

Effectiveness of In-House Training in Improving The Knowledge of Prospective Brides in Conducting The Eight Family Functions of Marriage

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ABSTRACT

The strategy that can be used to realize the goals of marriage and family is to increase family resilience. If family resilience weakens, conflict will arise in the household. The increase in divorce cases in the last six years has reached 516,334. Family conditions that experience conflict and even divorce have implications for the health of each individual in the family. This study focuses on the method of modifying the guidance of prospective brides and grooms. They must follow In House Training through an application that contains information about reproductive health, eight family functions, family resilience and stunting prevention. The purpose of this study was to determine the effectiveness of In House Training on increasing the knowledge and readiness of prospective brides and grooms in carrying out family functions. This study used a quasi-experimental method with a pre-experimental design with a One-Group Pre-Posttest Design approach. The research sample was prospective brides and grooms who would get married in the next 2-3 months, with a purposive sampling method of 22 people. The variables in this study were the knowledge of prospective brides and grooms about the eight family functions. The statistical test used in this study was the Wilcoxon Test. This study was conducted for one year. The results showed that there was a difference in knowledge before and after the infusion training intervention was given to prospective brides and grooms with a Z value of 0.000. Research can be conducted on both prospective brides and grooms about their readiness to carry out the eight family functions

Keyword: Home Training, Bride and Groom, Family Functions.

ABSTRAK

Strategi yang dapat digunakan untuk mewujudkan tujuan pernikahan dan keluarga adalah dengan meningkatkan ketahanan keluarga. Jika ketahanan keluarga melemah, konflik akan muncul dalam rumah tangga. Peningkatan kasus perceraian dalam enam tahun terakhir mencapai 516.334. Kondisi keluarga yang mengalami konflik, bahkan perceraian, memiliki implikasi bagi kesehatan setiap individu dalam keluarga. Penelitian ini berfokus pada metode modifikasi bimbingan calon pengantin. Mereka harus mengikuti In House Training melalui aplikasi yang berisi informasi tentang kesehatan reproduksi, delapan fungsi keluarga, ketahanan keluarga, dan pencegahan stunting. Tujuan penelitian ini adalah untuk mengetahui efektivitas In House Training terhadap peningkatan pengetahuan dan kesiapan calon pengantin dalam menjalankan fungsi keluarga. Penelitian ini menggunakan metode quasi eksperimen dengan desain pra-eksperimen dengan pendekatan One-Group Pre-Posttest Design. Sampel penelitian adalah calon pengantin yang akan menikah dalam 2-3 bulan ke depan, dengan metode purposive sampling sebanyak 22 orang. Variabel dalam penelitian ini adalah pengetahuan calon pengantin tentang delapan fungsi keluarga. Uji statistik yang digunakan dalam penelitian ini adalah Uji Wilcoxon. Penelitian ini dilakukan selama satu tahun. Hasil penelitian menunjukkan bahwa terdapat perbedaan pengetahuan sebelum dan sesudah diberikan intervensi pelatihan infus pada calon pengantin dengan nilai Z sebesar 0,000. Penelitian dapat dilakukan baik pada calon pengantin maupun calon pengantin tentang kesiapan mereka dalam menjalankan delapan fungsi keluarga.

Kata Kunci: Asuhan Holistik, Pertumbuhan, Perkembangan

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Introduction:

The family, consisting of the head of the family and its members living in one household, is the smallest unit in society (Hadiyanti, 2023). Every married couple generally aspires to build a harmonious and prosperous household, with the ultimate goal of realizing a happy family (Yuliasari et al., 2023). The family's role in shaping individual character and behavior is crucial, given that the family is the first educational environment for children and the place where the process of parenting and introduction to the socio-cultural environment begins (Marcel Mochammad Reza Ardito & Anggraeny Puspaningtyas, 2023).

However, for newlyweds, realizing this hope is not easy. They must go through a process of adjustment, not only with their partner but also with the extended family on both sides (Faizin, 2022). Good adaptation is essential to support family goals, such as preparing good offspring, adjusting personalities, continuing the lineage, fostering affection, and fulfilling shared roles. Therefore, mental and financial preparation, understanding, piety, and patience are absolutely necessary before entering married life (Kholilurrohman, 2023).

A key strategy for achieving the goals of marriage is to increase family resilience. Weakening family resilience can trigger domestic conflict that leads to divorce (Mulawarman, 2022). Data from the Central Statistics Agency (BPS) shows an increase in divorce cases in the last six years (2017-2022), peaking in 2022 (516,334 cases). Wives filed 75.21% of lawsuits, with the primary cause being disputes and arguments (284,169 cases, or 63.41%). Although the national divorce rate decreased in 2023-2024, this issue still requires vigilance (Nurhalisa, 2021). Trends over the past two years indicate that the primary triggering factor is prolonged arguments or disputes (approximately 36,000 cases), with a lack of emotional control being a contributing factor (Central Statistics Agency, 2025).

Another problem is couples' lack of understanding of family functions. These functions encompass religious, affectionate, protective, reproductive, socio-cultural, socialization-educational, economic, and environmental development aspects. Family resilience can only be achieved if couples are physically, mentally, psychologically, socially, emotionally, and

religiously mature (Pradana et al., 2022). Unfortunately, many parents and children do not fully understand and implement these functions (Nurhalisa, 2021). The inability to identify aspirations, meet needs, and adapt to the environment is a form of failure to implement family functions, leading to divorce (Nurhalisa, 2021).

The impact of this weak understanding is serious, including an increase in cases of child sexual abuse due to parental negligence (7). Family resilience weakens, conflicts remain unresolved, communication is poor, and domestic violence (DV) is rampant (8). Conflicting household conditions even impact the mental and physical health of all family members (Nurhalisa, 2021). Conversely, implementing the values of compassion, caring, and mutual support among family members can mitigate conflict and prevent problems from entering the family (Mulawarman, 2022; Wahidah & Budi, 2022).

Domestic conflict can be triggered by many factors, ranging from an individual's unpreparedness for marriage—which leads to school dropout, reproductive health problems, and early divorce (Itryah & Ananda, 2023)—to choosing the wrong partner, financial problems, poor communication, character differences, and infidelity (Lubis & Muktarruddin, 2023).

To anticipate this, the government has issued a policy providing guidance to prospective brides and grooms on family function and resilience. A strong foundation for marriage must be built early through mental preparation (Siregar et al., 2024). The readiness of prospective brides and grooms is the path to family resilience (Aini et al., 2020). This preparation encompasses financial, physical, mental, emotional, social, interpersonal, life skills, and knowledge aspects. However, research shows that the majority of couples are not ready, particularly financially, physically, and mentally (Karimulloh et al., 2023; Itryah & Ananda, 2023).

Various premarital guidance programs have been implemented by the Ministries of Religious Affairs, Health, and the National Population and Family Planning Board (BKKBN). Unfortunately, this premarital education remains advisory, not mandatory (Mustahal, 2023). Furthermore, the current electronic marriage application focuses more on detecting stunting risks and providing support for at-risk couples.

Therefore, this research focuses on modifying the guidance method for prospective couples through app-based in-house training. This application contains information on reproductive health, eight family functions, family resilience, and stunting prevention. Unlike existing programs, this guidance is provided to every prospective couple registering for marriage, with the hope of improving their readiness and knowledge. The goal is to create quality families in the future, which in turn supports the realization of a quality Indonesia.

Research on the effectiveness of the proposed in-house training is not only relevant but also urgent. This is a strategic preventative measure to break the chain of problems by equipping prospective couples early on, before more serious and costly problems (such as divorce and violence) occur. Based on this description, the research question is: "How effective is in-house training in improving the knowledge and readiness of prospective couples to carry out family functions?"

Methods:

This study used a pre-experimental design. Data collection was carried out using interview or survey techniques using pre- and post-training evaluation forms. This study was conducted at the KUA of Nanggalo District, Padang City and the KUA of Koto Tengah District. The sample in this study was prospective couples who registered their marriage, married 1-3 months after the In House Training was carried out with a purposive sampling technique. The number of samples was 25 prospective couples who had registered at the KUA, with the following inclusion criteria: willing to be respondents, able to use social and electronic media, and the first couple to marry.

The variables in this study are the knowledge of prospective brides and grooms about the eight functions of the family and the readiness of prospective brides and grooms in building a family. The steps for implementing the study include: identifying respondents according to the inclusion criteria, followed by collecting pre-In-house training data by distributing questionnaires. The questionnaire used was a self-designed questionnaire that had been tested for validity and reliability. The questionnaire used has undergone validity and reliability tests with excellent results ($r > 0.297$). The internal training was

conducted in two stages. The first stage was delivered by five speakers, followed by the presentation using an e-book. Assessments were conducted after the respondents had studied the e-book. The next step is to carry out training with In-House training with resource person.

N o	Source person	Material	Duration
1	KUA (Religious Expert)	Religious function, love and protection	30 minutes
2	Psychologist	Social, educational and psychological functions in the household	30 minutes
3	Health workers	Reproduction health	30 minutes
4	Traditional Figures	Function of culture (Minangkabau) in the household	30 minutes
5	Animated video	Eight functions of the family	30 minutes

This research touches on a highly personal and sensitive area, namely domestic life and wedding preparations. Therefore, to respect the dignity, autonomy, and well-being of the prospective brides and grooms as research subjects, respondents were provided with an explanation prior to the study. After signing a consent form, they were involved in a series of research activities and incorporated into a respondent group on social media.

Data collection was carried out by giving questionnaires to prospective bride and groom couples before and after the in-house training was carried out. Post-training knowledge measurement was conducted after ensuring that all respondents had watched the animated video. Data processing was carried out with the stages of editing, coding, entry, tabulating and cleaning. Univariate data analysis by presenting data with frequency distribution and bivariate data analysis with the Wilcoxon test because the data was not normally distributed with a significant value of 0.05.

Results :

Based on the research that has been conducted, the characteristics of the respondents are shown in the following table 1.

Table 1. Characteristics of prospective brides and grooms

Age Group	Frequency	Percentage
≤ 20 years	2	4
21 – 25 years	17	34
26 – 30 years	26	52
≥ 31 years	5	10
Total	50	100
Education	Frequency	Percentage
Elementary school	1	2
Junior high school	5	10
Senior high school/vocational high school/high school	21	42
Diploma III	5	10
Bachelor's degree	18	36
Total	50	100
Occupation	Frequency	Percentage
Not yet working	10	20
Not working	9	18
Private sector / Employee	16	32
Civil servant	4	8
Teacher	2	4
Honorary	3	6
Entrepreneur	2	4
Student	1	2
Mechanic	2	4
WR III UIN staff	1	2
Total	50	100

Based on the data collected, respondents' knowledge of eight family functions can be described which can be seen in table 1

Table 2. Distribution of Respondents Based on Knowledge of the Eight Family Functions

Knowledge	Means	Average	± SD (Minimum – Maximum)
Before	3.52	3.00	± 1.935 (0-7)
After	5.23	5.00	± 1,597 (2-9)

Based on the table above, the average knowledge of respondents before being given in-house training was 3.52 with a standard deviation value (min-max)±1.935 (0-7) and after being given in-house training the average was 5.23 with

a standard deviation value (min-max) of ±1.597 (2-9).

Table 3. Differences in knowledge of prospective brides and grooms before and after in-house training

Wilcoxon Rank Test Output Results				
	Information	N	Average Rating	Number of Ratings
Post-Test Knowledge Score – Pre-Test Knowledge Score	Negative Rating	44	.00	.00
	Positive Rating	32	16.50	528.00
	Tie	12		
	Total	44		

- a. Post-Test Knowledge Score < Pre-Test Knowledge Score
- b. Post-Test Knowledge Score > Pre-Test Knowledge Score
- c. Post-Test Knowledge Score = Pre-Test Knowledge Score

This study shows that the implementation of in-house training is quite effective in increasing the knowledge of prospective couples regarding the eight functions of the family. There was an increase in the average knowledge of respondents after being given in-house training compared to before being given in-house training. The results of the Wilcoxon test showed a calculated Z value of -4.985 and a significance value of 0.000, meaning that the significance value obtained was greater than the calculated Z value, which means that there was a difference in knowledge before and after the intervention was given.

Discussion:

Based on research data, it was found that the majority of couples marry during their productive years. This is the ideal age for marriage. Physically and functionally, the body's systems are fully developed and functioning properly. In terms of employment, there are still some prospective brides and grooms who do not yet have jobs. However, it is the prospective brides who are unemployed.

The implementation of guidance for prospective brides and grooms in this study used

the In-house training method. This model is a modification of the marriage guidance technique that has been programmed by the KUA which is a classical counseling by resource persons from the KUA, Police, Health Centers, and other related agencies. The modifications made in this study are related to the material provided. The In-House training carried out includes material on the Eight Functions of the Family, with resource persons involved in delivering the study material including, Religious Experts (KUA), psychologists, traditional leaders, and health workers. The training was also continued with the screening of animated videos together and sent to the respondent community group to be repeated. Before the training was carried out, the respondents' knowledge was measured first. After the training was carried out, the respondents' knowledge was also measured.

The results of the study showed that the average knowledge of respondents before in-house training was lower than after in-house training. From the results of the data analysis above, it can be explained that after being given in-house training there was an increase in the average knowledge of respondents compared to before being given in-house training. The test showed a calculated Z value of -4.985 and a significance value of 0.000, meaning that the significance value obtained was greater than the calculated Z value which means there was a difference in knowledge before and after the intervention was given.

These results indicate that in-house training is quite effective in increasing the knowledge of prospective brides and grooms about the eight functions of the family. The results of this study are in line with the research of Zulaizah, et al. (2023) which found that 60.4% had sufficient knowledge and 29.2% had good knowledge after being given Health Education with a p value = 0.000, which means that there is an effect of health education on increasing the knowledge of prospective brides and grooms regarding premarital health at the Sendang Dajah Health Center, Bangkalan (Zulaizah et al., 2023).

Based on interviews with prospective bride and groom couples, it was found that their low knowledge of the eight family functions was

because they had never been socialized, and they had only just heard about the eight family functions. Prospective bride and groom couples believed that having a family was carrying out the role of a husband or wife which was the perfection of worship and aimed at producing offspring. Meanwhile, after being given training, their understanding increased that carrying out the role as a husband or wife was not merely carrying out worship and continuing offspring. There were many responsibilities and roles that had to be carried out as a husband or wife, parent and other roles in society and society.

The increase in respondents' knowledge as a result of the provision or implementation of in-house training is strongly supported by many things. Among others, from the respondents themselves, the resource persons, the methods and the media. Respondents have great enthusiasm and attention to the training they receive. They respond to the information provided to be better understood. The media used according to them also varies, so that it does not cause boredom in participating in activities. They can even repeat the information back at home through the videos that are shared.

Analysis of the in-house training method as one of the educational methods in this study found that educational actions have the aim of changing individual knowledge, attitudes and behavior. In addition, the condition of the respondents is very supportive of increasing knowledge where all respondents have a strong desire to increase knowledge related to building a family. In addition, they also have strong motivation and a fairly good educational background. Prospective couples who have registered their marriage at the local KUA and as many as 37 people (84%) of respondents have a high school and college education background and 100% of respondents are of marriage age.

Other supporting factors, providers of educational materials and media are very supportive in providing education with qualified resource persons in their fields, namely the registrar and KUA counselor, psychologists, traditional leaders and health workers with various educational facilities in the form of LCD projectors, teaching aids, educational videos so

that the provision of education is very optimal to increase the knowledge of prospective brides and grooms. This is in accordance with the theory of Notoadmojo, 2012 which states that the factors that influence the success of health education include educators (facilitators), curriculum (learning design), student conditions, implementation process, facilities used and methods and media used.

The increase in knowledge of prospective couples can be seen in how the social and cultural functions as parents, the responsibility of parents in reproductive health education for children, giving affection that illustrates the implementation of love, the function of religion in carrying out the role of parents and changes in roles and responsibilities as a couple and becoming parents. Before this, the couple never thought that building a family would involve their social role in society. In fact, according to them, having a family is enough to pay attention to life in the home environment between husband, wife and children only. More deeply they understand that increasing faith and piety as parents, being responsible for the education of faith, affection, and protection for their children. Including, their understanding increases in carrying out the role as parents to become role models in social, cultural life that is full of tolerance for children later.

Implementation of roles in carrying out family functions, supported by the readiness of couples in facing marriage. Readiness for marriage has nine indicators that must be met. Indicators that have high achievement (80-100%) include physical, financial, mental, social, moral, interpersonal, life skills and intellectual readiness. Meanwhile, emotional readiness only reaches 70% of all couples. If defined, then couples are said to generally have good readiness in building a household. This is also a strong supporter for them to later be able to carry out the functions that must be played in the family. Financially stable, ready in faith, and steady in morals and social relationships, building policies in thinking and behaving (Rahmanindar et al., 2021).

The results of this study are in line with research by Lestari & Wildayani which found that 5 out of 8 types of preparation for building a family life respondents have done, namely

emotional preparation (68% are able to manage emotions well, 56% are able to express feelings); social preparation (78% are able to interact, 88% are able to adapt and 91% understand the value of life); interpersonal preparation (93% have a patient and forgiving attitude, 87% are able to listen to others and 99% appreciate differences); life skills (73% are able to do housework, 53% are able to raise children and 77% are able to work together with their partners); intellectual readiness (61% have a strong memory, 87% are able to think and capture information and 89% have desire to find out) (Lestari & Wildayani, 2022).

According to the author's analysis, the respondents' readiness in implementing family functions/building a family has been stated to be very good. This is because most respondents are at a healthy age to get married. Age 18-24 years is the best age to get married (Brotherhood, 2025). Developmental tasks in early adulthood show the ability to choose a life partner, learn to live with a married partner, start a family life, raise children, manage a household, start working, be responsible as a citizen, find a harmonious social group. Maturity of age brings the person to become mature in thinking patterns.

Physical readiness is a provision for giving birth to a healthy next generation. Family quality will also be good with the birth of a healthy generation. Another factor that supports the readiness of prospective brides and grooms is having a stable job (male respondents). Having a job can support financially in meeting the needs or economy of the family. Employment status also contributes to the readiness of prospective brides and grooms. The unpreparedness for marriage that working couples have is the fear of facing a marriage economic crisis and doubts about their ability to share mentally and emotionally with their partners in the future so that many things need to be prepared before getting married. Couples who have preparation in the form of mental preparation to accept differences, are ready to change and adjust to each other, are ready to be responsible, prepare knowledge and build a clear marriage orientation, will be able to live a better household life. (Itryah & Ananda, 2023).

Another thing that must be prepared before entering the marriage stage is the ability to control oneself emotionally. The ability to control oneself emotionally is related to psychological readiness in entering marriage, namely having emotional maturity. If an individual is emotionally mature, he will be able to control emotions, be able to think objectively and be able to avoid conflict and reduce the divorce rate. Good emotional control makes individuals able to analyze problems and solve problems in the family wisely. Of course, in running a household, problems will not be avoided. Every stage of carrying out functions will be faced with the possibility of conflict. Emotional maturity gives rise to policies in thinking and behaving. This ability will minimize the possibility of conflict ending with separation. In other words, family resilience and the implementation of family functions run well.

Based on the author's analysis, the respondents' readiness in carrying out the functions of a family/foster family has been stated to be very good. This is because most respondents are at a healthy age to get married and already have permanent jobs (male respondents) as stated by the Directorate of Family Education Development that psychologically the age of 18-24 years is the best age to get married, but age is only one factor, so the most important thing is readiness, in the form of mental preparation to accept differences, ready to change and adapt to each other, ready to be responsible, prepare knowledge and build a clear orientation towards marriage.

In the early adulthood phase, developmental tasks include choosing a life partner, learning to live with a husband and wife, starting a family life, raising children, managing a household, starting a job, being responsible as a citizen, finding a compatible social group. Employment status also determines the readiness of prospective brides and grooms. The unpreparedness for marriage experienced by working couples is caused by the fear of facing an economic crisis in marriage and doubts about their ability to share mentally and emotionally with their partners in the future, so there are many

things that need to be prepared before getting married.

Another thing that must be prepared before entering the marriage stage is the ability to control emotions. The ability to control emotions is related to psychological readiness in entering the marriage stage, namely having emotional maturity. If someone is emotionally mature, then he will be able to control emotions, be able to think objectively, and be able to avoid conflict and reduce the divorce rate.

Conclusion:

The results of the study showed that there was a difference in the knowledge of prospective brides and grooms before and after the prospective brides and grooms received internal training on the eight family functions. For further research, research can be conducted on both prospective brides and grooms about their readiness to carry out the eight family functions..

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