

PROBLEMATICS OF CHILD MARRIAGE AND ITS CONTRIBUTION TO INCREASING STUNTING RATES

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Abstract

Children born to mothers who marry early have a low chance of life and are at risk of nutritional problems such as shortness, thinness and malnutrition. The aim of this research is to analyze the problems regarding child marriage and its contribution to increasing stunting rates. This research uses qualitative methods and literature studies or library research, by reviewing literature books according to the theories discussed, especially regarding early marriage and stunting, as well as analyzing scientific articles. This research provides a literature review on child marriage and its contribution to increasing stunting rates in children. Marriage at this age is very vulnerable and has many risks both in terms of economics, physical and mental health. Couples who marry at child age also have insufficient and optimal knowledge in managing and fulfilling nutrition for infants and toddlers so that children born to child-aged couples will be vulnerable to stunting.

Keywords: Child Marriage, Increase, Stunting

INTRODUCTION

Human Resources or HR are the most important assets or capital from an economic point of view. No matter how many natural resources, technology and other assets are available, the role of humans cannot be replaced. This is because humans are where all potential emerges and where solutions are shared to overcome problems. Indonesia, as the country with the largest population of approximately 265 million people, has human resources as the most valuable asset or capital in the country's development and progress.

A country will be most profitable if the portion of the population of productive age, namely those between the ages of sixteen and fifteen, is greater than that of the unproductive (Nursalam, 2016 and Fallis 2013). It is estimated that in 2020-2030, the majority of Indonesia's population will be of productive age (70% of the total population) and non-productive age (30%). With this demographic bonus, the country's welfare should be better because the wheels of the economy will run faster and productivity will increase. because the majority of the population are citizens of productive age.

In this demographic bonus euphoria, the productive generation is faced with less competitive human conditions. There are so many human resources that are monopolized, making them unable to compete and work optimally, and not many can make a significant contribution to society and the country. Law Number 35 of 2014 concerning child protection in age classification shows that the productive generation is still classified as children to teenagers:

Table 1 Age Classification According to the Ministry of Health of the Republic of Indonesia

No	Category	Vulnerable Age
1	Toddler	0-5 years
2	Children	5-11 years
3	Early Adolescence	12-16 years old
4	Late Teenagers	17-25 years old
5	Mature	26-45 years old
6	Elderly	46-65 years old
7	Seniors	+65 years

Source: Indonesian health profile, Republic of Indonesia Ministry of Health

There are still many opportunities to contribute to extraordinary achievements in both formal and non-formal education. In this way, children and adolescents will develop critical thinking related to the ongoing social dynamics in social life. Most people think of adolescence as a time when children concentrate on education, acquiring skills they will use in adulthood, and possibly entering the workforce and marriage. However, based on research on the realities of child marriage, for a large number of girls, especially in poor and developing areas, early marriage or child marriage marks the end of childhood and all possibility of further personal growth and development.(Erulkar 2013).

Looking at the phenomenon of early marriage or child marriage, it is a reality that some children throughout the world, especially in developing countries, marry under the age of 18.(Fadlyana and Larasati 2016), even though this goes against the 1954 Declaration of Human Rights which prohibits child marriage. Because they do not conform to the customs and social norms of a particular group, regulations are often ineffective(Fadlyana and Larasati 2016). The results of research on the relationship between child marriage and the

incidence of stunting show that there is a significant correlation between child marriage and the incidence of stunting in toddlers, with PR showing that marriage at child age has a 1.982 times risk of having stunted toddlers compared to marriage at adult age with a 95% CI of 1.243 -3,168(Balita and Wonosobo 2023).

One of the biggest and most risky factors for changing the demographic bonus is stunting. Stunted child growth is often directly linked to hereditary factors, so that child growth that is not ideal or does not need to be allowed. According to the World Health Organization (WHO), stunting is a decrease in the rate of growth in body length or height in the overall process of developmental growth. It is measured by the value of height for age or height taken from minus 2 standard deviations(Afriani and Wusqa Abidin 2022).

Stunting can occur from the time the baby is in the womb until it begins to appear when the child is two years old. After that, stunting can cause quite challenging problems during childhood, adolescence and even adulthood. Therefore, health issues of women and pregnant women must be considered when planning a wedding.

According to Article 28B of the 1945 Constitution of the Republic of Indonesia, marriage is a human right to form a family and continue offspring through a legal marriage. The state also guarantees children's rights to survival, growth and development, as well as the right to protection from violence and discrimination. According to Law of the Republic of Indonesia Number 16 of 2019, the minimum age for marriage for women is the same as for men, namely 19 years. The intended age is considered mentally and physically mature enough to enter into marriage with the aim of realizing the goal of marriage without divorce and producing healthy and quality offspring.

Marriage at a sufficient age may reduce the risk of maternal and child death and fulfill children's rights so that children grow well. For this reason, it is highly discouraged to marry at a young or early age because it increases the chances of getting stunted. Studies conducted by the World Health Organization (WHO) in Indonesia show that the prevalence of early marriage is one of the factors causing the stunting problem in Indonesia. In addition, many people now consider early marriage to be normal. As reported by the Central Statistics Agency (BPS), the percentage of early marriages in Indonesia increased from 14.18% in 2017 to 15.66% in 2018. Early marriages can be caused by many things, ranging from customs, economics, to pregnancies. undesirable. In addition, the fact that 43.5% of stunting

cases in Indonesia occur in children under three years (toddlers) with mothers aged between fourteen and fifteen years, while 22.4% occurs in children aged sixteen up to seventeen years. (<https://genbest.id/articles/bahaya-pernikahan-dini-as-besar-stunting>).

The statement above shows the relationship between the development of stunting cases and the condition of marriage at an early age. This is also related to scientific research which discusses the relationship between early marriage and stunting. This research found that maternal age at marriage, maternal knowledge, and exclusive breastfeeding were related to the incidence of stunting in toddlers (Yulius, Urwatil Wusqa Abidin 2020). Other research also finds that children born to mothers who marry early have lower life chances and have nutritional problems such as malnutrition (Afriani and Wusqa Abidin 2022). So, efforts need to be made to control the development of early marriage. Research published in the journal Gizi also discusses the problem of early marriage which contributes to increasing stunting rates. The results show that early marriage should be postponed because children born from early marriage tend to have low nutritional status or are malnourished (nur afni alfiana hanifah 2022).

Looking at the above phenomenon, there have been many studies discussing the elements of marriage at an early age in increasing stunting rates from the aspects of health, nutrition and early childhood education. For this reason, it is necessary to develop deeper research from the aspect of state administration, by looking at the stunting phenomenon in terms of the realities and dilemmas of marriage at a young age

LITERATURE REVIEW

Wedding

Marriage is considered one of the important and sacred events in human life. Marriage between a man and a woman has physical and spiritual consequences for the families of each community as well as the wealth they acquire before and after the marriage (Bastomi 2016). The government regulates marriage in Law Number 1 of 1974 concerning Marriage, which is stated in article 1, namely forming a happy and eternal family (household) based on belief in the Almighty God, to fulfill human biological needs which can be fulfilled through marriage.

According to other studies about the concept of marriage, *nikah* etymologically means gathering, uniting, intercourse, and contract; Terminologically, marriage is an agreement that

allows a man and a woman to have legal sexual relations. Imam Malik considers marriage as an agreement that only contains legal provisions to make it possible (Haslan et al. 2021).

Child Marriage

Marriages carried out by women who are not yet 20 years old are called child marriages. This is caused by many things, such as economics, culture, and the perception that unmarried women who are 20 years old are considered old maids, and those who become pregnant out of wedlock are considered old maids (Siti Salamah 2016). Early marriage usually occurs in rural areas. This is because of the strong societal culture that determines child marriage among adolescent girls. Among the reasons for early marriage are economic reasons and promiscuity, such as pregnancy out of wedlock. Other factors that cause child marriage are education problems, domestic violence and reproductive health. Children born, children's psychological health, and relevant legal reviews (Fadlyana and Larasaty 2016).

Marriage is a contract that provides the benefit of being able to establish a family relationship (husband and wife) between a man and a woman and provide mutual assistance and provide limits on the rights of the owners and fulfill their respective obligations (Bastomi 2016). From this definition, it can be seen that there are rights and obligations that must be fulfilled in the household, so that marriage/marriage is not just limited to having husband-wife relations but there are responsibilities and rights that must be fulfilled. In other terms, a child is a person who is formed from the time of conception until the end of adolescence. (Fadlyana and Larasati 2016). At this time, a child enters the initial phase of physical, physiological and psychological maturation to be responsible for a burden, including the burden of marriage. So that marriages that occur between couples who are still children are legally carried out by someone who does not have the preparation and maturity, causing concern that it will result in a number of risks and large impacts, especially on health in particular (Indrianingsih, Nurafifah, and Januarti 2020).

Child marriage increases the risk of reproductive health problems, such as maternal death and reproductive health problems. Because an attitude that does not care about the basic rights of girls who are married off before the age of fifteen to eighteen years has the potential to increase maternal mortality rates, infant mortality rates, and babies who are malnourished. This will result in the loss of a young generation of quality for the nation (Inna Noor Inayati 2015).

Another factor that contributes to child marriage is low levels of education. The younger the age at marriage, the lower the child's education level. Child marriage causes children to no longer go to school as they should because they accept new roles as wives and future mothers. Another pattern is that children will stop going to school because education costs are expensive and then get married off, giving their parents financial responsibility to their partner (Fadlyana and Larasaty 2016).

From a social perspective, child marriage will increase the likelihood of divorce and infidelity among young newly married couples. This is due to unstable emotions, which makes it easy for arguments to occur even over small issues. Apart from that, from a psychological point of view, girls who marry young and experience unwanted pregnancies tend to feel embarrassed, isolate themselves, and lack self-confidence. This is due to the possibility that the child does not yet know how his role changes to become a teenager who is still at school (Djamilah 2015).

Stunting

Stunting is the best reflection of social inequality and the best overall indicator of children's well-being. With 161 million children worldwide in 2013, stunting is the most common type of child malnutrition (de Onis and Branca 2016). According to other research, stunting is also defined as a developmental disorder experienced by children due to malnutrition, infection, and weak psychosocial stimulation (Devi Artanti, Fidesrinur, and Garzia 2022). Globally, 162 million children under the age of five experience stunting, which is the most significant obstacle to human growth and development. During the first thousand days of a child's life, nutritional deficiencies and backflow infections are the most irreversible outcomes (Hoddinott et al. 2013).

Food consumption and history of infectious diseases are two main factors that directly influence stunting. Parenting patterns, food availability, and socio-economic, cultural, and political factors also influence stunting indirectly (Devi Artanti et al. 2022). Basic factors such as economic factors and the mother's education, as well as the number of family members, the mother's height, the mother's age, and the mother's number of children, are several factors that greatly influence the development and growth of children. This is due to the fact that a mother with a low level of education will not provide the same stimulation as a mother with a high level of education (Sutarto, Azqinar, and Puspita Sari 2020)

Apart from the mother's education, the mother's age is also at great risk of having a stunted child. A mother's age at birth of less than 20 years can influence stunting in children. In another study conducted in Ghana, it was stated that maternal age between 15 years to 24 years and 35 years to 44 years could be a significant factor in the incidence of stunting in children. Children who have mothers aged 25 to 34 years will have a small chance of experiencing stunting. On the other hand, if the mother's age is between 15 and 24 years, she will have a greater chance of having a stunted child. This is because young mothers will need sufficient nutrition to grow like adults, resulting in nutritional competition between mother and child (Darteh, Acquah, and Kumi-Kyereme 2014). If the mother's age during pregnancy experiences malnutrition since the early trimester, there is a risk of giving birth to a baby with a low birth weight who will later grow up to become a stunted toddler (Noor Ali Julian and Yanti 2018).

Stunted toddlers can affect children's growth and development in the long term. Stunting also affects children's ability to learn, develop physically and cognitively, and also has an impact on health and productivity in adulthood (A Ratnawati 2018)

METHODS

Writing this scientific article uses qualitative methods and literature study or library research, by reviewing literature books according to the theory discussed, especially regarding early marriage and stunting, as well as analyzing scientific articles. The literature review uses procedures suggested by Cooper (1988) for literature synthesis. This systematic procedure is quite helpful in formulating problems, collecting data, evaluating data suitability, analyzing and interpreting relevant data, and organizing and presenting results.

RESULTS

The Phenomenon of Child Marriage

The problem of child marriage has often occurred in rural and urban areas. Child marriage is a marriage carried out by someone who is still relatively young. According to Law Number 16 of 2019, there has been an increase in the age standard for a person to get married. The age limit is considered to be that the body and soul are mature enough to be able to enter into a marriage in order to realize the goal of a good marriage without ending in divorce and to have healthy and quality offspring. It is also hoped that increasing the age limit higher than 16 years (Law No. 1 of 1974) for women to marry will result in a lower

birth rate and reduce the risk of maternal and child mortality. Apart from that, children's rights can also be fulfilled so as to optimize children's growth and development, including parental assistance and giving children access to the highest possible education. On the other hand, this is also a protection for children who should still have the right to experience the excitement of the world of playing together with their playmates, enjoying the beauty of time. Teenagers learn, actualize their talents, and receive love and protection from their parents. Marriage at a young age can also bring children into the adult world prematurely. The world's commitment to ending child marriage has actually been proven by one of the targets of the 5th Sustainable Development Goals (SDGs) by reducing harmful practices towards children, including child marriage.

Based on data from the Central Statistics Agency (BPS), it shows that 33.76% of young people in Indonesia have their first marriage age in the range of 19-21 years in 2022. Then as many as 27.07% of young people in the country have their first marriage age at 22-24 years. . There are also 19.24% of young people who married for the first time when they were 16-18 years old. This is also illustrated in the statistical image below.

Figure 1. Age of first marriage for young men/women



Source: BPS 2022 data

From the picture above, the tendency for teenagers to commit at a young age is still high. According to the National Family Planning Coordinating Agency (BKKBN), the ideal age for marriage for women is at least 21 years and the ideal age for marriage for men is at least 25 years, this aims to avoid early marriage. Because early marriage can trigger a number of risks, namely: (1) Psychological age which is still unstable affects child rearing patterns; (2) Age and mental maturity can have an impact on children's nutrition and health; (3) early

marriage can put young women at health risk due to early pregnancy; (4) the potential for cervical cancer in adolescents under 20 who have sexual relations.

A press release with number B-031/SETMEN/HM.02.04/01/2023 stated that child marriage cases in Indonesia have become a serious problem. from information from the court. According to religion, there are 65 thousand cases of requests for dispensation from marriage at child age in 2021 and 55 thousand applications in 2022. Applications for marriage submitted at child age are higher due to the fact that female applicants are already pregnant first, as well as encouragement from parents who want to their children get married immediately because they already have close friends or are dating.

Therefore, the emergency situation of child marriage in Indonesia must be considered. Children's basic rights are threatened by high levels of child marriage. Child marriage not only has physical and mental impacts on children, but can also worsen poverty, stunting and school dropout rates. to the risk of uterine cancer in children. Behind the above phenomenon, we must remember that children are the hope of the nation, the future of the nation to develop Indonesia. The older generation is entrusting their old age to the younger generation so that the young generation must be of high quality, and the case of child marriage is a big obstacle to this ideal.

Causes of Child Marriage

Early childhood is a group of children who are in a unique growth and development process. Children have patterns of growth and development, thinking power, creativity, language and communication, which are sufficient in intelligence (EQ), intellectual intelligence (IQ), emotional intelligence (EQ), spiritual intelligence (SQ) or religious or religious intelligence (RQ), according to the child's level of growth and development (Ariyanti 2016). During childhood, the learning process needs to be deepened as the main defense for children in facing conditions in life. The learning process for children of this age should be carried out with the aim of providing basic concepts that have meaning for children through real experiences that enable children to show activity and curiosity optimally (Ariyanti 2016). For this reason, during the growth and development period at this age, it is highly recommended for children to establish a marriage bond.

Marriage is a sacred and important thing, because by getting married a person can achieve balance in life both biologically, psychologically and socially. Biologically, they will

fulfill their sexual needs, and psychologically, they will reach their mental maturity and emotional stability, which also determines the enjoyment of married life. A study found that starting a marriage too early can lead to more divorce because children do not know how to live a married life (Jamilah 2019).

In the field of marriage, there are provisions regarding restrictions that arise from a marriage relationship, one of which is the age limit for entering into a marriage as regulated in article 7 paragraph 1 of Law No. 16 of 2019 concerning amendments to Law No. 1 of 1974 concerning marriage, that marriage is only permitted if men and women have reached the age of 19 years. This regulation was formulated as protection for someone who is still a child when faced with marriage choices and to create an ideal marriage. Ideal marriage can only be achieved when there is readiness between a man and a woman, and the specified age is 19 years which is considered mature both physically and mentally. As for deviations towards. This age limit is possible through the marriage dispensation mechanism (Fauzi 2022).

The age limit in carrying out marriage is basically aimed at ensuring that the two adult husband and wife candidates can assume responsibility as head of the family and also their companion or housewife. If seen from a psychological perspective, a child's mental condition is still unstable and cannot be held responsible as husband and wife as father and mother (Fauzi 2022). Child marriage in the view of the United Nation's Children's Fund (UNICEF) states that child marriage is a formal/unofficial marriage between a man and a woman before the age of 18 (Fadilah 2021). Cases of child marriage are no longer taboo to discuss in Indonesia because in almost every region there are cases of child marriage with various causal factors. The rise of child marriage certainly cannot be separated from the causes and effects behind this, the factors could be from one's own awareness and desires and from outside, such as based on orders that become coercion from parents (Shufiyah 2018). The feeling of wanting to get married during childhood can arise from children learning things about child marriage from films or other media. Then it can also be influenced by the idea that child marriage provides its own benefits, such as avoiding adultery and immorality.

Another factor could be economic pressure. Getting married at a young age will improve family life and the economy. Other factors that cause pregnancy out of wedlock are social and environmental, such as modern dating styles and poor use of technology. Cultural factors can also be a cause of child marriage, which has an impact on local customs. Based on

observations and literature reviews carried out by the author, child marriage is very threatening to the lives of women and the children they are carrying, as well as when the children are born. Marriage at a young age also has a negative impact on women's reproductive health. People under the age of 19 are not ready and able to conceive and give birth, and their pelvic bones are still small, which increases the risk of miscarriage and death during childbirth. Young mothers who become pregnant when their hormones are not yet stable, make them easily stressed and depressed. Younger mothers are simply not as adept at controlling emotions and marital conflict, which makes them vulnerable to divorce.

A mother at a young age is also not mature enough to make decisions about raising their child with wise thoughts and actions regarding both the child's behavior and nutrition. So, in the first 1000 days of a child's life, nutrition is not sufficient to meet the child's needs and this makes it possible for him to be affected by stunting.

Problems of Child Marriage and Its Contribution to Stunting

According to the Food and Agriculture Organization (FOA) of the United Nations, 1 in 9 people worldwide are malnourished, and malnutrition accounts for nearly half of children under five. Additionally, stunting is the cause of this malnutrition problem, which affects more than 1 in 3 children in many countries (Nations 2023). In another study regarding the high population of toddlers studied, it was found that 34.78% of toddlers experienced stunting (Balita and Wonosobo 2023). As a result, Indonesia is still facing the problem of malnutrition, especially stunting.

According to data from the National Team for the Acceleration of Poverty Reduction (TNP2K) in 2017, Indonesia's stunting prevalence is the fifth largest in the world. Of the 159 million stunted children worldwide, 9 million of them live in Indonesia. The results of the Indonesian Toddler Nutrition Status Survey (SSGBI) in 2019 even showed that the prevalence of stunting reached 27.67 percent. This means that for every 10 Indonesian children, 3 of them are stunted. This figure is still above the limit recommended by the World Health Organization (WHO), namely 20 percent. This means that nationally, the problem of stunting in Indonesia is classified as chronic, especially in 14 provinces where the prevalence exceeds the national figure. The results of the Indonesian Nutritional Status Study (SSGI) show that the prevalence of children under five years (toddlers) experiencing stunting in Riau

Province is 23.3%, where this figure is still quite large so consistent efforts are needed to reduce stunting, the government is targeting this prevalence falling to 14% in 2024.

Indonesia still faces big challenges in reducing the number of stunting cases. Continuous efforts to improve the quality of human resources in the future are known as stunting eradication. The aim is to ensure that Indonesia will produce a large number of high-quality workers who can compete at the international level. Stunting prevention is the responsibility of all levels of society, including the government, as a facilitator. To overcome stunting, the government usually takes two actions: specific nutrition interventions (30% contribution) and sensitive nutrition interventions (70% contribution). Nutritional interventions are provided to children in the first 1,000 days of life (HPK). The health sector usually does this work. Certain interventions take place over a relatively short period of time, and results can be recorded within a relatively short period of time.

Sensitive nutrition interventions are interventions aimed at various development activities outside the health sector. The target is the general public, and not specifically the first 1000 days of life. Specific nutritional interventions target three targets, namely (1) teenagers; (2) prospective brides; (3) pregnant women; (3) breastfeeding mothers and; (4) children aged 0-59 months. several things that the government has done through the Ministry of Health include providing additional food to pregnant women to overcome chronic energy and protein deficiencies, encouraging early initiation of breastfeeding and exclusive breastfeeding, as well as encouraging the continuation of breastfeeding until the age of 23 months accompanied by the provision of complementary breastfeeding (MP -ASI). Sensitive Nutrition Interventions are carried out, among other things, by providing and ensuring access to clean water and sanitation, providing parenting education to parents, providing community nutrition education, providing sexual and reproductive health education and nutrition to adolescents, and providing social assistance and security for poor families.

To prevent the causes of stunting, it is important to understand the nutritional needs of babies and toddlers. Motoatmodjo stated that knowledge is usually obtained from experience from various sources, such as mass media, electronic media, manuals, health workers, posters, and close relatives (nur Afni Alfiana Hanifah 2022). It is very important for women to monitor children's nutrition. For the most part, housewives are responsible for the needs of

children and the household. So, women who take care of the household must have good insight and knowledge.

In cases of stunting in children and toddlers, women/mothers are needed to have knowledge and wisdom in determining children's food and nutritional intake to achieve good and adequate nutrition so as to reduce the stunting rate. This is directly proportional to what he said (Adelina, Widajanti, and Nugraheni 2018), namely, the better the level of nutritional knowledge of Women of Childbearing Age (WUS), the better the nutritional status of toddlers so that it can reduce stunting rates. The mother's level of knowledge is key in household management, this will influence the mother's attitude in selecting food ingredients that will be consumed by the family. Mothers with good nutritional knowledge will understand how important good nutritional status is for the health and welfare of children and families (Adelina et al. 2018). So it can be said that if women have sufficient knowledge about early marriage, they will try to marry not at the age of a child.

If you look at it from a psychologist's perspective, a woman who marries when she is a child is not ready to take on the responsibility of being a parent for her children. It can be said that marriages that occur at a minor's age have not been optimally prepared physically, mentally and materially, so if marriages at the child's age are still carried out, it will result in a hasty marriage (Marta 2017). The conditions that the author explains above are relevant to research that has been carried out by previous studies, namely that there is a relationship between the age at which women marry and the nutritional status of children/toddlers. The higher the number of marriages at the eating age, the higher the risk that babies/toddlers will receive related to nutritional problems (nur Afni Alfiana Hanifah 2022), the low level of knowledge that women have will encourage the desire to get married even though they are still young. If this marriage occurs, it will pose a big risk related to early birth, and will affect parenting patterns in fulfilling toddler nutrition.

Contribution

Human Resources or HR is human potential which is a non-material or non-financial asset. Human resources function as a driving force for an organization to be able to realize the existence of that organization. (Atmaja & ratnawati, 2018) Human resources do not have a general definition, but in the most general terms, human capital is on the one hand a term that expresses, information, skills, abilities and experience that individuals have in the production

process, level of behavior their, sentimental dependence on their work, and on the other hand also means their physical and mental fitness or strength. The role of human resources is very important in the context of economic growth in a region or country. This is proven by other research which states that human resources are the main inexhaustible capital of a business entity that creates added value, ensures and realizes its strategic mission, namely survival in the market in an era of global competition. Human capital accumulation has become a key factor in driving rapid economic growth. (Santoso et al., 2020)

Apart from economic growth, human resources are also very important for developing countries to catch up with other countries in development. (Hasiani, 2015) One of the factors so that development in a country can occur is the existence of adequate MSMEs. Human resources are very necessary in MSMEs because it can make workers who participate in training gain knowledge development, when put into practice directly they can contribute to gross domestic product thereby strengthening the economy. (Arifin & Haryanto, 2021) So in order to increase economic growth, the role of quality human resources is really needed.

High quality human resources according to Ndaraha (1999) are human resources that create not only comparative value but also competitive-generative-innovative value by using the highest energy such as: intelligence, creativity and imagination; no longer solely using brute energy, such as raw materials, water, energy, muscles and so on. (Eha Anna Lestari, 2022)

According to Wardiman Djojonegoro, quality human resources are people who have at least competence in science and technology or science and technology, and competence in faith and devotion to Allah SWT. Science and Technology competency includes the ability to face change which includes the ability to understand the nature of change and the ability to manage change so that they can take advantage of these changes, namely displaying excellence through real achievements in various areas of life. Meanwhile, the role of the competence of faith and piety is very important because without it being framed by faith and piety, the competence of science and technology will be less meaningful. (Sony Eko Adisaputro, 2020) So in conclusion, quality human resources will not be perfect without religious mental and spiritual toughness, because with religious values there will be more spiritual responsibility towards science and technology. (Novita, 2017)

Child marriage can have an impact on the low quality of human resources. This is because children who drop out of school and choose to marry on average do not have sufficient skills to work. With this lack of expertise, children will only become casual laborers or simply help their parents work in the garden. If this condition continues, community welfare will decline. The increase in stunting rates is also the impact of child marriage. With a lack of knowledge and expertise, young couples do not have sufficient knowledge to fulfill their children's nutrition. Nutritional problems in children are one of the causes of stunting. (Michael Jeffri Sinabutar, Rafiqa Sari, Tiara Ramadhani, 2023)

In another study, it was said that mothers who became pregnant at a young age were because the mother married at a too young age so that when the mother entered pregnancy, her reproductive organs were not biologically ready and psychologically not yet mature. The reason is because during the growth period, the body requires large amounts of nutritional intake, so that the mother's body's needs and the fetus's needs are not balanced and even malnutrition occurs. (Sudarmadi et al., 2023) Djamilah and Kartikawati (2014) in research conducted by Aeda Ernawati stated that a significant impact of child marriage is young mothers who do not know or do not understand pregnancy issues and mothers who do not understand the nutritional needs of mothers. pregnant. This condition can cause children to be born malnourished, namely babies born with a low body weight. (Ernawati, 2018)

In general, babies and toddlers experience nutritional problems and one of the nutritional problems that often occurs is stunting. Malnutrition in babies is experienced in the first 3 years of life and this happens for a long time and continuously and will result in hampered brain development and child growth and development, so this condition is called stunting. (Afrida & Aryani, 2022) The incidence of stunting in toddlers is the main nutritional problem facing Indonesia. Based on Nutritional Status Monitoring (PSG) data, stunting has the highest prevalence compared to other nutritional problems such as malnutrition, thinness and obesity. (Munawaroh et al., 2022).

CONCLUSION

Child marriage is a marriage that is carried out when the couple or one of them is still a child or has not yet reached the standard age for marriage according to law (19 years). Marriage at this age is very vulnerable and has many risks both in terms of economic, physical and mental health. Women who become pregnant and give birth at a child's age

(under 19 years) also have a large risk and can be very dangerous to the mother and child, even causing death. Couples who marry at child age also have insufficient and optimal knowledge in managing and fulfilling nutrition for infants and toddlers so that children born to child-aged couples will be vulnerable to stunting. Stunting itself is also very dangerous because it will interfere with the child's perfect growth and development, thereby reducing the quality of the child's self and making the child vulnerable to disease.

Child marriage causes new problems, the readiness of young fathers and mothers who are not yet qualified and are still relatively young means that the household that is formed is not strong enough, giving rise to problems in terms of economics, household resilience, and the readiness of young mothers in the process of pregnancy and giving birth. Insufficient nutrition for children is an unavoidable problem so there is a big possibility of increasing stunting due to child marriage, young mothers who do not know or do not understand pregnancy issues and mothers who do not understand the nutritional needs of pregnant women. This condition can cause children to be born malnourished, namely babies born with low body weight

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