

# Health Psychology Science Education in Women's Pregnancy Outside Marriage

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**Abstract:** Psychological science in the education of adolescents who become pregnant outside of marriage is elementary in the discourse of mental health in Indonesia. The purpose of this research is to determine the effectiveness of providing education about promiscuity and broken homes in preventing out-of-wedlock pregnancies among teenagers. In this study, the research design used the One Group Pretest-Posttest form and purposive sampling technique. The results of the Paired T-Test Asymp Sig (2-tailed) < 0.05 means that there is a significant influence between providing education about promiscuity and broken home families on the incidence of pregnancy out of wedlock in teenagers. There is an influence between providing education about promiscuity and broken home families on the incidence of pregnancy out of wedlock in teenagers. Research show that the prevention of pregnancy outside of marriage for adolescents is needed. For this reason, it is necessary to educate adolescents about the factors that cause pregnancy outside of marriage. These factors include promiscuity which leads to free sex and broken home families that cause adolescents to engage in promiscuity. Education about promiscuity that can result in pregnancy outside of marriage is needed to increase knowledge for adolescents. Good knowledge helps prevent adolescents from engaging in promiscuity because of the adverse effects of such promiscuity. Pregnancy outside of marriage that can lead to abortion can jeopardize adolescent health, especially their immature reproductive health. In addition, there are psychological impacts arising from both pregnancy outside marriage and abortion.

**Keywords:** Counselling; Health; Mental; Science.

## Introduction

Adolescence is a period that is full of changes and easy to get out of trouble, especially in juvenile delinquency (Cavanagh, 2022; Coleman, 2022). The need for specific attention and good understanding and proper handling of adolescents is an important factor for the success of adolescents in later life. In adolescence, individuals will encounter failures that are accompanied by bad consequences. This is not due to the inability of adolescents, but due to the guidance of reality which will result in individuals trying to solve the main problems

caused by developmental tasks and reasonable sexual growth (Ford et al., 2021; Ramadansur et al., 2024).

In this Millennial Era, teenage relationships in this country are increasingly free, and pregnancy outside of marriage has been a hot topic in the last 20 years (Vasconcelos et al., 2022). Premarital sex is increasingly common among teenagers around the world, including in Indonesia, resulting in higher abortion rates and an increasing number of early marriage dispensations (Sulistyorini et al., 2023). One case that caused a stir was the early marriage dispensation for 191 children in Ponorogo, most of whom were pregnant outside of

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marriage. The majority of them were aged 15-19 years 7 of them were not even 15 years old (Asmuni & Adikara, 2024).

Promiscuity among adolescents is no stranger to our society today (Harmadi et al., 2022; Harrington et al., 2023). Even the occurrence of free sex is considered part of the rituals of community life, especially among the younger generation. The terms taboo and sin seem to no longer exist. There is still a lack of knowledge in our society about one of the factors of promiscuity, namely free sex, which causes free sexual behavior to be increasingly uncontrollable (Darnoto & Dewi, 2020; Pradanie et al., 2022; Santika & Basuki, 2025). This phenomenon is certainly very concerning and requires serious attention not only from the government but also from the general public. The freedom of the media in exposing adult-only shows has recently played a role in triggering the rise of promiscuity among teenagers (Jannah, 2021).

Several underlying factors have led to this phenomenon. For example, due to a shift in values or morals among the younger generation. This includes the effects of globalization, which has resulted in the religious order being forgotten and starting to follow a free lifestyle. Teenage girls no longer consider the consequences, but how to seek self-gratification. The tendency of teenagers to have pre-marital sex is not motivated by economic problems, because only about 9 percent of them reasoned having sex for economic reasons.

The phenomenon of pregnancy outside of marriage that occurs among teenagers today cannot be separated from several factors that influence it. First, they come from disharmonious families or are termed broken homes. Second, they experience a lack of supervision. The busyness of both parents cannot be denied due to work demands. As a result, children will experience obstacles in their further development with family circumstances Broken home can be said to be chaos in a family.

Broken Home is a reality that has quite negative implications for mental readiness for healthy personality development, even though we recognize the role of the environment in individual development. However, the Broken Home factor seems to have a considerable role in life today (Nurjannah, 2018). Teenagers who have broken home families tend to have different attitudes from other children who still have intact families. These differences include stubbornness, quietness, and selfishness.

From a medical perspective, teenagers who become pregnant out of wedlock are very unprepared for pregnancy. They are stressed and depressed, so the baby will likely be born prematurely, or even die in the womb.

According to education observer Subandrijo & Hidayanto (2000), so far the community's attitude towards teenagers who become pregnant outside marriage is not only neglectful but punitive (Ajiboye, 2024; Dinçer et al., 2025).

The hurtful words of others regarding the issue of getting pregnant out of wedlock are often unpreventable. However, you can choose to ignore them. Don't bother trying to calm them down, because the only thing that should be your priority is your peace of mind. There's nothing wrong with limiting your interactions with people who make you feel worse. At the same time, surround yourself with non-judgement friends or relatives.

## Method

In this study, the research design used the One Group Pretest-Posttest form and purposive sampling technique (Indrayani & Riviana, 2024; Yunita et al., 2023). This study uses a questionnaire that is distributed directly to adolescents with an age range of 10-16 years. The sampling technique in this study was purposive. Purposive sampling is a way of sampling on a certain consideration made by the research itself, based on the characteristics or properties of the population that are already known beforehand. The size of the research sample was determined by the Slovin Formula.



Figure 1. Research Logic Flow

The research method uses actual and factual situation analysis and considerations based on literature. In this case, it will be possible to find the latest problems on the research topic raised this time, with the literature review method it will get some knowledge that can add insight for researchers. The method used in this research descriptive qualitative research is a literature review and actual and factual situation analysis (Sugiyono, 2016).

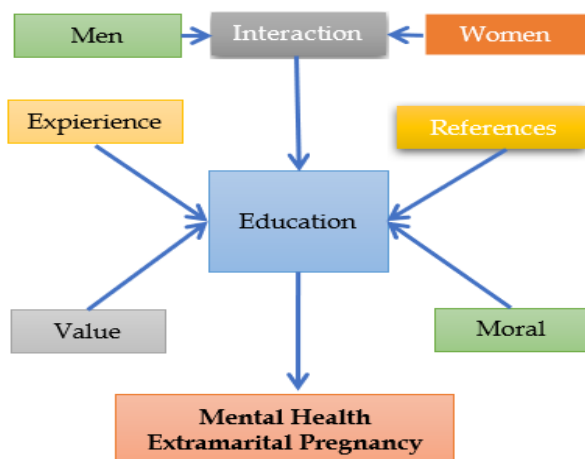
The narrative literature review method aims to identify and summarise previously published articles, avoid duplication of research, and find unexplored research areas (Antunes et al., 2022). The narrative literature review method is commonly used by researchers or academics to gain a deeper understanding of a particular topic. It is also useful for identifying gaps in research or exploring new topics.

## Result and Discussion

### *Science psychology health and mental health extramarital pregnancy*

Pregnancy outside marriage is a social phenomenon that has psychological, social, and economic impacts on the individuals who experience it. In many societies, pregnancy outside marriage is still considered taboo, which can cause mental distress for pregnant women. Therefore, pregnancy health and mental health psychology education is crucial to help individuals deal with emotional challenges, reduce social stigma, and ensure the well-being of the mother and child (Fletcher et al., 2021).

Based on the analysis conducted by the researchers, it was found that the education on promiscuity and broken home families provided had a significant effect on students' knowledge about the incidence of pregnancy outside of marriage. This can be seen from the Wilcoxon Rank Test value  $<0.05$ , which means that there is a difference in student knowledge before education is given and after education is given. From the correlation value, it can be concluded that there is a relationship between student knowledge and the incidence of pregnancy outside of marriage. And the Paired T-Test value  $<0.05$ , which means that there is a significant influence between the provision of education and student knowledge about the incidence of pregnancy outside of marriage.



**Figure 2.** Logic of Education of Extramarital Pregnancy

The results of this study are in line with the results of research conducted by Sinaga et al. (2023) entitled 'The tendency of children of divorce victims to commit promiscuity'. Research using descriptive qualitative methods and data collection through interviews with research subjects is adolescents aged 12-20 years. The results of the study state that the tendency of children of divorce victims to commit promiscuity is due to lack of attention from parents and lack of education about the adverse effects of promiscuity and the influence of a bad environment while adolescents who get attention from their parents do not show a tendency to commit promiscuity.

The results of this study are in line with the theory of (Notoatmodjo, 2018) which states that education is education which means an effort that has been planned by someone in order to influence other people, both individuals and groups and also society. So that with this education it can make something better.

Promiscuity that causes pregnancy outside of marriage is a trend in today's youth called MBA (Married by Accident), the more rampant this results the more values and norms upheld by society fade a little. Pregnancy outside of marriage is influenced by several factors including lack of sex education or knowledge about reproductive health, permissive attitudes in the social environment, negative effects of technological advances, the influence of friends, and parenting.

The most dominant factors that cause pregnancy among teenagers are the lack of sex education and the influence of friends. Experiencing pregnancy in adolescence is a mixture of emotions triggered by the threat of changes in the initial emotional state, fear, self-condemnation, and guilt about embarrassing the family (Varghese, 2022).

One of the most common problems experienced by adolescents related to puberty is pre-marital pregnancy. One of the impacts of pre-marital pregnancy during adolescence is dropping out of school because generally, adolescents do not get social acceptance from their educational institutions (Jiang et al., 2021). In addition, adolescents who experience pre-marital pregnancy who are not ready for the risks experienced tend to have abortions (Kwakyewaa et al., 2024).

### *The Role of Psychological Science for the Mental Health of Adolescents Who Become Pregnant Outside Marriage*

Pregnancy psychology and mental health education aim to provide a better understanding of the emotional, mental, and physical conditions experienced by pregnant women (Anggraini et al., 2022; Savory et al., 2022). Here are some reasons why this education is so important: Improving Emotional Awareness. With the right education, pregnant women can understand and

manage their emotions better, thereby reducing stress and anxiety.

**Reducing the Risk of Depression.** Psychological counseling and assistance can help pregnant women avoid depression, which can adversely affect fetal development. **Fosters Social Support.** Education can encourage the surrounding environment to be more caring and supportive of pregnant women, thereby reducing the negative stigma attached to out-of-wedlock pregnancy.

**Maintaining Mental and Physical Health.** Understanding the importance of mental and physical health during pregnancy can help pregnant women maintain emotional balance and prevent more serious health problems. **Prepare Mentally for Parenting.** Unplanned pregnancies often leave expectant mothers feeling unprepared to become parents. With psychological education, they can better understand their roles and responsibilities. **Helps Make Wise Decisions.** A good education can help pregnant women consider various options, be it continuing the pregnancy, adopting a child, or finding other solutions that are best for their future.

For effective pregnancy health and mental health psychology education, the following steps can be implemented: **Psychological Counselling** - See a psychologist or counselor for guidance and emotional support (Abbasi et al., 2022). **Support Groups** - Join a community that supports women who are pregnant outside of marriage to feel less alone (Konge Nielsen et al., 2023). **Comprehensive Sexual Education** - Understanding reproductive health and pregnancy risks can help reduce unplanned pregnancy rates.

**Parenting Training** - Preparing expectant mothers to understand how to care for a baby and deal with the challenges of single parenthood. **Social Campaigning** - Society needs to be educated to be more open and supportive of women who experience out-of-wedlock pregnancies without stigma and discrimination. **Mental Health Care** - Receiving adequate mental health services can help pregnant women maintain their emotional stability.

The environment has a huge impact on the psychological state and well-being of women who become pregnant out of wedlock. Support from family, partners, friends, schools, workplaces, and communities is essential to help them face these challenges. Therefore, a more inclusive and empathetic approach is needed so that they still have the opportunity to live a better life.

The picture of psychological wellbeing in the subject of late adolescence who pregnant outside of marriage looks quite good because they are able to accept their condition when pregnant out of wedlock, not slumped regret and able to rise to correct mistakes.

The subject also accept and love her child. The subject has the desire to be a good mother and wife. The subject believes her pregnancy is God's destiny that has been outlined for her life path, the subject understands the strengths and weaknesses that exist in her.

According to Drigas et al. (2021), individuals who can accept themselves are individuals who can evaluate themselves positively, and know all the strengths and weaknesses that exist in themselves. individuals who can evaluate themselves positively, know all aspects of themselves, accept what exists in him, and accept all positive and negative aspects in themselves.

In addition, the subject also has life goals are quite directed, the subject has planned the cost of education for his child's education up to university, to realize this goal subject and his husband began to live frugally in fulfilling daily needs and saving money. According to Baum et al. (2024), explaining the characteristics of someone who has a purpose in life is an individual who realizes that he has a certain purpose in life, has a sense of in life, has a sense of directedness in life, has confidence in his life, and has goals and targets for life.

## Conclusion

Education on the health and mental psychology of out-of-wedlock pregnancy is essential to ensure the well-being of both mother and child. By understanding the psychological impact, receiving adequate support, and having access to the right information, individuals who experience an out-of-wedlock pregnancy can be better prepared to face the challenges involved. In addition, society must also play a role in creating a more inclusive and supportive environment for those who experience this condition. The results of the Paired T-Test statistical test showed a value of  $p < 0.05$ , proving the effect of providing education on promiscuity and broken home families on students' knowledge about the incidence of pregnancy outside of marriage in adolescents.

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### Conflicts of Interest

In this research, there is no interest or hidden interests among the researchers.

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