

Artificial Intelligence Based Pre-Marital Counselling Policy in Forming a Sakinah Family

Kebijakan Bimbingan Konseling Pra Nikah Berbasis Artificial Intelligence dalam Membentuk Keluarga Sakinah

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Article History	Received (October 14 th , 2025)	Revised (November 19 st , 2025)	Accepted (December 3 rd , 2025)
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News Article

Keyword:

Policy;
Pre-Marital
Counselling;
Artificial
Intelligence;
Sakinah Family.

Abstract

This policy paper describes the policy of pre-marital counselling guidance based on artificial intelligence (AI) in forming a sakinah family. The purpose of this study is to analyse the implementation of an Artificial Intelligence (AI)-based pre-marital counselling policy as an innovative solution in preparing prospective married couples to form a sakinah family. The research also aims to identify the role of AI technology in detecting and preventing the main factors that cause divorce, such as disputes, arguments and economic problems, through the pre-marital counselling programme. This research uses descriptive qualitative methods to understand phenomena related to pre-marital counselling, the use of artificial intelligence (AI), and the formation of a sakinah family. Data sources consisted of primary data obtained through in-depth interviews with 15 respondents, and secondary data obtained from documentation studies, such as scientific literature and related policies. Data collection techniques included semi-structured interviews and documentation studies. The data analysis technique uses Miles and Huberman's interactive analysis model, which includes three stages: data condensation, data presentation, and conclusion drawing. This policy paper reveals that a policy that integrates AI in pre-marital counselling guidance with several concrete steps. Firstly, it is important for the government or relevant institutions to develop an AI-based digital platform that is easily accessible to prospective couples across Indonesia, with interactive features such as a chatbot for direct consultation. Second, the guidance programme should be tailored to the personal needs of each couple, by utilising AI algorithms that can assess and provide recommendations according to the couple's character and situation. Third, there needs to be continuous monitoring and evaluation of the effectiveness of the use of AI in this guidance, to ensure the quality of service remains optimal.

Kata Kunci:

Kebijakan;
Bimbingan
Konseling Pra
Nikah;

Abstrak

Policy paper ini menguraikan tentang kebijakan bimbingan konseling pra nikah berbasis artificial intelligence (ai) dalam membentuk keluarga sakinah. Tujuan penelitian ini adalah untuk menganalisis penerapan kebijakan bimbingan konseling pra nikah berbasis Artificial Intelligence (AI) sebagai solusi inovatif dalam mempersiapkan calon pasangan

Artificial
Intelligence;
Keluarga
Sakinah.

suami istri untuk membentuk keluarga sakinah. Penelitian ini juga bertujuan untuk mengidentifikasi peran teknologi AI dalam mendeteksi dan mencegah faktor-faktor utama penyebab perceraian, seperti perselisihan, pertengkaran, dan masalah ekonomi, melalui program bimbingan pra nikah. Penelitian ini menggunakan metode kualitatif deskriptif untuk memahami fenomena terkait bimbingan konseling pra nikah, pemanfaatan artificial intelligence (AI), dan pembentukan keluarga sakinah. Sumber data terdiri dari data primer yang diperoleh melalui wawancara mendalam dengan 15 responden, serta data sekunder yang diperoleh dari studi dokumentasi, seperti literatur ilmiah dan kebijakan terkait. Teknik pengumpulan data meliputi wawancara semi-terstruktur dan studi dokumentasi. Teknik analisis data menggunakan model analisis interaktif dari Miles dan Huberman, yang mencakup tiga tahap: kondensasi data, penyajian data, dan penarikan kesimpulan. Makalah kebijakan ini mengungkapkan bahwa kebijakan yang mengintegrasikan AI dalam bimbingan konseling pra-nikah dengan beberapa langkah konkret. Pertama, penting bagi pemerintah atau lembaga terkait untuk mengembangkan platform digital berbasis AI yang mudah diakses oleh calon pasangan di seluruh wilayah Indonesia, dengan fitur interaktif seperti chatbot untuk konsultasi langsung. Kedua, program bimbingan harus disesuaikan dengan kebutuhan personal masing-masing pasangan, dengan memanfaatkan algoritma AI yang dapat menilai dan memberikan rekomendasi sesuai dengan karakter dan situasi pasangan. Ketiga, perlu adanya pengawasan dan evaluasi berkelanjutan terhadap efektivitas penggunaan AI dalam bimbingan ini, untuk memastikan kualitas layanan tetap optimal.

To cite this article: Muhammad Sofyansah, Rahmatullah, Hildan Latif. (2025). "Artificial Intelligence Based Pre-Marital Counselling Policy in Forming a Sakinah Family". *AMUYA: Indonesian Journal of Management Reviews*, Volume 1 (2), Page: 177 –196.



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INTRODUCTION

Background of the Problem

The family is a key pillar in building a harmonious and competitive society. The purpose of a family, formed through the marriage of a man and a woman, is to build a prosperous, harmonious, and happy family, in accordance with religious teachings (Toha & Kustiawan, 2024). The purpose of marriage in Islam is to fulfill desires and instincts in accordance with Islamic guidance. This means that humans are inclined towards compassion for women, children, and wealth, and possess an instinct to know God (Abidin et al., 2021).

To create a harmonious family, individuals must undergo premarital counseling before marriage. This guidance is a service that supports couples planning to marry in maintaining their relationship or assisting them in obtaining guidance for creating a happy family (Rahmawati et al., 2018). Premarital counseling can help prospective couples prepare mentally before the wedding ceremony. Prospective couples receive information about marriage and all its aspects (Putry, 2019). Ada & Etele (2020) and Yaro (2022) state that the goal of premarital counseling is to achieve marriage goals through addressing psychological, health, religious, and educational aspects, and to reduce the level of disappointment that prospective couples may experience after marriage.

Through premarital counseling, prospective couples are provided with information on how to mentally prepare themselves to face challenges. This strong mental readiness is essential in navigating these challenges (Toha & Kustiawan, 2024). Prospective brides and grooms must understand and be sensitive to their partners, and maintain communication with each other. Furthermore, mutual attention and adaptation between partners will create a harmonious family (Pranata & Barus, 2019). Therefore, prospective brides and grooms must recognize the importance of premarital counseling. Many marriages fail due to inadequate preparation and lack of preparation, as well as a lack of understanding of their respective roles, rights, and responsibilities by the bride and groom (Nainggolan, 2019).

However, premarital counseling has not fully improved the mental preparedness of prospective brides and grooms. Therefore, the challenge of family resilience in Indonesia remains a problem that requires serious attention. Based on data from the Central Statistics Agency (BPS) and various sources, Indonesia recorded 463,654 divorce cases in 2023. While this number represents a 10.2% decrease compared to 2022's 516,344 cases, it still reflects a high rate of marital discord (Central Statistics Agency (BPS), 2023).

The distribution of divorce cases also shows significant disparities between provinces, with provinces on the island of Java dominating. West Java recorded the highest number of cases with 91,146, followed by East Java with 79,248, and Central Java with 68,133. Meanwhile, other provinces such as the Riau Islands (3,301), Bali (1,065), and Papua (1,156) recorded smaller numbers of cases but still contribute to the national challenge of family resilience (Central Statistics Agency (BPS), 2023).

Table 1. Distribution of Divorce Cases by Province in 2023

Province	Number of Divorce Cases
West Java	91.146
East Java	79.248
Central Java	68.133
Riau Islands	Lower data
Bali	Lower data
Papua	Lower data

Source: Central Statistics Agency (BPS)

In terms of divorce types, contested divorce, initiated by the wife, dominated, accounting for 352,403 cases, or 76% of the total. Meanwhile, divorce by divorce (talak), initiated by the husband, accounted for 111,251 cases, or 24% of the total (Central Statistics Agency (BPS), 2023). This indicates the crucial role women play in the decision to end a marriage, often triggered by complex internal conflicts.

Table 2. Types of Divorce in Indonesia in 2023

Type of Divorce	Number of Cases	Percentage (%)
Divorce Lawsuit	352.403	76%
Divorce	111.251	24%

Source: Central Statistics Agency (BPS)

The main factors causing divorce in Indonesia in 2023 included disputes and arguments, accounting for 388,358 cases (75.21%), followed by economic problems, accounting for 127,986 cases (24.78%) (Central Statistics Agency (BPS), 2023). Additionally, other factors such as differences in life principles, early marriage, and domestic violence also contributed, albeit at smaller rates.

Table 3. Main Factors Causing Divorce in Indonesia in 2023

Factors Causing	Number of Cases	Percentage (%)
Disputes and Quarrels	388.358	75,21%
Economic Problems	127.986	24,78%
Other Factors	-	Smaller data

Source: Central Statistics Agency (BPS)

The data above shows that the high divorce rate is dominated by internal household conflicts, which require a comprehensive and holistic approach to prevent them. By utilizing Artificial Intelligence (AI) technology, premarital counseling programs can provide data-driven solutions that enable early detection of potential marital problems, personalized guidance materials, and more systematic monitoring of the progress of prospective couples. This is expected to reduce the potential for conflict and improve the quality of family relationships, thereby supporting the creation of harmonious families in accordance with national development goals. The decline in the divorce rate in 2023 offers a glimmer of hope, but this phenomenon also highlights the need for more progressive, technology-based policies to support family resilience. In this context, Artificial Intelligence (AI)-based premarital counseling can be an innovative solution that offers a personalized and efficient approach to equipping prospective couples with the knowledge, skills, and values that support the formation of harmonious families.

Identification of the Problem

Based on the explanation above, several issues can be identified related to the Artificial Intelligence-based premarital counseling policy for building harmonious families, including:

1. Despite a 10.2% decrease in 2023, the divorce rate in Indonesia remains high, reaching 463,654 cases, indicating that family resilience issues still require serious attention. The majority of divorce cases occur in large provinces such as West Java, East Java, and Central Java, reflecting the structural challenges of building family resilience in areas with high populations and complex social dynamics.
2. 76% of divorce cases are litigated, demonstrating the dominant role of wives in initiating divorce, often triggered by domestic conflict and economic problems. Disputes and arguments are the primary cause of divorce, accounting for 75.21% of cases, while economic problems account for 24.78%, reflecting disharmony and financial stress within the household.
3. Lack of preparedness among couples before marriage, particularly in communication, conflict management, and family finances, is a contributing factor to the high divorce rate.
4. Premarital guidance and counseling programs remain ineffective due to their impersonal approach and minimal use of technology, thus failing to address the specific needs of prospective couples. The lack of policies that integrate technology, particularly AI, into premarital guidance is a barrier to significantly reducing the divorce rate.
5. Innovative policies are needed that improve the mental, emotional, and spiritual readiness of prospective couples and provide technology-based solutions to build more harmonious and resilient families.

The impacts of the high divorce rate in Indonesia include social instability, increased economic burden, and psychological distress for affected individuals and children. Social instability arises from weakened family resilience, which can impact the well-being of society at large. Economically, divorce often increases the financial burden, especially for

those supporting children. Meanwhile, psychological impacts can include stress, anxiety, and trauma, especially for children facing significant life changes. The above issues can be visualized in the form of a problem tree, which serves as a method for analyzing and understanding the root causes of a problem. This approach helps identify the main factors causing the problem and the relationships between existing issues, as illustrated below.

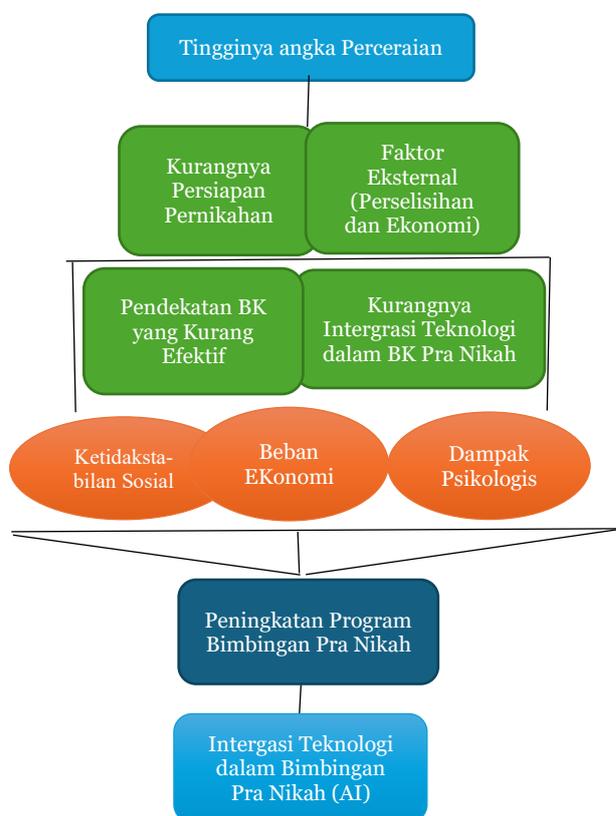


Figure 1. Problem Tree

Formulation of the Problem

The high divorce rate in Indonesia focuses on the underlying causes of the phenomenon and its impact on individuals and society. Although the divorce rate declined by 2023, the persistently high number of cases indicates weaknesses in building family resilience, particularly in large provinces. The primary problem lies in couples' lack of preparation for marriage, including communication, conflict management, and family financial management. Furthermore, ineffective premarital guidance and counseling programs, which lack personalization and do not utilize modern technology, are obstacles to overcoming the problem of divorce. Therefore, this research problem formulation includes efforts to identify the root causes of divorce, evaluate existing policies and programs, and formulate Artificial Intelligence (AI)-based solutions that can improve the mental, emotional, and spiritual readiness of prospective couples to create more harmonious families.

Objectives and Benefits of the Study

Study Objectives

The purpose of this research is to analyze the implementation of Artificial Intelligence (AI)-based premarital counseling as an innovative solution for preparing prospective couples to build harmonious families. This research also aims to identify the role of AI technology in detecting and preventing key factors contributing to divorce, such as disputes, arguments, and financial problems, through premarital counseling programs. Furthermore, this research aims to provide policy recommendations to improve the effectiveness of AI-based premarital counseling in supporting family resilience in Indonesia.

Benefits of the Study

This research benefits the government, which can gain input for designing innovative technology-based policies in the area of family resilience, particularly through the development of AI-based premarital counseling programs. For counseling institutions, this research can serve as a reference for developing more personalized, efficient, and data-driven premarital counseling methods to prevent potential divorce. For the public, this research can raise awareness among prospective couples about the importance of thorough marriage preparation for building harmonious and conflict-resistant families. For academics and researchers, this research provides a theoretical and practical foundation for further research on the application of AI technology to support family resilience and divorce prevention.

THEORETICAL AND CONCEPTUAL FRAMEWORK

Theoretical Framework

The concept of a harmonious family in Islam is the ideal goal for every married couple, prioritizing love, affection, and peace, as explained in Surah Ar-Rum, verse 21 of the Quran. To achieve a harmonious family, thorough mental, emotional, spiritual, and economic preparation is necessary for the prospective husband and wife. Premarital counseling plays a crucial role in preventing divorce.

However, although the divorce rate in Indonesia decreased by 10.2% in 2023, there were still 463,654 cases. Disputes and arguments (75.21%) and financial problems (24.78%) were the main factors in divorce, reflecting the couple's lack of preparation. The predominance of divorce lawsuits (76%) indicates that many wives are dissatisfied with their marital life, particularly in terms of interpersonal relationships and financial well-being (Central Statistics Agency (BPS), 2023).

With technological advancements, Artificial Intelligence (AI) offers innovative solutions in premarital counseling. AI can analyze couples' data to identify potential conflicts and provide more personalized guidance. This technology can be used to strengthen communication skills, emotional management, and financial management, as well as continuously monitor couples' progress, while maintaining ethical aspects, privacy, and the role of human counselors. This AI-based approach can support family resilience and reduce divorce rates, in accordance with the principles of the maqasid sharia (the preservation of religion, life, intellect, posterity, and property).

Conceptual Framework

Premarital Counseling

Premarital counseling is a preventative measure to prepare prospective couples for married life. According to Lubis and Muktaruddin (2023), the main goal of this guidance is to provide a deeper understanding of the rights and obligations of husband and wife, improve communication skills, and build a strong commitment to facing the various challenges of marriage (Lubis & Muktaruddin, 2023). In Islam, marriage is not just a physical bond, but also a moral and spiritual contract that requires thorough preparation so that couples can build a harmonious family based on religious values (Arjani et al., 2025). The premarital counseling program is designed to provide guidance on various aspects, such as couple psychology, conflict management, household financial management, and the roles and functions of each individual within the family. The importance of premarital counseling is supported by various studies, such as those by Wulansari (2017), Ekofitriyanto (2020), Pramanasari (2021), Jufri (2021), Jannah (2023), Firman (2023), Ana (2023), and Ummah (2024), which show that couples who participate in premarital counseling have a higher marital success rate than those who do not. This program helps couples identify potential conflicts early and provides strategies for resolving them. One of the main focuses of the counseling is building effective communication skills, as communication is the foundation for maintaining marital harmony. Furthermore, this counseling also provides knowledge about marital dynamics, including how to manage emotions, maintain a balance between work and family roles, and raise children (Ananda, 2021).

In the Indonesian context, premarital counseling has become part of government policy through the marriage certification program organized by the Ministry of Religious Affairs (Saloom et al., 2022). This program aims to reduce the still-high divorce rate, particularly those caused by disputes and economic problems. According to data from the Central Statistics Agency (BPS) in 2023, 75.21% of divorce cases in Indonesia were caused by disputes and arguments, while another 24.78% were triggered by economic problems (Central Statistics Agency (BPS), 2023). This fact indicates that prospective couples need to be provided with adequate preparation to better navigate the dynamics of married life.

Premarital counseling also serves to provide couples with an understanding of religious values that form the foundation for building a harmonious family. In Islamic teachings, the family is a crucial institution that plays a role in creating a pious and noble generation (Pramanasari, 2021). Therefore, premarital counseling programs typically include material on understanding the values of the maqasid sharia (the principles of Islamic law), spiritual responsibility, and how to maintain harmonious relationships based on the principles of love and sacrifice. Furthermore, this guidance emphasizes the importance of the couple's commitment to facing the changes and challenges that may arise throughout their marriage.

However, the implementation of premarital counseling in Indonesia still faces various challenges, such as a lack of trained counselors, limited timeframes, and a often one-way approach that excludes active interaction from the couple (Wulan, 2021). In the technological era, this approach can be enhanced by leveraging innovations such as Artificial Intelligence (AI) to create more interactive, personalized, and data-driven counseling programs. AI can help identify each couple's specific needs, provide relevant recommendations, and continuously monitor their progress.

Artificial Intelligence (AI)

Artificial Intelligence (AI) (Zarkani et al., 2024) is a technology designed to mimic human intelligence in analyzing data (Fosso Wamba et al., 2024; Raquib, 2023), making decisions (Ghaly, 2023; Guan et al., 2023; Mouta et al., 2023), and predicting behavior based on complex algorithms (Masrichah, 2023). In the context of premarital counseling, AI has great potential to provide innovative solutions that are more personalized, efficient, and sustainable. AI can be used to collect and analyze data from prospective couples, such as their preferences, psychological background, and values, to provide specific and relevant recommendations to support the success of their marriage.

One application of AI in premarital counseling is through the development of interactive chatbots that can provide guidance on various topics, such as conflict management, financial management, and communication skills development. These chatbots are designed to provide interactive simulations that allow couples to learn how to navigate real-life situations in marriage. Furthermore, AI can also be used to develop app-based learning modules that include videos, quizzes, and exercises tailored to the needs of each couple.

A key advantage of AI in premarital counseling is its ability to process large amounts of data quickly and accurately. AI can identify certain patterns that may be invisible to human counselors, such as potential conflicts arising from differences in values or communication styles. Thus, AI can provide deeper insights into the dynamics of a couple's relationship and help them anticipate problems early.

However, the application of AI in counseling also faces challenges, particularly related to data privacy and ethics. The collection of couples' personal data requires careful management to ensure that the information is not misused. Therefore, strict data protection policies must be implemented to support the use of this technology. Furthermore, it is important to ensure that AI does not completely replace the role of human counselors, but rather serves as a supporting tool that enriches the counseling process.

From a family systems theory perspective, AI can serve as a tool to map interaction patterns between individuals within a family and provide recommendations on how to improve relationship quality. This approach aligns with the concept of family systems theory developed by Murray Bowen in Sugitanata (2024), which emphasizes that each individual in a family influences the others (Sugitanata, 2024). With the help of AI, counselors can identify complex family dynamics and provide more targeted strategies to support couples in building a harmonious family.

Building a Sakinah Family

Building a sakinah family is the primary goal of marriage from an Islamic perspective. The term "sakinah" comes from an Arabic word meaning tranquility, peace, and serenity. A sakinah family is one founded on the values of mawaddah (love), rahmah (compassion), and tranquility (Ismatulloh, 2015). In a sakinah family, the husband and wife work together to create a harmonious relationship, mutual support, and commitment to facing life's challenges.

Sajaruddin (2022) states that building a sakinah family requires not only emotional readiness but also a deep understanding of the responsibilities of each individual within the family. According to Ismanto et al. (2018), the husband, as head of the family, has the responsibility to lead, protect, and provide for the family, while the wife plays the role of a companion, supporting and managing the household (Ismanto et al., 2019).

However, in practice, these roles often experience complex dynamics, especially in the modern context that demands a balance between career and family.

The importance of building a harmonious family is also related to the objectives of the maqasid sharia (Asa'ari et al., 2021), namely preserving offspring (hifzh an-nasl) and forming a pious generation (Purnomo & Qoharuddin, 2021). According to Gunawan (2024), a harmonious family serves as the primary foundation for educating children to become individuals with noble character and contribute positively to society (Gunawan, 2024). Therefore, building a harmonious family requires thorough preparation before marriage, including through pre-marital guidance programs that provide an understanding of religious values, communication skills, and resource management.

In the technological era, building a harmonious family can be supported by innovations such as AI, which helps couples identify and resolve potential conflicts. This technology allows couples to receive more personalized and ongoing guidance, both before and after marriage. For example, AI can provide guidance on how to manage family finances, resolve conflicts constructively, and establish effective communication patterns. With the help of AI, couples can learn to face household challenges more adaptively and proactively.

However, efforts to build a harmonious family also require support from the social environment, including the extended family, the community, and religious institutions. Sholihah and Al Faruq (2020) stated that a conducive environment can help couples maintain the values of harmony in their daily lives (Faruq & Sholihah, 2020). Furthermore, the government's role in providing supportive policies, such as AI-based premarital guidance programs, is also a crucial factor in creating a harmonious and high-quality family generation. Therefore, this conceptual framework emphasizes that building a harmonious family requires a combination of spiritual, emotional, and technological approaches. AI can be an effective tool to support couples in achieving this goal, provided its use is complemented by ethical and accountable policies.

METHODOLOGY

This research uses a descriptive qualitative method to understand phenomena related to premarital counseling, the use of artificial intelligence (AI), and the formation of harmonious families. This method aims to provide a holistic picture of respondents' views, experiences, and perceptions. A phenomenological approach was chosen to explore respondents' subjective experiences related to the research topic, thereby enriching the concepts discussed. Data sources consisted of primary data obtained through in-depth interviews with 15 respondents, as well as secondary data obtained from documentation studies, such as scientific literature and related policies.

Data collection techniques included semi-structured interviews and documentation studies. The interviews aimed to obtain in-depth information from respondents regarding premarital counseling, the use of AI, and harmonious families. Documentation studies were conducted to understand the theories and concepts underlying the research topic. Data analysis used the interactive analysis model by Miles and Huberman, which includes three stages: data condensation, data presentation, and drawing conclusions. Data condensation was carried out by filtering relevant information, presenting the data in a narrative or thematic diagram, and drawing conclusions by interpreting the data based on theory and ensuring the validity of the findings.

ANALYSIS AND DISCUSSION

Results and Discussion

Artificial Intelligence (AI)-based premarital counseling is gaining attention among Indonesians as a new approach to building a harmonious family. Interviews with 15 respondents from various regions, including Bandung, Yogyakarta, Medan, Palu, Bukittinggi, Purbalingga, and cities in West Java, revealed diverse views regarding the effectiveness, acceptance, and challenges of implementing AI for premarital counseling services. Respondents came from diverse backgrounds, including teachers, students, housewives, civil servants, and entrepreneurs, providing a broad overview of public perceptions of this technology.

The majority of respondents positively welcomed the idea of using AI for premarital counseling. They believed AI technology could provide objective, practical, and efficient guidance. Eleven of the 15 respondents felt that AI could be a solution to address limited access to conventional counselors, particularly in remote areas. For example, Mega Silvia (a teacher), a respondent from Bandung, stated that AI-based counseling services are very helpful for people who have difficulty finding professional counselors due to geographical distance or high costs. According to him, AI-powered digital platforms can bridge this gap by providing relevant and structured information on wedding preparation, couple communication, and conflict management.

Table 4. AI Helps People Find Professional Counselors

No.	Name	Jobs	Origin	Note
1.	Mega Silvia	Teacher	Bandung	AI helps people find professional counselors.
2.	Ina Fitriani	Housewife	Purbalingga	AI helps people find professional counselors.
3.	Fahmi Faturrohman	Teacher	Tasikmalaya	AI helps people find professional counselors.
4.	Solehudin	Online Business	Tasikmalaya	AI helps people find professional counselors.
5.	Safiril Ahmad	Tahfiz Teacher	Bukittinggi	AI helps people find professional counselors.
6.	Syifa Padlina Azzahra	Housewife	Majalengka	AI helps people find professional counselors.
7.	Indah Lestari Kusuma	Guru	Solo	AI helps people find professional counselors.
8.	Rochim Alamsyah	Student	Palu	AI helps people find professional counselors.
9.	Aprizaldi Putra Pulungan	Student	Mandailing Natal	AI helps people find professional counselors.
10.	Hilmiah Athorlah	Legal Consultant	Karawang	AI helps people find professional counselors.
11.	Hasfira Ariwargi	Housewife	Sukabumi	AI helps people find professional counselors.

Source: Processed Interview Results

In terms of content and quality of guidance, respondents highlighted AI's ability to provide educational materials tailored to the needs of prospective couples. Ten respondents assessed that AI can analyze user data, such as cultural background, individual preferences, and level of understanding of marriage, to provide personalized recommendations. One respondent, Farhan Litarozi, a marketer from Yogyakarta, stated that AI-based counseling provided interactive simulations of married life scenarios. He

said this feature significantly helped couples understand the challenges they might face after marriage, such as financial management, disagreements, and roles within the family. This demonstrates that AI serves not only as an educational tool but also as a medium for building awareness and mental readiness in couples.

Table 5. AI Helps Provide Educational Materials for Candidate Pairs

No.	Name	Jobs	Origin	Note
1.	Farhan Litarozi	Marketing	Yogyakarta	AI helps provide educational materials for prospective candidates.
2.	Ina Fitriani	Housewife	Purbalingga	AI helps provide educational materials for prospective candidates.
3.	Fahmi Faturrohman	Teacher	Tasikmalaya	AI helps provide educational materials for prospective candidates.
4.	Irfan Fauzan Naufal	Marketing	Ciamis	AI helps provide educational materials for prospective candidates.
5.	Safir Ahmad	Tahfiz Teacher	Bukittinggi	AI helps provide educational materials for prospective candidates.
6.	Syifa Padlina Azzahra	Housewife	Majalengka	AI helps provide educational materials for prospective candidates.
7.	Istianah	Online Business	Jakarta	AI helps provide educational materials for prospective candidates.
8.	Rochim Alamsyah	Student	Palu	AI helps provide educational materials for prospective candidates.
9.	Aprizaldi Putra Pulungan	Student	Mandailing Natal	AI helps provide educational materials for prospective candidates.
10.	Ade Arfina Batubara	Housewife	Medan	AI helps provide educational materials for prospective candidates.

Source: Processed Interview Results

However, not all respondents were completely satisfied with this approach. Six out of 15 respondents expressed concerns regarding the personalization and empathy aspects of AI-based services. They believed that AI, while sophisticated, cannot replace the role of human counselors in understanding emotions and interpersonal dynamics. Ade Arfina Batubara, a housewife from Medan, for example, stated that it is difficult to establish an emotional connection between counselors and clients through technology-based systems. For her, premarital counseling requires a human touch, especially when discussing sensitive issues such as religious differences or social pressures. Furthermore, some respondents from the older generation felt uncomfortable using AI technology, due to a lack of technical understanding and trust in the data privacy provided to digital platforms.

Table 6. Through AI, Emotional Relationships Between Counselors and Clients Are Difficult to Establish

No.	Name	Jobs	Origin	Note
1.	Ade Arfina Batubara	Housewife	Medan	Through AI, Emotional Connections Between Counselors and Clients Are Difficult to Establish
2.	Fahmi Faturohman	Teacher	Tasikmalaya	Through AI, Emotional Connections Between Counselors and Clients Are Difficult to Establish
3.	Irfan Fauzan Naufal	Marketing	Ciamis	Through AI, Emotional Connections Between Counselors and Clients Are Difficult to Establish
4.	Safir Ahmad	Tahfiz Teacher	Bukittinggi	Through AI, Emotional Connections Between Counselors and Clients Are Difficult to Establish
5.	Syifa Padlina Azzahra	Housewife	Majalengka	Through AI, Emotional Connections Between Counselors and Clients Are Difficult to Establish
6.	Istianah	Student	Jakarta	Through AI, Emotional Connections Between Counselors and Clients Are Difficult to Establish

Source: Processed Interview Results

On the other hand, there is potential for integration between AI technology and traditional counseling approaches. Most respondents suggested that AI should be used to support, not replace, conventional counseling services. Eight respondents suggested that AI could be used to provide basic materials and premarital tests online, while in-depth counseling sessions would still be conducted by professional counselors. This combination is considered effective in reaching more couples without sacrificing the essential humanistic aspect of the counseling process. Furthermore, several respondents suggested that AI platforms be integrated with local and religious values, so that the material presented is more relevant to Indonesian culture. This is important because marriage is not only seen as an individual bond, but also as part of social and spiritual harmony within society.

Table 7. AI Only as a Counselor Support

No.	Name	Jobs	Asal	Keterangan
1.	Fahmi Faturohman	Teacher	Tasikmalaya	AI Is Only a Counselor Support
2.	Solehudin	Online Business	Tasikmalaya	AI Is Only a Counselor Support
3.	Fahmi Faturohman	Teacher	Tasikmalaya	AI Is Only a Counselor Support
4.	Syifa Padlina Azzahra	Housewife	Majalengka	AI Is Only a Counselor Support
5.	Farhan Litarozi	Marketing	Yogyakarta	AI Is Only a Counselor Support
6.	Ina Fitriani	Housewife	Purbalingga	AI Is Only a Counselor Support
7.	Fahmi Faturohman	Teacher	Tasikmalaya	AI Is Only a Counselor Support
8.	Irfan Fauzan Naufal	Marketing	Ciamis	AI Is Only a Counselor Support

Source: Processed Interview Results

Interviews also revealed that the public has high expectations for the development of this technology. Twelve respondents hoped that AI-based counseling platforms would be continuously updated with relevant and up-to-date modules, including topics such as mental health, parenting, and family conflict management. They also desired strict oversight from government agencies or religious institutions to ensure that the content provided aligns with the moral and ethical values held by the community. For example, Istianah, a student from Jakarta, expressed that the presence of a trusted authority, such as the Ministry of Religious Affairs or the Indonesian Ulema Council (MUI), could increase public trust in these services. Such oversight is considered crucial to ensure that AI algorithms do not provide biased or misleading information.

Table 8. AI Can Be Continuously Updated

No.	Name	Jobs	Origin	Note
1.	Istianah	Student	Jakarta	
2.	Mega Silvia	Teacher	Bandung	AI Can Be Continuously Updated
3.	Ina Fitriani	Housewife	Purbalingga	AI Can Be Continuously Updated
4.	Fahmi Faturohman	Teacher	Tasikmalaya	AI Can Be Continuously Updated
5.	Solehudin	Online Business	Tasikmalaya	AI Can Be Continuously Updated
6.	Fahmi Faturohman	Teacher	Tasikmalaya	AI Can Be Continuously Updated
7.	Syifa Padlina Azzahra	Housewife	Majalengka	AI Can Be Continuously Updated
8.	Indah Lestari Kusuma	Teacher	Solo	AI Can Be Continuously Updated
9.	Irfan Fauzan Naufal	Marketing	Ciamis	AI Can Be Continuously Updated
10.	Ade Arfina Batubara	Housewife	Mandailing Natal	AI Can Be Continuously Updated
11.	Hilmiah Athorah	Legal Consultant	Karawang	AI Can Be Continuously Updated
12.	Hasfira Ariwargi	Housewife	Sukabumi	AI Can Be Continuously Updated

Source: Processed Interview Results

The main challenges faced in implementing AI-based premarital counseling are technological infrastructure and the community's digital literacy. Seven respondents from rural areas stated that limited internet access is a barrier to optimal use of AI platforms. Furthermore, low digital literacy among the elderly is also a barrier, necessitating education and training to improve their understanding of this technology. Respondents from urban areas, on the other hand, placed greater emphasis on data security. They were concerned about the potential misuse of personal information collected by AI systems. This suggests that technology developers must ensure that their platforms are equipped with reliable security systems and transparency in user data management.

Table 9. AI Challenges for Rural Communities

No.	Name	Jobs	Origin	Note
1.	Irfan Fauzan Naufal	Marketing	Ciamis	Through AI, Emotional Connections Between

				Counselors and Clients Are Difficult to Establish
2.	Safril Ahmad	Tahfiz Teacher	Bukittinggi	Through AI, Emotional Connections Between Counselors and Clients Are Difficult to Establish
3.	Farhan Litarozi	Marketing	Yogyakarta	AI Only as a Counselor Support
4.	Ina Fitriani	Housewife	Purbalingga	AI Only as a Counselor Support
5.	Mega Silvia	Teacher	Bandung	AI helps the public find professional counselors.
6.	Rochim Alamsyah	Student	Palu	AI helps provide educational materials for prospective couples.
7.	Aprizaldi Putra Pulungan	Student	Mandailing Natal	AI helps provide educational materials for prospective couples.

Source: Processed Interview Results

Overall, these interviews demonstrate that AI-based premarital counseling has significant potential to support the formation of harmonious families in Indonesia. This technology can reach a wide audience, provide relevant and structured materials, and offer a practical alternative for couples who struggle to access traditional counseling services. However, its success depends heavily on the integration of technology and a humane approach, as well as support from the government and the community in addressing the various challenges. With proper development, this service could become an innovative solution to improve the quality of family life in Indonesia, in line with the goal of building a harmonious and prosperous society.

Policy Analysis

Policy Analysis of the Use of Artificial Intelligence (AI) in Premarital Counseling:

1. Policy Strengths

The use of Artificial Intelligence (AI) in premarital counseling has several significant strengths. First, AI enables broader and more efficient access to premarital counseling services, especially for prospective couples in remote areas or with limited time. With an AI-based platform, couples can access materials and guidance anytime and anywhere, regardless of geographic distance. This also expedites the counseling process because it can be accessed in real time and flexibly tailored to the needs of the individual or couple. Second, AI can provide more structured and objective solutions. The algorithms used in the AI platform can analyze user data and provide recommendations tailored to each couple's specific circumstances, increasing the relevance of the counseling. Third, this policy allows for cost savings. In the long term, the use of AI technology can reduce operational costs associated with providing conventional counseling services, particularly those related to the need for human counselors.

2. Policy Weaknesses

However, this policy also has several weaknesses that need to be considered. One of these is its reliance on technology. The use of AI for premarital counseling requires robust technological infrastructure, including stable internet access and adequate hardware. In areas with inadequate infrastructure, such as some remote areas in Indonesia, this can be a significant barrier to accessing these services. Furthermore,

while AI can provide objective solutions, it cannot completely replace the empathy that is at the heart of counseling. Premarital counseling often involves discussions of personal and emotional issues, which require a more humane approach and sensitivity to the feelings of the couple. The inability of AI to respond deeply to emotions and interpersonal dynamics can compromise the quality of the service provided. Personal data security is also a concern, given the large amount of personal information that AI systems will collect during the counseling process.

3. Policy Challenges

The main challenge in this policy is how to ensure that the use of AI maintains ethical principles, transparency, and data security. Many prospective couples may be anxious about the privacy and use of their personal data by AI-based platforms. Therefore, the policy must include strict regulations regarding the management and protection of users' personal data. Furthermore, another challenge lies in the differing levels of digital literacy among the public. While younger generations tend to be more familiar with technology, most prospective couples, especially older couples, may struggle to utilize AI-based platforms. Therefore, this policy needs to be accompanied by education and training to improve digital literacy among prospective couples. Furthermore, monitoring the accuracy of the algorithm and the quality of recommendations also poses a challenge, as AI must ensure that the information provided aligns with Indonesian cultural and religious values.

4. Policy Opportunities

This policy opens up various opportunities, both in improving the quality of married life and in educating the wider public about the importance of thorough premarital preparation. One key opportunity is the further development of AI platforms that can integrate local and religious aspects into guidance. AI can be adapted to incorporate Islamic values in providing advice to prospective couples, making the service more relevant to Indonesia's predominantly Muslim population. Furthermore, this policy could encourage further innovation in the mental health and interpersonal relationships sectors. With the collected data, AI could help identify trends and patterns in marital relationships, provide valuable insights for policymakers, and improve approaches to education and outreach for the public. More broadly, this could contribute to the government's efforts to improve the quality of Indonesian families and support the creation of a harmonious and prosperous society.

A major innovation in this policy is the use of AI technology to facilitate policy formulation and improve the quality of premarital counseling services. One example of this innovation is the use of AI platforms such as ChatGPT to provide interactive services that prospective couples can access independently. ChatGPT can be used to suggest relevant topics for couples preparing for marriage, providing information on the role of partners, conflict management, and family health. Furthermore, ChatGPT can be trained to understand local cultural and religious contexts, thus providing advice more tailored to local needs.

This technological advancement can also be used to formulate data-driven policies, where analysis of patterns in marital relationships can be used to identify areas requiring greater attention, such as counseling on family finances or stress management. Thus, AI is not only a tool for providing services but also a source of data that can be used by the government and relevant institutions to formulate policies that are more adaptive and responsive to community needs. Overall, this policy not only facilitates access to

premarital counseling but also creates an ecosystem that supports the development of harmonious families, both through counseling and more effective data-based policies.

Policy Alternative

Policy alternatives for premarital counseling based on Artificial Intelligence (AI) could include a number of innovations and new approaches that utilize technology to support the formation of a harmonious and prosperous family. Here are some policy alternatives to consider:

First, Providing an AI-Based Premarital Counseling Platform. Develop an AI-based digital platform to provide independent premarital counseling to prospective brides and grooms. This platform could offer various learning modules covering important aspects of marriage, such as communication, role allocation, conflict management, and the formation of harmonious family values. The government or relevant institutions could develop an AI-based application or website that provides consultations with an intelligent chatbot. This chatbot could provide guidance materials, conduct personality and partner tests, and provide tailored recommendations for prospective couples based on the data entered. For example, couples could take a quiz to assess their compatibility in terms of finances, life expectancy, or religious understanding, the results of which would then be analyzed by the AI to provide relevant advice.

Second, AI for Progress Monitoring and Follow-up Counseling. Use AI to monitor the progress of the counseling provided and provide follow-up sessions. AI can identify areas that require further attention, for example, when a couple shows signs of potential conflict or incompatibility in certain areas, such as finances or communication. In this policy, AI can be used to create a system that automatically reminds couples to resume counseling sessions after a certain period, such as one or three months, to ensure that they continue to receive sufficient preparation before marriage. This system can provide material updates based on evaluations of the counseling sessions, or suggest further counseling with a psychologist or online counselor.

Third, Data-Based Counseling for Couples to Develop Necessary Programs. AI can be used to analyze data from couples participating in premarital counseling and provide more personalized and relevant counseling plans based on that analysis. For example, AI can utilize survey or initial interview results to map the couple's specific needs and then develop a personalized counseling program. AI can use algorithms to assess compatibility and differences between prospective partners based on various aspects, such as personality, communication style, and religious values. Based on this analysis, the AI-based platform can suggest content or coaching programs that are more suited to the couple's needs, ensuring that they receive more relevant and less generic material.

Fourth, the Use of AI to Provide Religious Education and Understanding in Marriage. This policy aims to utilize AI to delve deeper into religious aspects related to marriage, so that couples gain a deeper understanding of the concept of a harmonious family in Islam. AI can be used to provide education regarding the rights and obligations of husband and wife, as well as the values of family well-being according to religious teachings. AI can be used to provide educational materials on religious teachings relevant to family life, such as the jurisprudence of marriage, the rights and obligations of husband and wife, and how to maintain marital harmony according to Islam. For example, an AI-based application could hold a question-and-answer session where couples could directly ask questions about marriage issues from a religious perspective and receive answers based on valid references.

Fifth, AI-Based Soft Skills Training for Prospective Brides and Grooms. Using AI to provide relevant soft skills training for prospective couples, such as communication skills, conflict management, and stress management in marriage. With the help of AI, this training can be tailored to the circumstances of the couples undergoing counseling. AI can develop interactive training modules to teach prospective brides and grooms effective communication skills and how to resolve differences of opinion in marriage. AI-based chatbots or virtual assistants can provide real-life situational exercises, provide scenarios of potential marital conflict, and teach healthy problem-solving skills.

Sixth, AI to Support the Monitoring and Evaluation of the Counseling Process. The use of AI in the monitoring and evaluation of premarital counseling processes ensures that they meet standards and have a positive impact. AI can be used to collect feedback from couples after counseling sessions and assess their level of understanding. The government or counseling institutions can develop AI-based systems to collect and analyze feedback from couples who have undergone counseling. These systems can provide evaluation reports on the effectiveness of the counseling program, for example, by assessing whether couples feel better prepared for married life after attending the sessions. This data can be used to improve future counseling programs.

Seventh, an AI-Based Premarital Counseling Guidance System Available 24/7. This policy allows prospective couples to receive counseling whenever they need it, without being limited by time or location. By utilizing AI, counseling can be conducted online and available 24 hours a day, 7 days a week. Create an AI-based application that allows couples to access live counseling guidance via a chatbot or video call with a virtual counselor. This system allows couples to receive information anytime regarding any issues they are facing, whether it concerns financial planning, communication, or other issues. AI can provide live sessions or provide learning materials that can be accessed anytime.

CONCLUSION AND RECOMMENDATIONS

Conclusion

The discussion above reveals that Artificial Intelligence (AI)-based premarital counseling offers various advantages in building a harmonious family. The use of AI can simplify the counseling process by providing more personalized, adaptive, and affordable services for prospective couples. Research shows that AI technology can be used to provide soft skills training, religious education, and a more relevant understanding of family life. Furthermore, AI can also monitor couples' progress and provide recommendations for further counseling tailored to their needs. Therefore, the integration of AI in premarital counseling has great potential to improve couples' readiness to face the challenges of married life and ensure the creation of a harmonious and harmonious family.

Recommendation

Based on the research findings and discussion above, it is recommended to implement policies that integrate AI into premarital counseling, with several concrete steps. First, it is crucial for the government or relevant institutions to develop an AI-based digital platform that is easily accessible to prospective couples throughout Indonesia, with interactive features such as chatbots for direct consultations. Second, the counseling program must be tailored to the personal needs of each couple, utilizing AI algorithms that can assess and provide recommendations based on the couple's character and situation. Third, ongoing monitoring and evaluation of the effectiveness of AI use in this

guidance is necessary to ensure optimal service quality. Finally, education about the use of AI technology in premarital counseling also needs to be introduced to the public so that more couples will utilize it as a tool to prepare for a better family life.

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