

A Systematic Review: A Model of Social-Community Intervention to Reduce Early Marriage in West Nusa Tenggara

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Received: 21-11-2025 | Revised: 07-04-2026 | Accepted: 09-04-2026

ABSTRACT

Early marriage is a marriage that occurs at an age below the minimum limit regulated by law. Early marriage is a form of violation of the child's right to grow and develop. This problem is an important social problem in West Nusa Tenggara (NTB). This study aims to systematically review various social-community intervention models applied to prevent early marriage practices, especially in NTB. This research method uses a systematic review prepared using the PRISMA 2020 (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines. The stages of PRISMA 2020 are identifying, selecting, assessing, and synthesising literature. In this literature review, we identify the factors that cause early marriage, the types of social-community interventions, the implementing actors, and the interventions' impact. Therefore, the most effective intervention model for reducing the number and preventing early marriage is one that integrates social-community with legal education, and targets changes in values among figures who play a role as drivers of new norms to support the age of child marriage after maturity or regulation. This research can serve as a reference for developing a model of social-community intervention that addresses the root causes of early marriage.

Pernikahan dini adalah pernikahan yang terjadi pada usia di bawah batas minimum yang diatur oleh hukum. Pernikahan dini merupakan bentuk pelanggaran terhadap hak anak untuk tumbuh dan berkembang. Masalah ini menjadi persoalan sosial yang penting di Nusa Tenggara Barat (NTB). Penelitian ini bertujuan untuk meninjau secara sistematis berbagai model intervensi sosial-komunitas yang diterapkan untuk mencegah praktik pernikahan dini, khususnya di NTB. Metode penelitian ini menggunakan systematic review yang disusun berdasarkan pedoman PRISMA 2020 (Preferred Reporting Items for Systematic Reviews and Meta-Analyses). Tahapan PRISMA 2020 meliputi identifikasi, seleksi, penilaian, dan sintesis literatur. Dalam kajian literatur ini, diidentifikasi faktor-faktor penyebab pernikahan dini, jenis intervensi sosial-komunitas, aktor pelaksana, serta dampak dari intervensi tersebut. Oleh karena itu, model intervensi yang paling efektif untuk menurunkan angka dan mencegah pernikahan dini adalah model yang mengintegrasikan pendekatan sosial-komunitas dengan edukasi hukum, serta menargetkan perubahan nilai pada tokoh-tokoh yang berperan sebagai penggerak norma baru guna mendukung usia pernikahan yang sesuai dengan kematangan atau ketentuan regulasi. Penelitian ini dapat menjadi rujukan dalam pengembangan model intervensi sosial-komunitas yang mampu menysasar akar permasalahan pernikahan dini.

Keywords: systematic review, intervention models, social-community, early marriage

Introduction

Early marriage or child marriage is an important social problem in Indonesia, especially in areas that experience low socio-economic status and are influenced by powerful cultural norms. Early marriage is a marriage that occurs at an age below the minimum limit regulated by law. According to Law (Undang Undang) No. 16 of 2019, it is emphasised that the minimum age of

marriage is 19 years for men and women (Republic of Indonesia, 2019). Child marriage is a form of violation of children's rights to grow and develop (Badan Perencanaan Pembangunan Nasional/BAPENAS, 2020). Although Law No. 16 of 2019 has been revised to regulate minimum age restrictions, the rate of early marriage in Indonesia remains high, particularly in West Nusa Tenggara Province (NTB). NTB is the province with the highest percentage of early marriage in Indonesia, according to a report by Statistik Indonesia, which shows that the proportion of women aged 20 to 24 who are married or living together before the age of 18 in the region was 14.96 per cent in 2024 (Tempo, 2025). The problem shows that early marriage is a complex and systematic social phenomenon, not just a family problem.

Early marriage has a wide impact on a child's social, economic, and educational well-being. According to Ridwan and Husein (2025), the impact of child marriage is very broad and complex, including health impacts such as being prone to experiencing pregnancy and childbirth complications due to a body that is not biologically ready, educational impacts such as children dropping out of school and losing opportunities to develop, as well as social impacts such as the risk of experiencing domestic violence, social marginalisation, and intergenerational poverty. The impact of early marriage is also detrimental to women mentally, in uncertainty, causing trauma, anxiety, and even depression, so that children born from early marriage are also at risk of developmental and welfare disorders (Sany, Septiyana, Febrianti, & Mi, 2024).

Based on previous studies, it has provided an explanation of the issue of early marriage, which is an important concern, government policies, the impact of early marriage from various aspects, and several interventions from both the government and the community. Various government and non-government programs have been carried out in the prevention of early marriage, namely, socialisation and legal education (Azim, 2025), socialisation and education about early marriage (Maulana, 2025; Ridwan & Husein, 2025; Sany, Septiyana, Febrianti & Mi, 2024; Prasetyo et al., 2024; Ramdani, Sugiarti, & Anggraini, 2023), counseling to families and communities (Bili & Bello, 2025; Latifah, Bulkani & Junaidi, 2025; Rahim, Hulukati & Lakadjo, 2024), as well as socialisation and education on the importance of education (Lesmana, Sitepu, Wilianti & Alfariji, 2024), as well as socialisation and education about reproductive health in adolescents (Zagita, Dewi, & Hidayat, 2025; Su'adah, Oviani, & Khoriyati, 2023).

The government has also created a National Strategy for the Prevention of Child Marriage (Strategi Nasional Pencegahan Perkawinan Anak/ STRANAS PPA), which aims to reduce the rate of early marriage. According to BAPENAS, the Ministry of National Development Planning (2020), the first strategic goal is the realisation of STRANAS PPA nationally, which is aligned among stakeholders both at the central and regional levels, with the implementation of the acceleration of child marriage prevention. Various programs have been carried out to reduce the rate of early marriage, both by the government and non-governmental institutions. Although these efforts have shown a decline, they have not shown significant results, especially in regions such as NTB. The factors that cause these efforts have not shown results, namely, that they have not touched the social roots and cultural norms in the area. Because the role of community leaders, religious leaders and traditional leaders is very important in realising the goal of reducing the rate of early marriage, in this case, it is important to have a social-community intervention approach that addresses the root of the problem in the midst of society.

A social-community intervention approach is important because it involves all elements of society in identifying problems, designing solutions, and implementing early marriage prevention programs. Social Role Theory, as put forward by Eagly (1987), explains that

individuals can influence social change when they exercise a certain role in society, especially if they have the legitimacy of values such as religion. Meanwhile, the Community-Based Participatory Research (CBPR) approach developed by Israel et al. (1998) emphasised the importance of active collaboration between communities and program implementers in solving social problems. Therefore, this study was conducted to systematically review various social-community intervention models that have been applied in the prevention of early marriage practices, especially in West Nusa Tenggara (NTB). Through this systematic review, the researcher sought to identify the causative factors, the types of interventions that have been carried out, the implementing actors, and the impact of interventions on the prevention of early marriage. This review is expected to provide an overview of the effectiveness of various social-community intervention approaches that have been implemented, as well as a reference for formulating intervention models that are most relevant to the social, cultural, and economic context of the NTB community.

Methods

This systematic literature review was compiled using the PRISMA 2020 (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines. The 2020 PRISMA statement provides updated reporting guidance for a systematic review that reflects advances in methods for identifying, selecting, assessing, and synthesising studies (Page et al., 2021). The stages of the systematic review are as follows: (1) formulating focused research problems, (2) creating validated keyword combinations for related literature searches, (3) limiting related research to applying inclusion and exclusion criteria, and (4) combining in the form of systematic reporting of results (Steven & Lisana, 2025).

The formulation of the problem in this study focuses on the social-community intervention model to reduce early marriage in NTB, namely the factors that cause early marriage, types of social-community interventions, implementing actors and the impact of interventions or programs. Based on these problems, keywords have been found for literature searches, namely ("early marriage" OR "child marriage") AND ("social intervention" OR "community intervention" OR "community approach") AND ("West Nusa Tenggara" OR "Indonesia"). Then, the application of article screening with inclusion and exclusion criteria is carried out to obtain relevant and suitable articles for analysis, which is summarised in Table 1.

Table 1. Inclusion and exclusion criteria

Inclusion Criteria	Exclusion Criteria
Publications in 2020-2025.	Publication before 2020 or does not have a clear publication date.
Types of journal articles.	Types of SLR/Review/Commentaries.
There is a full text file.	No full text file.
Articles in Indonesian and English.	Articles in other languages, not in Indonesian and English.
There was a discussion of the social-community intervention model to reduce child marriage, there was a discussion of the factors that cause early marriage.	The research is not related to a model of social-group intervention to reduce early marriage, only to relate to early marriage in general.

Based on the systematic review process of PRISMA 2020 in this study, it can be explained that the literature search process is based on keywords that have been determined through Google Scholar, namely: the first stage is to identify literature that has been obtained from

searches, as many as 176 literature are identified, then the removal of inappropriate articles based on titles and abstracts, so as to obtain 30 articles. The second stage of screening or filtering involved deleting 5 articles that contained a social-community intervention model, 9 articles that were not in article form, 0 duplicate articles, and 0 articles without a DOI, leaving 16 articles selected. The last stage is the verification and selection of 16 articles based on the inclusion criteria that have been set, so that 16 articles have met the criteria. The following description of the identification process is shown in Figure 1.

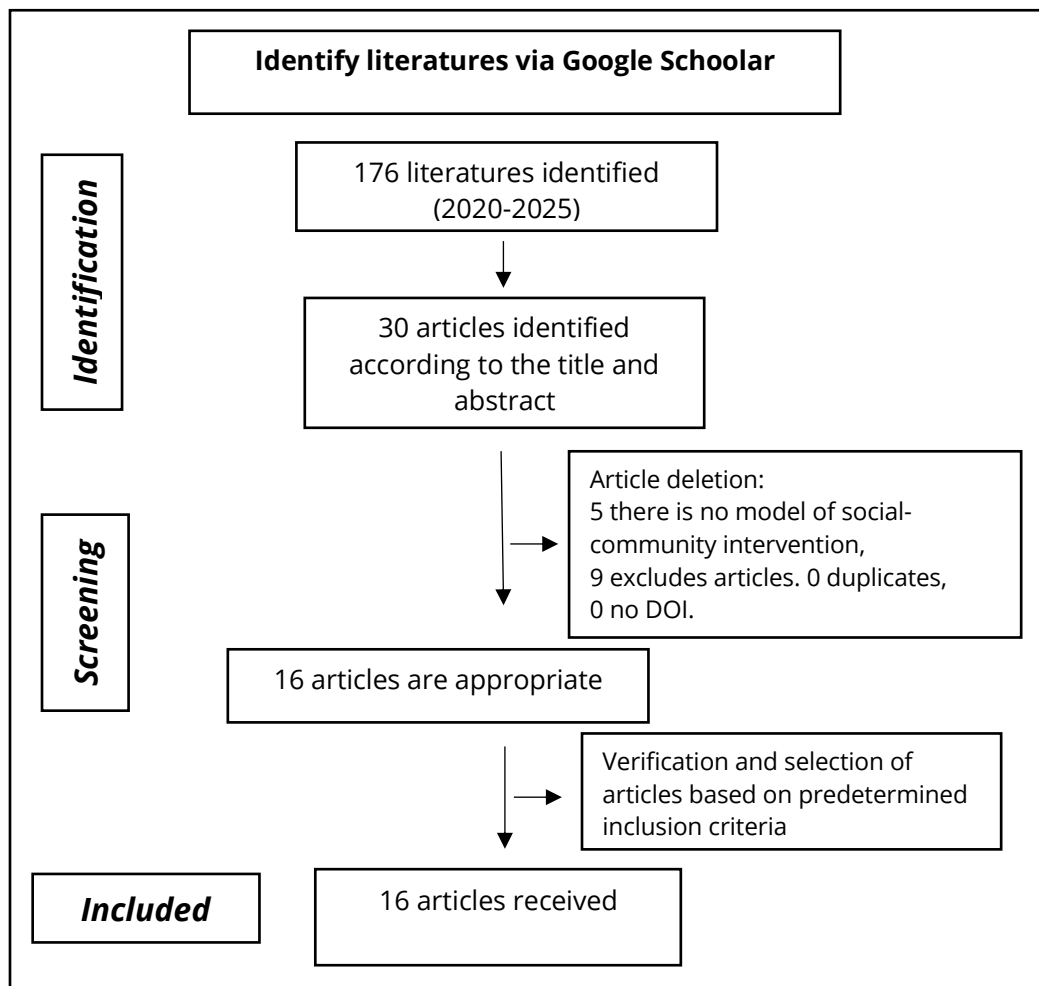


Figure 1. Search Process with the PRISMA 2020 framework

Result

The next stage, based on the PRISMA 2020 framework, follows the selection process: articles that meet the criteria are included in the analysis stage. The analysis has been carried out based on predetermined themes: factors that cause early marriage, types of social-community interventions, implementing actors, and the impact of interventions or programs. In Table 2, Table 3, Table 4, Table 5, and Table 6, the following describes the results of the analysis of the 16 articles.

Table 2. Description of 16 articles analyzed

No	Authors	Year	Tittle
1	Faizil Azim	2025	Implementation of Legal Protection for Early Marriage in Indonesia: Challenges and Solutions.
2	Csa Tedy Lesmana, Anggi Ef Sumana Br Sitepu, Refi Wilianti, Selvia, & Salman Alfariji	2024	Stimulating Educational Interest in the Regeneration of Ridogalih Village through Educational Assistance.
3	Sintia Bili, & Maria Florencia Yunita Bello	2025	Socialization of Building Family Harmony with Effective Interpersonal Communication in Pasir Putih Village.
4	Muhammad Abiedama Fahrezi & Ni Putu Gita Jayanti Savitri	2024	The Important Role of the Gajah Mada Genre People in Mojokerto City Prepares the Generation to Plan for a Golden Indonesia in 2045.
5	Yesti Zagita, Dwi Ratna Kartika Dewi, & Ibnusina Nur Hidayat	2025	Communication Strategy of the Social Campaign of the Ringkar Cakrawala Community in Building a Nationwide Expedition Program on Gili Ketapang Island in February 2024.
6	Fatkhiyatus Su'adah, Mila Oviani, & Salis Khoiriyati	2023	Optimizing the Role of Mothers in Child Care in the Digital Era: Implementation of Participatory Action Research Methods in Ngembat Village, Gondang, Mojokerto.
7	Rifka Fatchurrahmi, & Mutingatu Sholichah	2021	Pencegahan Kehamilan Tidak Diinginkan pada Remaja.
8	Muhammad Gazi Firman Maulana	2025	The Role of Family in Legitimizing Early Marriage in Central Lombok District: A Perspective Islamic Family Law.
9	Rifanto Bin Ridwan, & Muhammad Husein	2025	Development of the Curriculum of the Islamic Family Law Study Program Based on Community Needs for the Prevention of Child Marriage.
10	Winda Latifah, & Bulkani.	2025	The Role of the Central Kalimantan National Population and Family Planning Agency in Efforts to Reduce the Early Marriage Rate in Central Kalimantan.
11	Shofia Zumrhoatus Sany, Melinda Septiyana, Regita Satua Febrianti, Zahrotul Mi, & Rojiyah	2024	Education Early Age Marriage (Edlymar).
12	Amelia Siti Nurul Hamidah, Keisya Vania Putri Satuhu, Zalzabila Puteri Herdini, & Dian Fitriani Afifah	2025	Comparison of the Effectiveness of Indonesian and Indian Government Policies in Dealing with Child Marriage.
13	Budi Prasetyo et al.	2024	Empowering Adolescents to Improve Reproductive Health through the SAMBA (Bersama Remaja Tuban Bangun Bangsa) Program.

No	Authors	Year	Title
14	Maryam Rahim, Wenny Hulukati, & Mohamad Awal Lakadjo	2024	Empowering Adolescents through Premarital Guidance to Prevent Early Marriage in Piloliyanga Village.
15	Samsul Zali. (2024).	2024	Model of Community Guidance and Counseling Services for Early Married Couples in Loang Maka Village, Janapria District, Central Lombok Regency.
16	Rachmat Ramdani, Cucu Sugiarti, & Rizzka Aulia Anggriani	2023	Prevention of Early Marriage through the Youth Information and Counseling Center Program (PIK-R) at the Population Control and Family Planning Office of Karawang Regency.

Table 3. Description of the results of the analysis based on the factors that cause early marriage

No. Article	Factors Causing Early Marriage
1, 8, 9, 10, 11, 13, 14, 16	Cultural, customary, and religious norms.
8, 9, 10, 11, 13, 15	Social-economic conditions.
2, 3, 4, 9, 13	Low interest in education.
2, 5, 6, 7, 10, 11, 13	Knowledge about the dangers of early marriage and lack of reproductive health education.
4, 6, 7, 9, 13, 15, 16	Socializing, a lack of parental supervision, and family pressure.
10, 14	Legal and policy aspects.

Table 4. Description of the results of the analysis by type of social-community intervention

No. Article	Types of Social-Community Intervention
1, 3, 10, 12	Socialization and legal/regulatory education.
2, 3, 4, 9, 13	Education on the importance of education.
2, 6,	Education on the use of digital technology and life skills.
1, 2, 9, 11, 13, 14, 15, 16	Education on the dangers of early marriage.
5, 6, 13, 16	Education reproductive health and healthy lifestyle.
3, 4, 6, 7, 8, 9, 11, 13, 16	Strengthening the capacity of communities and families.
3, 10, 12, 13, 15, 16	Cross-sector advocacy and collaboration.

Table 5. Description of the results of the analysis based on the implementing actors in the activity

No. Article	Implementing Actors
1, 5, 6, 7, 8, 9, 10, 12, 14, 16	Government and official institutions.
1, 2, 3, 5, 6, 7, 8, 12, 14, 15, 16	Traditional leaders, religious leaders, community leaders, and local cadres.
1, 2, 3, 4, 6, 9, 10, 11, 13, 15,	Education and youth institutions.
1, 2, 3, 4, 6, 11, 13, 15,	Academics and professionals.

Table 6. Description of the results of the analysis based on the impact of the intervention or program

No. Article	Impact of an intervention or program
2, 3, 6, 10,	Increasing public awareness and knowledge regarding the importance of education and digital use.
1, 2, 3, 4, 5, 8, 9, 10, 11, 12, 13, 14, 16	Increased public awareness and knowledge about the risks of early marriage and reproductive health awareness.
3, 5, 6, 7, 11, 15	Strengthening the resilience of families, communities and behaviors that support public health.
6, 7, 13,	Increased awareness of the dangers of promiscuity.

Discussion

This study discusses a literature review of social-community intervention models to reduce early marriage in NTB. Some of the important points that are the focus of this literature review are the factors that cause early marriage, the types of social-community interventions, the implementing actors (i.e., the people involved in implementing the intervention or program), and the impact of the intervention or program. In this section, the researcher will present findings in groups based on a predetermined theme. First, the factors that cause early marriage are cultural and customary norms, socio-economic conditions, and legal and policy aspects. According to Azim (2025), strong cultural and customary norms, low socio-economic conditions, limited legal education and socialisation, and the influence of indigenous and religious leaders in society hinder the implementation of legal protection against early marriage. Maulana (2025) explains the influence of cultural values, economic pressures and moral considerations supported by the family, as well as the social and religious legitimacy that strengthens these practices. Furthermore, low interest and level of education, knowledge about the dangers of early marriage and poor reproductive health or healthy living, as well as socialising in an environment with less parental supervision, and pressure from parents. Low understanding of the dangers of early marriage, lack of interest in education, and limited access to digital information that makes people feel left behind in the digital world (Lesmana, Sitepu, Wilianti, & Alfariji, 2024), lack of good communication between parents and children (Fatchurrahmi & Sholichah, 2021), lack of knowledge, and control over sexual behaviour (Prasetyo et al., 2024). Of all these factors, many interventions or programs have been implemented; of course, in this case, the concern is to reduce and prevent early marriage among children.

Second, the types of social-community interventions or programs that have been carried out, namely socialization and legal/regulatory education, education on the importance of education, education on the use of digital technology and life skills, education on the dangers of early marriage, reproductive health education and healthy lifestyles, strengthening community and family capacity, and advocacy and collaboration across sectors. Socialization and legal education through discussions, capacity training of officials and community leaders (Azim, 2025), socialization and education on the importance of education and the use of technology (Lesmana, Sitepu, Wilianti, & Alfariji, 2024), provision of community education and counseling (Bili & Bello, 2025; Fahrezi & Savitri, 2024), educational programs through intergenerational discussions and workshops on reproductive health and healthy lifestyle applications (Zagita, Dewi, & Hidayat, 2025; Su'adah, Oviani, & Khoiriyati, 2023), as well as cross-sectoral education and counseling involving people and the community in mentoring programs (Ridwan & Husein, 2025; Latifah, Bulkani, & Junaidi, 2025). All forms of these

interventions and programs are certainly very useful and run well when all sectors take their respective roles.

Third, the implementing actors, namely the government and official institutions, traditional leaders, religious leaders, community leaders, local cadres, educational institutions, youth communities, academics, and professionals. In Azim's research (2025), it is shown that the roles of national and regional government institutions, law enforcement, traditional and religious leaders, civil society organizations, child protection institutions, and local communities are very important in implementing legal protections to prevent early marriage. Likewise, academics and professionals make significant contributions to the prevention of early marriage among children. Several studies involving academics and professionals, such as the research carried out by Prasetyo et al. (2024), which empowered adolescents to improve reproductive health through the joint program with adolescents Tuban Bangun Bangsa, are also in collaboration with the Health Office and educational institutions.

Finally, of course, some of the impacts of the interventions and programs that have been carried out are increasing public awareness and knowledge related to the importance of digital education and utilization, increasing public awareness and knowledge about the risks of early marriage and reproductive health awareness, strengthening the resilience of families, communities and behaviors that support public health, and increasing awareness of the dangers of promiscuity. According to Zali (2024), continuous efforts to live an ideal life and to reduce the rate of early marriage are expected in the education programs and counselling guidance services that are carried out. However, according to Latifah, Bulkani, and Junaidi (2025), although the program is already running, local cultural factors, social stigma, and educational limitations remain ongoing obstacles that need to be addressed. Likewise, Hamidah, Satuhu, Herdiani, and Afifah (2025) emphasised that despite the decline in the rate of early marriage, the practice persists due to legal loopholes and social norms that support patriarchal traditions.

Based on the explanation above, efforts to prevent early marriage through social-community interventions highlight the need for comprehensive, participatory interventions involving various sectors. Because the barriers to decline and prevention are very complex, rooted in customary norms and the influence of traditional and religious leaders. The inhibiting factors are exacerbated by limited knowledge of laws and regulations, limited knowledge of early marriage and reproductive health, and a lack of parental supervision and effective communication between children and parents, which impacts the family ecosystem. In this case, the next intervention requires closer integration between social-community-based education that touches the root of the problem.

Conclusion

Early or child marriage continues to represent a deeply rooted and multifaceted social issue in Indonesia, with West Nusa Tenggara (NTB) standing out as one of the most affected regions. Despite the implementation of Law No. 16 of 2019, which raised the minimum legal age of marriage to 19 years for both males and females, the persistence of early marriage indicates that legal reform alone is insufficient to address the problem. The phenomenon is closely intertwined with a range of structural and cultural factors, including poverty, limited access to education, entrenched traditional norms, and societal expectations that legitimize early marriage practices. These overlapping influences create a complex environment in which early marriage is not only tolerated but, in some cases, socially reinforced, making reduction efforts particularly challenging.

In response, a variety of social and community-based interventions have been introduced, encompassing public awareness campaigns, family and youth counseling, educational initiatives on reproductive health, and programs emphasizing the importance of continued education and life skills development. These interventions often involve collaboration among government agencies, community leaders, educators, and local organizations, contributing to gradual improvements in public knowledge and attitudes. However, the effectiveness of these efforts is frequently constrained by persistent legal loopholes and the strong influence of socio-cultural values that continue to shape community behavior. Therefore, addressing early marriage requires a more comprehensive and integrative approach that not only combines social-community engagement with legal education, but also actively promotes shifts in community values through influential local actors. Such an approach is essential to fostering sustainable social change and establishing new norms that support marriage at a more mature and legally appropriate age.

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