

The Trend Of Young Marriage: Positive And Negative Aspects

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Abstract

Over the past decade, a growing phenomenon among Muslim youth has emerged: the trend of early marriage. The influence of social media and religious encouragement to avoid immorality and promiscuity have made early marriage an ideal solution for Muslim youth. However, this has sparked debate over concerns about the emotional, economic, and social readiness of young couples, potentially leading to marital conflict and divorce. This research is crucial for an objective understanding of the impact of the early marriage trend. The purpose of this study is to identify and examine the factors contributing to the emergence of the early marriage trend and to analyze its positive and negative aspects. The method used in this study is a qualitative literature study, through a review of the Quran, Hadith, laws and regulations, and other scientific literature related to early marriage. The results indicate that the early marriage trend arises due to the influence of technological and information developments, family economic conditions, religious understanding, and social pressure. The positive side of this trend is that it can help adolescents avoid immorality, foster a sense of responsibility, and increase opportunities for procreation. The downside of early marriage is that it poses reproductive health risks, economic dependence, and emotional instability. In conclusion, early marriage can be a good choice if it's based on thorough preparation, including spiritual, physical, and financial readiness. However, without such preparation, this trend can lead to various social and psychological problems, necessitating a thoughtful understanding of the phenomenon of early marriage.

Keywords: Young marriage trend, social phenomenon, positive aspects, negative aspects

Introduction

A marriage usually begins with a relationship between two people, and the growth of love between them, followed by a desire to commit to one another. The primary hope of a couple getting married is to achieve happiness. The affection that each partner has will create a harmonious relationship that will eventually end in happiness. Besides hope for happiness, marriage is also expected to be able to realize various other hopes like; passing on offspring, forming a harmonious family (sakinah, mawaddah, wa rahmah), and making a person better in the future (Warsah, 2020).

A blissful marriage is certainly everyone's dream, so it's no surprise that many young people decide to marry at a relatively young age. In Indonesia, the average age for marriage for men and women is between 20 and 25 for women and 25 and 30 for men.

The average age of marriage is 22.3 years for women and 25.7 years for men. Interestingly, a new trend has recently emerged that contradicts previous trends, especially for men, namely the trend of getting married young (Indriana AS, 2018).

Referring to previous trends, we find that men married between the ages of 25 and 30, which was the normal age for men to marry at that time. A recent trend or phenomenon, namely the trend of early marriage, shows that men are marrying at an earlier age than the previous trend, namely under 25, or what can be called marriage in adulthood. (18 – 25 years) (Indriana AS, 2018). For urbanites, the current trend for young marriage is between the ages of 18 and 24, which is considered young adulthood.

Theoretically, the transition period from adolescence to adulthood adulthood occurs from the age of 18 to 25 years. During this period individuals tend to be more conduct experiments and exploration. Individuals will begin to think and explore his career path is thinking about wanting to be an individual and have a lifestyle according to his wishes, whether to be single or live with a partner. Marriage at a young age often occurs because individuals think emotionally, based on mutual love and ready to get married, whereas actually married life also requires emotional and thought maturity in facing and controlling the nature of marriage and the role that parents will play (Yunianto, 2018).

With the significant influence of social media and the push to avoid immorality and promiscuity, the trend of early marriage has become the best solution for Muslim teenagers to avoid these issues. On the one hand, this has sparked debate regarding their readiness for marriage or married life. The call to marriage and the trend for early marriage on social media tend to be narrow and textual, often ignoring the requirements of emotional maturity and social responsibility for teenagers. The readiness of young couples, including emotional, economic, and social readiness, has the potential to lead to conflict and future problems if they decide to marry without thorough preparation.

Early marriage can negatively impact the married life of the couple involved. The relatively young age of the individuals and the marriage based solely on love without mental and material readiness will have a negative impact on the married life. Youth is also the cause of many decisions taken based on emotions or in the name of love which makes them act wrongly, so it is undeniable that many young marriages end in separation or divorce. (Utami FT, 2015).

Several previous studies have examined the issue of early marriage. First, Ahsanul Fahmi's research. (Ahsanul Fahmi, 2024) This study examines young marriage from the perspective of Quranic interpretation and family psychology. This study discusses the basis for recommendations for carrying out young marriage, the frequently used arguments are the Quranic verse An-Nur verse 32 and An-Nisa verse 6. This study attempts to balance the understanding between religious norms and psychological-emotional aspects with the aim that the meaning of young marriage is not normatively biased.

The conclusion of this study is that early marriage is not merely a normative matter but must be understood comprehensively, taking into account emotional, psychological, social, and economic readiness. Verse 32 of Surah An-Nur cannot be used as absolute evidence for advocating early marriage, as the following verse, verse 33, explains that those who are not yet capable of marriage should refrain from doing so. The key to a successful marriage is emotional and mental maturity.

Second, Arbi Winarko's research (Arbi Winarko, 2025) This study examines the comparative rules and practices of child marriage in Indonesia and Malaysia from the perspective of Islamic law and child protection laws. The main issue of this study is the inequality of the minimum age of marriage and the legal efforts of both countries to protect children from early marriage practices. The conclusion of this study is that in Islamic law the age limit is not explicitly regulated but the principle of maturity (*baligh*) is the main basis, Indonesia and Malaysia both adjust their regulations by setting a minimum age of marriage and integrating it with the principle of child protection. The main factors causing the high level of child marriage in both countries are cultural factors, economic factors, arranged marriages, and religious understanding.

Third, Doni Azhari's research (Doni Azhari, 2022) This study discusses early marriage from the perspective of religious law and positive law, where early marriage is a social phenomenon that occurs due to economic factors, culture, and lack of education. Religious law allows for interpretation with two understandings: one permitting it with the condition of puberty and the other requiring maturity. Meanwhile, Indonesian positive law strictly regulates the minimum age for marriage at 19 years to maintain family stability. A teenager requires education, socialization, and the active role of the family to understand the importance of physical and mental readiness for marriage.

This study differs from previous research in that it focuses on the growing trend of early marriage among Muslim youth, a solution for them to avoid immorality and

promiscuity. This has led to a debate about the pros and cons, with both positive and negative aspects being discussed and compared. The discussion will focus not only on comparing the positive and negative impacts, but also on the underlying factors that led to this trend. This research is important to conduct in order to objectively understand the impact of the young marriage trend, so that ultimately young people can take wise steps regarding the phenomenon or invitation to marry young.

Based on this background, the author is interested in further discussing how this trend of early marriage emerged, leading to the attraction of many young people to marry young, as well as the positive and negative aspects of this trend or phenomenon of early marriage. This research is crucial for objectively understanding the impact of the early marriage trend, allowing us to ultimately determine our stance on this growing trend.

Method

This research uses a descriptive analytical approach, explaining the phenomenon of early marriage descriptively, outlining the social, cultural, and religious backgrounds that influence the growth and development of this trend or phenomenon. This research is a library research study that focuses on the analysis of existing scientific literature and theoretical studies of the themes discussed. (Sugiyono, 2017) The data sources used in this study are literature relevant to the topic discussed, such as books, journals, or scientific articles related to the topic. The data collection technique used involves searching for information from relevant books, papers, articles, and journals. The main objective of this paper is to compare the positive and negative aspects of the young marriage trend and to provide a normative overview of young people's readiness to build a household.

Results And Discussion

A. The Meaning of Marriage and the Trend of Young Marriage

The word "nikah" comes from the Arabic word "nakaha," meaning to marry. Etymologically, "nikah" means sexual intercourse or mingling. Terminologically, "nikah" is a contract that grants the right to have marital relations between a man and a woman and the fulfillment of their obligations. (Basri, 2019). In general, marriage is interpreted as a strong bond (mitsaqan ghaliza) between a man and a woman to build a happy family with certain conditions determined by religion. (Mandailing, 2015).

In the Great Dictionary of the Indonesian Language, marriage means an agreement between a man and a woman to form a family. In the Quran, the word "nikah" (meaning "to unite") is mentioned 23 times, and "zawaja" (meaning "to pair") 80 times.

Linguistically, marriage means the coming together or pairing of two people who previously lived alone into one unit within a community called a family.(Basri, 2019).

The Marriage Law refers to the word marriage as marriage, which means a physical and spiritual bond between a man and a woman as husband and wife with the aim of forming a happy and eternal family (household) based on the belief in the One Almighty God.(Law (UU) Number 1 of 1974 concerning Marriage, 1974). The formulation of this first article illustrates how important a marriage is not only to create a happy and eternal family according to worldly, physical and material standards, but a marriage that includes aspects of happiness and eternity according to the standards of the hereafter.

Islam itself strongly encourages its adherents to marry those who are able to do so. For those unable to do so, fasting is recommended as a way to restrain their desires, as fasting reduces biological and sexual pressure. Fasting is also an act of worship that serves as a shield against sin. The Prophet Muhammad (peace be upon him) said,(Hajjaj, 2013):

يا معشر الشباب من استطاع منكم الباءة فليتزوّج، فإنّه اغض للبصر و احصن للفرج. و من لم
يستطع فعليه بالصوم فإنّه له وجاء

"O young men, whoever among you can afford to marry, let him do so. It is more effective in lowering the gaze and guarding one's chastity. Whoever cannot afford to marry should fast, for fasting serves as a shield against lust."

A person who is going to get married must have a complete knowledge and preparation, because he or she will be living a new life and facing new regulations related to marriage. New responsibilities in building a household are something that couples who decide to marry will face. Fulfilling each other's duties and responsibilities well between husband and wife will greatly determine how their household life will be in the future. Every person who marries hopes to live happily and create a family that can lead to peace and an abundance of grace and love (sakinah, mawaddah, wa rahmah). Allah says (QS. Ar-Rum: 21):

و من ءاياته أن خلق لكم من أنفسكم أزواجا لتسكنوا إليها و جعل بينكم مودة و رحمة.....

"And among the signs of His power is that He created for you wives from among yourselves, so that you would be inclined and feel at ease with them, and He made between you feelings of love and affection."

By looking at the verse above, it can be understood that marriage is a bond. To create a strong and solid bond, it must be based on thorough preparation to create a family that is peaceful, loving, and compassionate. To create a harmonious and peaceful family, the marriage must be of good quality. One of the factors that greatly influences the quality of a good marriage is the age at which the couple marries. According to marriage law, the concept of a happy and eternal family can be realized if (Law (UU) Number 1 of 1974 concerning Marriage, 1974):

- a. Each bride and groom carry out their marriage sincerely with the intention of worship and fulfilling all the procedures and requirements set by their religion.
- b. Each party is an adult, physically and mentally mature (male 19 years old, female 16 years old).
- c. Not divorced
- d. Have one husband and one wife
- e. Carried out according to religious law
- f. Love each other, care for each other, and each can develop their personality.

As stated above, the law envisions a happy and lasting family, including the age of the couple to marry. The more mature the couple, the more mature they will be mentally, physically, and spiritually to face life's challenges. If both partners are considered immature, there's a risk they won't be ready for married life or family life in the future.

Some literature explains that there are no standard provisions regarding a person's maturity for marriage, but in general, a person is considered mature and ideal for marriage if they are over 20 years old for women and 25 years old for men. (Rohman, 2016). In other literature it is also explained that In general, the age of marriage for women is 20 – 25 years and 25 – 30 years for men.

Age at marriage has a strong influence on the family environment. Those who marry at an inappropriate age tend to be unable to address the challenges that arise within the family. Consequently, the marriage is more likely to experience problems and ultimately end in divorce. This is due to the lack of physical and mental readiness of the couple to face the various challenges of married life. (Akhiruddin, 2016).

Marriage is an important aspect of human life. Like clothing, it has ever-changing fashion trends. In the past, we knew the story of Siti Nurbaya as a depiction of arranged marriages, a common practice. With the advancement of technology, this trend has faded and been replaced by another phenomenon that today's youth consider more suitable: the trend of marrying young. (Utami FT, 2015).

Early marriages often occur during puberty, as adolescents are highly susceptible to sexual behavior. They also frequently occur because adolescents engage in emotional marriage, believing they are in love and ready to marry. Another contributing factor to early marriages is parental matchmaking, as some parents seek to protect their children from the increasingly rampant promiscuity that exists today.(Utami FT, 2015).

Early marriage itself has the meaning of a physical and spiritual bond between a young man and woman who have not yet reached the ideal level for marriage, meaning marriage that occurs before entering adulthood. Mohammad Fauzil Adhim in his book entitled "The Beauty of Early Marriage," states more specifically that early marriage is marriage that occurs while still in college. Society itself views early marriage as a marriage that does not show maturity, is still economically dependent on parents and is not yet financially independent, in other words, is not yet able to earn their own income.(Adhim, 2003).

The phenomenon of early marriage has been around for the past ten years and is becoming widespread among teenagers. This trend first developed among Muslim study groups, with some promoting early marriage as a solution for young people. This enthusiasm is based on Quranic verses explaining that marriage is one way to prevent adultery caused by dating behavior. Despite this assertion, further research is needed to determine the effectiveness of this trend if implemented.(Wahyuningtyas, 2018).

The phenomenon of marrying at a young age has become a growing trend among young people. Several factors underlie this trend, including:(Faizal, 2018):

a) Development of information technology

The openness of today's information age has somewhat shifted the mindset of parents and society towards a more democratic one, particularly regarding the issue of child marriage. While previously the parents' choice, now full sovereignty rests with the child. While parental considerations sometimes influence the final decision, ultimately the child retains full control over themselves. It's no surprise that many teenagers find it easier to marry at a young age.

b) Economic conditions

A common symptom often arises from the daughter's parents, who are no longer able to support their daughter, making early marriage a solution to reduce the burden of living expenses. In some cases, beautiful children can even become the initial capital for social mobility. For example, among some Bugis people, a child's beauty is still considered a powerful factor in acquiring wealth through the dowry mechanism.

c) Understanding religion

Religious studies explain that young people have strong sexual desires and that restraining them is difficult. Therefore, one way to channel these desires effectively is through marriage. Marrying at a young age is considered the best way to avoid sins such as adultery that arise from dating. This has given rise to the common phrase "if you don't want to commit adultery, then get married." It's no surprise that seminars and studies on young marriage have proliferated recently and become a favorite among young people. In fact, young marriage has now become a social movement, evidenced by the presence of various pro-young marriage and youth migration communities, such as "Indonesia Tanpa Pacaran" (Indonesia Without Dating), "Gerakan Nikah Muda" (Young Marriage Movement), and others.

d) Social media

The proliferation of social media platforms has become a powerful factor in promoting this phenomenon or trend. The powerful influence of social media makes it very easy for this trend to spread. For example, if a celebrity or public figure marries young or speaks out about the virtues of early marriage, the potential for change is felt by their followers. Even if their followers are small, at least they will have the desire to marry soon.

The factors outlined above demonstrate that the trend of early marriage is highly volatile, and a thorough understanding of how to respond to it is crucial, especially for young people, to understand this evolving phenomenon. Marriage isn't something that can be determined solely by looking at current trends; rather, it's a sacred and consequential undertaking that requires mental and physical preparation.

The trend of getting married young is often caused by individuals thinking emotionally, based on feelings of mutual love and being ready to get married, whereas in reality, married life also requires emotional and mental maturity in facing and controlling the nature of marriage and the role of parents that will be assumed.

According to Utari, couples who marry young are still emotionally unstable, because it is feared that the individual is not yet psychologically ready.(Indriana AS, 2018)Theoretically, the transition period from adolescence to adulthood occurs between the ages of 18 and 25. During this time, individuals tend to experiment and explore more. Individuals begin to think about and explore their career paths, consider what kind of individual they want to be, what kind of lifestyle they want to have, and whether they will be single, live in a relationship, or marry.(Indriana AS, 2018).

In general, young marriages based solely on love without mental and material preparation will have a negative impact on married life. At a young age, many decisions are made based on emotion or in the name of love, leading to wrong actions. The high number of young marriages is directly proportional to the high divorce rate. Divorce cases are a result of the young age of the couple when they decide to marry, but the reasons for divorce are certainly not due to early marriage, but rather to educational, economic, and other reasons. These problems are one of the consequences of marriages entered into without maturity in age and psychology.(Utami FT, 2015).

Apart from the phenomenon of young marriages that end in separation, it has also been found that couples who marry young actually feel happier, are psychologically healthier and have a harmonious family.(Wardoyo, 2018). One of them is the story of a young woman named Sally Giovani, a woman from Cirebon, married at the age of 17, right after graduating from high school. She decided to marry at a young age because she didn't want to burden her parents, who were from a broken home. She didn't want to make it difficult for her mother to support herself, especially for college fees. Sally married a young man named Ibnu Rianto, who was also 17 at the time. Sally is a shroud seller, and she and her husband continued to develop the business to meet their living expenses. Until finally, their business ran smoothly and successfully.

After overcoming various obstacles and struggles in life, the ups and downs of their business, they finally reached the stage where they had their own boutique shop, Batik Trusmi, which continues to grow rapidly until now and has opened a showroom specifically for batik on an area of 1.5 hectares. They said that this success is the result of patience between the two of them in living their household life, and an attitude of not easily giving up on life. Of course, they support each other in the household so that they can realize their own version of happiness.

The above explanation demonstrates that early marriage not only has negative aspects but also positive aspects for the couples involved. This explanation of both aspects aims to determine the effectiveness of this young marriage trend as a growing phenomenon among teenagers and is expected to provide readers with insight into how to respond wisely to the trend of calls for early marriage.

B. Positive Aspects of Young Marriage

The current phenomenon of early marriage raises a major question: why this trend is growing among young people, and why many are choosing to marry at a relatively young

age. Early marriage itself is often viewed as an inappropriate decision. done looking Psychologically, young people and even teenagers are still not able to control their emotions in a mature manner, which concerns their future life after marriage.

Young marriage, which has long been synonymous with negative aspects of its implementation, actually has positive aspects that can be considered by teenagers who want to carry it out. The following are several positive aspects of the phenomenon or trend of young marriage.(Aakhiruddin, 2016):

1) Avoid immoral acts.

The decision to marry young provides space to be free from promiscuity where the aim of marriage is to form a family that is peaceful, loving and compassionate. Marriage is carried out based on love and affection for one's partner and is also a good way to channel sexual needs between men and women so that young marriage can reduce the risk of committing sins related to free sex and other sins related to relationships between men and women.

2) Lighten the burden of life for one party in the family or both parties.

The decision to marry young can also help one of the parties to survive, meaning that their life will not be neglected because with this marriage the burden on the family will be slightly reduced, because it could be that the daughter is the responsibility of the man.

3) Learn to be responsible

Couples who decide to marry at a young age will learn to be responsible for their family. A married life, consisting of a husband and wife, each with their own responsibilities and consequences, will allow them to grow to respect and be responsible for one another.(Abbas, 2019).

4) Better chance of having children

Those who decide to marry at a young age have a greater chance of having children. Being young increases the chances of having children, as the older a person is, the more likely they are to have children. difficult to give birth. Besides that When their children were born, they were not too far apart in age, allowing them ample time to care for and play with them. The young age of the couple meant they had more energy to devote to caring for their children, as raising children requires a significant amount of energy.

5) Customs that develop in society

Some communities still adhere to customary laws or customs that significantly influence daily social life. Someone who decides to marry young is considered "successful" by society, meaning they have avoided the negative perceptions prevalent in that society, such as being a bachelor or spinster. When a daughter is born and she doesn't marry quickly, she becomes the subject of gossip in the community. Parents of daughters will often marry them off as soon as possible to avoid being the subject of gossip.

The recent trend of marrying young, which has become popular among some young people, actually has positive aspects that are beneficial for the couples who choose to marry young. These positive aspects have a significant impact on both the personal lives of those who decide to marry young and their future marital life.

C. Negative aspects of young marriage

Life after marriage requires significant effort and involvement from both husband and wife to create the harmonious and desirable family. Agreements, good communication, and a flexible attitude to adapt between partners will significantly influence the continuity of married life. Furthermore, socialization with the surrounding environment also determines harmony within the household. Marriage has a series of psychological characteristics, one of which is that married life requires husband and wife to adapt to each other. (Chotimah, 2017).

Early marriage often falls short of societal expectations. Many young men and women marry at a young age simply out of fleeting feelings of love (erotic love). This leads to numerous marriages that are formed without adequate physical, psychological, and social preparation. (Aakhiruddin, 2016).

The phenomenon of early marriage is often associated with negative perceptions of the practice and its impacts, leading to many societal assumptions about the practice. Here are some explanations regarding the negative aspects of early marriage:

1) Biological Aspects

A teenager who decides to marry young must assess their biological readiness. This concerns the health of their reproductive organs. Adolescents approaching adulthood have reproductive systems that are still maturing, so they are not yet fully prepared for sexual intercourse with a partner. If forced to marry, this carries significant risks, such as sexual trauma and health risks like uterine cancer and other conditions. Women who marry under the age of 20 are particularly vulnerable to or at

risk of developing uterine cancer.(Erdiansyah, 2024). In addition, several other risks, such as depressive neuropathy, extensive tearing of the uterine wall, and infections, can harm the reproductive organs and have detrimental effects on both the child and the mother.

2) Psychological aspects

Mental maturity is essential for couples contemplating marriage. A person who decides to marry as a teenager has the same responsibilities as an adult. The challenges they will face in a marriage require mental preparation, such as financial issues, inter-partner responsibilities, and the prospect of having children.(Nurwati, 2020). A teenager tends to lack emotional maturity, and unstable emotional control can lead to conflict in the household and unpreparedness in resolving problems faced in married life.

3) Sociological aspects

A teenager who decides to marry at a young age usually remains dependent on their parents for household needs. This can negatively impact their social life, both within their own household and within their extended family.(Burhanusyihab, 2025). A person who decides to marry must be responsible for the decision they have made. If in reality, marriage only adds to the burden on the family, then the marriage that is carried out risks being disharmonious and seems to be a burden for parents and the extended family.

A marriage will encounter various problems that require maturity in handling them. Therefore, marriage is not seen as merely material readiness, but rather mental readiness and maturity in problem-solving are essential. Couples who marry young tend to be less stable in controlling their emotions, which will affect their married life, especially in resolving family problems. A couple's inability to resolve household problems will lead to various other problems that can ultimately lead to separation or divorce.(Yuri, 2018).

The purpose of marriage itself is very noble for life in this world and in the afterlife, in marriage there is a moral and scientific commitment that is very valuable for life. Good wedding preparations are highly recommended for couples who are getting married, because they will be living a new life where there are new responsibilities and rights and obligations regarding worldly and spiritual life.

The growing trend of early marriage among teenagers carries significant risks if not properly understood. Teenagers, who are still unstable and unable to properly control their emotions, are feared to lead to misunderstandings about the meaning of marriage. It is

feared that adolescents' lack of understanding in responding to this phenomenon will result in the loss of the sacredness of the true meaning and practice of marriage. A sound understanding and knowledge will be invaluable in addressing this growing phenomenon.

This explanation of the positive and negative aspects of early marriage provides an overview of the potential impacts that can arise when someone decides to marry young. Good decision-making and a positive attitude regarding this phenomenon will be crucial for maintaining the sanctity of marriage and upholding its primary purpose: establishing a harmonious, loving, and compassionate family, and achieving lasting happiness until the end of life.

Conclusion

Marriage is a form of worship in which a man and woman enter into a marriage contract with the aim of achieving a life of *sakinah* (peace and tranquility), *mawaddah* (mutual love and affection), and *warahmah* (a life blessed by Allah). The term *nikah*, which is often used in Indonesian, actually comes from Arabic, which etymologically means the word *nikah* has two meanings: an agreement or contract and sexual intercourse or gathering. (Akhiruddin, 2016).

Over time, marriage has undergone various changes, one of which is the trend of early marriage, which has recently become a hot topic among teenagers. While previously associated with negative aspects, early marriage actually has positive aspects that can be utilized in practice. Adolescence itself is the transition between childhood and adulthood. This period is also considered a transitional period, meaning individuals must resolve an identity crisis between identity discovery and identity confusion. Sociologically, this occurs between the ages of 12 and 20.

Early marriage itself has advantages and disadvantages that can be considered by the community, especially young people who want to do it. Therefore, knowledge about this is very necessary to respond to this trend. It is hoped that by knowing both aspects, both positive and negative, it can become an additional treasure of knowledge and provisions to face the development of this trend in the future.

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