

COUNSELING: BUILDING PREMARITAL FOUNDATIONS FOR YOUNG COUPLES IN NALAN-GATAK, CANDIREJO VILLAGE

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Abstract - *Stunting is a developmental and growth disorder experienced by a child caused by long-term malnutrition that can affect the child's productivity and cognition negatively. Stunting can occur not only because of inadequate maternal nutrition but also due to other factors, such as parenting habits. Implementing premarital counseling activities with the theme "Building Premarital Foundations for Young Couples" aims to provide readiness knowledge for mature adolescents to get married and increase adolescents' knowledge about premarital preparation to prevent stunting problems. The pretest results of the participants' understanding of premarital preparation from an Islamic perspective had an average score of 68.8, and the post-test results averaged 71.8, with an average increase of 3%. This shows that counseling activities impact increasing participants' understanding and knowledge. Therefore, organizing this premarital counseling is essential so there is no increase in stunting rates in Dukuh Nalan-Gatak Candirejo village.*

Keywords: *Premarital, Marriage, Islam, Counseling*

1. INTRODUCTION

Marriage is a basic necessity for men and women to form a relationship born of love and awareness (Israfil, Salad, et al., 2021). Marriage is a significant issue in Islam, which aims to be a noble means of organizing household life (Israfil, Masr, et al., 2021). A successful marriage is a marriage that can build a harmonious household with a strong marriage foundation based on predetermined Islamic laws. A marriage based on a solid religious foundation will create a successful marriage.

Building a successful marriage in practice takes much work. The rate of early marriage in Indonesia is still relatively high. WHO Indonesia states that one of the causes of the stunting problem is the high rate of early marriage. Based on data from Klaten Regency, several villages are still considered stunting villages. One of them is Candirejo village, Ngawen sub-district. A survey conducted in Candirejo village found that the stunting rate is still relatively high due to underage marriage, social, economic, understanding, and knowledge in building a good household. This condition is very concerning because it impacts social life, the sustainability of child custody and education, broken homes, stress, and many others.

This alarming condition is the main reason or foundation for this premarital counseling activity. The implementation of premarital counseling activities with the theme "Building Premarital Foundations for Young Couples" aims to provide knowledge of readiness for adolescents who are mature enough to get married and increase adolescents' knowledge of premarital preparation as an effort to prevent stunting problems in the Candirejo village caused by parenting children brought by their grandmothers and grandfathers when their parents are working. Therefore, premarital counseling is given to young couples to reduce the stunting problem.

Based on the explanation that has been exposed, choosing a pious and good life partner is essential. Thus, teenagers who are about to enter marriage need to be equipped with knowledge about marriage and good parenting. Therefore, according to Islam, it is essential to conduct counseling on premarital preparation. Through this program, participants will be given counseling on marriage, intimate relationships, human behavior, and how to build a happy family.

2. METHOD

Premarital counseling was implemented face-to-face using lecture, discussion, and question-and-answer methods. The audience for this counseling was the youth of Nalan-Gatak village, Candirejo, Ngawen, which amounted to 17 people. The planning of the counseling program began by preparing the tools and materials needed during the counseling activities, such as preparing materials in the form of modules and power points and making evaluation instruments. In implementing this counseling, a one-group pretest and post-test were designed. Before the presentation of the material, a pretest will be given to determine the initial understanding of the participants. After the material is given, the

implementer gives a post-test to see if there is an improvement between before the material is given and after the material is given. Then, the module is distributed after the activity is done.

A. Tools and materials

This counseling uses a one-group pretest and post-test design. In this counseling, participants will be given a pretest to determine their understanding before presenting the material. After the material is given, the participants are given a post-test to see if there is an improvement between before and after the material is given. This counseling was conducted at the Posko KKN batch 111 Group 244 in Nalan, Candirejo, and was attended by 17 participants. Participants were late adolescents to young adults. Participants were obtained through the distribution of invitations using invitation letters distributed to teenagers' homes. The method of data collecting is by distributing pre and post-tests to counseling participants in analyzing and processing data results using Microsoft Excel.

B. Work procedures

This counseling was held on August 6, 2023, from 13:30 to 16:00 with a 30-minute break. Before the counseling began, participants registered their attendance. This training was held face-to-face. The counseling began at 13:30 with an opening by the MC, followed by remarks from the KKN group leader and remarks from the youth leader (Muda-Mudi). Then, after the remarks continued with filling in the pretest, after filling it out, it continued with the explanation of the material about premarital. The program continued with a question and answer session. After the question and answer session was over, participants were asked to fill in the post-test. The MC closed the last event and continued with a group photo session. This counseling has several obstacles, such as the difficulty in finding participants who are in accordance with the theme of counseling and the need for more interactive participants in the implementation of counseling.

3. RESULTS AND DISCUSSION

A. Planning

The implementation process of the counseling program can run well due to the cooperation between the group members and participants. Group members fully contributed to preparing time, tools, materials, and needs during counseling activities.

Before executing the counseling program, the person in charge (coordinator) of the program prepared several things, including:

1. Evaluation instruments in pretest and post-test questions were used to review the level of understanding of the counseling participants related to the material to be presented. The instruments used are multiple-choice questions consisting of 15 questions.

2. In order to improve understanding of advanced material, after the event, in this case, each participant is given a printed module to be a tool, evaluation, and reference tool in the learning process individually. (Dewi & Lestari, 2020) Stated that using modules in learning activities can increase understanding and knowledge. The existence of a premarital module can help make it easier for the speaker to convey this material because when participants listen to participants they can also read and repeat themselves.

B. Implementation

The counseling was conducted at Mr. Joko Kuswono's or the landlord's house, beginning with a pretest, material briefing, post-test, and overall evaluation of the activity. The results of the pretest and post-test analysis are presented. In diagram form, as follows:

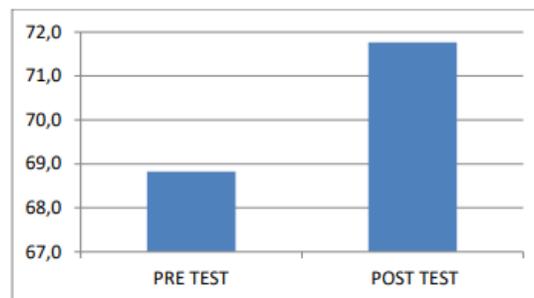


Figure 1. Diagram of the results of the pretest and post-test analysis of participants' understanding

The diagram presented above shows an improvement in the participants' understanding after the counseling. The increase in understanding was 3%, from an average of 68.8 to 71.8. This data illustrates that the counseling conducted can positively impact the participants' understanding of premarital from an Islamic perspective.

In this premarital counseling, several elements must be met, including:

- a. Erika Meiliasari, a student of the State Islamic University Sunan Kalijaga Yogyakarta in the major of Psychology, hired the counseling resource person. During the implementation of premarital counseling, the resource person was accompanied by Hafida Puspita Muharromah as the moderator and Umi Hanik as the MC.
- b. Counseling participants, including youth from the Nalan-Gatak area and State Islamic University Sunan Kalijaga Yogyakarta students.

- c. Facilities and infrastructure, including facilities as support during counseling activities. Counseling activities are held online or face-to-face. The publication of activities made flyers or posters of premarital counseling as shown below:



Figure 2. Flyer Premarital Counseling

Understanding premarital counseling is crucial to preparing teenagers of marriageable age and prospective husbands and wives to build a *sakinah mawadah warahmah* household. Premarital debriefing can be realized by counseling, education, or courses. Premarital courses are essential to provide adolescents with knowledge, understanding, and skills and raise awareness about household and family life among adolescents of marriageable age (Jauhari & Zamawi, 2022).

Marriage is a commitment that is built and maintained by a man and woman to live together in a household. Marriage is *sunatullah* or the provisions of the creator to sustain life (Hidayat et al., 2022). A *sakinah mawadah warahmah* marriage is the dream of every married couple, but realizing this is certainly not easy. There are several obstacles and obstacles to overcome. These obstacles require skills, knowledge, mental readiness, psychology, life skills, intellectual, social, and moral.

C. Evaluation

Evaluation was carried out by interviewing all participants of premarital counseling, and evaluation activities were carried out after premarital counseling was completed. The evaluated material included the participant's responses to the activities and the implementation process. The response of participants during the implementation of premarital counseling is excellent. This can be from the motivation and enthusiasm of the participants to follow all activity sessions in an orderly and reasonable manner. The implementation process could have gone better for several reasons, such as the committee's lack of preparation; several participants arrived late.

4. CONCLUSION

Premarital counseling activities based on an Islamic perspective overall went well according to the plan that had been made. Counseling activities can increase the understanding of participants. This is by the results of the pretest and post-test analysis, where the average pretest results are 68.8 while the average post-test is 71.8, with a percentage increase of 3%. Thus, premarital counseling is expected to help reduce the stunting rates in Nalan-Gatak, Candirejo village.

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