

The Role Of Pre-Marital Education In Building Sakinah Family

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ABSTRACT

The family is the smallest social unit in the life of mankind and is also the main milestone in carrying out life activities. From the family comes an expression where there is a desire and action to form and create a happy family. The focus of this research is to determine the role of pre-marital education in building a sakinah family. The method used in this research is a literature study approach through literature sources and from various other literature sources. Then analyzed and presented the data findings objectively. The results show that in general it can be said that a sakinah family is built on love that prioritizes aspects of communication and deliberation as a form of democratic relationship patterns that become a means for the realization of dialogical communication. So that with this communication, calm, peace, and tranquility in the household are achieved. Thus, pre-marital education is needed to provide insight into knowledge, understanding, skills and awareness to every prospective husband and wife who want to carry out marriage in order to create a prosperous family so as to give birth to a quality generation.

Keywords: Pre-marital Education, Family, Sakinah.

A. INTRODUCTION

Allah SWT has created everything in pairs, there are men and women. One of the characteristics of living things is to develop either for the purpose of generation or continuing offspring. By Allah swt. humans are given the gift of marriage to enter a new level of life that aims to continue and preserve their generation.

To realize the unity of these two traits into a truly human relationship, Islam has come with the teaching of marriage in accordance with His law. Islam makes the institution of marriage an honorable offspring, so it is natural that marriage is said to be an event and is highly expected by those who want to maintain the sanctity of nature. (Shihab 2015).

Marriage is a religious order regulated by Islamic law and this is the only halal way to channel their biological needs which is a nature that must be channeled, basically humans want to fulfill their various needs, as well as biological needs. Islam as a religion that is rahmatanlilalamin has determined that by getting married, the haram becomes halal with a marriage contract (ijab kabul). (Atabik and Mudhiiah 2016).

Every married couple desires a peaceful, serene and happy household, just like the family of the Prophet Muhammad. However, achieving a sakinah family is not easy because a family does not always feel happiness but also sometimes faces many trials and obstacles. So, this is where the importance of preparing mentally before marriage in order to be able to face all the trials that occur in the family.

A sakinah family is a family formed based on a legal marriage and expects the blessing of the Almighty Creator, namely Allah SWT, and is able to foster a sense of security, tranquility, peace and happiness in trying to realize a prosperous life in this world and in the hereafter. (Rahmadani, Arfa, and Nasution 2024). A sakinah family is a family in which each member feels an atmosphere of tranquility, peace, happiness, security and physical and mental prosperity. Physical prosperity is free from poverty of wealth and the pressures of physical illness. While inner prosperity is free from poverty of faith, and able to communicate in family and community life. This opinion shows that a sakinah family has the following indicators: being loyal to one's spouse, keeping promises, being communicative, understanding each other, and adhering to religion. (El-Fiah 2017).

However, looking at the current reality, there are many prospective married couples who are physically mature but not mentally ready. That is, the prospective married couple

is not yet able to live a married life, this is due to a lack of knowledge about marriage, and also does not know how to build a *sakinah* family as recommended by the Prophet Muhammad. (Itriyah and Choirunnisa 2023).

In addition, many prospective couples are ready to get married but do not know how to build a household that is blessed by Allah SWT, how to deal with domestic conflicts and so on. So that many married couples divorce or separate only because of minor domestic problems. This is motivated by a lack of readiness before deciding to marry.

Hence the importance of premarital education in an effort to improve mental readiness in order to achieve a *sakinah* family. Premarital education contains material or knowledge about marriage so that prospective married couples are ready to get married and build a *sakinah* family.

B. METHOD

This research uses a type of qualitative *research* with a *library research* method, namely by collecting data from various sources of literature by covering books, journals, national seminar proceedings, and scientific articles related to the Role of Pre-Marital Education in Building a *Sakinah* Family. The source of data in research is the subject from which data can be obtained by researchers. Then, analyze and review related theories. The author presents the data findings objectively and systematically through descriptive data analysis techniques. (Suharsimi Arikunto 2013).

C. RESULTS AND DISCUSSION

The Concept of Family in Islam

The family is the soul of society and its backbone. The physical and mental well-being enjoyed by a nation, or conversely, its ignorance and backwardness, is a reflection of the state of the families living in the nation's society. (Lubis et al. 2021). The family is a "small community" that has leaders and members, has a division of labor and duties, and rights and obligations for each of its members. The family is the school where the nation's children learn. From there they learn noble traits, such as loyalty, mercy, and compassion, *ghirah* (positive jealousy) and so on. (Qoharuddin 2020).

Definition of *Sakinah, Mawaddah, Warrahmah*

Related to the terms *sakinah*, *mawaddah* and *warahmah*, there are various definitions. Al-Isfahan (fiqh and tafsir expert) defines *sakinah* as the absence of trepidation in the face of something; According to al-Jurjani (linguist), *sakinah* is the presence of tranquility in the heart at the time of the arrival of something unexpected, accompanied by a *nur* (light) in the heart that gives peace and tranquility to those who witness it, and is a belief based on vision (*ain al-yaqin*). There are also those who equate *sakinah* with the word *rahmah* and *thuma'ni nah*, meaning calm, not disturbed in carrying out worship. (Putra, Suprihatin, and Wastoni 2021).

In its development, the word *sakinah* was adopted into Indonesian with the spelling adjusted to *sakinah* which means peace, tranquility, serenity, and happiness. (Palebo 2022). The word *mawaddah* has also been adopted into Indonesian as *mawadah* which means love. *Mawaddah* contains the philosophical meaning of a strong inner urge in the lover to always hope and try to prevent the person he loves from everything that is bad, hated and hurts him. *Mawaddah* means mutual love between husband and wife. (Ismatulloh 2015).

As for the word *warahmah*, after being adopted in Indonesian the spelling was adjusted to become *rahmat* which means tenderness of heart and feelings of empathy that encourage a person to do good to others who deserve love and affection. Therefore, the peace and coolness of the household will be well fostered, harmonious and full of love and the spirit of sacrifice for others. (Prasetiawati 2017).

How to Build a *Sakinah Family*

The main characteristic of a *sakinah* family is the presence of love and affection or *mawadah wa rahmah* with the ultimate goal being *mardhatillah*. This is in accordance with the human instinct to give and receive love. So in a *sakinah* family, love and affection are really strong, both between husband and wife or vice versa, between the two of them and their children, as well as between family members and families in the neighborhood. (Andriani and Zaini 2022).

To realize a *sakinah mawaddah wa rahmah* family, Islam teaches its people to take the following steps (Devianti and Rahima 2021):

- a. Choose a pious or pious partner who obeys the commands of Allah and the sunnah of the Prophet Muhammad SWT.
- b. Choose a partner by prioritizing her faith and devotion over her beauty, wealth, and position.
- c. Choose a partner from a family whose honor and lineage are preserved.
- d. Intend when getting married to worship Allah SWT and to avoid relationships that are prohibited by Allah SWT.
- e. Husbands try to carry out their obligations as a husband with the encouragement of faith, love and worship. Such as providing livelihood, providing security, providing Islamic upbringing for his wife's children, providing halal food and shelter, being a family leader who is able to invite his family members to the pleasure of Allah and His heaven and can save his family members from the torment of hellfire.
- f. Wives try to carry out their obligations as wives with the encouragement of worship and hope for the pleasure of Allah alone. Such as serving her husband, educating her children about Islam and science, educating them with noble morals, maintaining family honor, maintaining her husband's property, and making her husband happy.
- g. Husband and wife recognize each other's weaknesses and strengths, respect each other, feel mutual need and complement, respect, love, trust each other's loyalty, mutual openness by knitting intense communication.
- h. Commit to a household journey to always be together in navigating the storms and waves of life.
- i. The husband invites his children and wife to pray in congregation or worship together, such as the husband inviting his wife's children to give alms to the poor, with the aim of the husband educating his children to love charity, educating his wife to be more grateful to Allah SWT, dhikr together, inviting children and wife to read the Koran, make a grave pilgrimage, study science together, go on an excursion to see the majesty of Allah SWT's creation. And others.

- j. Husband and wife always pray to Allah to be given a family that is *sakinah mawaddah wa rohmah*.
- k. The husband periodically invites his wife and children to do self-introspection to make improvements in the future. For example, husbands and wives, and their children apologize to each other's family members every Thursday night on Friday. The goal is that the relationship between each family becomes harmonious, open, free, without the burden of mistakes on their spouses, and to maintain the loyalty of each family member.
- l. When facing calamities and distress, they always hold family meetings. And when there is a dispute, the family members quickly seek protection from Allah from the evil of their angry passions.

The Role of Pre-Marital Education in Building a *Sakinah* Family

Pre-marital education is present because of an urgent need caused by the increasing number of cases of family violence and divorce that occur in the social life of the community. With these events, it indicates that there is no ability to optimize and maximize the distribution of pre-marital education programs in the midst of social life.

According to the provisions of the Regulation of the Director General of Islamic Public Guidance of the Ministry of Religion Number DJ.II/491 concerning the Prospective Bride Course, it explains that the prospective bride course is the provision of insight into knowledge, understanding and skills in a short time to prospective bridal couples who want to marry about various knowledge of family and household life. The provision of this education aims to help prospective brides who want to build a family to be able to create a harmonious and intact family and be able to empower themselves productively so that they can realize a prosperous family life order. (Achyar and Fata 2018).

Building a prosperous family requires knowledge and scientific insight as well as a deep understanding of the sacredness of a marriage bond. This is why prospective husbands and wives who want to get married need to prepare themselves as well as possible.

One of the ways that can be taken is by attending pre-marital education through courses, training, workshops or seminars on family and household life issues. Pre-marital

education provides an insight into the role of a husband and wife in realizing a happy and prosperous family. In addition, pre-marital education is also very helpful for every prospective husband and wife to increase the maturity of emotional intelligence as a provision for living a family life. (Hariyanto and Wahyudi 2018).

Article 2 of the Regulation of the Director General of Islamic Public Guidance No. DJ.II/542 of 2013 concerning Guidelines for Organizing Pre-Marriage Courses explains that the regulation aims to make efforts to increase insight into understanding and knowledge about problems in living a household life and how to create a family that is *sakinah*, *mawaddah* and *rahmah* and can reduce the high rate of divorce, violence and disputes that occur in domestic life. This means that the implementation of pre-marital education through this pre-marital course is expected to anticipate the occurrence of a problematic dispute and divorce and violence in living a household life in order to create a happy and prosperous family. (Hendra 2018).

Another purpose of the formation of regulations on bride-to-be courses is due to the consideration and concern of the government for the increase in the divorce rate caused by disputes between family members and violence that occurs in the household, one of which is also caused by the low insight of knowledge and understanding among prospective brides regarding the issue of household life, making it very difficult to be able to create a happy and prosperous family life. Therefore, pre-marital education is so important to be implemented if you look at the various phenomena that occur in family life in the social community. However, it turns out that not all prospective husbands and wives are aware and understand well the importance of this. In fact, there may be some prospective husband and wife couples who do not think about this, so that pre-marital education is not considered a major necessity in the process of traveling towards a holy and sacred marriage bond. (Samad 2021).

Pre-marital education services are very beneficial because there are many insights into knowledge that can be obtained from the education process, and can improve and strengthen mentally to foster a happy and prosperous family life. In addition, pre-marital education services are a good necessity for teenagers of marriageable age today, and it is hoped that pre-marital education can be included in the school curriculum both in the form of subjects and services as future provisions in navigating the ark of family life.

D. CONCLUSIONS

Pre-marital education is very important as a provision for prospective husbands and wives to be able to understand substantially about various problems of life in the family to build a sakinah family. In general, it can be said that a sakinah family is built on love that prioritizes aspects of communication and deliberation as a form of democratic relationship patterns that become a means for the realization of dialogical communication. So that with this communication, calm, peace, and tranquility in the household are achieved. Thus, pre-marital education is needed to provide insight into knowledge, understanding, skills and awareness to every prospective husband and wife who want to carry out marriage in order to create a prosperous family so as to give birth to a quality generation.

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