam explains that marriage is an act of worship with noble purposes, namely to build a family that is *sakinah*, *mawaddah*, and *rahmah*. To achieve this goal, an individual must possess sufficient readiness in terms of age, mental condition, economic capability, and social responsibility. Thus, through the understanding provided in Islamic Religious Education, adolescents can realize that marriage is not merely a relationship between two individuals, but a great trust that must be undertaken with full awareness and responsibility.

Furthermore, Islamic Religious Education also plays a role in providing adolescents with an understanding of the importance of maintaining moral conduct and social ethics in accordance with Islamic teachings. Adolescents are guided to be able to control themselves, preserve their dignity, and avoid behaviors that may lead to actions detrimental to their future. These values serve as essential provisions for adolescents in facing various social challenges in their environment. With a strong understanding of religious values, adolescents are expected to focus more on education and self-development before deciding to enter married life.



IRE can also serve as a means of education regarding family life planning from an Islamic perspective. Through this material, students are introduced to the responsibilities of husbands and wives, the importance of communication within the family, and the obligation to create a harmonious household environment. This understanding helps adolescents realize that building a good family requires readiness and maturity that cannot be achieved instantly. Therefore, Islamic Religious Education functions not only as a means of instilling religious values but also as a preventive effort in avoiding early marriage by equipping adolescents with a comprehensive understanding of the meaning and responsibilities of marriage.

The role of Islamic Religious Education in preventing early marriage can be explained as follows. First, IRE plays a role in shaping adolescents' moral and spiritual awareness by instilling the understanding that marriage is an act of worship requiring mental and spiritual readiness, not merely a solution to social or economic problems. Second, IRE emphasizes the importance of physical, mental, and emotional readiness before marriage in order to achieve a *sakinah*, *mawaddah*, and *rahmah* family.

IRE instills values of responsibility and patience as provisions for building a quality household, while also fostering appreciation for education as an investment for the future. Fourth, IRE educates adolescents about their rights and obligations in marriage, including the right to obtain education and determine their future, as well as the responsibilities that must be fulfilled after marriage. Fifth, IRE explains the principles of *maqāṣid al-syarī'ah*, which emphasize the protection of health, intellect, and lineage, so that risky early marriages can be avoided. Proper religious understanding also prevents misinterpretations that justify underage marriage without valid reasons.

In the modern social context, IRE does not only function as a means of transferring religious knowledge, but also as a medium for shaping morality, character, and adolescents' mindset. Through moral education, *fiqh munakahat*, and spiritual guidance, adolescents are equipped with the awareness that every life decision carries consequences and responsibilities. Values such as self-control, maturity, and patience become key elements in preventing impulsive decisions, including the desire to marry at an early age.

In the modern context, Islamic Religious Education also serves as a medium for developing adolescents' character, morality, and mindset. Through structured learning processes, IRE instills moral values and builds adolescents' awareness to live in accordance



with Islamic principles. This education emphasizes not only cognitive aspects but also the formation of attitudes and behaviors that reflect maturity and responsibility in decision-making.

Through moral teachings, *fiqh munakahat*, and spiritual guidance, adolescents are equipped with the understanding that marriage is a sacred act of worship requiring both physical and mental readiness. Students are guided to understand the objectives of marriage in Islam, the responsibilities of spouses, and the importance of mental, economic, and social readiness before entering married life. With this comprehensive understanding, adolescents are expected not to view marriage merely as the fulfillment of temporary desires, but as a long-term commitment requiring careful consideration.

Practical implementation can be observed through IRE learning activities connected to real-life adolescent issues. For example, teachers may invite students to discuss cases of early marriage in society and relate them to Islamic teachings on readiness and family responsibility. Schools may also organize religious development programs or Islamic studies sessions that provide space for students to understand values such as self-control, patience, and future planning. Through such approaches, adolescents are expected to develop wiser attitudes and avoid rushing into major decisions such as early marriage.

In addition, IRE contributes to developing adolescents' critical thinking through Islamic-based reproductive health education, which explains the risks of early pregnancy, potential medical complications, and psychological impacts. The role of the family is also crucial, as parents are the first educators who provide role modeling, supervision, and religious guidance. Thus, Islamic Religious Education functions as a moral, spiritual, and intellectual foundation in shaping adolescents who are mature and ready to enter married life.

2. Strategies for Preventing Early Marriage through Islamic Religious Education

Strategies for preventing early marriage through Islamic Religious Education are implemented by providing comprehensive understanding regarding physical, mental, and spiritual readiness before marriage, as well as increasing awareness of the importance of education and responsibility. IRE teaches that marriage is an act of worship requiring holistic readiness, not merely spiritual readiness alone.



IRE materials may include discussions on moral values, responsibility, and social ethics in daily life. Students are taught the importance of maintaining personal dignity, controlling desires, and building healthy social relationships in accordance with Islamic teachings. These materials also emphasize the importance of education as preparation for the future.

Family life planning in Islam is also an important component of IRE. Students are introduced to the concept of a *sakinah*, *mawaddah*, and *rahmah* family, as well as the responsibilities of husbands and wives. This understanding helps adolescents realize that marriage involves commitment, responsibility, and readiness to live together maturely.

Strengthening the role of the family and environment is also a key strategy. Parents are equipped with understanding as the primary agents of prevention through consistent religious education at home. A religious family and community environment encourages adolescents to focus on education and avoid risky behavior.

Educational institutions and religious leaders also play significant roles. Schools, through IRE, provide comprehensive understanding of marriage, while religious leaders educate communities through sermons and religious activities.

Youth empowerment is carried out through extracurricular religious activities, Islamic reproductive health education, counseling services, and guidance programs. Non-formal education such as seminars and group discussions also supports adolescents in understanding the risks of early marriage.

3. Supporting and Inhibiting Factors in the Implementation of Prevention Strategies

Supporting factors include strong religious understanding, role modeling, and a religious family environment. Families, schools, communities, and government policies all contribute to strengthening prevention efforts.

However, several inhibiting factors exist, including limited resources, cultural traditions, low education levels, economic pressure, and lack of parental supervision. In some communities, early marriage is still viewed as a solution to economic hardship or a means of preserving family honor.



Low levels of education also limit adolescents' understanding of the long-term impacts of early marriage. Adolescents who drop out of school often perceive marriage as the only viable option due to limited opportunities.

Economic factors are also dominant, as families with limited financial resources often consider marriage as a way to reduce economic burden. Social environment and peer influence further contribute to early marriage practices.

Lack of parental supervision and communication also plays a significant role. Adolescents who lack guidance are more vulnerable to engaging in risky relationships that may lead to early marriage.

Therefore, comprehensive efforts and collaboration among families, schools, communities, and government institutions are essential to ensure that early marriage prevention strategies can be implemented effectively and sustainably.

D. CONCLUSION

Islamic Religious Education plays a highly strategic role in the prevention of early marriage. Through the development of moral and spiritual awareness, it instills the understanding that marriage is an act of worship that requires both physical and psychological readiness, as well as a significant level of responsibility. Understanding the rights and obligations within marriage, along with values such as patience, maturity, and self-control, serves as essential provisions for adolescents in making wise life decisions.

Strategies for preventing early marriage through Islamic Religious Education can be implemented comprehensively through formal, non-formal, and informal educational pathways by involving the roles of schools, families, and communities. Strengthening proper religious understanding, providing Islamic-based reproductive health education, and fostering positive role models from parents and religious environments have proven effective in increasing adolescents' awareness to delay marriage until they reach appropriate age and maturity.

Thus, Islamic Religious Education functions not only as a normative subject but also as an effective preventive approach in protecting children's rights and shaping a young generation that is morally, spiritually, and socially mature before entering married life. Therefore, the optimization of Islamic Religious Education needs to be continuously



enhanced as part of a sustainable effort to reduce the prevalence of early marriage in society.

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