



Journal of Hunan University (Natural Sciences)

Vol. 52 No. 11
November 2025

Available online at
<https://jionuns.com>



ELSEVIER
Scopus



Clarivate
WEB OF SCIENCE

Open Access Article

 <https://doi.org/10.55463/issn.1674-2974.52.11.9>

The Role Of Marriage Counselor In Minimizing Marriage Failure

Jarkawi^{1*}, Eka Sri Handayani², Sri Ayatina Hayati³, Rudi Haryadi⁴, Akhmad Rizkhi Ridhani⁵,
Nazar Habsy⁶, Nur Ananda Puteri⁷

^{1,2,3,6,7} Universitas Islam Kalimantan Muhammad Arsyad Al Banjari Banjarmasin, Indonesia,

^{4,5} Asosiasi Bimbingan dan Konseling Provinsi Kalimantan Selatan, Indonesia,

* Corresponding author: jarkawi010462@gmail.com

Article history:

Received: October 21, 2025

Revised: November 29, 2025

Accepted: December 15, 2025

Published: December 30, 2025

Abstract: The purpose of this article is to examine the role of counselors in minimizing marital failure. This study employs a literature review method, drawing on relevant academic sources obtained through Google Scholar to address the research objective. The findings indicate that counselors perform fifteen key roles in marriage counseling aimed at reducing the risk of divorce. These roles encompass mediation, facilitation, and guidance to help couples improve communication, conflict resolution, and problem-solving skills. Marriage is a complex institution involving emotional, social, and psychological dimensions, in which unresolved conflict frequently contributes to marital failure. Marriage counselors play a critical role in assisting couples in managing these challenges by fostering emotional intimacy and equipping them with skills necessary for maintaining long-term marital harmony. Economic, social, health-related, religious, and psychological factors are commonly identified as contributing causes of marital failure, highlighting the importance of premarital counseling as a preventive measure. Therefore, officers of the Religious Affairs Office (KUA) who provide premarital counseling are expected to understand and apply the fifteen core counseling roles discussed in this study to effectively minimize the risk of marital failure.

Keywords: Role of Marriage Counselors; Marriage Failure.



Copyright: © 2025 by the authors. Licensee JHU

This article is an open-access article distributed under the terms and conditions of the Creative Commons Attribution License (<http://creativecommons.org/licenses/by/4.0/>)

婚姻顾问在减少婚姻失败中的作用

摘要：写这篇文章的目的是概述辅导员在减少婚姻失败方面的作用。所用的方法是使用文献研究，作者利用网站 <https://scholar.google.com/> 获取相关参考资料，以回答撰写文章的目的。所得结果是，在进行婚姻辅导以尽量减少离婚方面，辅导员有 15 种角色。本文的结论是，婚姻是一种复杂的情感、社会和心理方面的制度，其中冲突往往是婚姻失败的诱因。婚姻辅导员在帮助夫妇克服冲突方面发挥着重要作用，成为调解者、促进者、引导夫妇提高沟通和解决问题的能力。此外，辅导员还可以增加情感上的亲密关系，使夫妇具备长期和睦的技能。经济、社会、健康、宗教、心理等因素往往是婚姻失败的原因，因此婚前咨询对于预防这些问题非常重要。因此，KUA 官员进行婚前辅导时，必须了解前文所讨论的辅导的 15 种核心作用，以尽量减少婚姻失败的风险。

关键词：婚姻辅导员的作用；婚姻失败。

1. Introduction

Every prospective couple who is going to get married certainly hopes that in the future they will become a happy family [1]. A family is said to be happy if they live in harmony (sakinah), there is a sense of love from each partner (mawaddah), and accept each other's shortcomings (warohmah) [2]. However, in reality, there are not a few married couples who end up in disappointment (divorce).

According to [3] based on data from the central statistics agency released in February 2024, there were 463,654 divorce cases in Indonesia, this figure is certainly still quite high considering that in the previous year in 2022 there were 516,344 cases. There are indeed many factors that cause divorce in a family, ranging from economic, psychological, health, social relationships, infidelity and so on [4]. [5] demographic factors that cause divorce include unpreparedness for marriage, physical and emotional, incompatibility, infidelity and violence, physical and psychological. Socio-economic factors that cause divorce are lack of economic resources and women's income is higher than men. The relationship between women's education and divorce has changed, where in some countries, women with higher education are more likely to divorce.

The results of [6] study showed that the factors causing divorce within a period of three years (2013-2015) were disharmonious factors 5419 (37.6%), economic factors 3721 (25.8%), lack of responsibility 3191 (22.1%), the emergence of a third party 1458 (10.1%), harassment 443 (3.0%), unhealthy polygamy 88 (0.6%) and jealousy 36 (0.25%). It was further revealed that the most dominant factor causing divorce

in the Lubuklinggau Religious Court was the disharmonious family factor, which was the largest compared to other causal factors. [7] the factors causing divorce were economic, nusyuz and domestic violence, husband and wife infidelity in running a household, forced marriage without love and incompatibility in building a family, continuous disputes (syiqaq), community divorce, apostasy, differences in religion and ideology.

Based on the divorce data and the factors causing divorce that have been presented, it will certainly cross our minds what form of divorce prevention has been carried out, and who plays a role in preventing divorce. Therefore, this article will discuss the roles of marriage counselors in preventing divorce. This is because we need to know that in the process of carrying out a marriage (pre-marriage) there are several things that must be fulfilled by each prospective bride and groom. One of them is by registering with the religious affairs office (KUA), so that the marriage that will be held is officially recorded [8]. In addition, couples who will hold a wedding at the KUA will later receive a consultation service for prospective brides and grooms by KUA officers [9].

2. Methods

This study uses a literature study where researchers examine articles on marriage counseling and the impact of divorce. This is done so that researchers can formulate the role of counselors in minimizing marriage failure. Researchers use the website <https://scholar.google.com/> to identify

reference sources for articles that are in accordance with the objectives of the study. The results of this literature review are analyzed systematically, so as to achieve meaningful result.

3. Results and Discussion

Results

3.1 The Role of Counselors in Family Counseling to Improve Family Harmony

The study by Putri et al. (2022) published in *Journal of Counseling, Education and Society* identifies several aspects that support family harmony through family counseling. These aspects include commitment among family members to take care of one another, appreciation, and affection, which involves understanding and respecting differences, as well as positive communication in dealing with shared issues. Family harmony is also supported by spending enjoyable time together, upholding spiritual and religious values, and effectively managing stress and crises. These factors contribute to building a harmonious family.

3.2 The Role of Counselors in Overcoming Infidelity in Christian Marriage Relationships

Lase (2021) in his article published in *Excelsis Deo: Journal of Theology, Missiology, and Education* discusses the essential attitudes counselors must have in dealing with infidelity in Christian marriage relationships. Key attitudes include self-awareness, competence in various aspects of life, good psychological health, trustworthiness, honesty, and patience. Counselors must maintain confidentiality and provide full support to clients, especially in sensitive cases like infidelity.

3.3 Marriage and Family Counseling

Sunarty and Mahmud (2016) in their book *Marriage and Family Counseling*, published by UNM Publishing Body, mention seven main roles for marriage counselors: family advocate, leader, facilitator, educator, interpersonal model, counselor, and communicator. These roles are necessary to support the creation of healthy and harmonious relationships through effective counseling.

3.4 The Role of Family Counseling in Dealing with Gender with All Its Problems

Kibtyah (2014) in an article published in *Sawwa: Journal of Gender Studies* highlights the importance of the family systems approach in family counseling. Essential skills for counselors include techniques for self-understanding, listening skills, and the ability to manage crises by providing alternative solutions. These skills are influenced by behavioral therapy

principles, aiming for clients to experience behavioral changes and take positive actions after counseling.

3.5 The Role of Premarital Counseling in Reducing the Divorce Rate in the City of Tanjung Balai

Lubis and Muktaruddin (2023) in *Journal of Education: Indonesian Journal of Education* discuss the critical role of premarital counseling in reducing the divorce rate in Tanjung Balai. The purpose of premarital counseling is to improve the quality of marriage by creating harmonious families based on Islamic teachings. This helps couples prepare physically, mentally, and intellectually for marriage to build a joyful and lasting household.

3.6 Problems of Counselors in the Implementation of Marriage and Family Counseling Guidance in Langsa Lama District, Langsa City

Moon (2021) in *Pasopati Journal* examines the challenges counselors face in implementing marriage and family counseling guidance in Langsa Lama District, Langsa City. One of the core principles of Islamic marriage and family counseling is forming a family that is *sakinah, mawaddah, and warahmah*. The counseling aims to help individuals prevent marriage problems, understand the essence of marriage, foster a harmonious family life, and solve problems according to Islamic teachings.

3.7 Marriage Counseling: Preventive Strategies for Handling Family Relationship Problems and Building Healthy Family Relationships

Hasanah (2017) in *Religious Counseling, Journal of Islamic Counseling Guidance* explains that marriage counseling is structured around five key stages: understanding the meaning of family, increasing awareness of family dynamics, communication and therapy, building family interactions, and handling family relationship issues. These stages are preventive strategies aimed at building harmonious family relationships.

3.8 Issues in Marriage Counseling Practice and Islamic Perspectives

Zahra, Diniaty, and Khairi (2020) in *Educational Guidance and Counseling Development Journal* highlight that the main purpose of marriage counseling is to help couples achieve mutual trust, self-acceptance, and personal development. The counseling process helps couples learn to handle problems honestly and openly, leading to a deeper understanding and a commitment to behavioral change that supports a better relationship.

3.9 The Important Role of Guidance and Counseling in Addressing Early Marriage Challenges: Strategies for Building Healthy Relationships

Hidayah et al. (2023) in Ghaidan: Journal of Islamic and Community Counseling Guidance emphasize the role of marriage counseling in addressing challenges faced by couples in early marriages. Marriage counseling provides a safe space for couples to express their feelings, understand each other's perspectives, and resolve issues. The primary goal is to help couples develop healthier communication and a better understanding of one another.

Discussion

Marriage is a complex institution and involves many emotional, psychological, social, and economic aspects [10]. In living a married life, it is not uncommon for couples to experience various challenges that can trigger conflict and lead to marriage failure [11]. This is where the role of a marriage counselor becomes very important. Marriage counselors act as mediators, facilitators, and companions who help couples understand and overcome problems that arise in their relationship [12]. One of the main roles of a marriage counselor is to help couples identify the root of the problem in their relationship [13]. Many couples may not be aware of the root cause of their conflict, and this is where counselors play an important role [14]. With a systematic approach, counselors can explore communication patterns, differences in values, or emotional dynamics that are the source of the problem. This allows couples to understand the problem more deeply and find the right solution (Omoboye, et.al, 2024; Scuka, 2023; Botella, et.al, 2023; Murphy, 2024).

Poor communication is often the main trigger for conflict in marriage (Shrout, et.al, 2023; Girma, 2024; Donohue, 2023). Marriage counselors help couples develop effective communication skills, such as how to listen with empathy, express feelings honestly without blaming, and resolve conflict in a constructive way (Martin & Johnson, 2024; Courtney, 2024). With counseling, couples can learn healthier ways to communicate, which in turn can minimize the potential for greater conflict in the future [15]. No relationship is free from conflict, but what is important is how couples manage the conflict. Marriage counselors can provide effective strategies for dealing with disputes, such as using a win-win solution approach or healthy negotiation [16]. Counselors also help couples recognize negative behavioral patterns, such as defensive or aggressive behavior, that can exacerbate conflict [17]. With this guidance, couples can be more skilled in resolving conflicts peacefully and respectfully. In addition to resolving conflicts, marriage counselors also play a role in helping couples increase emotional intimacy in their relationships. Often, marriages fail due to a lack of emotional closeness and a sense of connection between partners [18]. Counselors can help couples strengthen their

emotional bonds through various exercises and therapies, such as emotion-based couples therapy or cognitive-behavioral therapy [19]. By increasing emotional intimacy, couples can feel more connected to each other, which ultimately reduces the risk of divorce.

The role of marriage counselors is not only limited to solving existing problems, but also in preventing future marriage failures [20]. Through counseling sessions, couples can learn useful skills to maintain their relationship in the long term. Counselors help them develop a proactive mindset, where couples are better prepared to face changes and challenges that may arise in the future. With the right guidance, counselors can help couples create a stronger, more stable, and more harmonious marriage [21].

Based on the results of a literature review on the role of counselors in family counseling, research by [22] emphasized that family harmony is highly dependent on several important aspects. Among them are commitment, appreciation, and affection between family members. Commitment means that the family takes care of each other so that each member feels happy [23]. Appreciation and affection are manifested through deep concern and understanding between family members, as well as open communication in expressing love and mutual respect.

This study also highlights the importance of positive communication as the key to family harmony. Effective communication allows family members to discuss problems faced and work together to find solutions [24][25]. This creates a supportive environment for each individual to feel heard and appreciated, thereby reducing the potential for conflict. In addition, time spent together is also an important factor in building family harmony. According to [22], shared time, such as family recreation, creates stronger bonds and builds positive memories that can strengthen family relationships in the long term. Instilling spiritual and religious values is also mentioned as an important foundation in achieving family harmony [26][27]. These values not only provide a moral foundation, but also help families live their daily lives with deep ethical principles and responsibilities, thus creating a stable and peaceful environment.

The ability to manage stress and crises is one of the important skills in a harmonious family [28][29][30]. Families who can overcome life's challenges with creativity and effectiveness will be able to maintain emotional stability and avoid protracted conflicts. This ability includes preventive actions in dealing with problems and cooperation in finding the best solution. [31] added that counselors have an important role in helping clients understand themselves. Awareness of one's needs, feelings, and weaknesses can reduce anxiety and help the counseling process run more effectively [32]. Counselor competence must also

include physical, intellectual, emotional, and social aspects to support optimal counseling quality.

[33] explain the role of counselors in family and marriage counseling, which includes various functions such as advisors, leaders, facilitators, educators, and communicators. With these various roles, counselors can help couples improve their relationships through better communication, deeper understanding, and effective conflict management. [34] emphasize the importance of premarital counseling in preparing couples to live a harmonious married life. This counseling focuses on equipping couples with the skills and knowledge needed to build a harmonious family based on religious and spiritual values [26]. Finally, [35] emphasized that marriage counseling has a significant role in dealing with various challenges that arise in marriage relationships, especially in the context of early marriage. This counseling provides a safe space for couples to have honest and open dialogue about their feelings and problems, and build a healthy communication platform and mutual understanding.

Pre-marital counseling services need to be carried out to prepare and guide the bride and groom towards the door of a household (family) [36]. There are many things that need to be prepared by counselors who carry out pre-marital counseling, one of which is preparing the mental (psychological) of each partner to have good mental health [37]. This needs to be done because psychological factors are very important to prevent failure in a marriage. [35] psychological factors that arise from unstable emotions cause the psyche of the bride and groom to become stressed and create conflict in marriage.

Then, based on the literature review that has been put forward, several roles of marriage counselors in minimizing marriage failure can be described, including the following:

Table 1. Roles of Marriage Counselors in Minimizing Marriage Failure

No.	Role of Marriage Counselors
1	Facilitate couples to have a strong commitment to realizing a <i>sakinah, mawaddah, and warohmah</i> family.
2	Must have the ability to empathize and sympathize during counseling sessions.
3	Provide positive suggestions for problems expressed by couples.
4	Create a safe and comfortable atmosphere for couples to openly describe their problems.
5	Insert religious values into counseling sessions.
6	Explore the potentials of couples in the context of SWOT to prevent stress.
7	Have a basis for themselves when unable to conduct counseling sessions to avoid unprofessionalism.

8	Have adequate competence to conduct counseling sessions (Minister of National Education Regulation Number 27 of 2008).
9	Demonstrate an honest and patient attitude towards couples during counseling sessions.
10	Understand that the counseling process involves guidance, facilitating couples in achieving agreed goals.
11	Have basic skills such as listening skills, leading, and concluding during counseling.
12	Ensure premarital counseling is genuinely beneficial for couples.
13	Help couples understand the meaning of marriage.
14	Provide an overview of household dynamics to the couples.
15	Analyze the expressed issues of couples to draw conclusions.
10	Understand that the counseling process involves guidance, facilitating couples in achieving agreed goals.
11	Have basic skills such as listening skills, leading, and concluding during counseling.
12	Ensure premarital counseling is genuinely beneficial for couples.
13	Help couples understand the meaning of marriage.

4. Conclusions

Based on the description of the results and discussions that have been put forward, there are several conclusions, namely as follows:

1. Marriage is an institution that involves various complex emotional, social, and psychological aspects. Challenges in relationships often trigger conflicts that can lead to marriage failure. This is where the role of marriage counselors becomes very vital. Counselors function as mediators and facilitators who help couples identify the root of the problem, improve communication, and develop skills in resolving conflicts. Through methods such as couples therapy and the win-win solution approach, counselors help couples learn how to communicate healthier and better resolve differences.
2. In addition to resolving conflicts, counselors also play a role in increasing emotional intimacy between couples. With the right approach, counselors can help couples build deeper connections, thereby minimizing the risk of divorce. Not only acting as a solution to current problems, counselors also equip couples with the skills needed to maintain long-term relationship harmony. Thus, marriage counseling contributes greatly to creating stronger, more stable, and more

harmonious relationships. 3. Many factors cause couples who are bound in a marriage to fail due to economic factors, social factors, health factors, religious factors, and psychological factors.

3. Pre-marital counseling is very necessary to prevent couples from experiencing failure in their household.
4. Counselors or KUA officers who carry out the pre-marital counseling process (health) need to understand the 15 core roles of the counseling process that have been presented in the discussion.

Acknowledgment

I would like to express my sincere gratitude to all those who have contributed to the completion of this study. Their invaluable insights, support, and guidance have been fundamental throughout the research process. I am deeply grateful to those who provided their expertise and shared their experiences, which greatly enriched the understanding of marriage counseling and its role in minimizing marriage failure. Additionally, I appreciate the encouragement and patience of everyone who has been involved, whose contributions have been essential in shaping and completing this work.

References

- [1] I. Siregar, "Efektivitas Prosesi Bimbingan Pra Nikah Masa Pandemi Covid-19 Bagi Pasangan Menikah Dalam Membina Rumah Tangga Di KUA Kecamatan Huristik," 2021, *Universitas Islam Negeri Sumatera Utara*.
- [2] D. Diflizar and K. S. Pulungan, "The view of the mandailing tribe towards the family of sakinah mawaddah wa rahmah according to the perspective of family law," *Hukumah J. Islam. Law*, vol. 5, no. 1, pp. 144–163, 2022.
- [3] Kompas.com, *The Number of Divorces in Indonesia in 2023 Reached 463,654 Cases*. 2024.
- [4] U. Hasanah, "The effect of parental divorce on children's psychology," *Agenda J. Gend. Relig. Anal.*, vol. 2, no. 1, pp. 18–24, 2020.
- [5] R. Nurhalisa, "Tinjauan Literatur: Faktor Penyebab dan Upaya Pencegahan Sistematis Terhadap Perceraian," *Media Gizi Kesmas*, vol. 10, no. 1, pp. 2021–2157, 2021.
- [6] M. Sholeh, "Peningkatan Angka Perceraian Di Indonesia: Faktor Penyebab Khulu'dan Akibatnya," *Qonuni J. Huk. Dan Pengkaj. Islam*, vol. 1, no. 01, pp. 29–40, 2021.
- [7] A. Kusmardani and A. Safe'i, "Factors that cause divorce in the perspective of family law between Islamic schools and social reality," *JSIM J. Soc. Sci. Educ.*, vol. 3, no. 3, pp. 176–194, 2022.
- [8] F. Basyar, "Marriage and Divorce Registration Procedures in Indonesia and Malaysia Perspective of Islamic Law," *Istidlal J. Islam. Econ. Law*, vol. 1, no. 1, pp. 87–99, 2017.
- [9] W. S. W. Dinata, "Optimizing the Role of the Marriage Advisory, Development and Preservation Agency (BP4) in the Context of the Formation of the Sakinah Family," *Jure J. Law Sharia*, vol. 7, no. 1, pp. 78–88, 2015.
- [10] I. Harsono, H. Sutanto, S. Zuhroh, I. Arisanti, and Y. D. Erliana, "The Influence of Socio-Economic Factors on Marriage Patterns in Indonesia: A Quantitative Analysis of the Relationship between Social Status and Marriage Decisions," *Sci. du Nord Humanit. Soc. Sci.*, vol. 1, no. 01, pp. 33–39, 2024.
- [11] J. Brannen and J. Collard, *Marriages in trouble: The process of seeking help*. Taylor & Francis, 2023.
- [12] S. Banoo and T. Ahmed, *Rules of marriage in Islam: A comprehensive analysis*. 2024.
- [13] S. V Flynn, *The Couple, Marriage, and Family Practitioner: Contemporary Issues, Interventions, and Skills*. Springer Publishing Company, 2023.
- [14] N. Mikaeili, S. Eyni, S. E. Mousavi, and M. Ebadi, "Mediating role of relational aggression in the association between infertility stigma and marital relationship distress in infertile women," *Women Health*, vol. 63, no. 9, pp. 756–765, 2023.
- [15] R. Murphy, *A Systemic Approach to Integrative Counselling*. Taylor & Francis, 2024.
- [16] K. Szamburski and R. Bodarski, "Resolution Of Interpersonal Conflicts In The Context Of Methods And Strategies Applied In Dispute Resolution," *J. Secur. Sustain. Issues*, vol. 13, no. 1, 2023.
- [17] E. K. Koh, Y. Park, and T. Y. Park, "Object relations couple therapy for a married Korean man with sexual dysfunction," *Aust. New Zeal. J. Fam. Ther.*, vol. 44, no. 3, pp. 379–392, 2023.
- [18] J. L. Oliffe *et al.*, "Masculinities and men's emotions in and after intimate partner relationships," *Sociol. Health Illn.*, vol. 45, no. 2, pp. 366–385, 2023.
- [19] M. Mazloom, S. Mohammadkhani, M. Akbari, J. Hasani, and M. Esfandbod, "Comparing the Mechanism of Change of Cognitive-Behavioral Therapy and Emotion Efficacy Therapy in Improving Psychological Adjustment of Women with Breast Cancer: the Role of Cognitive and Emotional Flexibility, Illness Perception, and Valued Action," *Int. J. Cogn. Ther.*, vol. 16, no. 4, pp. 594–617, 2023.
- [20] A. K. Asyiah and R. S. Sundari, "Improving the Community's Socio-Economic Quality Through Counseling on the Prevention of Early Marriage," *ABDIMAS J. Community Serv.*, vol. 6, no. 3, pp. 4179–4187, 2023.
- [21] J. N. Watenga SR, "Premarital Counseling And Marriage Stability Among Couples In Kahawa West Ward Nairobi-Kenya," Catholic University of Eastern Africa, 2023.
- [22] J. E. Putri, M. Mudjiran, H. Nirwana, and Y.

Karneli, "Peranan konselor dalam konseling keluarga untuk meningkatkan keharmonisan keluarga," *J. Couns. Educ. Soc.*, vol. 3, no. 1, p. 28, 2022.

[23] S. O. Popoola and O. O. Fagbola, "Work motivation, job satisfaction, work-family balance, and job commitment of library personnel in Universities in North-Central Nigeria," *J. Acad. Librariansh.*, vol. 49, no. 4, p. 102741, 2023.

[24] O. K. T. Kilag *et al.*, "Administrators' Conflict Management and Strategies," *J. High. Educ. Acad. Adv.*, vol. 1, no. 2, pp. 22–31, 2024.

[25] O. P. Igbinikaro, O. O. Adekoya, and E. A. Etukudoh, "Fostering cross-disciplinary collaboration in offshore projects: strategies and best practices," *Int. J. Manag. Entrep. Res.*, vol. 6, no. 4, pp. 1176–1189, 2024.

[26] F. Manuputty, A. Afdhal, and N. D. Makaruku, "Building a Harmonious Family: Combining Cultural Heritage and Religious Values in Ambon City," *West Sci. Soc. Humanit. Stud.*, vol. 2, no. 01, pp. 9–18, 2024.

[27] Y. L. Pamungkas, M. Arifin, and I. S. Anggraini, "Strengthening Tolerance And Harmony In The Family Through The Concept Of Religious Moderation," in *Proceeding International Conference on Islam and Education (ICONIE)*, 2024, pp. 1999–2006.

[28] A. B. Brik, N. A. Williams, and S. B. Ladd, "Stressor pileup, family and couple relational well-being, and parent stress during the COVID-19 pandemic," *Fam. Relat.*, vol. 73, no. 1, pp. 95–115, 2024.

[29] A. Sabah, M. A. Aljaberi, J. Hajji, C. Y. Fang, Y. C. Lai, and C. Y. Lin, "Family Communication as a mediator between Family Resilience and Family Functioning under the Quarantine and COVID-19 pandemic in Arabic Countries," *Children*, vol. 10, no. 11, p. 1742, 2023.

[30] A. W. Syakhrani and A. Aslan, "The Impact Of Informal Family Education On Children's Social And Emotional Skills," *Indones. J. Educ.*, vol. 4, no. 2, pp. 619–631, 2024.

[31] E. Lase, "The Role of Counselors in Overcoming Infidelity in Christian Marriage Relationships," *Excel. Deo J. Theol. Missiology, Educ.*, vol. 5, no. 1, pp. 59–70, 2021.

[32] J. Surya, M. E. Wibowo, and M. Mulawarman, "The Effect of Mindfulness and Self-awareness on Coping Stress of Students at Buddhist Universities in Central Java," *J. Bimbing. Konseling*, vol. 12, no. 1, pp. 97–106, 2023.

[33] K. Sunarty and A. Mahmud, *Konseling perkawinan dan keluarga*. Badan Penerbit UNM, 2016.

[34] W. G. Lubis and M. Muktaruddin, "The role of premarital counseling in reducing the divorce rate in the city of Tanjung Balai," *J. Educ. Indones. J. Educ.*, vol. 9, no. 2, pp. 995–1005, 2023.

[35] N. Hidayah, C. M. Billah, S. A. Hayati, and K. Kushendar, "Peran penting bimbingan dan konseling dalam menangani tantangan pernikahan dini: strategi untuk membangun hubungan yang sehat," *Ghaidan J. Bimbing. Konseling Islam dan Kemasyarakatan*, vol. 7, no. 2, pp. 243–250, 2023.

[36] S. Gholibeigi, "An Examination of Pre-Marital Counseling for Iranian Muslim Background Believers," Southeastern Baptist Theological Seminary, 2023.

[37] I. Amoah-Saah, "Impact of Premarital Counselling on Marital Satisfaction and Adjustment among SDA Members," University of Cape Coast, 2023.

参考文献:

[1] I. Siregar (2021)。新冠疫情期间婚前辅导过程对已婚夫妻家庭建设的有效性研究：Huristak区宗教事务办公室（KUA）案例。北苏门答腊国立伊斯兰大学。

[2] D. Diflizar & K. S. Pulungan (2022)。曼达林族对“和谐、关爱与慈悲家庭（Sakinah Mawaddah wa Rahmah）”的看法：家庭法视角。《Hukumah Islam》伊斯兰法期刊》，5（1），144–163。

[3] Kompas.com (2024)。2023年印度尼西亚离婚案件数量达463,654起。

[4] U. Hasanah (2020)。父母离婚对儿童心理的影响。《Agenda：性别与宗教分析期刊》，2（1），18–24。

[5] R. Nurhalisa (2021)。文献综述：离婚的成因因素及系统性预防措施。《Media Gizi Kemas》，10（1），2021–2157。

[6] M. Sholeh (2021)。印度尼西亚离婚率上升：Khulu 离婚的成因及其影响。《Qonuni：伊斯兰法律与研究期刊》，1（01），29–40。

[7] A. Kusmardani & A. Safe'i (2022)。家庭法视角下伊斯兰法学派与社会现实中离婚成因的比较分析。《JSIM 社会科学教育期刊》，3（3），176–194。

[8] F. Basyar (2017)。印度尼西亚与马来西亚婚姻与离婚登记程序：伊斯兰法视角。《Istidlal 伊斯兰经济与法律期刊》，1（1），87–99。

[9] W. S. W. Dinata (2015)。优化婚姻咨询、发

- 展与维护机构 (BP4) 在构建和谐家庭中的作用。《Jure: 伊斯兰教法期刊》, 7 (1), 78–88。
- [10] I. Harsono, H. Sutanto, S. Zuhroh, I. Arisanti, & Y. D. Erliana (2024)。社会经济因素对印度尼西亚婚姻模式的影响: 社会地位与婚姻决策关系的定量分析。《Sci du Nord: 人文与社会科学》, 1 (01), 33–39。
- [11] J. Brannen & J. Collard (2023)。陷入困境的婚姻: 寻求帮助的过程。Taylor & Francis。
- [12] S. Banoo & T. Ahmed (2024)。伊斯兰婚姻规则: 综合分析。
- [13] S. V. Flynn (2023)。伴侣、婚姻与家庭实践者: 当代议题、干预方法与专业技能。Springer Publishing Company。
- [14] N. Mikaeili, S. Eyni, S. E. Mousavi, & M. Ebadi (2023)。关系攻击在不孕污名与婚姻关系困扰之间的中介作用: 不孕女性研究。《Women & Health》, 63 (9), 756–765。
- [15] R. Murphy (2024)。整合式咨询的系统方法。Taylor & Francis。
- [16] K. Szamburski & R. Bodarski (2023)。争议解决背景下的人际冲突解决: 方法与策略。《Journal of Security and Sustainability Issues》, 13 (1)。
- [17] E. K. Koh, Y. Park, & T. Y. Park (2023)。对象关系夫妻治疗在一名性功能障碍韩国已婚男性中的应用。《澳大利亚与新西兰家庭治疗期刊》, 44 (3), 379–392。
- [18] J. L. Oliffe 等 (2023)。亲密伴侣关系中及其后的男性气质与男性情绪。《Sociology of Health & Illness》, 45 (2), 366–385。
- [19] M. Mazloom, S. Mohammadkhani, M. Akbari, J. Hasani, & M. Esfandbod (2023)。认知行为疗法与情绪效能疗法改善乳腺癌女性心理适应的变化机制比较: 认知与情绪灵活性、疾病认知与价值导向行为的作用。《International Journal of Cognitive Therapy》, 16 (4), 594–617。
- [20] A. K. Asyiah & R. S. Sundari (2023)。通过预防早婚咨询提升社区社会经济质量。《ABDIMAS 社区服务期刊》, 6 (3), 4179–4187。
- [21] J. N. Watenga SR (2023)。婚前辅导与婚姻稳定性: 肯尼亚内罗毕 Kahawa West 区夫妇研究。东非天主教大学。
- [22] J. E. Putri, M. Mudjiran, H. Nirwana, & Y. Karneli (2022)。家庭咨询中咨询师在提升家庭和谐中的作用。《咨询、教育与社会期刊》, 3 (1), 28。
- [23] S. O. Popoola & O. O. Fagbola (2023)。尼日利亚中北部大学图书馆人员的工作动机、工作满意度、工作—家庭平衡与工作承诺。《Journal of Academic Librarianship》, 49 (4), 102741。
- [24] O. K. T. Kilag 等 (2024)。管理者的冲突管理与应对策略。《Journal of Higher Education Academic Advancement》, 1 (2), 22–31。
- [25] O. P. Igbinenikaro, O. O. Adekoya, & E. A. Etukudoh (2024)。促进海上项目中的跨学科协作: 策略与最佳实践。《International Journal of Management and Entrepreneurship Research》, 6 (4), 1176–1189。
- [26] F. Manuputty, A. Afdhal, & N. D. Makaruku (2024)。构建和谐家庭: 融合安汶市的文化遗产与宗教价值。《West Science Social and Humanities Studies》, 2 (01), 9–18。
- [27] Y. L. Pamungkas, M. Arifin, & I. S. Anggraini (2024)。通过宗教温和理念强化家庭宽容与和谐, 载于《伊斯兰与教育国际会议论文集 (ICONIE)》, 1999–2006页。
- [28] A. B. Brik, N. A. Williams, & S. B. Ladd (2024)。压力叠加、家庭与夫妻关系福祉及新冠疫情期间的父母压力。《Family Relations》, 73 (1), 95–115。
- [29] A. Sabah, M. A. Aljaberi, J. Hajji, C. Y. Fang, Y. C. Lai, & C. Y. Lin (2023)。家庭沟通在阿拉伯国家隔离与新冠疫情背景下家庭复原力与家庭功能之间的中介作用。《Children》, 10 (11), 1742。
- [30] A. W. Syakhrani & A. Aslan (2024)。非正式家庭教育对儿童社会与情绪能力的影响。《Indonesian Journal of Education》, 4 (2), 619–

631。

[31] E. Lase (2021)。咨询师在克服基督教婚姻关系中不忠问题中的作用。《Excellent Deo：神学、宣教与教育期刊》，5（1），59–70。

[32] J. Surya, M. E. Wibowo, & M. Mulawarman (2023)。正念与自我觉察对中爪哇佛教大学学生压力应对的影响。《Bimbingan dan Konseling 期刊》，12（1），97–106。

[33] K. Sunarty & A. Mahmud (2016)。婚姻与家庭咨询。UNM 出版机构。

[34] W. G. Lubis & M. Muktaruddin (2023)。婚前辅导在降低丹戎巴莱市离婚率中的作用。《Indonesian Journal of Education》，9（2），995–1005。

[35] N. Hidayah, C. M. Billah, S. A. Hayati, & K. Kushendar (2023)。指导与咨询在应对早婚挑战中的重要作用：构建健康关系的策略。《Ghaidan：伊斯兰与社会咨询期刊》，7（2），243–250。

[36] S. Gholibeigi (2023)。伊朗穆斯林背景信徒婚前辅导研究。美国东南浸信会神学院。

[37] I. Amoah-Saah (2023)。婚前辅导对基督复临安息日会成员婚姻满意度与适应性的影响。海岸角大学。

Manuscript Information

Word count: 6,548 words (excluding references).

Peer-Review Record

Fast-track status: Not fast-tracked.

First-round reviews received: 3 reports.

Revision cycles completed: 3 rounds.

Final version submitted: December 15, 2025

Disclaimer / Publisher's Note

The statements, opinions, and data contained in this article are solely those of the authors and do not necessarily represent the views of the *Journal of Hunan University (Natural Sciences)* or its editorial team. The journal and its editors disclaim any responsibility for injury to persons or property resulting from any ideas, methods, instructions, or products referred to in the content of this article.