

Original Research

# Effectiveness of the Problem-Based Learning (PBL) Method to Increase Students' Knowledge and Attitudes About Early Marriage

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## ABSTRACT

**Background:** High number of teenage marriages is a very worrying phenomenon because it causes various negative impacts on both reproductive health and social life. Indonesia is ranked second in ASEAN and eighth in the world for cases of early marriage. In the Mlarak sub-district, Ponorogo Regency, 8% of marriages were under 19 years of age. The purpose of the study was to determine the effectiveness of the Problem Based Learning (PBL) method to increased students' knowledge and attitudes about early marriage. **Method:** Research design was pre-experimental with a pretest - post test one group design. The sample was class VIII SMP Negeri 1 Mlarak, Ponorogo Regency, taken by proportional random sampling technique followed by Simple Random Sampling as many as 60 students. Collecting data using a questionnaire instrument. The independent variable is the PBL method while the dependent variable is knowledge and attitudes about early marriage. Data analysis used Paired Sample T Test with 0.05. **Results:** The results showed there is increase in the average knowledge of student by 14.08 and student attitudes by 12.2 after using the Problem Based Learning method. The results of the Paired Sample T Test 0.000 for the knowledge variable and 0.000 for the attitude variable, which means  $H_0$  is rejected and  $H_a$  is accepted. **Conclusion:** PBL method is effective in increasing knowledge about early marriage. The PBL method is effective in increasing attitudes about early marriage. Suggestions for teenagers to increase their knowledge about early marriage so that students' attitudes about early marriage can increase.

**Keywords:** Problem Based Learning; knowledge; attitude; early marriage

## 1. INTRODUCTION

The high number of teenage marriages is a very worrying phenomenon because it causes various negative impacts on both reproductive health and social life. A good marriage age limit has been set for women 21 to 25 years and for men 25 to 27 years.<sup>(1)</sup> According to Law No. 16 of 2019 "marriage is only permitted if a man and a woman have reached the age of 19 (nineteen) years". Meanwhile, according to the BKKBN, the ideal age for marriage is at a mature age, namely at the age of 21 years for women and 25 years for men.

Indonesia is ranked 2nd in ASEAN and 8th in the world for cases of child marriage. Based on data from the Central Statistics Agency (BPS) in 2020, the number of early marriages or child marriages in 2019 was 10.82 percent. Then in 2020 it fell to 10.18 percent. In 2020, 15.24 percent of child marriages took place in rural areas and 6.82 percent

in urban areas. The Directorate General of the Religious Courts Agency also noted that there were more than 34 thousand marriage dispensations during January - June 2020, of that number, 97% were granted and 60% who applied were children under 18 years old.<sup>(2)</sup>

The East Java Women's Empowerment, Child Protection and Population Service (DP3AK) stated that the number of child marriages in the East Java region was still quite high, referring to data obtained from the Religious Courts, throughout 2020 there were 9,453 cases of underage marriage. This figure is equivalent to 4.97 percent of the total 197,068 marriages registered at the Ponorogo Regency, East Java recorded 241 early marriages throughout 2020. This figure is about double compared to the same period the previous year which was 78 early marriages. This figure will increase again in 2021, which is as many as 266 early marriages.

According to data obtained from the Religious Courts of Ponorogo Regency, the sub-district in Ponorogo Regency with the highest rate of early marriage is Ngrayun District, followed by Slahung District, Pulung District, Ponorogo District, Babadan District, Mlarak District, Badegan District, and Ngebel District. On average, the cause is an unwanted pregnancy. Ages vary from 18 years, 17 years, some are even 15 years old.

Based on a preliminary study conducted at the KUA in the Mlarak District area, data on early marriage in 2020 was 2% under 19 years old and 1.5% 19 years old from a total of 350 marriages. Meanwhile, in 2021 the data will increase. Based on data from January to December 2021, 2.8% of marriages were under 19 years of age and 4.1% were 19 years of age out of 388 total marriages, with criteria for age 18 years, 17 years, and

the minimum age of 14 years. referring to data obtained from the Religious Courts, this age includes the smallest age compared to other sub-districts.

## 2. METHODS

The research design used in this study was pre-experimental with a pretest-post-test one group design approach, namely a research design that did not use a comparison group (control), but carried out the first observation (pretest) which allowed to test the changes that occurred after the experiment. (treatment).<sup>(3)</sup> The population in this study were students of class VIII

At SMP Negeri 1 Mlarak there are 155 students divided into 5 classes. Sampling in this study used proportional random sampling and simple random sampling techniques. The independent variable in this study is the Problem Based Learning (PBL) method, while the dependent variable is knowledge and attitudes about early marriage. The process of collecting data using a questionnaire instrument at the pretest for knowledge and attitude variables, then using the PBL method and again being given a questionnaire for the posttest. Data processing by editing, coding, tabulating then analyzed using the Paired Sample T Test.

## 3. RESULTS

### 3.1 Students' knowledge and attitudes about early marriage

The average knowledge and attitudes of students about early marriage increased after using the PBL method. For more details, the results can be seen in Table 1 as follows:

**Table 1.** Students' knowledge and attitudes about early marriage

Variable	Pre test (Mean ± SD)	Min-Max	Post test (Mean ± SD)	Min - Max
Knowledge	62.40 ± 9.866	40 - 80	76,48 ± 9.689	60 - 100
Attitude	50.53 ± 11.035	32 - 73	62,73 ± 10.408	34 - 74

### 3.2 The effectiveness of the PBL method in increasing knowledge and attitudes about early marriage

The results of statistical tests using the Paired Sample T test can be seen in Table 2 below.

Based on the results of statistical calculations in Table 2, for the knowledge and attitude variables

obtained the value of  $p = 0.000$  degrees of error  $= 0.05$  with a significance level of  $0.00$   $0.05$  which means the PBL method is effective in increasing knowledge about early marriage, the PBL method is effective in improving attitudes about early marriage.

**Table 2.** Results of statistical tests of knowledge and attitude variables

Variable	Pre test (Mean ± SD)	Min-Max	Post test (Mean ± SD)	Min – Max
Knowledge	62.40 ± 9.866	40 – 80	76.48 ± 9.689	60 - 100
Attitude	50,53 ± 11.035	32 – 73	62.73 ± 10.408	34 - 74

## 4. DISCUSSION

### 4.1 Students' knowledge about early marriage before and after the PBL method

The results showed an increase in the average knowledge about early marriage after using the PBL method, which means that the PBL method was effective in increasing knowledge about early marriage. According to Lismaya (2019),<sup>(4)</sup> apart from the question-and-answer lecture method, one of the efforts to increase youth's knowledge about early marriage can be through learning methods, including the PBL method. The PBL method has advantages over other methods because it not only facilitates the acquisition of knowledge. From the observations, it can be observed that students' communication skills, ability to work in teams, problem solving skills, independent learning abilities, ability to share information, respect other points of view and identify individual strengths and weaknesses can be observed. In addition, the PBL method also makes students more active because in the learning process students are given the opportunity to develop their thinking skills, directing students to be able to solve problems in the field of study being studied.

According to Notoatmodjo (2012) in addition to using the five senses, individuals gain knowledge from the learning process, both through formal and informal education.<sup>(3)</sup> In the learning process, the stimulus or stimulus received by the individual is in the form of information about the innovation, buried within the individual until the person concerned gives a response or (response) about the innovation. that is, accept or reject. The existence of a stimulus or stimuli, then a reaction or response to the stimulus arises is called the learning process. This is in accordance with the opinion of Ngalimun (2016) that PBL is a learning model that involves students to solve a problem through the stages of the scientific method so that students can learn knowledge related to the problem and at the same time have the skills to solve problems.<sup>(5)</sup> In this study, the PBL

method was carried out in 3 meetings. At the first meeting, when the discussion started, students were not yet interested in PBL, on average they only found 5 of the total keywords. It was different when each group had started looking for the meaning of each keyword found, they began to actively discuss and find more keywords. At the second meeting, the results of the discussion were brought to each group differently. There were 8 groups who found 10 keywords, 3 groups found 11 keywords, namely keywords that included learning income plus the word coolie, and 1 group that found 12 keywords plus the word ready to face pregnancy. Students actively participate in the presentation, the results of the discussion of the meaning of key words become more complete. At the third meeting, each group made a conclusion which was then summarized into a joint conclusion.

### 4.2 Students' attitudes about early marriage before and after the PBL method

The results showed that the average attitude increased after using the PBL method. The increase in the average attitude is also in line with the increase in knowledge about early marriage. This is in accordance with the opinion of Notoatmodjo (2012), knowledge is the basis for the formation of one's actions (overt behavior).<sup>(3)</sup> Behavior based on knowledge, awareness, and attitude

Positive behavior will be more lasting than behavior that is not based on knowledge. Knowledge is an important component of supporting attitudes, with the knowledge possessed will determine students' attitudes about early marriage. This is in accordance with the opinion according to Azwar (2013), the attitude structure consists of three components that support each other, one of which is the cognitive component which is a representation of what is believed by the individual owner of the attitude related to views, knowledge, and beliefs.<sup>(6)</sup> The cognitive component contains stereotyped beliefs that individuals have about something that can

be equated with handling (opinions), especially when it comes to controversial issues or problems.

## 5. CONCLUSION

Based on the results of the research that has been carried out, the following conclusions can be formulated: Firstly, the PBL method is effective in increasing knowledge about early marriage. Secondly, The PBL method is effective in increasing attitudes about early marriage.

### Conflict of Interest

None

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