

# Implementation of Individual Counseling for Improving Understanding of Early Marriage Impact for Simarlelan Village Community in South Tapanuli, North Sumatera Indonesia



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## **Abstract**

*This study aims to improve understanding of the impact of early marriage for young mothers in the village of Simarlelan through the implementation of individual counseling, using descriptive qualitative research methods and a total of 15 research samples. Data was gathered by closed questionnaire and interview upon the sample. The results showed that individual counseling can increase the understanding of the impact of early marriage for young mothers which was proved by changes in attitudes and behavior towards their commitment to choose school rather than marrying their children at an early age, and an increasing in knowledge of managing and caring for the household (child and husband) is better.*

**Keywords:** *Implementation of individual counseling, Impact of early marriage.*

## I. INTRODUCTION

Education is the process of nurturing knowledge to someone to be used in their survival life. Thus, education can be interpreted as a necessity for human beings, as humans need the breath of life. In the short term, education cannot be separated from human life. Education quality in Indonesia is always improved from time to time, it is proved from the curriculum improvement periodically.

Education can be carried out by anyone, anytime and anywhere, in connection with this, the educational environment can be divided into: formal education environment carried out in schools, and informal education environment within the family and non-formal education environment in the community. Whether or not the educational goals are successful depends on how the education process is carried out. In society many things become life problems for humans to overcome, they certainly need help to find a solution to the problems they encounter, and education is one of the ways to find out solutions to every problem they encounter. Human beings can develop their potential to have an attitude of self-control, spiritual character and personality, intelligence, and the skills needed to manage life and environment.

The process of implementing education in the community is certainly not like the implementation of formal education (in schools), which is organized and systematic both in terms of time, place and curriculum, but rather adjusts to the needs and circumstances of the community itself. The technique of implementing education in the community which aims to

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help the difficulties of life, especially in the field of self-development can be done through counseling techniques. Counseling is the process of providing assistance by a mentor to the client (the person who is assisted) so that the client can help solve the problems he encounters and develops himself to the optimal level.

Simarlelan village is located in Muara Batang Toru District, South Tapanuli Regency North Sumatra Indonesia. In this village there is only one school that is Early Childhood Education named PAUD Sahabat Setia Simarlelan. However, PAUD did not develop in the village because parents in the village of Simarlelan worked in the farm all day so they did not allow their children to go to school, instead of looking after younger siblings when their parents went to work. The majority of villagers are illiterate. their children drop out of school so reading, counting, and recognizing letters cannot. Especially in the health sector, they have very little knowledge, no days without drinking, lack of clean water (utilizing river water for bathing and drinking needs) then young women marry at their teens (early marriage) namely: ages 14-17 years, without recognize and understand the effects or risks to health during childbirth at a young age. Because the age of the couple is young and the experience/knowledge to care for the baby is not available, so that the newborn baby is already 2 months old already being fed, the baby should start to be fed even at the age of 6 months after birth. (source: village midwife) and very worrying about newborns born 2-3 months who should still be swaddled left without cloth swaddling (baby wrapping cloth) this occurs because of lack of knowledge of how to care for babies, husband and wife personalities are still unstable which often resulting in quarrels in the household, the wife runs away from home, goes home, her parents, some even run away and after being searched, they remarry.

The facts explained above are a phenomenon of life that causes a very deep sense of empathy that fosters a sense of wanting to help, or at least can alleviate the situation experienced by the village community through Individual Counseling activities especially for young mothers in Simarlelan Village. Why is the target of individual counseling aimed at young mothers? Because young mothers in the village of Simarlelan who have undergone early marriage so that they too can explain and at the same time can consider not allowing the lives of their children as the next generation.

## II. RESULT AND DISCUSSION

### **Individual counseling**

The meaning of individual counseling in Simarlelan village as the research conducted was as the following :"Help bear your burden! Thus you fulfill the law of Christ. "(Galatians 6: 2) Be helpful in bearing the burden of helping those who need help in times of pain, distress, and difficulty. In terms of helping others who need help with life difficulties can be done through counseling activities. Counseling is a series of direct relationships with individuals whose purpose is to assist them in changing attitudes and behavior. (Willis 2010:12). It means that counseling as an effort to help individuals to be able to direct their lives in the right direction by changing every attitude and behavior or lifestyle habits that have been wrong, so that it becomes an obstacle to getting a better life. Because the lifestyle of the Simarleen villagers is still far from decent, it needs to be helped through counseling.

Counseling services can be implemented as a group and individually. Group counseling is an effort to provide assistance provided by a counselor to people who need to alleviate the problems being faced in the Prayitno group atmosphere (2013: 307). Furthermore, individual counseling has a specific meaning in the sense of a counselor meeting with individual clients,

where rapport counseling relationship occurs, and the counselor seeks to provide assistance for personal development of the client and the client can anticipate the problems encountered. guidance and counseling services that allow counselees to get direct services face to face (individually) with the mentor in the context of the discussion of alleviating personal problems suffered by the counselee (Willis 2010: 159). This research is focused on individual counseling. Why is this research focused on individual counseling services? Because more specifically, the goals of individual counseling are:

First, referring to the function of understanding, the purpose of counseling services is for clients to understand the intricacies experienced in depth and comprehensively, positively, and dynamically. If the villagers of Simarlelan follow the habit of forming a family in their teens (early marriage), then through individual counseling they are given an understanding in many ways about the impact of early marriage.

Second, referring to the alleviation function, the individual counseling service aims to alleviate clients from the problems they face. The problem has occurred in the lives of villagers that is more quantity but less quality. Birth increases but the quality of birth is absent. Why? As explained in the previous explanation that many villagers of Simarlelan were married at an early age, married adolescents did not have a good knowledge base for having a family, unstable personalities that often led to quarrels in the household, wives ran away from home, returned to their parents' homes run away not go home, because unable to solve problems in the old household did not go home turns out to remarry, then the understanding of caring for babies is also absent so that children born are born sometimes healthy and sometimes not, the health of the baby depends on the care of parents .

Third, seen from the function of development and maintenance, the aim of individual counseling services is to develop individual potentials and maintain positive elements present in the client, meaning that after individual counseling is implemented, the community automatically wants to change old attitudes to new life and naturally, and develop their own potential and become individuals who maintain the positive elements that exist in each of them (Sukardi 2008: 42-43).

From the explanation above, it can be concluded that individual counseling services are very meaningful for the community, through the implementation of individual counseling can increase and open the mindset of the community, especially young mothers not to repeat the inappropriate attitudes and behaviors that have happened in the past.

### **Early marriage and its influence in human development**

Marriage is a sacred bond between a partner, a man and a woman who is of a mature age. "The Lord God said: It is not good if man is alone I will make a helper for him, which is commensurate with him" (Gen.2: 18). Women were created by God to be partners who love and help men. As a partner he must jointly bear the responsibility of men and work together with him in fulfilling God's purpose for the lives of men and their families.

The age of normal marriage according to the National Population and Family Planning Agency (BKKBN) is 21 years for women and 25 years for men so those who marry under the age of 18 are unreasonable marriages because the age is immature, the intimate and reproductive organs are developing and mentally unstable. Generally, early marriages are conducted by young men and women who have not yet reached the ideal level to carry out a marriage. It could be said that they were not emotionally, financially established and physically and psychologically unprepared.

#### **Early marriage can affect humans in terms of:**

1. Physical

- a. Early marriage can affect physical development and growth because it is too quickl burdened with work to get income and the income obtained is used to meet the economic needs of the family.
- b. Early marriage can affect physical development and growth. Because physical burden is too fast with household chores that can drain energy such as: taking care of the house, giving birth and caring for children.

## 2. Psychological

Early marriage can affect the psychological development of husband and wife. Because husband and wife still have unstable personalities, they often experience mental turmoil because their emotions are still immature.

## 3. Health

Early marriage can affect the health of husband and wife. If the wife is pregnant and giving birth will be at high risk for her safety because women who give birth under the age do not enter the ideal age of pregnancy and childbirth.

### **Techniques for implementing individual counseling**

According to Prayitno, Individual counseling techniques can be done 1). Directive Counseling is an active counselor in giving questions about the problem being experienced by the client while providing assistance efforts for the problem being experienced. The client is accepting the treatment and decisions made by the counselor, 2). Non-directive counseling is an effort to help solve problems centered on the client. The client is given the opportunity to express his problems, feelings and thoughts freely; 3). Eclectic counseling (eclectic counseling) is a combination of directive and non-directive counseling means that the counselor and client are equally active in dialogue. These three techniques are used in the implementation of individual counseling because each individual who is counseled has a different personality. There are those who are open and easy to express their feelings and thoughts, but there are also those who have a closed personality, so that it becomes an obstacle in the implementation of counseling individually. However the client's counseling activities must continue to be carried out for better survival.

The implementation of individual counseling for young mothers in the village of Simarlelan with the following stages:

#### 1. Initial stage

The implementation of individual counseling begins with an invitation to speak, so that a conducive and meaningful relationship exists between the counselor and the client. Call to talk in the early stages of counseling by implementing an attitude of accepting and understanding client behavior positively and dynamically, listening to client questions and complaints carefully, and responding to clients well. At this early stage, the counselor also traces the problem of the individual/client in carrying out the household ark as a family married at an early age. Then in the initial stage the counselor has determined the problem faced by the client, namely early marriage as a factor in the emergence of various problems in married life and followed up with the implementation of counseling to explain the understanding of the effects of early marriage and efforts to overcome these difficulties/problems.

#### 2. Second stage

After knowing the focus of the problem or difficulty faced by the client, the counselor conducts counseling with various explanations about understanding the problems faced in life so that the client can finally understand the impact of the early marriage, recognize his potential and develop himself to the optimal level. After counseling, the client is expected to be able to overcome their life problems. In the implementation of counseling, it is expected that openness and honesty from the client so that all problems /difficulties can be overcome through individual counseling. However, the openness and honesty of the client does not

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escape from the counselor factor itself, namely when the client realizes that the counselor can be trusted by the client to maintain the confidentiality of individual/client issues, the counselor conducted counseling not because of coercion but because of reasons to help resolve his life problems.

### 3. Final Stage of Counseling

The final stage of the counseling activity makes conclusions about the results of the counseling process, evaluates the course of the counseling process and follows up; (Willis 2010) means that counseling must be processed until evaluation and follow-up activities, to ensure that the client / individual really has experienced self-development.

### **Research methodology**

This research was conducted in Simarlelan village, Muara Batangtoru sub-district, South Tapanuli Regency. With descriptive qualitative research methods, and aims to provide an understanding of the impact of early marriage for the community through the implementation of individual counseling. The subjects in this study were young mothers who had undergone early marriage as many as 15 people

To analyze the data that has been collected, the authors use a deductive and inductive thinking line, by putting forward Reflective thought patterns, namely thinking in the process quickly between induction and deduction, between abstraction and presentation To ensure the validity of data, information and information obtained from the field of researchers triangulation, namely: asking for input and responses from various parties relating to data, information, and information obtained about the lives of Simarlelan villagers.

The results of this study indicate that there are changes in attitudes and behavior of the community (especially young mothers) who have been counseled against their commitment to prefer schooling (education) rather than marrying their children out home, at an early age, and also an increase in knowledge in managing and caring the household (child and husband) is better.

## IV. Conclusion

Marriage is a sacred bond between a partner, a man and a woman who is of a mature age. "The Lord God said: It is not good if man is alone I will make a helper for him, which is commensurate with him" (Gen.2: 18). Women were created by God to be partners who love and help men. As a partner he must jointly bear the responsibility of men and work together with him in fulfilling God's purpose for the lives of men and their families. Early marriage can affect the psychological development of husband and wife. Because husband and wife still have unstable personalities, they often experience mental turmoil because their emotions are still immature. In such a problem, certain individual counseling is needed to overcome.

Individual counseling is one technique for changing attitudes and behavior for a better future. For the Simarlelan village community which is the location of individual counseling research is very useful, especially if it is done on an ongoing basis. Based on the results of this study it can be concluded that the mindset of the community in managing and looking at the future can be changed and shaped through continuous individual counseling activities.

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