

ANALISIS DAMPAK PSIKOLOGI PERNIKAHAN DINI TERHADAP KEMATANGAN EMOSIONAL REMAJA PUTRI DI BALIKPAPAN

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Article Info	ABSTRAK
<p>Article History: Received 16/02/2026. Revised - Accepted 10/03/2026.</p> <hr/> <p>Keywords: <i>Pernikahan Dini</i> <i>Dampak Psikologis</i> <i>Kematangan Emosional</i> <i>Remaja Putri.</i></p>	<p>Pernikahan dini masih menjadi permasalahan serius di Indonesia dan berdampak pada berbagai aspek kehidupan remaja, khususnya kesehatan psikologis dan kematangan emosional remaja putri. Berdasarkan laporan nasional, sekitar 10–11% perempuan usia 20–24 tahun di Indonesia menikah sebelum usia 18 tahun, dengan angka yang relatif lebih tinggi di wilayah Kalimantan dan daerah dengan faktor sosial ekonomi menengah ke bawah. Pernikahan pada usia remaja terjadi ketika individu masih berada pada tahap perkembangan emosional yang belum stabil, sehingga berpotensi menimbulkan gangguan psikologis seperti stres, kecemasan, dan ketidakmampuan mengelola emosi secara adaptif. Penelitian ini bertujuan untuk menganalisis dampak psikologis pernikahan dini terhadap kematangan emosional remaja putri di Sekolah Menengah Kesehatan Airlangga Balikpapan, Kalimantan Timur. Penelitian ini menggunakan pendekatan kuantitatif dengan desain analitik cross-sectional. Populasi penelitian adalah seluruh remaja putri di Sekolah Menengah Kesehatan Airlangga Balikpapan, dengan sampel remaja putri berusia 15-18 tahun yang menikah dini dan tidak menikah dini, yang dipilih menggunakan teknik purposive sampling. Instrumen penelitian berupa kuesioner terstruktur untuk mengukur tingkat kematangan emosional dan kondisi psikologis responden. Analisis data dilakukan menggunakan uji statistik untuk melihat hubungan dan perbedaan tingkat kematangan emosional antar kelompok. Hasil penelitian menunjukkan bahwa terdapat hubungan yang signifikan antara pernikahan dini dan tingkat kematangan emosional remaja putri. Remaja putri yang menikah dini cenderung memiliki tingkat kematangan emosional lebih rendah, ditandai dengan keterbatasan dalam pengendalian emosi, pengambilan keputusan, dan kemampuan menghadapi tekanan psikologis. Penelitian ini menyimpulkan bahwa pernikahan dini berdampak negatif terhadap kematangan emosional remaja putri. Oleh karena itu, diperlukan upaya pencegahan melalui edukasi kesehatan reproduksi, penguatan peran keluarga dan sekolah, serta intervensi psikologis yang berkelanjutan.</p> <p>ABSTRACT <i>Early marriage remains a significant social and public health issue in Indonesia, particularly affecting adolescent girls' psychological well-being and emotional development. National data indicate that approximately 10–11% of women aged 20–24 years were married before the age of 18, with higher prevalence reported in several regions, including parts of Kalimantan. Marriage during adolescence occurs at a critical developmental stage when emotional regulation and psychological maturity are still evolving, potentially increasing vulnerability to emotional</i></p>

distress, stress, and maladaptive coping mechanisms. This study aims to analyze the psychological impact of early marriage on emotional maturity among adolescent girls at Airlangga Health Vocational High School, Balikpapan, East Kalimantan. A quantitative approach with an analytic cross-sectional design was employed. The study population consisted of female adolescents enrolled at the school, teenage girls aged 15-18 years with samples including those who experienced early marriage and those who did not, selected using purposive sampling. Data were collected using structured questionnaires designed to assess emotional maturity and psychological conditions. Statistical analyses were conducted to examine the association and differences in emotional maturity between the two groups. The findings demonstrate a significant relationship between early marriage and lower levels of emotional maturity among adolescent girls. Participants who married early showed reduced emotional regulation, limited decision-making capacity, and decreased ability to manage psychological stress compared to their unmarried peers. These results suggest that early marriage has a negative psychological impact on adolescents' emotional development. In conclusion, early marriage poses a substantial risk to emotional maturity in adolescent girls. Preventive efforts through comprehensive reproductive health education, strengthened family and school support systems, and culturally sensitive psychological interventions are essential to promote healthy emotional development among adolescents.

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