



## Early Marriage among Adolescents in Oenino Village, Oenino Subdistrict, South Central Timor Regency, and Its Implications for Family Guidance and Counseling Programs

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**Abstract:** This study examines early marriage among adolescents in Oenino Village, Oenino Subdistrict, South Central Timor Regency, and its implications for family guidance and counseling programs. This practice remains widespread and constitutes a serious social problem in the area. The study addressed three questions: (1) what factors cause early marriage among adolescents; (2) what impact early marriage has on their marital, family, health, psychological, and social conditions; and (3) how early marriage implicates family guidance and counseling programs. This study employed a qualitative descriptive method with 20 research subjects selected through purposive sampling: 10 adolescents who underwent early marriage, 9 parents of the couples, and 1 village official. Data were collected through semi-structured interviews and documentation study, then analyzed through data reduction, data display, and conclusion drawing, with source triangulation used to establish data validity. The results show that early marriage in Oenino Village is driven by three interrelated factors: family economic hardship, weak parental supervision that in some cases led to premarital pregnancy, and strong customary norms that regard early marriage as ordinary. Early marriage was found to affect marital relations through conflict and domestic violence, to increase the family's economic burden, to raise health risks such as postpartum hemorrhage and child stunting, to cause psychological pressure following school dropout, and to restrict adolescents' social freedom, particularly for girls. These findings imply the need for a planned and structured Family Guidance and Counseling program, delivered through collaboration among the village government, customary and religious leaders, and related health and education institutions.

**Keywords:** Early marriage; adolescents; family guidance and counseling

**Abstrak:** Penelitian ini bertujuan untuk mengetahui faktor-faktor penyebab, dampak, dan implikasi pernikahan dini pada remaja di Desa Oenino, Kecamatan Oenino, Kabupaten Timor Tengah Selatan bagi program bimbingan dan konseling keluarga. Fenomena ini masih banyak terjadi dan menimbulkan persoalan sosial yang serius. Permasalahan penelitian ini adalah: (1) apa saja faktor penyebab pernikahan dini pada remaja; (2) apa dampak pernikahan dini terhadap kehidupan suami istri, keluarga, kesehatan, psikologis, dan sosial remaja; serta (3) bagaimana implikasinya bagi program bimbingan dan konseling keluarga. Penelitian ini menggunakan metode deskriptif kualitatif dengan subjek berjumlah 20 orang yang dipilih melalui purposive sampling, terdiri atas 10 remaja pelaku pernikahan dini, 9 orang tua pasangan, dan 1 aparat desa. Data dikumpulkan melalui wawancara semi terstruktur dan studi dokumentasi, kemudian dianalisis melalui reduksi data, penyajian data, dan penarikan kesimpulan, dengan triangulasi sumber sebagai uji keabsahan data. Hasil penelitian menunjukkan bahwa pernikahan dini di Desa Oenino dipengaruhi oleh tiga faktor yang saling berkaitan, yaitu faktor ekonomi keluarga, faktor orang tua yang tercermin dari lemahnya pengawasan pergaulan anak, serta kuatnya adat istiadat yang memandang pernikahan dini sebagai hal wajar. Pernikahan dini berdampak pada konflik dan kekerasan dalam rumah tangga, bertambahnya beban ekonomi keluarga, risiko kesehatan berupa pendarahan saat melahirkan dan stunting, tekanan psikologis akibat putus sekolah, serta terbatasnya kebebasan sosial remaja, khususnya perempuan. Temuan ini mengimplikasikan perlunya program Bimbingan dan Konseling Keluarga yang terencana dan kolaboratif bersama pemerintah desa, tokoh adat, tokoh agama, dan instansi terkait.

**Kata kunci:** Pernikahan dini; remaja; bimbingan konseling keluarga

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| <b>COPYRIGHT:</b> | © 2026 Titi, et al. Open access under the <a href="https://creativecommons.org/licenses/by-sa/4.0/">Creative Commons Attribution-ShareAlike 4.0 International License (CC BY-SA 4.0)</a> .                                                                                                                                                                                                 |

## Introduction

Marriage is a bond formed by a man and a woman to build a household, ideally when both parties possess sufficient physical, mental, and emotional maturity to carry out that responsibility. Early marriage, by contrast, is marriage that takes place among individuals below the age of 20 who are generally not yet physically, mentally, or socially prepared for married life (Ardy & Ibrahim, 2023). Law Number 16 of 2019 concerning the Amendment to Law Number 1 of 1974 on Marriage stipulates in Article 7 paragraph (1) that marriage is only permitted once both the man and woman have reached the age of 19, reflecting the state's concern for preventing the negative effects of early marriage on adolescents' physical, psychological, and social wellbeing.

Data from the Central Statistics Agency (Badan Pusat Statistik/BPS) show a declining national trend in the percentage of women aged 20–24 who were married or living together before the age of 18: 9.23% in 2021, 8.06% in 2022, 6.92% in 2023, and 5.9% in 2024 (BPS, 2024; Kementerian PPPA, 2024). Despite this national decline, early marriage continues to occur in various regions, including South Central Timor (TTS) Regency, the location of the present study.

Boahen and Yamauchi (2018) found that early marriage is still regarded as acceptable in rural areas where customary values remain strong. Wijayati et al. (2017) identified family economic conditions, community beliefs, culture, and peer influence as contributing factors, a view reinforced by Muntamah et al. (2019), who described unstable family economies, low education, immature personal desire, permissive social behaviour among adolescents, and enduring customs as interrelated causes of early marriage. Syalis and Nurwati (2020) similarly reported that early marriage is widespread in developing countries, including Indonesia, driven by economic hardship, low education, and parental coercion.

According to Marsela and Supriatna (2019), adolescents are individuals in the process of developing toward maturity who still require guidance because they have limited understanding of themselves, their environment, and how to direct their own lives. Lacking stable personality and mature judgment, adolescents are prone to hasty decisions without considering long-term consequences, including the decision to marry young. Adolescents who marry early end up carrying a double burden – the role of spouse and, soon after, of parent – at a stage when they should still be completing their education, forming a self-concept, and developing the social skills needed for adult life (Muntamah et al.,

2019).

This lack of readiness produces serious

consequences. Married adolescents commonly experience psychological pressure that affects not only the sustainability of their marriage but also the parenting patterns they later adopt, ultimately lowering overall family wellbeing (Syalis & Nurwati, 2020). Because the decision to marry young almost always involves the family, particularly parents, family guidance and counseling plays a crucial role in addressing the problems adolescents face, given that the family is the first and primary system shaping an individual's behaviour, values, and decision-making patterns (Fatmawati et al., 2024). Family guidance and counseling helps family members become aware of dysfunctional relational patterns and build new ways of interacting to resolve the problems they face (Ulfiyah, 2021); in the context of early marriage, it can help parents understand the negative impact of the practice on their children's development and encourage them to take a more responsible role in decisions concerning their children's future. Willis (2011) further emphasizes that family counseling aims to help family members function optimally in their respective roles – including the parental role of accompanying adolescents through their developmental stages – while strengthening open, empathetic, and trusting communication so that adolescents no longer resort to shortcuts such as early marriage to resolve personal problems.

Preliminary observations and interviews conducted during a community service program (KKN Gentaskin) in August 2025 in Oenino Village, Oenino Subdistrict, South Central Timor Regency, found approximately ten adolescents who had married between the ages of 15 and 18. Interviews with community figures, parents, and the adolescents themselves revealed that this practice is generally triggered by weak family economic conditions, local cultural influence, limited access to education, and adolescents' insufficient understanding of the risks of early marriage. Most of the ten adolescents, particularly the girls, were forced to drop out of school and now live in difficult socio-economic conditions.

These conditions indicate that early marriage remains a serious social problem in Oenino Village requiring attention from various parties. This study therefore aims to identify the factors causing early marriage among adolescents in Oenino Village, to analyze its impact on their marital, family, health, psychological, and social conditions, and to determine its implications for a family guidance and counseling program in the village.

## Method

### Research Design and Setting

This study used a qualitative descriptive approach to obtain an in-depth description of early marriage among adolescents in Oenino Village. According to Moleong (2018), qualitative research seeks to understand phenomena experienced by research subjects holistically, described in words within a specific natural context. Creswell (2019) adds that qualitative descriptive research is a process of inquiry grounded in methodology that examines social and human phenomena, requiring the researcher to build a general picture and detailed account of participants' views based on natural field conditions. This approach was chosen because it allows a systematic, detailed description of the factors causing early marriage before relating them to existing theories and concepts. The study was carried out in Oenino Village, Oenino Subdistrict, South Central Timor Regency, from August 2025 to June 2026.

### Participants

Participants were selected through purposive sampling, a deliberate selection technique based on specific criteria. The 20 participants consisted of 10 adolescents who had undergone early marriage, 9 parents of the couples, and 1 village official (the Head of Oenino Village) who was familiar with the causes and impact of early marriage in the village.

### Instruments and Measures

Consistent with Charismana et al. (2023), the researcher served as the primary instrument in this qualitative study, supported by a semi-structured interview guide and a documentation study sheet. The interview guide outlined broad topics concerning the causes of early marriage, its impact on adolescents' lives, and its implications for family counseling, while the documentation sheet was used to record village data related to cases of early marriage.

### Procedure and Research Ethics

Prior to data collection, the researcher obtained sequential research permits from the Guidance and Counseling Study Program, the Faculty of Teacher Training and Education, and the Head of Oenino Village. Data were collected through semi-structured interviews, following Sugiyono's (2016) definition of semi-structured interviews as an open approach that invites informants to share their views and ideas in depth. Each interview lasted 30–45 minutes and was conducted face-to-face at a location agreed upon with the informant, using notebooks, a voice recorder, and a camera. Documentation study (Creswell, 2019) was also conducted by reviewing village records on the number of adolescents who had married early.

### Data Analysis

Data were analyzed descriptively using the steps outlined by Sugiyono (2016): data reduction (selecting, simplifying, and abstracting raw field data), data display (presenting organized information in narrative form to support conclusion drawing), and verification (drawing and confirming conclusions from the findings). To ensure the credibility of the data, the researcher applied source triangulation (Moleong, 2017; Creswell, 2019) by comparing observation results with interview data, comparing public and private statements, comparing accounts given over time, and comparing interview results with related documents.

## Results and Discussion

### Results

Early marriage among adolescents in Oenino Village, Oenino Subdistrict, South Central Timor Regency, is influenced by three main interrelated factors, namely family economic factors, parental factors, and the strong customary practices and social norms of the local community. These three factors give rise to widespread impacts on adolescents' lives, reflected in five aspects, namely the impact on marital relations, the impact on each respective family, the impact on maternal health, psychological impact, and social impact. The following presents a description of the factors causing and the impacts of early marriage among adolescents in Oenino Village, Oenino Subdistrict, South Central Timor Regency, in 2026.

### Factors Causing Early Marriage among Adolescents

#### 1) Economic Factors.

Limited family income was found to push parents not only to stop their children's education but also to view early marriage as a way of transferring the responsibility for family support to the husband's side. In practice, however, the young couples married under these circumstances often lacked stable employment, so the family's economic burden did not decrease but instead increased.

*"At that time my parents felt that marrying me off would ease the economic burden. I was also in an unhealthy relationship then, often sneaking out at night, and when my parents found out, they decided to marry me off. – SS, adolescent informant*

*"My parents could not afford to send me to school, so I lost interest in continuing to grade XI. Seeing that I was not continuing my education, my parents let me choose to marry young. – MM, adolescent informant"*

*"My grandparents' life was hard too. I stopped school in grade 3 of junior high because my grandmother passed away. Rather than being alone, I chose to marry. – RU, adolescent informant"*

*"I only do odd jobs, so paying school fees is very difficult. The money is barely enough for rice, and sometimes we have to borrow. At that time I did not think it through – I just married off my child rather than have her become a burden, hoping it would become her husband's responsibility. – Parent of AS"*

*"I am only a minibus driver and my wife is a housewife, so when our child asked to marry, we just agreed rather than add to our burden as parents. – Parent of AF"*

## 2) Parental Factors.

Parents' fear that their children would become involved in promiscuous behaviour also contributed to early marriage. In Oenino Village, this fear was closely linked to weak parental supervision of children's daily activities, which gave adolescents ample opportunity to engage in unsupervised relationships – a condition that ultimately led parents to decide to marry their children off.

*"The factor that influenced me to marry young was promiscuity. In grade X of senior high school I was in an unhealthy relationship that resulted in pregnancy. My parents had no choice but to handle it according to custom, and I was expelled from school after the pregnancy was discovered. – SS, adolescent informant"*

*"The cause of my marrying young was promiscuity. I was already pregnant in grade XI. At that time I already had a phone and often contacted my boyfriend to meet up. Social media also had a strong influence. – FF, adolescent informant"*

*"The influencing factor is promiscuity. Children get into unhealthy relationships that result in pregnancy at a very young age. Technology and social media strongly affect their behaviour. In addition, parents' low education means they cannot educate their children about the impact of early marriage. – Y, Head of Oenino Village"*

*"Our lack of control as parents is also a factor, because they often lied and we simply believed*

*them since we did not know any better. Sometimes they said they were doing homework or had an activity, but eventually it turned out they were involved in unsupervised relationships. – Parent of YT"*

*"The reason is the changing times, so parents are no longer able to control their children. – Parent of BF"*

deeply embedded in the community, so early marriage is not seen as a problem but rather as a tradition to be followed.

*"Here, it is considered normal for children to marry at a young age, but once a marriage proposal has been made, it should not be refused, or the family will be embarrassed in front of the community. – Parent of AN"*

*"The influence of tradition is very strong here. If a child is known to be in an unhealthy relationship, it is better to marry them off. Marrying young is also considered normal here. As parents, we take this action so as not to embarrass the family. – Parent of MB"*

*"As times change, parents have come to understand that this tradition should be abolished because it affects children's futures. Still, some people here continue to practise it. – Parent of BF"*

## Impact of Early Marriage on Adolescents

### 1) Impact on Marital Relations.

Couples who marry young are generally not yet physically or mentally ready to fulfil the roles and responsibilities of husband and wife. This lack of readiness makes both parties prone to being self-centred and struggling to control their emotions, triggering conflict, jealousy, and in some cases domestic violence.

*"There is often domestic violence because neither of us is mature yet. I once thought about separating because I was stressed by my husband's drinking habit. – YF, adolescent informant"*

*"The hardest experience is that I am no longer free – my husband never allows me to go anywhere. He gets jealous if I am close to other men, so we often argue. What can we do – neither of us is mature yet. – BT, adolescent informant"*

*"Our son is the jealous type, so domestic violence keeps happening in their marriage. – Parent of YT"*

*"The impact is that our child experiences domestic violence because her husband often gets drunk. When he earns money from driving but spends it on alcohol. – Parent of AF"*

*"There is definitely an impact because they married very young. Naturally there is domestic violence due to disagreements, and early divorce. – Parent of MB"*

## 2) Impact on Each Family.

Early marriage, initially expected to ease parents' economic burden, in fact often increases it when the young couple has no stable income and remains dependent on their parents. Disharmony within the young couple's household also tends to create tension between the young couple and their in-laws.

*"It adds to the poverty: my parents were already poor, and now their child has married a husband with no job, which increases the family's poverty. – AF, adolescent informant"*

*"At that time I did not think it through – I just married off my child rather than have her become a burden, hoping it would become her husband's responsibility. In reality it became our burden as parents too, because our child's husband also has no job. – Parent of AS"*

*"The heaviest burden is economic. My husband works as a farmer with an income that is not enough for me and our child. We often argue. – SS, adolescent informant"*

*"There is definitely tension, namely disputes with my mother-in-law. Sometimes I want to move out so we can live independently as a couple. – RS, adolescent informant"*

*"The impact is that our children keep fighting because neither is mature, they dropped out of school, and it adds to the family's poverty. – Parent of MB"*

*"Our child dropped out of school, often fights with her mother-in-law, does not accept advice, and has unstable emotions because she is not yet mature in facing problems with her husband and his family. – Parent of EBS"*

## 3) Impact on Maternal Health.

Pregnancy and childbirth at a very young age carry greater health risks for the mother, whose physical and biological condition is not yet fully ready for pregnancy, delivery, and postpartum recovery. These risks extend to the children born, as young couples generally lack sufficient knowledge about proper childcare and nutrition.

*"She was forced to drop out of school and experienced haemorrhage during delivery. – JF, adolescent informant"*

*"Our child often experiences stress, dropped out of school, and had a haemorrhage when giving birth to our grandchild. – Parent of MT"*

*"Their children experienced stunting from malnutrition, because during pregnancy they never ate nutritious food as they could not afford it, and they did not know how to properly care for a child. – SS*

*and MM, adolescent informants"*

*"Early marriage in this village is unprepared, instant, and driven by circumstance, and it contributes to the rising rate of child stunting in the village. – Y, Head of Oenino Village"*

## 4) Psychological Impact.

Adolescents who marry early generally lack the emotional readiness to face the pressures and responsibilities of married life, making them vulnerable to stress, anxiety, distress, and regret. Early marriage also strips away children's basic rights, particularly the right to education; the most common impact reported by all interviewed couples was dropping out of school.

*"My education stopped in grade XI. I felt pressured because my husband restricted my social life, and I lost my self-confidence. – SS, adolescent informant"*

*"The impact is dropping out of school. My husband and I both did not finish senior high school. – YF, adolescent informant"*

*"Children drop out of school because they became pregnant outside marriage as a result of unsupervised relationships. – Y, Head of Oenino Village"*

*"Unstable emotions made us frequently argue – with my husband, my in-laws, even my sibling-in-law. – AF, adolescent informant"*

*"I feel pressured because at this age I should still be at school and hanging out with friends, but now all I do is manage the household. I have also become afraid to socialise and prefer to be alone. – RU, adolescent informant"*

*"The hardest experience is the constant arguing and the loss of confidence to socialise. – ABM, adolescent informant"*

*"The impact is stress and often keeping problems to myself. Rather than arguing with my husband where others can hear, I choose to stay silent. – FFF, adolescent informant"*

## 5) Social Impact.

The most evident social impact of early marriage is the loss of freedom to socialise,

particularly for female adolescents, whose movement becomes more restricted after marriage.

*"The impact is that I feel stressed because I am restricted by my husband and not allowed to freely socialise, especially with peers who are still in school. – SS, adolescent informant"*

*"Our daughter-in-law is often restricted and not allowed to socialise with her unmarried peers. – Parent of YT"*

*"There is frequent arguing and stress, and gossip from neighbours because of her young age and not seeking work. – RU, adolescent informant"*

### Implications for the Family Guidance and Counseling Program

The findings above – three interrelated causal factors and five domains of impact – point to the need for a planned and structured Family Guidance and Counseling (BK Keluarga) program in Oenino Village, coordinated by the village government in collaboration with customary leaders, religious leaders, the local health centre (Puskesmas), and relevant education and social welfare agencies. Table 1 (next page) summarizes the proposed focus areas, educational content, and target groups derived from each finding.

Table 1. Proposed Focus Areas for the Family Guidance and Counseling Program

| No. | Underlying Finding                                                          | Proposed Focus of Educational/Counseling Content                                                                                                                                                                            | Target Group                                      |
|-----|-----------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------|
| 1   | Family economic hardship driving early marriage                             | Economic mentoring and livelihood-skills training for young couples; education on the real economic consequences of early marriage; facilitation of equivalency education (Paket A/B/C) for those who dropped out of school | Parents and adolescents aged 12–18                |
| 2   | Weak parental supervision, unsupervised relationships, and social media use | Digital literacy and safe social media use; reproductive health and risk-of-promiscuity education; open, non-judgmental parent-child communication training                                                                 | Parents and adolescents aged 12–18                |
| 3   | Strong customary norms normalising early marriage                           | Education on the legal minimum marriage age under Law No. 16/2019 and children's rights; dialogue with customary and religious leaders to gradually shift community norms                                                   | Customary leaders, religious leaders, and parents |
| 4   | Conflict and domestic violence between young spouses                        | Couple counseling on emotional regulation and conflict management; education on recognising and preventing domestic violence and access to protection services                                                              | Married adolescent couples                        |
| 5   | Increased family economic burden and in-law conflict                        | Household financial-management and entrepreneurship training; family mediation to build harmonious relations between young couples and in-laws                                                                              | Young couples and their extended families         |
| 6   | Maternal health risks and child stunting                                    | Collaboration with Puskesmas Oenino on reproductive health, pregnancy and delivery risk education, and nutrition/child-growth monitoring                                                                                    | Young couples and mothers with young children     |
| 7   | School dropout, psychological distress, and restricted social freedom       | Psychological support and stress-management sessions for young couples; advocacy for safe, supervised opportunities to socialise and to resume education                                                                    | Married adolescents, particularly wives           |

Overall, these seven focus areas indicate that early marriage in Oenino Village is a multidimensional problem spanning both its causes and consequences. Consequently, the proposed Family Guidance and Counseling program must be both preventive and curative, and must be implemented through ongoing collaboration among the village

government, customary and religious leaders, health workers at Puskesmas Oenino, and staff from the Education and Social Affairs Offices.

### Discussion

The results show that early marriage among adolescents in Oenino Village is shaped by three interrelated factors: economic, parental, and customary. Regarding the economic factor, limited household income pushed parents to marry their children off so that the responsibility for financial support would shift to the husband's side; in practice, however, the young couples had no stable employment, so the family's economic burden did not decrease. This finding is consistent with Syalis and Nurwati (2020), who identified economic hardship as one of the causes of early marriage.

Regarding the parental factor, weak supervision of adolescents' social interactions – compounded by mobile phone and social media use – led some adolescents into premarital pregnancy, forcing an early marriage. This aligns with Syalis and Nurwati (2020), who noted that parents' fear of their children falling into promiscuous behaviour is itself a driver of early marriage.

Regarding the customary factor, the belief that a marriage proposal must not be refused, even when the child is under age, has made early marriage a practice passed down through generations in Oenino Village, since refusal is seen as damaging to the family's reputation. This is consistent with Boahen and Yamauchi (2018), who found that early marriage remains normalized in rural areas with strong customary values.

These three factors, in turn, produced impacts across five domains of adolescents' lives. In terms of marital relations, the physical and mental unreadiness of young couples triggered conflict, jealousy, and, in some cases, domestic violence – consistent with Ernawati et al. (2022), who found that adolescents who marry young generally do not yet understand their rights and obligations because of their physical and mental immaturity.

In terms of family impact, the economic burden that was expected to decrease instead increased and generated tension with in-laws, consistent with Syalis and Nurwati (2020), who reported that early marriage is associated with lower overall family wellbeing.

In terms of maternal health, the study found risks of haemorrhage during childbirth and stunting among children born to young couples due to limited nutritional knowledge, consistent with Ernawati et al. (2022), who described the serious health risks early marriage poses to mothers during pregnancy, delivery, and recovery.

In terms of psychological impact, all interviewed couples experienced school dropout accompanied by feelings of pressure, anxiety, and regret, consistent with Syalis and Nurwati (2020), who found that early marriage generates psychological pressure that affects both the sustainability of the marriage and later parenting patterns.

In terms of social impact, adolescents – particularly young wives – lost the freedom to socialise after marriage, a pattern that Ernawati et al. (2022) associate with patriarchal, gender-biased community structures in which women tend to be placed in a subordinate position.

Taken together, these causal factors and impacts confirm the need for a comprehensive Family Guidance and Counseling program in Oenino Village that combines economic education for parents, strengthened family supervision and communication, engagement with customary leaders to shift community norms, and psychological and health support for young couples. This is consistent with Hartanto (2024), who states that family guidance and counseling aims to help families resolve problems and improve overall family functioning.

## Conclusion

Based on the findings and discussion, early marriage among adolescents in Oenino Village, Oenino Subdistrict, South Central Timor Regency, is driven by three interrelated factors: family economic hardship, weak parental supervision that in some cases resulted in premarital pregnancy, and strong customary norms that regard early marriage as ordinary. Economic hardship encourages parents to marry off their children so that the responsibility for financial support shifts to the husband's side, even though the family's economic burden in practice tends to increase.

Early marriage also produces wide-ranging impacts across five domains of adolescents' lives: marital relations, marked by conflict and domestic violence; family life, marked by an increased economic burden and tension with in-laws; health, marked by risks of haemorrhage during childbirth and child stunting; psychological wellbeing, marked by school dropout accompanied by distress and regret; and social life, marked by restricted freedom

to socialise, particularly for female adolescents.

These findings imply the need for a planned and collaborative Family Guidance and Counseling program in Oenino Village, covering education on the economic impact of early marriage, strengthened parent-child supervision and communication, transformation of customary norms, and prevention and management of domestic violence and stunting, implemented jointly by the village government, religious and customary leaders, and relevant health institutions.

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## Conflict of Interest

The authors declare no conflict of interest.

## Author Contributions

The main author (Maria Faustina Titi) contributed to the conceptualization, methodology, investigation, data collection, data analysis, and writing of the original draft. Dhiu Margaretha and Enasely Mega W. Rohi contributed as supervisors, providing academic guidance, supervision, evaluation, and review and editing of the manuscript. All authors approved the final version of the manuscript.

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