

# PREVENT STUNTING BY AVOIDING TOO EARLY MARRIAGE (4T)

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## SUMMARY

**Background:** Early marriage refers to marriages conducted by adolescents below the legal age defined by the law. The negative impacts of early marriage encompass various aspects, including biological, socio-economic, psychological, pregnancy, childbirth, and also affect infants. These impacts have the potential to increase the risk of stunting. **The objective of the research:** To enhance adolescents' knowledge regarding the adverse effects of early marriage and its connection to stunting, with the hope that they can make informed decisions about marriage and the future health of their children. **Method:** Prior to the counseling session, an initial assessment was conducted through a pretest. The material was presented in detail using the booklet titled "Preventing Stunting by Avoiding Early Marriage (4T)" as a communication medium to convey information to adolescents. Additionally, a posttest was administered to evaluate understanding after the counseling. **Results:** Before the counseling, adolescents' knowledge was categorized as good (27.3%), sufficient (45.5%), and poor (27.3%). After the counseling, all adolescents (100%) experienced an improvement in knowledge, categorized as good. **Summary:** The "Preventing Stunting by Avoiding Early Marriage (4T)" booklet effectively increased adolescents' knowledge about the negative impacts of early marriage and its association with stunting.

**Keywords:** Adolescents, Early Marriage, Stunting