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The Role of Pre-Marital Guidance in Shaping a Sakinah Family

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Abstract

This research aims to examine the role of pre-marital counseling in forming a sakinah family at the Office of Religious Affairs (KUA) Selong, East Lombok. A sakinah family is the goal of marriage in Islamic teachings, characterized by tranquility, peace, and lasting happiness. Pre-marital counseling is considered one of the strategic efforts to realize a sakinah family by providing knowledge, skills, and understanding to prospective couples about a harmonious household life in accordance with religious values. The research method used is qualitative, a case study type of research with data collection techniques through in-depth interviews, observation, and documentation. The subjects of the research consisted of engaged couples participating in pre-marital counseling, religious counselors, and KUA Selong officers. The research results indicate that the pre-marital counseling organized by KUA Selong plays a significant role in forming a sakinah family. Through this guidance, prospective couples gain a better understanding of the concept of a sakinah family, the responsibilities of husband and wife, effective communication, conflict management, and the importance of maintaining a balance between spiritual and material needs. In addition, premarital counseling also provides insights into the importance of the roles and functions of the family in building a harmonious and civilized society.

Keywords: *Pre-marital counseling, Sakinah family*

Introduction

A complete family is the dream of every husband and wife. To achieve that dream, good cooperation from all family members is needed, and such cooperation should be built from the moment the couple decides to get married. If there is no good cooperation, it is likely that various problems will arise in the household. As time goes by, it is not uncommon for differences in opinions and principles to arise between husband and wife. These differences will gradually lead to disputes and

arguments that often end in divorce. To avoid such issues, it is necessary to prepare for building a household for both the prospective groom and bride. Pre-marital counseling must be provided to the groom and bride before the marriage contract is executed. Guidance is part of an educational program aimed at helping individuals or groups of individuals in planning and executing plans as well as adjusting themselves in all aspects of daily life. Guidance is a special service and differs from other fields of education. In guidance, there are two programs: personal guidance and social guidance. Personal guidance includes developmental services in addressing personal issues, related to intellectual aspects, while social guidance includes developmental services in addressing social problems, in family, school, and community life.¹ Meanwhile, premarital counseling is the process of providing knowledge to prospective male and female brides who are about to get married, as an additional educational preparation for their upcoming marriage.²

Marriage is a bond of body and soul in the form of the union between a man and a woman based on the desire to have offspring and a family. Marriage is also a very significant moment in every human life, as it will directly change their status. The law regarding marriage is stated in Law No. 1 of 1974, Article 7, Paragraph 1, which states that marriage is permitted when the man has reached the age of 19 and the woman has reached the age of 16. However, it was later amended to require both men and women to be at least 19 years old, and Paragraph 2 states that marriages involving individuals under the age of 21 must obtain parental consent.³

Marriage is a form of a sacred agreement that is very strong and solid for a legitimate life together between a man and a woman, so it is hoped that this decision can form a lasting family, with mutual care, love, peace, and happiness. Every person who decides to marry certainly hopes for a family that is *sakinah*. Every person who decides to marry certainly hopes for a family that is *sakinah*. A family is an important foundation in the development of human resources⁴

¹ Hikmawati, F. (2016). *Guidance and Counseling* (revised edition) Jakarta: PT. Raja Grafindo Persada

²Nofiyanti, N. (2018). Pre-Marital Counseling Services in Enhancing Emotional Maturity in Family Life. *Prophetic: Professional, Empathy, Islamic Counseling Journal*, 1(01).

³Fadilah, D. (2021). Review of the impacts of early marriage from various aspects. *Pamator Journal: Scientific Journal of Trunojoyo University*, 14(2), 88-94.

⁴ Justiatini, W. N., & Mustofa, M. Z. (2020). Pre-Marital Guidance in Forming a *Sakinah* Family. *Iktisyaf: Journal of Da'wah and Sufism Studies*, 2(1), 13-23.

A family is an important foundation in the development of human resources. Building a resilient and strong family requires efforts and methods that can make a family strong, solid, and harmonious in its life. Therefore, something that is prepared in advance with thorough and sufficient provisions, both physically and spiritually, will create a family that is *sakinah*, *mawaddah*, *warohmah* when stepping into the phase of living together as a family, as the goal of marriage. The family is the smallest institution in society that functions as a means to realize a life that is peaceful, safe, calm, and prosperous in an atmosphere of love and affection among its members. If a society has many harmonious households, then that society will be stable, calm, peaceful, prosperous, and happy. Conversely, if a society has many disordered households (families), then that society will also be shaken, restless, and unsafe.⁵ Therefore, pre-marital counseling is necessary to create a harmonious family.

Pre-marital guidance is a process of assistance to individuals so that in carrying out marriage and household life, they can align with the provisions and guidance of Allah, thereby achieving happiness in both worldly and spiritual life. Guidance has a preventive function, which is more about prevention so that something does not happen or problems do not arise within a person.⁶ Premarital counseling is a very important activity that must be followed by prospective brides and grooms who are about to get married, because premarital counseling provides new insights and perspectives to society about marriage and household management, so that they can be better prepared to navigate the journey of married life, and also serves as a shield and fortress against marriages that tragically end in divorce..

Pre-marital counseling according to the implementation guidelines issued by the Directorate General of Islamic Community Guidance, Ministry of Religious Affairs of the Republic of Indonesia, is intended for teenagers of marriageable age; essentially, all teenagers of marriageable age can participate in this counseling. In general, those who will receive this pre-marital counseling are couples who have already registered to get married, so the initial stage is the marriage registration at the KUA. After registering, they will be informed when the pre-marital counseling will be conducted, and it is recommended for the prospective bride and groom to register and participate in the pre-marital counseling.⁷

⁵ Miftahudin, A. (2019). The Effectiveness of Premarital Counseling. *Turatsuna: Journal of Islam and Education*, 1(1), 10-18

⁶ Justiatini, W. N., & Mustofa, M. Z. (2020). Pre-Marital Guidance in Forming a *Sakinah* Family. *Iktisyaf: Journal of Da'wah and Sufism Studies*, 2(1), 13-23

⁷ Taufiqurriadi & Zulpa. (2022). Marriage, B. P. Community Response to Pre-Marital Guidance at the KUA Masbagik District. 1 (1)

The importance of pre-marital counseling services lies in several aspects, including issues of individual differences, needs, individual development, and background problems. The guidance provided to prospective brides and grooms aims to offer insights and directions as well as serve as first aid in household life.⁸ Based on the background description above, the researcher is interested in conducting a study on the role of pre-marital guidance in forming a *sakinah* family. This research aims to determine the role of pre-marital counseling in realizing a *sakinah* family.

Research Methods

In this study, the researcher uses a qualitative research approach because this research aims to describe and depict phenomena that occur according to their actual conditions in the field. In qualitative research, the data obtained is natural with inductive data analysis, and the research results reinforce the meaning (the real and certain data) from the generalization. In this study, the researcher uses a qualitative research approach because this research aims to describe and depict phenomena that occur according to the actual conditions in the field.

According to Bogdan and Taylor in Moleong's book, qualitative research is a research procedure that produces descriptive data in the form of written or spoken words from people and observable behaviors.⁹ The data collection techniques use observation, interviews, and documentation. In qualitative research, data analysis is inductive, meaning it is an analysis based on the data obtained, which is then developed into a hypothesis. The hypothesis formulated based on the data is then sought again repeatedly until it can be concluded whether the hypothesis is accepted or rejected based on the collected data. If, based on the data that can be repeatedly collected using triangulation techniques, the hypothesis is accepted, then the hypothesis develops into a theory. In this study, the data analysis used is interactive analysis.

⁸Rachmawati, D., & Hadiningrum, L. P. (2023). *The Influence Of Marriage Guidance (Pre-Marriage For Prospective Brides And Grooms) On Efforts To Prevent Divorce In Purworejo Regency In 2019-2021 (Study at the KUA Gebang Subdistrict, Purworejo Regency)* (Doctoral dissertation, UIN Raden Mas Said Surakarta).

⁹ Moleong, L. J. (2016). *Qualitative research methodology*

The steps or processes of data analysis are carried out in three stages, as follows¹⁰

1. Data Reduction

After the researcher is in the research location, the amount of data obtained will be quite large, therefore it needs to be recorded carefully and in detail because data reduction means summarizing, selecting the main points, focusing on important matters, looking for themes and patterns, and discarding what is unnecessary. So, the data that has been reduced provides a clearer picture and makes it easier for the writer to collect data and information.

2. Data Presentation (Data Display)

After going through the data reduction process, the next step is data presentation. Data presentation is carried out so that the data can be organized and arranged in a relational manner, making it easier to understand. Sugiyono explains that data presentation in qualitative research can be done with brief descriptions, charts, relationships between categories, and similar methods. The most commonly used way to present data in qualitative research is through narrative texts.

3. Conclusion Drawing and Verification

According to Miles and Huberman, in qualitative research, the third stage that must be passed during data analysis is conclusion drawing and verification. The initial conclusion is still provisional or not yet valid as long as the researcher continues to find supporting evidence during subsequent data collection. However, if the conclusions drawn by the researcher in the initial stage are supported by valid evidence when the researcher returns to the field to collect data, then the conclusions drawn initially are credible and valid..

Results and Discussion

The purpose of this research is the role of pre-marital guidance in realizing a *sakinah* family. The research results will be detailed below.

¹⁰Sugiyono, D. (2010). Understanding qualitative research.

a. Preparation for building a household

Pre-marital counseling is a crucial first step for couples entering married life. This process provides various important tools that help them build a harmonious and lasting relationship.

One of the main aspects of pre-marital counseling is self-understanding and understanding of one's partner. By recognizing each other's values, hopes, and life goals, couples can create the harmony needed to face challenges together. Additionally, this guidance teaches effective communication skills, which are important for preventing and resolving conflicts that may arise in the future.

As stated by Mr. Muhammad Khairil Anwar, S.HI, MH, Head of KUA Selong East Lombok, he said:

*"If asked how important it is, the answer is definitely very important, because this is a provision for them to run their household later, as well as knowledge to ensure their household remains intact and lasts." In addition, with this, they can be happy in their marital relationship."*¹¹

In line with that, Mr. Muhammad Akhyar, S.Ag, M.HI, as the Counselor of KUA Selong East Lombok, stated that: "Pre-marital counseling is very important for couples who are about to marry in order to create a harmonious family." Because in this premarital guidance, we provide the prospective bride and groom with the tools to build and nurture a household. If we want to build a household without prior preparation, we are certainly vulnerable to undesirable things, such as divorce, domestic violence, and so on. In building a household, there will be many challenges and tests. Therefore, in this pre-marital guidance, we provide understanding and perspectives to the prospective bride and groom on how to face all of these when they are already married, so that if unwanted things happen, they already know the solutions."¹²

Mr. Dasriyah, S.H.I, as the marriage registrar of KUA Selong East Lombok, also added:

*"The role of premarital counseling is very important for prospective brides and grooms." With the guidance we provide and what they undergo, they have at least gained some knowledge or understanding of the tricks or ways to create a harmonious family. They can all obtain this from our previous experiences, or from reading books, and we will convey it to them so that they will learn how to create a peaceful family."*¹³

¹¹Interview, Muhammad Khairil Anwar, S.HI, MH as the Head of KUA Selong Lombok Timur

¹²Interview, Muhammad Akhyar, S.Ag, M.HI as a Counselor at KUA Selong Lombok Timur

¹³Interview, Dasriyah, S.H.I as a Marriage Registrar at KUA Selong Lombok Timur

From the interview above, we can conclude that pre-marital counseling is a very important aspect for prospective brides and grooms who wish to build a household. Because in pre-marital counseling, prospective brides and grooms will receive guidance and preparation to build a household. Not only that, premarital counseling also teaches prospective couples how to resolve issues within the household, thereby creating a harmonious family.

Mr. Muhammad Akhyar, S.Ag, M.Hi also explained that:

*Pre-marital counseling plays a significant role in creating a happy family, sakinah, mawaddah, and warahmah. Because of this, prospective brides and grooms will learn how to get to know each other, how to handle different characters to achieve the same goals, and how to manage household problems. So that the preparation for building a household has already been obtained before marriage through this guidance.*¹⁴

In line with that, Abdul Haris Junior, who has conducted pre-marital counseling, said:

"Pre-marital counseling plays a crucial role in building the foundation of a harmonious family." First, this pre-marital counseling provides couples with the opportunity to get to know each other more deeply, including their values, hopes, and aspirations. This is important so that both have the same vision."¹⁵

Thus, it can be concluded from the explanation above that pre-marital counseling is very helpful in the effort to realize a harmonious family. Because there are many things that prospective couples will gain by participating in it..

b. Education about responsibilities

Pre-marital counseling also plays a role in educating couples about household responsibilities. This process helps prospective husbands and wives understand each other's roles and clarify expectations regarding the responsibilities they must undertake in married life.

Through guidance, couples are invited to discuss various important aspects, such as financial management, division of domestic tasks, and child-rearing. This discussion is important to create harmony and prevent conflicts that may arise due to misunderstandings. By dividing tasks fairly, both parties feel valued and contribute to creating a harmonious environment..

As stated by Mr. Muhammad Khairil Anwar, S.HI, MH, he said that:

"Pre-marital counseling also plays a very important role in educating couples about their responsibilities in the household." During the counseling sessions, we invite couples to

¹⁴Interview, Muhammad Akhyar, S.Ag, M.HI as the Counselor of KUA Selong Lombok Timur

¹⁵Interview, Abdul Haris Junior, Selong Lombok Timur

discuss their respective roles in various aspects of household life, including finances, child-rearing, and the division of household chores..”¹⁶

Mr. Muhammad Akhyar, S.Ag, M.Hi also explained that:

“If we do not provide a clear understanding of responsibilities in the household, many couples will experience tension.”For example, if one party feels the workload is unbalanced, it can lead to conflict. By providing education about responsibilities, we hope to help couples understand each other's desires and prevent misunderstandings in the future..”¹⁷

From the explanation above, we can conclude that premarital counseling plays an important role in providing education and understanding about household responsibilities to prospective husband and wife couples. By knowing each other's responsibilities, misunderstandings that may occur in the future can be prevented.

Furthermore, regarding the importance of pre-marital counseling, Mr. Muhammad Khairil Anwar, S.HI, MH also explained:

“How can a family produce good generations and an ideal family if the wife or husband does not know their respective responsibilities? From this counseling, we teach them how to build an ideal family by understanding their responsibilities as a husband and as a wife.”¹⁸

Abdul Haris Junior in the researcher's interview also said:

“In my opinion, pre-marital counseling is very important.”Many couples focus on the celebratory aspects, such as invitations and so on, but often forget the fundamentals of a healthy relationship.This guidance helps couples understand each other's values and life goals.”¹⁹

Aulia Rahmasari, who has conducted pre-marital counseling, also said:

“Pre-marital counseling is very important in forming a harmonious family.”Because there we are explained how a husband and wife should behave.Then how we continue and build our household in the future.In essence, in my personal view, pre-marital counseling is very important..”²⁰

From this, we can conclude that premarital counseling is very important in providing knowledge about the responsibilities of being a husband and the

¹⁶Interview, Muhammad Khairil Anwar, S.HI, MH as the Head of KUA Selong Lombok Timur

¹⁷Interview, Muhammad Akhyar, S.Ag, M.HI as the Counselor of KUA Selong East Lombok, Thursday

¹⁸Interview, Muhammad Khairil Anwar, S.HI, MH as the Head of KUA Selong East Lombok

¹⁹Interview, Abdul Haris Junior, Selong East Lombok

²⁰Interview, Aulia Rahmasari, Selong East Lombok

responsibilities of being a wife. Because one of the keys to achieving a harmonious family is understanding each other's roles.

c. Mental and Emotional Preparation

Pre-marital counseling plays an important role in preparing the mental and emotional aspects of couples who are about to marry, as the first step towards a harmonious family. This process helps prospective husband and wife to understand themselves and each other, which is the main foundation in building a healthy relationship.

As stated by Mr. Dasriyah, S.H.I in the researcher's interview, he said:

*"To achieve a sakinah household requires a long process. We cannot measure someone's sakinah household just by 2-3 years of marriage. However, the criteria for a sakinah family can be seen after being married for decades. So the process is long."For that reason, pre-marital counseling is important for us to provide to them in order to navigate the journey of married life. Couples sometimes have different life experiences, come from different backgrounds, have different characters, education, environments, and families. To unite two different individuals in a household bond, strong mental and emotional preparation is necessary.one way to achieve this is through pre-marital counseling."*²¹

Not much different from the explanation above, Mr. S.Ag, M.HI also explained that:

*"In a household, there will definitely be problems because we are uniting two different people."So, if our mental strength is not strong, it is prone to conflicts that can lead to divorce.Therefore, before entering the marriage stage, thorough preparation is needed to face the long trials of family life.So that if one day problems arise, they are not resolved through divorce.."*²²

From the results of the interview above, we can understand that strong mental and emotional resilience is very much needed in building a harmonious family.Pre-marital counseling helps prospective couples build and strengthen their mental and emotional resilience. If couples do not have strong mental and emotional bonds, they are vulnerable to conflicts in the household..

Abdul Haris Junior also said in an interview with the researcher:

*"After attending the pre-marital counseling, I feel more prepared to start a household. I believe the pre-marital counseling provided a lot of insights that I previously did not have." We learned about effective communication and how to handle differences of opinion. This made me feel more prepared to face any issues that might arise after getting married.."*²³

²¹Interview, Dasriyah, S.H.I as the Head of KUA Selong East Lombok

²²Interview, Muhammad Akhyar, S.Pd.I as the Counselor of KUA Selong East Lombok

²³Interview, Abdul Haris Junior, Selong Lombok Timur

Aulia Rahmasari in an interview with the researcher also said:

*"People who have undergone pre-marital counseling tend to be more prepared to build a household. Because there is a significant difference between those who have undergone pre-marital counseling and those who have not. Couples who participate in the counseling tend to be more ready to face challenges after marriage because the materials provided are very beneficial and teach us not only about what we know but also about what we have never thought of."*²⁴

It can be understood that, with thorough mental and emotional preparation, couples will be more ready to face various dynamics in married life. This not only enhances the quality of their relationship but also contributes to the creation of a *sakinah* family, a family full of love, peace, and harmony. Pre-marital counseling is an important first step for couples who are about to get married. In the context of culture and religion, marriage is not just a social bond, but also a sacred commitment. The legal basis for the implementation of pre-marital counseling is Law Number 1 of 1974 concerning Marriage. In addition, pre-marital counseling is also regulated by the Regulation of the Director General of Islamic Community Guidance of the Ministry of Religious Affairs Number DJ.II/542 of 2013..²⁵

a. Preparation for building a household

In the journey of building a household, the knowledge and skills obtained through this counseling can become a very valuable asset. The main purpose of pre-marital counseling is to create a strong foundation for married life, so that couples can face various challenges more effectively.

The importance of pre-marital counseling is also explained by Hamka in his book. He emphasized that pre-marital counseling not only provides practical knowledge but also strengthens the important spiritual dimension in building a harmonious household.²⁶

Through education, strengthening communication, character introduction, and spiritual aspects, couples can be prepared to enter marriage more ready and confidently. Building a strong and happy household is not just a dream, but the result of thorough preparation.

b. Education about responsibility

Pre-marital counseling serves as one of the important foundations in preparing couples who are about to get married. One of the crucial aspects

²⁴Interview, Aulia Rahmasari, *Selong Lombok Timur*

²⁵Law Number 1 of 1974 "Marriage". <https://kua.id>. accessed on October 5, 2024

²⁶Hamka. (1998). *Marriage: Guidance for a Happy Family*. Bandung, Bulan Bintang

taught in this guidance is the responsibility that accompanies the marriage bond. Education regarding these responsibilities is very important so that couples can lead a good and harmonious household life.

Abdul Rahman Gani emphasized that pre-marital counseling plays a very important role in providing in-depth knowledge about the rights and obligations of both husband and wife. With a clear understanding of each other's responsibilities, couples can more easily manage their roles in daily life.²⁷

Thus, pre-marital guidance serves as a very important education regarding responsibilities in marriage. Through knowledge of rights and obligations, emotional, financial, and parenting responsibilities, couples are prepared to face the challenges of household life. This education not only helps create a healthy and harmonious relationship but also builds a solid foundation for a happy family.

c. Mental and Emotional Preparation

One of the roles of pre-marital counseling is to prepare the mental and emotional aspects of the couple who are about to marry, as an initial step to building a harmonious family. This process provides an opportunity for the prospective husband and wife to better understand themselves and each other. This understanding becomes the main foundation in creating a healthy and harmonious relationship in the future.

Conclusion.

From the research and discussion on the Role of Premarital Counseling in Shaping a Sakinah Family at the Religious Affairs Office in Selong, East Lombok, the author draws the following conclusion: Premarital counseling plays an important role in shaping a sakinah family, which is a harmonious, happy, and prosperous family in accordance with Islamic values. Through pre-marital counseling, prospective husband and wife are given an understanding of each other's rights and obligations, healthy communication, and ways to manage conflicts wisely. This process helps them prepare themselves mentally, emotionally, and spiritually to face the dynamics of marriage.

The supporting factors in the implementation of pre-marital counseling are a strong vision and mission, shared commitment, and community involvement. Meanwhile, the hindering factors in pre-marital counseling are differing

²⁷ Gani A, R. (2012). "The Role of Pre-Marital Guidance in a Sakinah Family" Jakarta; Grafindo

understandings between the KUA and the community, lack of communication, and limited funding.

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