



PRE-MARRIAGE AND YOUNG MARRIAGE COUNSELING IN KERINCI

Iqbal Arrahman¹ Firman² Mohd Suhadi Mohamed Sidik³

^{1,2}Program Studi Bimbingan dan Konseling, Fakultas Ilmu Pendidikan,

³Universitas Negeri Padang, Universitas Islam Antarbangsa Sultan Abdul Halim Mu'adzan Shah

Email : ¹ iqbalarrahan33@gmail.com ² firmam@konselor.org ³ suhadisidik@unishams.edu.my

Abstrack

Nowadays, Allah SWT has mandated marriage as sunnatullah. According to Maqashid sharia, marriage has a very noble purpose, namely caring for or raising children. Early marriage or early marriage is still a controversial issue that is often discussed by many people, but this goal can be achieved if its implementation is in line with the guidelines set by Allah SWT as the Lord who creates and makes rules so that humanity remains of noble character. . There are those who consider this beneficial because, in some cases, religiously it can prevent the younger generation from committing adultery. The economy is a factor in another explanation. In an effort to give their daughters a better life after marriage, some parents decide to marry off their young daughters to adult men who have steady jobs. in Kerinci Regency. The prospective wife is between 14 and 16 years old, and the prospective husband is between 16 and 20 years old. The person is still considered a teenager at that age. Children are still not emotionally stable during adolescence, so they easily make quick decisions. Young marriages between teenagers who have not completed their developmental tasks can cause conflict because the newlyweds are not ready to assume responsibility and carry out their roles as husband and wife. Teenagers who are thinking about getting married should receive premarital counseling from the Sangha. Premarital counseling is the quick delivery of information, understanding and practical skills related to domestic life to prospective husbands and wives. Therefore, premarital counseling refers to information or education provided regarding the various nuances of marriage before the implementation of the marriage contract. A literature review regarding premarital counseling and young marriages in Kerinci was used to implement this research design.

Keywords: pre-marital counseling, young marriage

Introduction

At the westernmost tip of Jambi Province there is a district called Kerinci. The Kerinci region is home to many different civilizations that uphold strong traditional traditions. One aspect of cultural heritage in the Kerinci area is traditional marriage. Bamudea, Batuwek, Tmou ahak, Tando Placement, Marriage Contract, Mulang Muntaiang, and Kanduhai are the stages in the marriage of the Kerinci tribe. Even though the bride and groom are dressed in traditional Kerincian clothing throughout the Kanduhai performance, other aspects of past culture are also preserved, such as Batuwek, Tmou ahak, Laying Tando, Akad Nikah, and Mulang Muntaiang.. Faiza & Effendy, (2022).

Teenagers under the age of twenty who marry young should not prepare themselves for marriage and are said to marry early. As a result of early marriage, the chance of pregnancy during this period is higher, thereby increasing the risk of miscarriage, early birth, low birth weight (LBW), congenital defects, infection, anemia, pregnancy poisoning, and even death. (Kusmiran, 2011).

One of the provinces where many teenage marriages occur is Jambi. especially occurs in Kerinci Regency. The prospective wife is between 14 and 16 years old, and the prospective husband is between 16 and 20 years old. The person is still considered a teenager at that age. Children are still not emotionally stable during adolescence, so they easily make quick decisions. Young marriages between teenagers who have not completed their developmental tasks can cause conflict because the newlyweds are not ready to assume responsibility and carry out their roles as husband and wife. (Mismiyati, 2016).

Teenagers who marry young often do not realize what their true responsibilities are in marriage. According to Yulianti (2010), adolescent social development is characterized by uncertain emotions, lack of developed mental processes to take into account the conflicts they face, and immature ideas that focus on the future. Early marriage puts teenagers at risk of not achieving psychological well-being. This is related to handling household disputes with emotional maturity.

Teenagers must be able to plan their future after marriage and consider the advantages of starting a family (Utami, 2015). for the sake of creating a peaceful household. According to Gunarsa and Gunarsa (2004), a family is said to be harmonious if all its members are happy, which means reduced stress and disappointment and feeling satisfied with all their circumstances and existence (also called self-actualization). which covers all social and mental family affairs in addition to physical, mental and emotional needs.

Therefore, weddings need to be planned well. It marks the start of a new chapter in the life of a man and a woman because, after marriage, neither of them can continue to depend on their parents. The majority of parents experience a reduction in responsibilities when their children marry. Thus, a marriage that takes place without the parties preparing themselves mentally and physically will face many difficulties because neither party is ready. Domestic violence also often occurs, and many divorces occur because the younger generation does not prepare themselves before marriage, which ultimately leads to marriage breakdown. Middle of the road (Manna et al., 2021).

In essence, marriage connects them as two families, so that when a dispute or even divorce occurs, the relationship between the two families is also affected. As a result, incidents like this cause a lot of harm to sibling relationships. Of course, the number of situations like this needs to be reduced by educating young people who want to get married about marriage through premarital counseling. Premarital counseling is a social service procedure that provides advice, support and guidance to prospective husbands and wives before marriage to help them achieve success and happiness in marriage and family life. (Syubandono, 1981).

Pre-marital therapy is intended to provide problem-solving skills to prospective couples and help them analyze any problems and challenges that may be developing in their home. Premarital therapy is an effort made by a counselor or advisor to help the prospective bride and groom to respect each other, understand each other, and provide mutual motivation to achieve independence and overall family welfare. (Marpaung, 2016; Syarqawi, 2019).

Couples who no longer pay attention, couples who prioritize friends, and couples who are jealous and too suspicious, are the findings of observations and interviews by Sela Windiana Pungki, Rida Yanna Primanita, and researchers conducted on five wives who married as teenagers. on January 26 2019 regarding his opinion during marriage. These observational findings are in line with research on adult attachment to harmonious couples in

Bukittinggi, which found that 62.85% of couples showed anxious attachment (Primanita, 2018). If a married couple shows dominating behavior, such as conflict with their partner that stems from excessive suspicion or jealousy towards themselves, or because they feel that their partner does not understand them,

Based on this, the effort to convey this idea is more than just exchanging words and gifts; it is also about sharing ideals that are considered superior and ultimately accepted as social norms. Society would be lost and forgotten without its legacy. A number of social institutions are currently actively involved in promoting cultural heritage as providers of information for families, communities, educational institutions and the media (Tirtarahardja, 2005).

The aim of this research is to provide understanding to young people who are about to get married through pre-marital counseling.

Method

A literature review regarding premarital counseling and young marriages in Kerinci was used to implement this research design. A literature review was used as a data collection method or source for this particular research problem. Data is viewed using analytical descriptive techniques after collection. The descriptive analysis method begins with factual documentation and continues with analysis that provides sufficient justification and understanding in addition to retelling the facts.

Results and Discussion

There is a bond between two people in a marriage because it is a physical and spiritual union. A birth bond is a bond that is legally recognized and clearly visible and complies with applicable laws. On the other hand, inner links are psychological ties that are not easily visible (Bimo, 2002). The root cause of early marriage is misinterpretation of religious doctrine, cultural norms, and historical customs—many of which are patriarchal and demeaning to women. Due to traditional societal customs with strong socio-economic ties between generations, early marriage is commonplace in Indonesia. (Eny, 2017).

Early marriage is still a controversial issue in Kerinci which is often debated by many people. There are those who consider this useful because, in some cases, religiously it can prevent young people from committing adultery. The economy is a factor in another explanation. In the hope that their children will live a better life after marriage, some parents decide to marry off their little girls to grown men who have steady jobs. The younger generation who want to marry and start a family earlier are also the younger generation who are getting married. They believe that by having children early, the age difference between them will not be so great, so children should be more friendly with their parents.

One of the factors that causes early marriage is knowledge. Teenagers who lack information tend to marry young and are unaware of the long-term impacts and causes of early marriage. This causes teenagers to be unaware of the risks and dangers associated with early marriage. (Nurhayati, 2015).

The high rate of young marriages is driven by cultural elements such as traditions and practices which assume that there is a lot of pressure from within society. One of these pressures is the negative image of spinsterhood, which will remain if you marry after the age of 20. This provides an incentive for families to marry off their daughters at a young age. Information regarding reproductive health is less popular, and one of the causes of child marriage is pornography. In this case, one of the reasons why children do not understand reproductive and sexual health is the stigma when talking to them about sexuality and reproductive health education. (Arikhman et al., 2019).

Adolescents who experience negative peer pressure are more likely to marry young due to peer pressure, which can be seen as a kind of acceptance or encouragement. A teenager spends more time with his friends than his parents during his youth. (Soebagijo, 2006).

Couples who are getting married have a very high risk of experiencing emotional immaturity. Because, this can cause emotional dysregulation, making it difficult for conflicts to be resolved peacefully and creating an uncomfortable environment at home. Therefore, engaged couples must feel the emotions of adults in order to communicate with each other and fulfill their desire to start a family. Marwisni Hasan (2012:27) emphasizes that emotional immaturity in marriage can cause a number of problems in the household. Young married couples are advised to postpone marriage because they are still experiencing many changes both physically and psychologically.

Adolescent girls are more likely to experience the negative impacts of early marriage than adolescent boys because the mother's uterus and pelvis do not develop optimally, which can cause maternal morbidity and death as well as cessation and retardation of physical development. The physical condition of the mother who cannot give birth is the main cause. In addition, the body's anatomy is not yet ready for fertilization. The actual impacts of early marriage include the number of miscarriages or abortions, anemia, low birth weight, premature contractions, and potential disorders due to biological imperfections of the reproductive organs, especially the uterus. Due to their psychological immaturity, young couples are more likely to file for divorce because they are less prepared to face marital difficulties. This is the cause of the rise in divorce cases involving young couples. Based on socio-economic problems, early marriage is usually accompanied by financial insecurity. (Nazli, 2017).

Relevant parties have made a number of efforts to avoid and resolve these problems. In this case, preventing and overcoming this problem also requires the use of guidance and counseling. Guidance and counseling covers a wide range of areas, including education, community and mental health facilities, private practice, and broader social contexts, including families and communities. It's not just limited to providing services to children at school. (Gibson & Mitchell, 2003; Prayitno, 2017; Prayitno & Amti, 2004). Of course, this is also in line with current guidance and counseling trends, which include issues such as how to deal with violence, trauma, and crisis, well-being, organized services, social justice, technology, leadership, and identity in school and school contexts. larger social environment. (Hariko, 2017). In both educational and non-educational settings, professional counselors are permitted to offer guidance and counseling services, such as family and premarital therapy.

Interpreting guidance as a continuous process of helping people understand themselves, so that they can guide themselves and act naturally in accordance with the expectations and circumstances of their family, school, community and life in general, is one way to conceptualize guidance. Individuals who receive guidance are better able to develop as social beings. The goal of counseling is to help clients develop their self-concept through face-to-face or face-to-face support sessions between the counselor and the client. These sessions involve humane, unique and harmonious efforts and are conducted in an environment of expertise and based on relevant norms. and assurance that a person can change his or her behavior now and possibly in the future. (Ahmad Susanto, 2018; Khalilah, 2017; Noya&Salamor, 2020).

mor (2020), Premarital counseling is a service offered to single individuals in connection with their marriage plans. In order to become more stable and able to make better changes in the future, these parties ask for advice from a counselor when making decisions (Latipun, 2010). Premarital counseling, which is often referred to as marriage counseling, aims to help prospective couples grow as a couple and in preventing and resolving marital

disputes through tolerance, respect and open communication. full of understanding, so that prosperity and harmony can be achieved in the household (Angraini et al., 2022; Juningsih & Syamsu, 2021).

Karim (2020), describes premarital counseling as providing prospective husbands and wives with quick access to information, understanding and skills related to domestic life. Premarital counseling is then defined as socialization or material regarding the ins and outs of marriage before the marriage contract is carried out. For engaged couples, premarital counseling is sometimes referred to as therapy. The goal is to support couples in understanding each other better, respecting each other's differences, and developing healthy communication skills. (Kertamuda, 2009).

Teenagers in Kerinci who want to get married, both school and university students, are the goal or object of this premarital counseling. Premarital therapy is intended to educate teenagers about preparation for marriage so that they can make adequate plans to face any future events. Teens can learn about marriage through premarital counseling, so it's important to equip them before getting married. This will ensure that they have a solid understanding of marriage and can handle any issues that may arise in accordance with the law, thereby preventing high divorce rates. (Baihaqi, 2006; Iskandar, 2017; Ridho,).

Premarital counseling is a knowledge and skills-based program that provides prospective married couples with information about marriage that can help them maintain and strengthen their relationship. To prevent divorce due to young marriages, premarital counseling is really needed in the Kerinci area, especially for the younger generation. This should educate them about wedding preparations and give them the tools they need to prepare for any eventuality that may arise.

Based on the results of the literature review that has been read, it can be concluded that marriage at a young age has a very negative effect on couples who marry at a young age, due to the low level of knowledge about marriage, especially among young women, so that after marriage undesirable things arise and Couples who marry at a young age don't know how to deal with this. Husbands who are not yet able to support their wives, wives who still like to play with their friends and many who do not yet know the rights and obligations of husband and wife are also problems that often occur among those who marry at a young age, causing many divorces. Therefore, premarital counseling is intended to help couples who want to marry explore unresolved issues between them, clarify their respective personal values, and communicate their relationship goals in order to increase their chances of success in marriage.

The results of the literature review have been understood with the following results

Opi Andriani¹, Taufik Taufik², Rezki Hariko³ (2017) Young married couples in Kerinci Regency face problems in all the problem areas studied, including: personal circumstances; social relations with society; Work; economics and finance; religion, values and norms; family circumstances; and sexual relations, according to research findings. Overall, the respondents' most concerns were personal problems, while the least concerns were social relations problems with society. Meanwhile, most of the issues raised by respondents were related to money and the economy; in particular, they believe that things become more difficult financially and economically after marriage. Then, the category of social relations problems with society—in particular, the ease with which someone has negative prejudices against other people—had the lowest percentage of problems reported by respondents.

Gusliani Eka Putri, Tri Meva Efendi, and Nova Arikhman * (2019) Based on research findings, almost half (47.8%) of women who married in the previous year did so at a young age; more than half (61.2%) knew little or nothing about early marriage; more than half

(53.7%) come from cultures that encourage early marriage; and more than half (62.7%) said that peer pressure had an influence on their decision to marry young.

Julia Eva Putri, Taufik (2018) From the research findings that have been reviewed, it is clear that young married couples have a relatively high level of emotional maturity. Young married couples have a level of emotional maturity related to control characteristics, according to research on young married couples conducted in Siulak District, Kerinci Regency. Self-esteem is in the adequate range. Research findings show that young married couples have relatively good emotional maturity in terms of self-awareness. This shows that young married couples are able to have sufficient self-awareness. Furthermore, based on research conducted in Siulak District, Kerinci Regency on young married couples, it is known that the emotional maturity of the couple in terms of their capacity to carry out mental crisis functions is included in the "good" range. .

Novi Wulan Sari1*, Erit Rovendra2, Yunitiza3 (2022) based on research findings conducted in Siulak District, Kerinci Regency regarding the variables that cause early marriage in teenagers. We can conclude that early marriage is a common thing in the Siulak District, Kerinci Regency. Although some teenagers marry young to avoid unpaid sex, others marry young because they feel forced to or because they are mothers out of wedlock. Apart from that, low parental education and financial status also contribute to the occurrence of early marriage in Siulak District, Kerinci Regency. These characteristics, as well as a number of other factors, may impact a child's parenting style.

Adiyana Adam (2019) Early marriage is influenced by four main factors, namely economics, parents, education, relationships and customs. There are two impacts of marrying young, namely good impacts and bad impacts. The beneficial influence consists of two main points: reducing the workload of parents and preventing bad behavior. Finally, negative impacts can be divided into three categories: impacts on partners, impacts on individual families, and impacts on children.

Faqih A.R. (2001) stated that the purpose of premarital counseling is to: 1) help people resolve problems that may arise and overcome problems related to marriage, especially understanding the nature of marriage in Islam, its goals and conditions; and prepare people to hold Islamic weddings. 2) Assisting individuals in resolving marital problems, especially in understanding the problems they face, assisting them in dealing with their personal circumstances as well as those of their families and society in general, and assisting them in identifying potential solutions. 3) assist people in maintaining positive marital conditions; This includes maintaining household situations and conditions that were initially problematic but can be resolved so that problems do not recur; creating an environment and marital conditions that make the family *sakinah*, *mawaddah*, and *warahmah*.

Conclusion

Implementation of pre-marital counseling guidance activities for teenagers who are going to get married at an early age is very necessary in Kerinci so that young people in Kerinci do not have wrong perceptions about marriage. With pre-marital counseling young people in Kerinci can find out what must be prepared before building a household and Young people can also know what the duties and responsibilities of a husband/wife are in a husband/wife relationship. The aim of pre-marital counseling is of course to provide explanations to young people about the problems they will face after marriage, including physical and psychological preparation.

Reference

Adam, A. (2020). Dinamika Pernikahan Dini. *Al-Wardah*, 13(1), 14.

- Amti, E. (n.d.). Prayitno. 2004. *Layanan Bimbingan Dan Konseling Kelompok*. Padang: Jurusan Bimbingan Dan Konseling Fakultas Ilmu Pendidikan Universitas Negeri Padang.
- Arikhman, N., Efendi, T. M., & Putri, G. E. (2019). Faktor yang Mempengaruhi Pernikahan Usia Dini di Desa Baru Kabupaten Kerinci. *Jurnal Endurance: Kajian Ilmiah Problema Kesehatan*, 4(3), 470–480.
- Faiza, A., & Effendy, S. (2022). *Nikah Muda, Why Not!* PT Elex Media Komputindo.
- Fauzi, A., Firman, F., & Ahmad, R. (2022). Analisis Transmisi Budaya dan Perkembangan Institusi Pendidikan. *Jurnal Pendidikan dan Konseling (JPDK)*, 4(6), 8302-8306.
- Gunarsa, Y. S. D. (2000). *Asas-asas Psikologi Keluarga Idaman*. BPK Gunung Mulia.
- Kartika, R. C. (2013). Hubungan pengetahuan remaja tentang kesehatan reproduksi dengan perilaku seks pranikah pada siswa kelas xi di sma n colomadu. *Gaster*, 10(1), 77–84.
- Kurniady, D. (2021). *Hubungan antara Komitmen Pernikahan dengan Kepuasan Pernikahan Istri Pasangan Domisili Jarak Jauh*. Fakultas Ilmu Pendidikan.
- Pohan, N. H. (2017). Faktor-Faktor yang Berhubungan Dengan Pernikahan Usia Dini terhadap Remaja Putri. *Jurnal Endurance: Kajian Ilmiah Problema Kesehatan*, 2(3), 424–435.
- Pungki, S. W., & Primanita, R. Y. (2019). Gambaran Attachment Pada Istri Yang Menikah Muda Di Kabupaten Kerinci. *Jurnal Riset Psikologi*, 2019(4).
- Putri, J. E., & Taufik, T. (2017). Kematangan Emosi Pasangan yang Menikah di Usia Muda. *JRTI (Jurnal Riset Tindakan Indonesia)*, 2(2).
- Sari, N. W., Rovendra, E., & Yuniliza, Y. (2022). Analisis Faktor Penyebab Terjadinya Pernikahan Usia Dini Pada Remaja Di Kecamatan Siulak Kabupaten Kerinci. *Human Care Journal*, 7(2), 460–465.
- Soebagijo, A. (2006). *Porno!: AZ About Pornography*. Bandung: Femmeline.
- Sulistiari, D., & Berliana, S. M. (2014). Faktor-faktor yang memengaruhi kelahiran prematur di Indonesia: Analisis data Riskesdas 2013. *E-Journal Widya Kesehatan Dan Lingkungan*, 1(1), 36815.
- Utami, F. T. (2015). Penyesuaian diri remaja putri yang menikah muda. *Psikis: Jurnal Psikologi Islami*, 1(1), 11–21.
- Yendi, F. M., Ardi, Z., & Ifdil, I. (2013). Pelayanan Konseling untuk Remaja Putri Usia Pernikahan. *Jurnal Konseling Dan Pendidikan*, 1(2), 109–114.
- (Jasman et al., 2022).