

Counseling Strategies for Prospective Brides and Grooms in Realizing a Harmonious, Loving, and Compassionate Family (Sakinah, Mawaddah, Rahmah) from the Perspective of Islamic Law (A Case Study at the Office of Religious Affairs/KUA, West Palu District)

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ABSTRACT

This study examines the counseling guidance strategies implemented by the Office of Religious Affairs in West Palu District to prepare bride and groom candidates for establishing a Sakinah Mawaddah Warahmah household. Using a qualitative approach with a case study design, the research analyzes these strategies through the lens of Islamic Law. Data were collected through interviews, observations, and documentation. The findings reveal that the counseling process integrates religious values and psychological approaches to provide candidates with essential knowledge regarding marital rights, duties, and conflict resolution. From the perspective of Islamic Law, these strategies serve as a preventive measure (Sadd al Dhari'ah) to minimize divorce rates and ensure family stability. This study concludes that structured premarital counseling is vital for achieving the maqasid al shari'ah of preserving lineage and creating a harmonious family foundation..

ARTICLE INFORMATION

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1. Introduction

Marriage is an enduringly relevant and compelling subject of discussion, as it pertains not only to fundamental human nature and essential needs but also concerns the noble and central institution of the household. This institution functions as a fortress for the preservation of human dignity and sublime moral values. Marriage serves as an honorable path to organize domestic life and lineage, while also acting

as a gateway for mutual acquaintance between different communities. Such connections facilitate a pathway for providing reciprocal support and cooperation among individuals (Rasjid, 2018).

In the view of Islam, marriage is defined as the *ijab qobul* or marriage contract which necessitates a formal union between a man and a woman. This union is established through specific utterances

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intended to proceed toward a marriage that complies with the regulations mandated by Islamic Law (Sofyan & Warkum, 1994).

Berikut adalah terjemahan dalam bahasa Inggris akademik yang formal dan lugas, disusun tanpa tanda hubung kata (hyphen) untuk menjaga kelancaran teks jurnal Anda:

A widespread phenomenon today involves wives and husbands who do not comprehend their respective obligations, spanning from actions they must avoid to those they must perform. Some individuals also fail to fulfill the economic needs of the household, leading to continuous disputes between the couple. The problems frequently encountered in these dysfunctional families include wives leaving the home without the blessing of the husband, such as spending excessive time with friends without regard for time, and an inability to manage finances effectively. Furthermore, individuals often prioritize personal interests over family needs or become overly preoccupied with the digital world. Other issues include infidelity, a lack of mutual understanding, and failure to fulfill various other obligations, such as providing physical and spiritual maintenance for both the husband and the wife (Salsabila & Faruq, 2024).

2. Literature Review

2.1 Counseling Guidance Strategies for Bride and Groom Candidates

According to the Great Dictionary of the Indonesian Language (KBBI), strategy is the art of utilizing national resources to implement specific policies in times of war and peace, or a meticulous plan regarding activities designed to achieve specific targets (RI, 2022).

Guidance is a translation of the term guidance which originates from the verb to guide. Literally, the term guidance stems from the root word guide which means to direct, to lead, to manage, and to steer. Shertzer and Stone define guidance as a process of helping an individual to understand himself and his world, which refers to the process of providing assistance to individuals so they are capable of understanding themselves and their environment (Yusuf & Nurihsan, 2009).

Counseling guidance for bride and groom candidates can be implemented through various strategies. Among the strategies utilized in the counseling guidance for these candidates are the lecture method, group discussions, and question and answer sessions.

Counseling offers numerous benefits for couples during their marriage preparation. From a psychological perspective, counseling for bride and groom candidates helps couples achieve greater maturity in reaching conclusions or making the decision to marry and assists them in gaining a deeper understanding of the reality of marriage. Another psychological benefit of premarital counseling is that couples can identify their own abilities to resolve problems arising from differences between partners which may serve as potential sources of conflict.

2.2 The Concept of Sakinah Mawaddah Warahmah Household

According to the Indonesian dictionary, sakinah means peace, tranquility, serenity, and happiness. Meanwhile, the word mawaddah originates from wadda yamadda which means to love

something and hope for its realization. Furthermore, the word rahmah is derived from rahima yarhamu which means compassion, namely a quality that encourages doing kindness toward those who are loved (Kusmidi, 2018).

To realize a sakinah household life, thorough preparation is required. Such preparation encompasses physical and mental readiness, mastery of domestic knowledge, accuracy in choosing a partner, reaching the ideal age for marriage, and the preparedness to face various household problems and challenges.

According to Quraish Shihab, a sakinah household can give birth to mawaddah and rahmah. However, to achieve this, there are three stages of mawaddah that must be passed, namely through attention, responsibility, and respect (Shihab, 1992).

2.3 Adolescent Developmental Psychology Theory

levels show that psychological assistance is still required. Therefore, the roles of guidance and counseling teachers, homeroom teachers, and parents are crucial in supporting the psychological development of students during this transition phase.

Based on Surah Ar Rum verse 21, the characteristics of a sakinah household contain three elements that form the foundation of life as the objective of marriage in Islam (Kementerian Agama, 2007).

Realizing a sakinah mawaddah warahmah household requires commitment, understanding, and cooperation between husband and wife. However, it cannot be

denied that throughout the journey of marriage, various challenges and obstacles may arise, disrupting the harmony of the relationship. Therefore, understanding the factors that can hinder the realization of a samawa household is a vital step for married couples so they can anticipate and seek the best solutions in maintaining the integrity of the marriage.

2.4 Islamic Counseling for Bride and Groom Candidates

According to Latipun, Islamic counseling for bride and groom candidates is conducted based on educational methods, the reduction of emotional tension, and assisting couples who are about to marry in solving problems. This process aims to provide them with a comprehensive understanding of marriage (Latipun, 2017).

The Quran can serve as a primary reference source in the development of counseling because it contains numerous verses discussing the relationship between humans and Allah, among fellow human beings, and with the universe. The comprehensive Quranic perspective on humanity can be an alternative to complement the existing deficiencies in counseling approaches. Counseling for bride and groom candidates has become an important topic that needs to be studied from a Quranic perspective, especially in the current contemporary era, where counseling guidance for these candidates is increasingly relevant in building a harmonious household (Basit, 2017).

The objectives of counseling for bride and groom candidates are based on the Quran and Sunnah. Both of these legal foundations contain teachings that aim to lead toward goodness and distance humanity from deviance. Marriage is

intended to achieve a household condition that is *sakinah*, *mawaddah*, and *warahmah*. It is a household that is tranquil and filled with affection.

2.5 Humanistic Theory

The humanistic approach established by Maslow is significantly different from the humanistic attitudes developed by experts and followers of modern psychology. Modern psychology tends to overemphasize the use of statistical approaches in examining all psychological phenomena. In contrast, Maslow and his humanistic stance in psychology always emphasize great hope for human beings because the inner potential within humans allows for optimization. This condition is reflected in his words: "to see the running speed of humans, it is not necessary to take the average speed of the group of people being studied, but it is better for us to gather the Olympic gold medalists and see how fast they are able to run." (Masbur, 2015)

Humanistic Psychology is a movement that emerged by presenting a vision of humanity that differs from the vision of humanity asserted by both psychoanalysis and behaviorism. (Yusuf LN & Nurhsan, 2013)

Maslow proposed a theory known as motivation theory. Maslow's motivation theory is related to the theory of needs, which states that human actions are essentially aimed at fulfilling both physical and psychological needs. Therefore, Maslow's motivation theory is more commonly known as the Hierarchy of Needs Theory: (Rahmadania & Aly, 2023)

- a. Self actualization needs
- b. Esteem needs

- c. Love and belongingness needs
- d. Safety and security needs
- e. Physiological needs

3. Methodology

The researcher utilizes qualitative research methods or field research. This qualitative method is employed to explain every event that occurs during the research conducted by the author and to reveal the facts of the incidents that take place. Furthermore, it aims to provide an explanation of the actual conditions regarding the problems being investigated by the author (Sugiyono, 2017)(Leo, 2013).

The research location is situated at the Office of Religious Affairs of West Palu District. In this study, the data collection techniques employed are observation, interviews, and documentation. Furthermore, this research involves a data validity checking stage using the triangulation method to ensure that the obtained data maintains its validity and credibility (Maleong, 2018).

4. Result and Discussion

4.1 Counseling Guidance Strategies for Bride and Groom Candidates in Realizing a Sakinah Mawaddah Warahmah Household

The counseling guidance strategy at the Office of Religious Affairs of West Palu District is implemented through a structured and systematic approach designed to prepare couples for the complexities of marriage. This strategy begins with an intensive curriculum that covers religious foundations, particularly focusing on the concept of a *sakinah*, *mawaddah*, and *rahmah* family as the ultimate goal. By providing this theological grounding, the KUA ensures that every candidate understands that marriage is not

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merely a legal contract but a sacred worship that requires spiritual readiness and deep commitment.

In addition to religious values, the strategy incorporates practical dimensions such as family economic management and reproductive health education. The KUA collaborates with health professionals to provide insights into stunting prevention and maternal health, which are crucial for the long term stability of the household. This multidisciplinary material aims to equip candidates with the necessary tools to handle domestic challenges effectively. The integration of various disciplines ensures that the preparation is holistic, addressing both the spiritual and physical needs of the future family unit.

The delivery methods used in these counseling sessions are designed to be interactive and engaging for the participants. Instead of relying solely on traditional lectures, the counselors employ group discussions and question and answer sessions to foster active participation. This method allows candidates to express their concerns and seek direct solutions for potential conflicts they might face. The use of such pedagogical techniques ensures that the information is not only received but also internalised by the candidates, making the guidance more impactful for their future lives.

Furthermore, the effectiveness of the strategy is supported by a strong collaborative network involving local health centers and religious leaders. This synergy allows for a comprehensive monitoring of the candidates' readiness before they officially enter into marriage. The positive response from the participants indicates that this strategy significantly increases their confidence and knowledge regarding domestic life. By providing a supportive

environment for learning, the KUA plays a vital role in reducing the risk of divorce and domestic instability in the West Palu District.

4.2 Islamic Law Perspective on Counseling Guidance Strategies at KUA West Palu District

From the perspective of Islamic Law, the counseling strategy implemented at KUA West Palu is a direct manifestation of the principles of Maqasid al Shari'ah. The program aims to protect the five essential elements of human life, particularly the preservation of lineage and the soul, by ensuring that marriages are built on a solid foundation. This preventive approach aligns with the legal maxim of sadd al dhariah, which seeks to block the path toward potential harm such as domestic violence or neglected family rights. Consequently, the guidance is viewed as a necessary legal instrument in achieving the objectives of Islamic jurisprudence.

The content of the counseling, which emphasizes mutual rights and obligations between husband and wife, is deeply rooted in the teachings of the Quran and Sunnah. Islamic law mandates that marriage should bring tranquility and mercy to the spouses, and the KUA ensures this by teaching the ethical and legal standards of a harmonious relationship. By educating candidates on their respective roles, the strategy helps in preventing future legal disputes within the family. This legal literacy is essential for ensuring that the household operates according to the divine guidelines established in the Islamic legal framework.

Moreover, the integration of humanistic psychology within the counseling process reflects the flexible and adaptive nature of Islamic law in the contemporary era. By acknowledging

human potential and psychological needs, the strategy respects the dignity of individuals as promoted in Islamic teachings. The focus on self actualization and emotional stability within the family structure demonstrates that Islamic law encourages the development of a healthy and prosperous society through strong family units. This alignment shows that the counseling program is both religiously sound and psychologically relevant.

Finally, the Islamic legal perspective confirms that the bimbingan perkawinan program is a vital effort toward achieving social welfare. By fostering families that are resilient and morally grounded, the KUA contributes to the overall stability of the Muslim community. The strategy is seen as a fulfillment of the state's responsibility to protect its citizens through the implementation of religious values in public service. Therefore, the counseling guidance is not only an administrative requirement but a fundamental part of the spiritual and legal journey toward a blessed household.

5. Conclusion

The counseling guidance strategy at KUA West Palu District is a comprehensive and effective model for preparing bride and groom candidates to build a *sakinah, mawaddah, and rahmah* household. By integrating religious, economic, and health curricula through interactive methods and cross sectoral collaboration, the program successfully addresses the multidimensional needs of modern couples. From the perspective of Islamic Law, this strategy is highly relevant and consistent with the objectives of *Maqasid al Shari'ah*, as it fosters family resilience and protects the fundamental rights of each family member. Furthermore, the approach aligns with

humanistic psychology by empowering individuals to achieve their best potential through stable and harmonious domestic lives. To further enhance its impact, it is recommended that the duration of the counseling be extended and the use of interactive case studies be expanded to better equip couples for real life challenges.

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