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Prevention of Early Marriage and Optimization of Child Nutrition From the Perspective of the Qur'an

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Abstract
The purpose of this study is to explain the nutritional content of fruits and vegetables mentioned in the Quran to be able to prevent malnutrition based on the results of previous studies in the health sector, and the importance of avoiding early marriage, which is one of the causes of stunting and malnutrition in babies. The library's method is reassessed using the latest research articles that are related to and support this research. The discussion is that Islam is considered to legalize early marriage to avoid adultery, but the verse An-Nisa' verse 6 means to prevent early marriage. The Quran also recommends eating fruits and vegetables to maintain nutritional fulfillment and health. Al-Baqarah verses 168 and 233, Al-Maidah: 88, Al-Anfal: 69, An-Nahl: 114, about food and the importance of breast milk..
Keywords: Stunting Prevention, Early Marriage, Al-Quran

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INTRODUCTION

Malnutrition is the main risk factor for stunting, stunting can worsen a child's nutritional status. The 7th President of the Republic of Indonesia, Mr. Joko Widodo, targets 14% stunting in 2024, supported by the high budgets of the State Budget and Regional Budget allocated for malnutrition from various fields and sectors. In 2022, the State Budget for the program to accelerate the reduction of malnutrition rates was worth IDR 34.15 trillion; in 2023, it is worth IDR 30.4 trillion.[1]This budget is quite large, not yet from the APBD. However, the malnutrition problem has not yet been solved. Local solutions, such as empowering the community and looking for indirect causes of malnutrition, are needed to reach the target of 14% in 2024. According to WHO, malnutrition is an unstable growth and development of toddlers in the long term due to lack of nutritional intake, infection, and inadequate stimulation. Failure of infant growth and development at 1000 HPK (first day of life) due to chronic nutrition. The assessment standard is *z-score* height by age (TB/U) of children <–2 Standard Deviation (SD).[2] The Indonesian Ministry of Health stated that the beginning of malnutrition is not handled quickly until children experience malnutrition which causes irreversible *mental and physical development*, causes a decline in children's motor and cognitive physical abilities, and is susceptible to diseases.

In 2022, the results of SSGI show that malnutrition in Indonesia is still high at 21.6%, although down from the previous 24.4%, it still requires hard work/maximum effort to achieve the target of 14% in 2024. Fulfilling the nutrition of pregnant women is very important because before the birth of the baby can be identified Malnutrition is indicated by the prevalence of the age group, in 2022 the SSGI results showed that 18.5% of babies were born with a body length of <48 cm. Meanwhile, in the same survey, malnutrition increased from the age group of 6-11 months by 1.6 times to the age group of 12-23 months (13.7% to 22.4%).[3] The strategy is to

[1] https://www.kemenkeu.go.id/ State Budget Targets Acceleration of Malnutrition Reduction Through Three Interventions
[2] Fauziah Hanif and Khairun Nisa Berawi, 'Moringa Leaves (Moringa Oleifera) as Healthy Food Complementary Nutrition for the First 1000 Days of Life', *Jurnal Kesehatan*, 13.2 (2022), 398–407 <http://ejurnal.poltekkes-tjk.ac.id/index.php/JK>.
[3] Marina Ery Setiyawati and others, 'Literature Study: Situation and Handling of Malnutrition in Indonesia', *IKRA-ITH HUMANITIES: Journal of Social and Humanities*, 8.2 (2024), 179–86 <https://doi.org/10.37817/ikraith-humaniora.v8i2.3113>.

actively participate in implementing the government's goal of accelerating malnutrition reduction through an approach and community empowerment through education on the prevention of early marriage, healthy and balanced diets for mothers and babies, parenting, and promoting high-nutrition foods, vegetables, and fruits. The strategy is efficient and effective but requires commitment, support, and consistency. There are direct and indirect factors in the occurrence of malnutrition. Direct factors related to children such as low birth weight, diet, nutrient absorption, and congenital diseases. Indirect factors such as low socioeconomic conditions. Low socioeconomic conditions are closely related to children's nutrient absorption. Low socioeconomic conditions have an impact on five things, namely early marriage, unhealthy diet of mothers and children, parenting, low education levels, and sanitation problems.

Steps to prevent malnutrition include, (1) fulfilling baby nutrition from the womb which is a sure strategy to prevent malnutrition. *The Millennium Challenge Account* Indonesia is a health institution that encourages pregnant women to always eat healthy, highly nutritious foods, and supplements from doctors and check their health regularly with a doctor or midwife (2). Exclusively breastfeeding for 6 months to babies. A nutritionist from the University of Hohenheim, Germany, Veronika Scherbaum, stated that breast milk can prevent malnutrition in toddlers because of its complete macro and micro nutritional content. Breast milk also contains whey protein and colostrum to boost the immune system of toddlers. (3). Healthy Complementary Foods for babies aged 6 months and above. (4). Every month, actively go to the Posyandu to monitor the growth and development of toddlers and get immunizations for immunity. (5). Maintaining the cleanliness of the environment which has an impact on family health. Harvard *Chan School* stated that diarrhea is the third factor causing health problems. The cause of diarrhea is bacteria/feces entering the food and then entering the human body[4].

There are previous studies that corroborate, including Ahmad Syaripudin, et al. (2024), entitled "The Relationship Between Malnutrition Prevention and Understanding Fiqh Parenting" wrote that Allah commands not to leave the weak generation and think about their welfare (QS. An-Nisa':9). Children are the responsibility of their parents, the parenting process must be carried out by both parents, parenting activities are very complex, starting to educate based on religious teachings, fulfilling nutrition, maintaining health, creating a conducive family environment, parenting according to the child's age level. The close relationship between malnutrition prevention and understanding of parenting fiqh includes physical, psychological, and economic aspects of children. Fiqh parenting that focuses on the physical aspect of children can lead to malnutrition because it does not pay attention to the spiritual and economic needs of children, so it is necessary to contextualize fiqh parenting of children's needs comprehensively. The Qur'an provides guidelines and attention to maintaining the rights and obligations of parents to children, including aspects of nutrition, religion, education, economy/welfare, and love. Thus, malnutrition can be avoided and children grow optimally.

Mubasyaroh, (2016), researched "Analysis of Factors Causing Early Marriage and Its Impact on the Perpetrator". The research describes the factors and impacts of early marriage from a sociological and psychological perspective. Psychologically, the age of children or early adolescents experience entropy, namely the period of consciousness that has not been neatly arranged, meaning that they are contrary to each other's consciousness, and are not related to each other, which has an impact on decreasing work ethic, to provide an unpleasant experience for the person. After *entropy* to *negentropy*, that is, the state of consciousness begins to be neat, between knowledge, attitudes, and feelings. The sociological factor, the formal operational period has not been able to realize the whole in work as a result of logical thinking even though its interaction with the environment is widely accessible by its peers, still trying to relate and

[4] https://www.dinkes.malukubaratdayakab.go.id/detail/ Prevention of Malnutrition in Children

communicate with adults. But in his heart, he still hopes for guidance and protection from his parents. The anxiety between wanting protection and freedom. Furthermore, the person begins to develop his formal mind when he enters the late adult stage around the age of 20. Factors that cause early marriage include poverty/economy, parental desires, pregnancy before marriage, culture (the term virgin is old), arranged marriage, and others.

Kartika Sri Rohana (2023), "Early Marriage from the Perspective of Islamic Law" explained that Marriage Law No. 16 of 2019 article 7 paragraph 1 states the age limit for prospective brides and grooms of 19 years, as well as a measure of a person's maturity, biological and psychological maturity and readiness of reproductive devices. This is by the Child Protection Law No. 35, that children are human beings aged 0-18 years including in the womb. Early marriage in religious issues is still debatable, some prevent/prohibit it based on An-nisa' verse 6 and what allows it Al-Isro's verse 32, the permissibility of early marriage to avoid adultery. The Qur'an does not explicitly explain the age for marriage, but there are standards of *balligh*, being able to manage the property (An-Nisa' verse 6).[5] Nurul Fatimah, (2022), wrote "The Effect of Moringa Leaves on Malnutrition Prevention". Moringa dried leaves are one of the vegetables containing high nutrients including 40 natural antioxidants, iron 27.1mg, calcium 2.095mg, protein 26.2gr, ß-carotene 16800mg. The high protein content and micronutrients are the main reasons why moringa can meet the nutritional needs of toddlers, pregnant women, and breastfeeding.[6] Malnutrition prevention is related to various perspectives and fields including health, economy, religion, society, and culture. How to creat healthy generation from the perspective of the Qur'an and What does the Quran say about early marriage? and what are the benefits of vegetables and fruit in the Quran.

METHOD

The author uses library research sourced from books and updated research results, related to malnutrition (the causative factors and prevention factors), early marriage, parenting, diet, and vegetables and fruits contained in the Quran, highly nutritious that can prevent malnutrition, then correlates based on an Islamic perspective.

DISCUSSION

The Impact of Early Marriage

In 2021-2023, the early marriage rate decreased from 10.35% to 9.23%, 8.06%, and 6.92%. In 2020-2024, the target of the National Medium-Term Development Plan for early marriage is 8.74%. Globally, according to UNICEF data, Indonesia's early marriage ranks 4th in the world. It is predicted that 25.53 million girls will be married. This figure is the highest at the ASEAN level for early marriage cases.[7]. After the last 10 years, the rate of early marriage nationally has decreased to 3.5%, but this is considered slow because it increased again, with the prevalence rate in 2016 from 11.1% to 11.2% in 2018.[8] According to BPS in 2021 it will be 9.23%. This required an integrated strategy to achieve the target of 8.74% in 2024 and 6.94% in 2030[9]. In a decade of data from the Central Statistics Agency, early marriage continues to exist at around 10.5%. The highest provinces in 2023 are 17.32% NTB, 11.41% South Sumatra,

[5] Kartika Sri Rohana, Early Marriage in Islamic Law Perspective. Jurnal Darussalam: Thoughts on Constitutional Law and Legal Comparison. Pages 317-327.
[6] Nurul Fatmawati, Yesvi Zulfiana, and Irna Julianti, 'The Effect of Moringa Oleifera Leaves on Malnutrition Prevention', *Journal of Fundus*, 3.1 (2023), 1–6 <https://doi.org/10.57267/fundus.v3i1.251>.
[7] https://www.kompas.id/ read/research/2024/03/08/high-number-marriage-age-of-children in-indonesia
[8] Ministry of National Development Planning/National Development Planning Agency (Bappenas) 2020. *National Strategy for Child Marriage Prevention*.
[9] https://www.unicef.org/ indonesia/en/report/perkamarian-anak-in-indonesia

and 11.29% West Kalimantan.[10] The factors that cause early marriage include poverty, politics, lack of access to education, disasters, marriage by accident, gender inequality, misogynistic religious interpretations, geography, social conflicts, lack of access to comprehensive reproductive health services and information, patriarchal or matriarchal social and cultural norms that reinforce certain gender stereotypes.

Early marriage is a national issue because it is related to the state's responsibility to maintain the quality of its human resources. Based on the juridical basis and the Convention on the Rights of the Child, early marriage is a practice of violating children's rights and a form of violence against children. Early marriage also violates the rights of children in the process of growth and development. Early marriage shows a close relationship with the health and mortality of mothers and babies. Early marriage has an impact on 5 things, including, high maternal and infant mortality rates due to physical, mental, psychological, and reproductive health unpreparedness, especially in pregnant conditions and giving birth to babies. Most babies have pre-eclampsia, and the birth weight is low under 2.5kg regardless of gestational age. (2). High divorce, mental/psychological, economic, and mindset immaturity in living household dynamics or independence in everything so that parents or other people interfere in the household. Based on data from the Indonesian Central Statistics Agency, 4-3-2024 at 11.20 am, in 2023 divorce cases will reach 463,654 then decrease by 10.2% compared to the previous year reaching 514,344 cases. Quarrels and disputes are the biggest causes, the number is up to 251,828 cases, economic factors are recorded in 108,488 cases, and 34,322 divorce cases due to leaving one of the parties[11]. Indeed, it is not recorded that early marriage is the cause of divorce, but the immaturity of the husband and wife's thinking can cause internal conflicts (quarrels/disputes). (3). The poverty rate nationally is fluctuating. BPS data as of July 1, 2024, shows that in March 2024 the percentage of the poor population reached 9.03%, decreased by 0.33 percentage points in March 2023, and decreased by 0.54 percentage points in September 2022[12]. One of the causes of the increase in the poverty rate is the division of family members from the parent family. The majority of early marriage perpetrators are from the lower economic community, they think that expensive school fees are the solution to getting married to reduce the economic burden on the family or the absence of motivation for school from the family and environment. (4). Babies are born with the potential for malnutrition, lack of baby nutrition while in the womb, and nutritional competition between the baby and his mother while in the womb. Because his mother is also a growing man. (5). School dropouts, and school-age children at elementary, junior high, and high school levels get married early and almost all of them decide to drop out of school. A low level of education results in a lack of knowledge, parenting, and mindset.

Marriage Law No. 16 of 2019 states the minimum age for marriage to be 19th for prospective brides and grooms. The rule has a weakness in giving a dispensation for something urgent to be married by showing a birth certificate or other certificate showing that the bride-to-be is not yet 19 years old and also a certificate from a health worker who supports that the marriage is very urgent to be carried out, there is paragraph 2 article 1. Dispensation applications are made to the religious court for Muslims and non-Islamic religions to the district court. Based on the dispensation, early marriage occurs by meeting the administrative requirements of the family of the prospective husband and wife. Administrative requirements and other provisions are regulated in Supreme Court regulation No. 5 of 2019 concerning Guidelines for Adjudicating Marriage Dispensation Applications. Marriage has noble ideals for

[10] https://www.kompas.id/ read/research/2024/03/08/ high-age-child-age-marriage rate in Indonesia
[11] https://dataindonesia.id/ Data on the Number of Divorce Cases in Indonesia until 2023
[12] https://www.bps.go.id/id/pressrelease/2024/07/01/2370/ The percentage of poor people in March 2024 decreased to 9.03 percent. - Indonesian Central Statistics Agency

the sustainability of living beings, including the direction of male and female sexual desires, giving birth to regeneration, achieving peace in life, growing maturity, independence, and maturity economically, psychologically, and socially. All of this happens when they have emotional and economic maturity and the reproductive tools are ready. However, these goals are difficult to achieve in early marriage. Early marriage will have more negative impacts than positives, more *mafsadat* than *benefits.*

Early marriage has a negative impact physically, biologically, economically, psychologically, and on the reproductive organs. Women at the age of 18 are not ready to have sexual intercourse, especially until pregnancy and childbirth because they are still in the process of maturing. Research states that getting pregnant at a young age increases at risk of contracting cancer (uterus, cervix, and others) in the future, even having a high maternal mortality impact. The size of the young woman's pelvis is not large enough, causing difficulty for the baby to move, and rotate to come out (contraction process). This causes disabilities in babies, such as less normal function of the hands and feet, cleft lip, and even the risk of death in babies.[13]. Early marriage is one of the causes of cervical cancer, the age of not yet 20 years women's cervix is not ready. The maturation of the cervix is based on the maturation of moxa cells contained in the skin membrane, not on the arrival of women's menstruation. Normally, moxa cells mature over 20 years old. When under 18th the moksa cells in the cervix are not ready and perfect to receive stimuli including sperm this causes every moksa cell to turn into cancer.[14].

It is hoped that marriage brings tranquility and comfort because one of them is sexual desire channeled halal and official, but marriage is not only the channeling of libido desires, more than that. Marriage requires manners, mental readiness, and emotional maturity. Adolescence is a time of puberty, psychological, unstable, easily worried, and weak balance so it is easy to get emotional, tense, and make short decisions (without thinking about the consequences). Emotions hurt pregnancy, unstable emotions, mental unpreparedness, easy disputes, and even domestic violence, leading to divorce. Economically, generally, women and adolescent men have not yet worked and are not even ready to work and provide for their families. Early marriage also causes school dropouts at the secondary level. They do not have a formal diploma as a condition for applying for a job at an institution, to work as odd laborers whose income is minimal. This affects the welfare and harmony of the family. Early marriage has the potential to cause intergenerational poverty because they are not economically independent. Poverty causes parents to be less able to provide nutritious and balanced nutrition to the babies who will be born, thereby slowing down the growth and development of children. The understanding of *parenting* is still unfamiliar to parents, causing the potential for children to get the wrong parenting style, due to psychological conditions that are not ready to become parents and lack of insight. Based on these scientific reasons and facts, early marriage is one of the causes of malnutrition problems.

Healthy Diet for Mothers and Children

Diet is a behavior to get used to consuming healthy and nutritious foods to maintain a healthy body. A healthy diet with balanced meals according to individual needs. Optimal nutrition is a combination of daily integrated diets according to the needs of the body. No one food can meet the nutritional needs of the human body, so it is necessary to consume a variety of foods to complement basic nutritional needs such as fat, protein, carbohydrates, and fiber.

[13] Fadal, Kurdish. "Underage Marriage from the Perspective of Maqashid Al-Qur'an." *Journal of Islamic Law IAIN Pekalongan*, vol. 14, no. 1, 12 Jun. 2016, pp. 65-92.
[14] Nasution, Khoiruddin, 2009. *Indonesian Islamic Civil Law (Family) and Comparison of Marriage Law in the Muslim World,* Yogyakarta: ACAdeMIA and Tazzafa.

Humans also need additional nutrients including micronutrients and phytochemicals. Micronutrients are nutrients that the body needs in small quantities, but they are very important to maintain health, namely vitamins (A, B, C, D, E, and K), and minerals (iron, calcium, phosphorus, potassium, magnesium). Its function is to regulate metabolism, build tissues and body fluid balance, support the immune system, and prevent chronic diseases. Meanwhile, phytochemicals are natural chemical compounds contained in plants such as fruits, vegetables, grains, and herbs. In addition, the quantity and quality of food are important to be regulated and scheduled. The Ministry of Health of the Republic of Indonesia on nutrition and healthy eating uses the term contents of my plate,[15] Namely a guide to balanced daily nutritional needs, and consumption portions to meet nutritional needs in a day. The distribution of the contents of my plate every meal is divided equally with the composition of staple foods (rice), side dishes, and vegetables and fruits 1/4 part each. 4 Healthy 5 Perfect is a slogan that introduces a healthy diet with foods that contain complete nutrition.

Basic sanitation is the minimum health need that must be met by every family, including the provision of clean water, wastewater disposal, garbage disposal, and wastewater. [16] Disposal facilities. The goal is to reduce the risk of getting various diseases due to an unclean environment, so healthy and clean living habits must be cultivated so that they do not get sick easily and avoid various kinds of diseases, especially infectious diseases caused by viruses and bacteria, for example, washing both hands using soap and running water, and not defecating carelessly. Careless disposal of garbage and feces facilitates the spread of diseases and affects children's development. Children are easily sick, contracting diseases because their immunity is still weak, causing impaired growth and development such as vomiting, diarrhea, dysentery, infections, and other diseases. If children are often sick, there is a great potential for malnutrition. Parenting can prevent malnutrition and has a big impact on children's growth and development because parenting is a whole process, the method of parents to nurture, guide, nurture, and educate children from birth is well accompanied by a sense of affection. Between the caregiver and the caregiver, there is a psychological, emotional, and social closeness. Caregivers do not expect any rewards, just try to give the best for their care. According to the Ministry of Education and Culture and the American Psychological Association (APA), the impact of parenting on children shapes their character, character, social behavior, emotional ability, academic achievement, and mental health. Factors that affect parenting include cultural background, parental education, economic conditions, parental personality, and social environment. The parenting style provided by parents to babies includes providing nutritious food when in the womb, doing IMD, exclusive breastfeeding for the first 6 months and advanced breastfeeding until the age of 2 years, and actively going to the integrated Health care Center to monitor the growth and development of the baby and get basic immunizations as an addition to immunity. Psychological parenting is also given by doing good things as an example for their children even though they are in the womb by reading religious sentences such as prayers.

Malnutrition Prevention in Islamic Perspective

The term malnutrition does not exist in the Quran, but the rare preventive measures are clearly explained in the Qur'an because Islam loves cleanliness, health, and producing a strong, healthy generation. Preventing *malnutrition* is an effort to save oneself, family, community, and nation from danger (*larger*)[17] In Surah An-Nisa':9

[15]https://ayosehat.kemkes.go.id/ Fill My Plate, A Guide to Daily Balanced Nutritional Needs
[16] Sunik Cahyawati, 'Basic Sanitation Analysis of the Coastal Area of Talaga Ratu Hamlet', *Detector: Journal of Health Science Research Innovation*, 1.2 (2023), 251–63 <https://doi.org/10.55606/detector.v1i2.2461>.
[17] https://ppid.acehprov.go.id/'_PENCEGAHAN_MALNUTRITION_DALAM_PERSPEKTIF_HUKUM_ISLAM_. Pdf'.

وَلْيَخْشَ ٱلَّذِينَ لَوْ تَرَكُوا۟ مِنْ خَلْفِهِمْ ذُرِّيَّةً ضِعَٰفًا خَافُوا۟ عَلَيْهِمْ فَلْيَتَّقُوا۟ ٱللَّهَ وَلْيَقُولُوا۟ قَوْلًا سَدِيدًا

it is Allah's command to be devout and not to leave behind the weak and unprosperous young generation. The Qur'an encourages Muslims to live a healthy, intelligent, physically and spiritually strong life and ensure their welfare.

Malnutrition prevention measures can be summarized into three points, namely fulfilling nutrition, breastfeeding for babies, maintaining cleanliness, and health, including monitoring children's growth and development for at least up to 5 years. The Qur'an does not mention nutritious food, but halal food is good as quoted in surah Al-Baqoroh:168 about food. Halal food means food that is allowed by religious teachings, processed for cleanliness and purity based on fiqh rules. The process of the type of food is ensured to be good, suitable for eating, sterile/clean in place and made, not mixed with unclean food, not halal, and not good to eat. Good food is a nutritious and nutritious food to meet consumer needs. In Al-A'rof [7:31] Allah states that it is a command to eat and drink as energy for worship, activities/work but it should not be excessive because it will cause disease. The explanation of the Qur'an is for the good of all humans, not just children. This verse is relevant to malnutrition prevention, including a healthy diet, namely food that is nutritionally balanced and portions are by the "contents of my plate" eating without excess. What about poor families, their nutrition needs are not met. The Qur'an in Al-Ma'un [107:1-3] commands its people not to neglect orphans by feeding them and giving them nutritious food using the concept of social justice. The importance of nutrition in the first 1000 days of life, Al-Baqoroh [2:233] instructs parents to give breast milk to their babies for 2 full years.

۞ وَٱلْوَٰلِدَٰتُ يُرْضِعْنَ أَوْلَٰدَهُنَّ حَوْلَيْنِ كَامِلَيْنِ ۖ لِمَنْ أَرَادَ أَن يُتِمَّ ٱلرَّضَاعَةَ ۚ وَعَلَى ٱلْمَوْلُودِ لَهُۥ رِزْقُهُنَّ
وَكِسْوَتُهُنَّ بِٱلْمَعْرُوفِ ۚ لَا تُكَلَّفُ نَفْسٌ إِلَّا وُسْعَهَا ۚ لَا تُضَآرَّ وَٰلِدَةٌۢ بِوَلَدِهَا وَلَا مَوْلُودٌ لَّهُۥ بِوَلَدِهِۦ ۚ وَعَلَى
ٱلْوَارِثِ مِثْلُ ذَٰلِكَ ۗ فَإِنْ أَرَادَا فِصَالًا عَن تَرَاضٍ مِّنْهُمَا وَتَشَاوُرٍ فَلَا جُنَاحَ عَلَيْهِمَا ۗ وَإِنْ أَرَدتُّمْ أَن
تَسْتَرْضِعُوٓا۟ أَوْلَٰدَكُمْ فَلَا جُنَاحَ عَلَيْكُمْ إِذَا سَلَّمْتُم مَّآ ءَاتَيْتُم بِٱلْمَعْرُوفِ ۗ وَٱتَّقُوا۟ ٱللَّهَ وَٱعْلَمُوٓا۟ أَنَّ ٱللَّهَ بِمَا تَعْمَلُونَ

Breast milk is the best food for babies, high in nutrition, and cannot be replaced by any food for babies. Surah Al-Isro':31 states that Allah gives sustenance (eating, drinking, life) to every creature including children, and forbids killing them for economic reasons. This verse emphasizes the importance of maintaining and caring for children, including providing nutritious food so that their growth and development are optimal and they get a decent life. Humans believe that sustenance comes from Allah and the act of saving children's lives is a great sin, including stunted children. Abu Hurairah RA narrated the Prophet SAW saying that believers who are empowered, work, and independent are better, preferred by Allah than believers who are less powerless, not creative, and there is goodness in it. Sincerely hope for Allah's help in all matters and do not try to feel weak. If there is a calamity, then do not say, if I had done it, it would not have happened, but say all this is the destiny of Allah and what Allah wills will surely happen. Because it is supposed to open the door to Satan's deeds. (HR Muslim, Ahmad, Ibn Majah) Regarding parenting that is also able to prevent malnutrition, it is found in surah At-Tahrim [66:6] instructing devotion, taking care of oneself, and family, including children from hellfire, doing *amar ma'ruf nahi mungka*r, a child is used to practicing *hablum minAlloh wa hablum minannas*. Islamic parenting is by humanitarian principles, parents love their children full of sincerity, patience, justice, and affection and give all the best for their children including nutritious food.

Early Marriage from an Islamic Perspective

Marriage is a sacred bond, a solid, grand agreement for the bride and groom *(mitsaqan ghalidzan,* An-Nisa':21*),*[18] Both families and Allah. So marriage requires physical maturity (health of sexual organs), maturity of thinking, psychology, biology, and social when you want to live it. The meaning *of mitsaqan gholidzan* The great covenant between Allah and His messengers ulul azmi (*mitsaqahum*, Al-Ahzab verse 7)[19] Is that the messengers of ulul azmi promised and declared their readiness to uphold the religion of Allah to deliver His treatises? So marriage must be committed to helping each other, helping and ready to sacrifice in living with the pleasure of Allah. There is explicitly no command or prohibition on early marriage. If you look at the textual message of the Qur'an, early marriage is legal. There is a Qur'anic verse that inspires us to answer this problem, although the substance of guidance in treating and educating orphans can be applied to children in general, in QS. An-Nisa' verse 6, the means that the guardians of orphans should marry their guardians' children until they are old enough, with the consideration that the orphans can manage/manage their property. Foster parents /guardians of orphans should not marry orphans who are not cognitively, mentally, and emotionally ready, waiting for them to mature, mature in thinking, and able to manage finances. The meaning of being able to manage assets broadly is being able to manage financial income by spending primary, secondary, and tertiary, and or the child is already working, and financially independent. So a person who can manage wealth must be an adult. Why this verse tells about orphans, because usually orphans waste their lives, their property is taken, married to escape their responsibilities as foster parents. Marrying orphans early is prohibited, let alone marrying biological children.

Emphasis, early marriage must adhere to the message, of the purpose of marriage. Before deciding to get married early, you must consider the *benefits* and *mafsadat. The benefit of* early marriage avoids free sex, while *early marriage is* due to dropping out of school, lack of mental, emotional, and financial readiness in navigating the household so that it has an impact on quarrels and divorces, domestic violence, the risk of premature birth of children that cause disabilities in babies and even the risk of death in children and mothers, poverty and others. The purpose of marriage in the Qur[20] 'an (1) Regeneration (continuation of offspring) QS. An-Nisa':1, QS. An-nahl:72, Ash-syu'aro':11 whose substance is the function and benefit for the sustainability of human life along with the universe and the happiness of the hereafter. (2) creating serenity. QS. Ar-Rum:21 explains the purpose of marriage for peace (*sakinah*), realizing love (*mawaddah*), and affection (*mercy)* in the family. (3) maintaining the honor of each spouse from forbidden acts/adultery (QS. Al Mu'minun:6, QS. Al-Ma'arij:30), also channeling the needs of sexual desire according to religious guidance (QS. Al-Baqoroh: 223) reveals that the husband wears his wife's clothes, on the contrary, the wife wears her husband's clothes, meaning that the husband and wife shelter each other and cover each other's disgrace and shortcomings. (4). Avoiding sexually transmitted diseases such as sexually transmitted diseases, HIV AIDs and others.

Early Marriage Perspective Maqoshid Al-Asyri'ah

Maqashidus-shari'ah means the concept or main purpose of the enactment of Islamic law. Concepts play an important role in determining Islamic laws that are relevant to human needs and goals. Malnutrition prevention is categorized as *Maqashid Al-Syari'ah dharuriyyah* because

[18] Melvitriani and Ahmad Yasin Asy'ari, 'Factors Causing Early Marriage in the Perspective of Maqashid Syari' Ah', *Unissula Student Scientific Conference (KIMU) 2*, 2019, 780–88.
[19] Melvitriani and Asy'ari.
[20] Iain Ponorogo, 'The Purpose of Marriage in the Qur'an and Its Relevance to the Childfree Phenomenon (Perspektif Tafsir Maqāṣidī)', 02 (2023), 36–55.

it is related to the survival of humanity. In *maqoshid asy-shari'ah* there are five main elements *(kulliyah al-khams),* namely *hifdhun-nafs* (guarding the soul), *hifdhul-aql* (guarding the intellect), *hifdnun-nasl* (guarding the descendants), out put for *hifdn ad-din* (religious protection) and *hifdn mall* (property protection). The main purpose *of maqoshid Sharia* is to realize the benefit, benefit, and happiness of mankind (*mashâlih al-ibâd)* in all affairs in this world and the hereafter, including the goals *of dharuriyyah* (primary), *hajiyyah* (secondary), and *tahsiniyyah*. From the perspective *of Maqashid Al-Shari'ah,* early marriage *of hifz din* is avoided from adultery. *Unhifz nasl* generation who were born with weak qualities physically, mentally, and psychologically. Unhifz *Mall,* the perpetrator of early marriage decided to drop out of school and did not have a formal diploma to meet the requirements to find a job. Limited knowledge, experience, and opportunities to get a job cause them to become unemployed or work odd jobs, which has an impact on a small income so that their level of welfare is low. *Unhifz nafs.* Maternal and infant mortality is high. *Unhifdh al-aql*, a baby born from early marriage has weak cognitive power.

The benefit of local vegetables to prevent malnutrition

Malnutrition prevention can be done by optimizing the use of local vegetables. The positive aspects is affordable, independent, do not wait, and expect help from the government, and the nutritional content is high. Indonesia is a tropical, fertile, plant area that easily grows in the yard/yard. The fulfillment of macro and micro nutrition can use alternatives using environmentally friendly local food. These plants can be used as vegetables and contain high nutrients such as moringa, tomatoes, spinach, eggplant, corn, garlic, onions, dates, and others. Not only that, pet animals also contain high nutrition. The excess of these pets and plants is natural or does not contain chemical substances. For pets that contain high nutrition, including free-range chickens, goats, cows, ducks, pigeons, and quails.

Moringa vegetables are famous as superfoods because they contain high nutrients and a million benefits for health, can be used as herbal medicine, internationally recognized. Research in the Southwest Senegal area, testing the content and benefit of moringa vegetables to prevent or treat cases of malnutrition in pregnant or lactating women and their babies[21]. Dr. Theresia Monica Rahardjo's book entitled "Moringa Vegetables, malnutrition, and National Resilience" reveals that moringa vegetables can overcome and prevent malnutrition massively if consumed intensely. The advantages of Moringa Vegetables through research have the most benefit to overcome, reduce, and prevent severe to moderate, moderate to mild, and mild to cured malnutrition. Dr. Theresia revealed that moringa vegetables contain nutrients, a source of vitamins, and minerals for the body, including 20 grams of moringa vegetables containing vitamins A, B1, B2, B6, C, E, folic acid, magnesium, and several types of antioxidants, including isothiocyanate, niazirin, flavonoids, and polyphenols. Which becomes daily consumption.[22]

With innovation, creation, creativity, and technology, moringa vegetables are packaged, and processed into extracts including tea bags, chips, juz, pudding, ice cream, flour, and others. Moringa is also packaged in capsules so that people who don't like the smell can still consume it and carry it everywhere. The advantages of moringa vegetable extract are easier to consume, more durable to dry with solar energy, relatively cheap, and easy to obtain. The high levels of calcium, protein, natural antioxidants, potassium, iron, and various vitamins in moringa vegetable extract are needed by babies, toddlers, children, and adults who are still in the process of growth. Moringa vegetable intake can prevent blood deficiency (anemia), increase

[21] http://journal.ummat.ac.id/index.php/jmm
[22] Theresia Monica Rahardjo (2023) Moringa Vegetables, Malnutrition, and National Resilience. 000500090. [img], Text Certificate HAKI_Buku Moringa Vegetables.pdf

the quantity of breast milk quality, meet nutrition and increase weight for breastfeeding and pregnant women, and reduce stress. 5 grams of moringa porridge as a 2-phase complementary food every day can meet 75% of the nutritional needs of babies plus breast milk so the consumption of moringa porridge for 4 months intensely can overcome malnutrition.

Moringa vegetables can be consumed directly or in packaging/drying. Dried moringa contains more than 40 natural antioxidants, protein 26.2gr, calcium 2,095mg, iron 27.1mg, and B carotene 16800mg. The high content of micronutrients and protein in moringa vegetables is the main reason for being able to overcome malnutrition problems in toddlers and breastfeeding mothers. The percentage of carbohydrate content is 57.01%, protein 28.44%, fiber 12.63%, fat 2.74%, calcium 1600 – 2200mg. Dried moringa vegetables have a higher calcium value of around 1600 – 2200mg than wet moringa which is 350 – 550mg.[23] Moringa vegetables have multiple advantages compared to other nutritious foods, namely 6 times the vitamin C of oranges, 4 times the vitamin A of oranges, 4 times the calcium of milk, 17 times the calcium of fresh milk, 2 times the protein of soybeans, 7 times the potassium of bananas, 15 times the potassium of bananas, 9 times the protein of yogurt and carotenoids that exceed that of carrots, oranges and melons, 25 times the iron in spinach.7 times the vitamins B1 and B2 in yeast, 6 times the polyphenols of red wine, 4 times the folic acid in the beef liver, 4 times the vitamin E in the wheat, 2 times the wheat fiber, 1.5 times the essential amino acids of eggs, 25 times the iron of spinach, 10 times the vitamin A of carrots.[24] The reason for the different nutritional content depends on the condition of the food fresh/wilted, the amount and ingredients used, and the cooking method.

WHO named moringa vegetables as a *miracle tree* containing bioactive compounds and nutrients beneficial for health such as antioxidants, namely protein, vitamins A, C, D, E, and B complex, as well as minerals such as potassium (K), calcium (Ca), iron (Fe), magnesium (mg), zinc (Zn) and other minerals. The Ministry of Health of the Republic of Indonesia published data from the Indonesian Food Content Table that 100 grams of fresh moringa vegetables contain nutrients of 5.1 grams of protein, 1.6 grams of fat, and 8.2 grams of fiber.[25] Based on the nutritional content of moringa vegetables, it can support the development of babies and meet the nutritional needs of pregnant women because of the increased response to physiological changes until childbirth. Other vegetables are highly nutritious and beneficial for health including tomatoes, 180g of tomatoes contain 24.66mg of vitamin C, 0.49mg of magnesium, and 27 mcg of folic acid benefit pregnant women, helping healthy fetal development and increasing appetite.[26]. Temulawak to increase appetite, ginger to strengthen the immune system, and gotu gotu contains many nutrients and amino acids. The dietary fiber content of corn contains carbohydrates and nutritional raw materials, functional activity, oligosaccharides, amino acid composition, antioxidants (anthocyanins, provitamin A/betakaryoten), minerals (Ca, Mg, K, Na, P Ca, and Fe) which are important for improving nutritional status.

Vegetables and fruits from the perspective of the Qur'an

Malnutrition is experienced by all levels of society because of the lack of *awareness* of the diet and parenting of parents to their toddlers. In QS Al-Baqoroh: 233 commands the importance of breastfeeding the baby for 2 full years, and good parenting, one of which is that

[23] Fauziyah Hani, et al. Moringa Vegetable (moringa aleifera) as a healthy food that complements nutrition in the first 1000 days of life. Health Journal. Vol. 13, No. 2 of 2022. http://ejurnal.poltekkes-tjk.ac.id/index.php/JKHanif and Berawi.
[24] Desideria, Benedict. Note, this is the advantage of moringa compared to other plants. https://www.liputan6.com/health/read/2292435. Aug 3, 2015, 08:00 WIB
[25] Sumarmi, Sri. Consumption of Moringa Leaves During Pregnancy is Good for the Health of Pregnant Women and Babies Born, http://ijop.net/index.php/mlu/article/view/1517. December 7, 2020
[26] M Eningkatkan K Adar, H Emoglobin P Ada, and I B U H Amil, 'I NTERVENSI C OOKIES T OMAT (S OLANUM L YCOPERSICUM) U NTUK', 13.2 (2022), 493–99.

the father makes a good and halal living for the family. As a servant, you must be sure that Allah does not burden someone beyond the limits of his ability. The desire to wean is carried out through deliberation or is fed to others due to constraints by giving appropriate rewards. Islam highly respects the rights of children and the obligations of parents with the goal that children live, grow healthy, intelligent, fulfilled with nutrition and welfare according to their abilities. The Qur'an and Hadith advocate greening for the continuation of the life of the universe, for example, Asu-Shuaro:7-8, which means that humans are commanded to worship only Allah, pay attention, observe His creation on earth for the diversity of plants, all of which are beneficial and can be used by humans. The power and greatness of Allah can be seen in the dynamics on this earth by fertilizing arid soils and growing various kinds of plants, unfortunately, the disbelievers remain unfaithful, remain takaburi, and maintain their social status. Finally, Allah locked their hearts, sight, and hearing. QS At-Tur:22 states that Allah adds pleasure in the form of fruits and meat of animals of their kind. An-Nahl:11 states that Allah brings plants and fruits to life with rain, so think.

وفي رواية له لا يَغْرِسُ مُسْلِمٌ غَرْسًا وَلَا يَزْرَعُ زَرْعًا فَيَأْكُلَ مِنْهُ إِنْسَانٌ وَلَادَابَّةٌ وَلَا شَيْءٌ إِلَّا كَانَ لَهُ صَدَقَةٌ رواه مسلم

This hadith urges humans to carry out greening that is useful for the next generation of humans.

The Qur'an regulates the application of diet and lifestyle according to health rules by eating nutritious food. Not only attaching importance to staple foods and side dishes but also consuming vegetables and fruits. The Qur'an recommends eating halal and good food (*halalan thoyyibah), that is* not excessive and balanced so that it is healthy and not easily affected by the disease. 4 verses recommend eating halal and good food, including Al-Baqoroh:168, Al-Maidah:88, Al-Anfal:69, and An-nahl:114. Moringa is described in Al-Fath:29, as a pleasant and soothing plant. Its characteristics are deep single roots, and few branched roots so that the roots do not compete for food, and will even provide fertilizer to other plants because their fallen leaves contain high nitrogen that other plants need. Moringa trees can grow quickly but are not shaded because of their small leaf structure. Moringa plants are excellent for improving critical soils.[27] Foods mentioned in the Qur'an as superfoods are also useful for human health, including.

1. Rice became a staple food. 'Abasa: 27-32, Allah grows grains including wheat, rice, corn, grapes, olives, vegetables, fruits, date palms, shady plants, and grasses, all of which are available for living beings to *survive.*
2. Meat, milk of farm animals, side dishes. QS. An-Nahl: verses 5, 14, and 66, Allah created livestock animals such as camels, buffaloes, goats, cows, and sheep. Fresh meat, milk, and fish are good for human health and growth and development as well as science (for research). Every 100g of milk based on the USDA Food Composition Database and Indonesia's food composition table, contains 61Kcal of energy, 4.3g of carbohydrates, 3.2g of protein, 60mg of phosphorus, 3.5g of fat, 39 mcg of vitamin A, 143mg of calcium, and 5.3g of lactose (Ministry of Health of the Republic of Indonesia, 2018).[28] Meat, milk, and fish, the best food for humans are high in animal protein, fish *oil* is rich in the best calcium, and vitamins A &B, and fats contain magnesium, phosphorus, vitamins B, C, A, and magnesium in the liver.
3. Dates in the Qur'an are mentioned 20 times in 16 different suras, namely Surah Maryam:25, Al-Baqarah, Al-Hasyr, Qaaf, and Ar-Ra'du:4 explaining that dates grow with various qualities.

[27] Eny Yulianti, 'The Benefit of Moringa Olievera.Lamk (Moringa) in the Perspective of the Quran', *ULUL ALBAB Journal of Islamic Studies*, 10.1 (2018), 1–18 <https://doi.org/10.18860/ua.v10i1.6064>.
[28] Cheryl Dwi Nur Zahra and others, 'Nutritional Characteristics in Yogurt in Cow, Goat and Oat Milk', *Journal of Food and Nutrition Innovation*, 1.1 (2024), 49–55 <https://doi.org/10.61511/jipagi.v1i1.968>.

The Prophet Muhammad said dates are beneficial for health. Although it is about ajwah dates, other types of dates are also good for immunity, rich in fiber and nutrients that can help slow down the absorption of carbohydrates, contain antioxidants to prevent free radicals, maintain the digestive system and maintain the gastric mucosa, especially during fasting, contain sugar approximately 70-78% of the sugar substances are easily absorbed and digested by the body, 2-3% fat, 2% protein, minerals, vitamins A, B1, B2, D. 1 kg of dates contains 3470 calories, while 100g of dates contain 65-71mlg of calcium, 40-72mlg of phosphorus, 65mlg of magnesium, 2-4 ml of magnesium, 790 potassium, 0.9mlg of sodium, 65mlg of sulfate, 283mlg of chlorine, and 3mlg of chlorine. A'ishah narrated Muhammad arsulullah saying إِنَّ فِي عَجْوَةِ الْعَالِيَةِ شِفَاءً، أَوْإِنَّهَا تِرْيَاقٌ، أَوَّلَ الْبُكْرَةِ Ajwah dates from Aliyah, a city of Medina in the highlands near Nejed can be an antidote to poison if consumed every morning. In another story, the Prophet of Allah took care of a newborn. 'Aisha narrated, that a baby boy was brought to the Messenger of Allah and then she chewed it by chewing dates and then putting the chew on the roof of the baby's mouth until the chew entered the baby's stomach (HR. Bukhari-Muslim). According to Imam Nawawi, the sunnah is tahnik with dates and its benefit as an antioxidant, preventing neonatal and a source of nutrients for hypoglycemia and increasing the body's immunity.[29]

4. Olive (Al-An'am:99 and Al-Mu'minuun:20) tells the story of the olive tree that first grew in Sinai Hill and produced a lot of the best vegetable oils of the highest quality including types of unsaturated fats, the benefit of increasing appetite because they taste delicious, contain magnesium, phosphate, protein, vitamins A, B, B Complex, lime salt.[30].
5. Pomegranates are mentioned 3 times in the Qur'an, namely Al-An'am:99 and 141, Ar-Rahman:68. Pomegranates per 100g contain 78g of water, 1.6g of protein, 14.5g of carbohydrates, 0.1g of fat, 0.7g of minerals[31]. Inversion sugar content 20%, glucose 5-10%, vitamin C 14mg/100gr, citric acid 0.5-3.5%,.[32]
6. Grapes as the fruit of paradise are good for health, mentioned 14 times in the Qur'an, including Abasa:28, yasin:34-35. According to *the George Mateljan Foundation,* 100g of grapes has 25 nutritional components including potassium, calcium, vitamins C, and K, fiber, antioxidants, resveratrol, flavonoids, procyanidins, fats, energy, carbohydrates, proteins, polyphenols, anthocyanins, and phenolic acids.[33]
7. Banana fruit, Al Waqi'ah: verses 28-29 describe a plant that has a stacked fruit, the nutritional content per 100g is energy 116 kcal, 465mg potassium, water 67.30gr, carbon hydrate 31.15g, vitamin A 250gr – 335gr, B complex, C, D, energy, minerals, calcium, phosphorus, copper, magnesium protein 0.79g, fat 0.18g,[34]
8. Tin fruit (surah At-tin) tastes naturally sweet and beneficial for health, is high in nutrients and fiber, contains vitamins A, F, and C, calcium, magnesium, and potassium, sitosterol, campesterol, oleic acid, and isoamyl laurate. Each species of *Ficus carica L*/fig has different chemicals. Phytochemical screening of *F. carica* leaf methanol extract from the Algerian variety contains flavonoids and polyphenols with significant and tested variability. The sap

[29] M Hatta, 'Benefit of Tahnik with Dates for Newborn Health', *Journal of Pandu Husada*, 4.2 (2023), 52–57 <https://ojs3.umsu.ac.id/index.php/JPH/article/view/16577>.
[30] Nur, Siti Awwalu Lathifatul Marfuah, Healthy Body with Nutritious Food according to Islamic Teachings, Islamic University of Indonesia, https://fk.uii.ac.id/
[31] Sugeng Ali Mansur and others, 'Kandungan Buah Delima (Punica Granatum L.) Dalam Perspektif Al-Qur'an, Sunnah, Dan Sains', *Proceedings of International Pharmacy Ulul Albab Conference and Seminar (PLANAR)*, 2 (2022), 69 <https://doi.org/10.18860/planar.v2i0.2128>.
[32] Sudjijo. (2014). A Glimpse of Pomegranate Plants and Their Benefit . Solok: Trol Fruit Research Institute.
[33] Jihan Rami Nabila, Siti Lailaturohmah, and Melly Elvina Cahya Aulia, '*The Potential of Grapes as Natural Anti-Aging in the Perspective of Science and Islam*', Conference *on the Integration of Islamic and Science Interconnections*, 4.1 (2022), 150–54 <https://ejournal.uin-suka.ac.id/saintek/kiiis/article/view/3274>.
[34] Retno Tri Wulandari, Nurmasari Widyastuti, and Martha Ardiaria, 'DIFFERENCES BETWEEN GIVING BANANAS AND BANANAS TO VO2MAX IN ADOLESCENTS IN FOOTBALL SCHOOLS', *Journal of Nutrition College*, 7.1 (2018), 8 <https://doi.org/10.14710/jnc.v7i1.20773>.

contains flavonoids, polyphenols, anthocyanins, alkaloids, and a small amount of saponins. Figs contain phosphorus, minerals, and calcium that are high after citrus fruits, in addition to being a source of potassium and minerals for their function to control blood pressure. Dried figs are a source of strontium and magnesium, both for treating anemia, and also contain higher phenolics than fresh fruits. The chemical content of dried figs is phenolic, flavonoids, alkaloids, and saponins that can be used as antioxidants. Phytochemical studies show that figs contain bioactive compounds such as β-carotene, β-glucosyl, β-aniline, β-sitosterol, β-sitosterol, arabinose, glycosides, and xanthohumol, 6-O-acyl, along with their palmitate oil, and linoleic, stearyl derivatives that show strong cytotoxic effects. The compound shows high levels of polyphenols, flavonoids, and anthocyanins as well as antioxidants. Polyphenols function as antioxidants. Fig polyphenol compounds include flavonoids (the largest compound in phenols), glat, tannins, and terpenoids can slow down the course of antioxidants by capturing free radical rays, transferring 1 electron to another electron that has no pair which causes a decrease in the number of free radicals. In plants, flavonoids with glycosides bind to sugar molecules called glycones. Fig fiber has an impact as a laxative, namely food to help overcome constipation by making food waste move easily in the intestines. Other benefits of fig juice mixed with honey can stop bleeding, and overcome ulcers, its leaves for hypoglycemic in sugar diseases, and its sap for its anthelmintic activity mainly in *Ascaris Tricharus*. Tin leaves also have a hypoglycemic effect on diabetics.[35] Other vegetables QS Al-Baqoroh: 61 mentions several vegetables including garlic, onions, cucumbers, and fennel beans.[36] Of course, vegetables contain many nutrients needed for the body.[37]

If studied more deeply, the Qur'an mentions many names of vegetables explicitly or figuratively based on their benefit and goals for science or science and creating a strong generation, especially maintaining health and increasing the body's immunity to avoid malnutrition.

CONCLUSION

Malnutrition prevention is contained in the Qur'an, including the Qur'an does not approve of early marriage QS An-nisa' verse 6, a guardian should not marry an orphan before he can manage his property, the meaning of his property means waiting for the maturity of thinking and the ability to manage finances, and this is not only for orphans but for all human children. Early marriage has more negative than positive (*mafsadat* is more dominant than *benefit) in the perspective of* Maqoshid *Al-Ashri'ah.* Vegetables and fruits are effective in preventive and curative efforts, maintain body health, and are useful for medicine. The Quran explains this, and people used to consume them for medicine and health maintenance. The nutritional values of fruits and vegetables are not inferior to processed human foods. Allah SWT provides vegetables and fruits to be used as much as possible for humans to live this life to worship Him and always be grateful.

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