

## ABSTRAK

**Latar Belakang:** Pernikahan dini merupakan masalah yang masih banyak terjadi di negara berkembang, dan dapat meningkatkan angka kehamilan pada remaja. Kehamilan remaja memberikan risiko yang mengancam kesehatan ibu dan bayi. Sejauh ini intervensi yang mengidentifikasi perubahan perilaku penundaan kehamilan pertama pada pasangan pernikahan dini masih jarang dilakukan. Model *Transtheoretical Model* (TTM) mampu menjelaskan proses perubahan tersebut. Edukasi kesehatan dengan model *narrative in action* yang mengandung unsur komunikasi persuasif perlu dilakukan untuk mengubah pemahaman dan perilaku responden untuk menunda kehamilan pertama sampai usia istri 20 tahun.

**Tujuan Penelitian:** Mengetahui perilaku penundaan kehamilan pertama pada pasangan pernikahan dini sebelum dan sesudah dilakukan *narrative in action*.

**Metode:** Jenis penelitian merupakan penelitian *mixed methods exploratory design*. Tahap penelitian kualitatif dengan pendekatan deskriptif bertujuan untuk mengetahui persepsi tentang penundaan kehamilan pertama, serta *need assessment* untuk mengeksplorasi intervensi yang dilakukan untuk penundaan kehamilan pertama pada pasangan pernikahan dini. Informan penelitian adalah 8 pasang pernikahan dini, 7 orangtua, 1 mertua serta 2 bidan. Pengumpulan data dengan wawancara mendalam. Penelitian kuantitatif dengan jenis *quasi experimental design* menggunakan rancangan *one group pretest-posttest design* yang bertujuan untuk menguji efektivitas edukasi kesehatan *narrative in action* pada perubahan perilaku penundaan kehamilan pertama pada pasangan pernikahan dini. Pengumpulan data menggunakan instrumen penundaan kehamilan pertama. Analisis bivariat menggunakan *Wilcoxon Signed Rank Test*.

**Hasil:** Tahap penelitian kualitatif didapatkan adanya 4 tema dan 13 sub tema, yaitu persepsi pelaksanaan penundaan kehamilan pertama, persepsi pendukung penundaan kehamilan pertama, persepsi penghambat penundaan kehamilan pertama, dan dukungan tenaga kesehatan yang dibutuhkan pada penundaan kehamilan pertama. Hasil *pretest* didapatkan dari 20 pasangan pernikahan dini, 13 pasangan pada tahap pre kontemplasi, dan 7 pasangan pada tahap persiapan/aksi. Sedangkan hasil *posttest* yang didapatkan setelah satu bulan dari pemberian edukasi didapatkan 12 pasangan pada tahap kontemplasi, 7 pasangan pada tahap persiapan/aksi, dan 1 pasangan pada tahap pre kontemplasi. Terdapat perubahan perilaku penundaan kehamilan pertama antara hasil *pretest* dan *posttest* setelah diberikan intervensi model edukasi *narrative in action* selama 1 bulan, dengan nilai *p value* sebesar 0,001.

**Kesimpulan:** Model edukasi *narrative in action* berpengaruh pada perubahan perilaku penundaan kehamilan pertama pada pasangan pernikahan dini setelah 1 bulan pemberian intervensi. Diharapkan untuk peneliti selanjutnya bisa melakukan evaluasi perubahan perilaku penundaan kehamilan pertama pada pasangan pernikahan dini dengan waktu 6 bulan atau lebih, sehingga bisa memastikan bahwa perubahan perilaku tersebut bersifat jangka panjang.

**Kata Kunci:** *Narrative in action*, perilaku, penundaan kehamilan pertama, pernikahan dini

## ABSTRACT

**Background of the study:** Early marriage is a widespread problem in developing countries that may increase teenage pregnancy rates. The adolescent pregnancy poses risks to maternal and infant health. So far, interventions that identify behavior change in delaying first pregnancy in early marriage couples are still rare. The Transtheoretical Model (TTM) can explain the change process. Health education with a narrative in action model that contains elements of persuasive communication needs to be done to change the understanding and behavior of respondents to delay the first pregnancy until the bride reaches 20 years of age.

**Research objective:** To determine the behavior of delaying first pregnancy in early marriage couples before and after narrative in action.

**Methods:** This study used a mixed-method exploratory design study. The qualitative research phase with a descriptive approach aims to find out the perception of delaying the first pregnancy as well as a need assessment to explore interventions carried out for delaying the first pregnancy in early marriage couples. The research informants were 8 early marriage couples, 7 parents, 1 parents in law, and 2 midwives. Data were collected using in-depth interviews. The quantitative research with a type of quasi-experimental design applied a one-group pre-test post-test design that aims to test the effectiveness of narrative in action health education on behavior change in delaying first pregnancy in early marriage couples. The data collection technique used the first pregnancy delay instrument. Bivariate analysis used the Wilcoxon Signed Rank Test.

**Results:** The qualitative research phase obtained 4 themes and 13 sub-themes, namely the perception of the implementation of the first pregnancy delay, the perception of supporters of the first pregnancy delay, the perception of obstacles to the first pregnancy delay, and the support of health workers needed in the first pregnancy delay. The pre-test results were obtained from 20 early marriage couples, 13 couples at the pre-contemplation stage, and 7 couples at the preparation/action stage. While the post-test results obtained after one month from the provision of education obtained 12 couples at the contemplation stage, 7 couples at the preparation/action stage, and 1 couple at the pre-contemplation stage. There is a change in the behavior of delaying the first pregnancy between pre-test and post-test results after being given a narrative in action education model intervention for 1 month, with a p value of 0.001.

**Conclusion:** The narrative in the action education model has an effect on behavior change in delaying first pregnancy in early marriage couples after 1 month of intervention. It is hoped that future researchers can evaluate changes in the behavior of delaying the first pregnancy in early marriage couples with 6 months or more, to ensure that these behavior changes are long-term.

**Keywords:** *narrative in action*, behaviour, delay of first pregnancy, early marriage