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## Community Understanding of Sakinah Families Through Family Counseling

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### Abstract

*A sakinah family is a family that is fostered by a legal marriage, able to give love to family members so that they have a sense of security, peace, peace and happiness. This study aims to determine the community's understanding of the sakinah family and the efforts made by the community in realizing the sakinah family. The research method used is qualitative with the type of descriptive research. This research was conducted for two months. The subjects in this study were five families in Korong Lubuk Punggai, Patamuan District, Padang Pariaman Regency. The research instrument is the researcher himself. Sources of data in this study are primary and secondary data sources. Data collection technique in this research is interview. From the results of research conducted in Korong Lubuk Punggai, Patamuan District, Padang Pariaman Regency, it was found that the community's understanding was quite good, meaning that most of the people understood the nature of the sakinah family, only a small portion of the community did not understand the nature of the sakinah family. An understanding of the sakinah family is a family that provides comfort, in which there are religious values, peace, having love for one another, and caring for the family. and has begun to be able to strive for the realization of a sakinah family by choosing the best and faithful partner, being open to each other in a family, good communication, solving problems together, equipping themselves with knowledge and religious values, and carrying out their respective obligations for the community. family members.*

**Keywords :** Understanding, Sakinah family, Family Counseling



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## 1. Introduction

In this modern era, many families are unhappy, this is reflected in daily life that does not instill religious values and acts outside the norm. An example of a husband who has the heart to kill his wife just because of jealousy. The next example is a child who has the heart to burn his own house just because his parents don't fulfill his wish, an example in this case is when a child wants to buy a motorbike but his parents don't obey him, so he is determined to burn his own house. In fact, for the integrity of the household, everyone must implement a *sakinah* family in order to be able to deal with problems well. But in this day and age, the family is more dominant in solving problems with violence, this is triggered by momentary emotions and there is no religious foundation in living everyday life. A family that is not *sakinah* is a family that is full of fights, suspicion between spouses, and even has the potential for conflicts that lead to divorce. Distrust is one aspect that makes a *sakinah* family fail to materialize.. (Bambang Ismaya, 2015).

The research that the author conducted has similarities with the research conducted by Syamsir Sulaiman 2019 concerning the understanding of the people of Rappocini District about *sakinah* families, the authors conducted research on community understanding of *sakinah* families in Korong Lubuk Punggai, Patamuan District, Padang Pariaman Regency. The thing that distinguishes the author's research from the research called Syamsir Sulaiman focuses on the community's understanding of the *sakinah* family in Rappocini District, the research conducted by Syamsir Sulaiman only examines how the community understands the *sakinah* family. Meanwhile, the author focuses on the community's understanding of the *sakinah* family in Patamuan District, Padang Pariaman Regency and what efforts have been made by the community to achieve this *sakinah* family. So that it can be a guide for every reader to implement a *sakinah* family.

The research was conducted using qualitative research with a descriptive research type, the method was through interviews so as to be able to reveal

actual facts in the field about people's understanding of sakinah families and able to explore what efforts were made by the community in creating a sakinah family. Where the community describes that a sakinah family is a family in which it is full of peace, serenity, instills religious values in everyday life and is able to solve problems well and deliberation. Efforts made by the community in achieving a sakinah family are forming good communication among family members, lowering each other's ego, implementing worship in daily life and living life based on religious values.

The purpose of this research is very important, because it examines the ins and outs of understanding a sakinah family and what efforts can be made to achieve a sakinah family. So that both researchers and readers can understand the sakinah family well, and be able to apply it in everyday life. In this way, the goal of the marriage itself will be achieved.

## **2. Method**

This research uses qualitative research methods with descriptive research types. Qualitative research methods, namely research that utilizes open interviews to examine and understand attitudes, views, feelings and behavior of individuals or groups of people. Qualitative research is research that uses a scientific background, with the intention of interpreting phenomena that occur and is carried out by involving existing methods. In qualitative research the methods usually used are interviews, observations and use of documents (Denzin and Lincoln in Lexi J. Moeloeng, 2008).

The subjects of this study were 5 families in Korong Lubuk Punggai. Determination of subjects in this study using snowball sampling technique. The snowball sampling technique is a technique for taking data sources which are initially small in number and then enlarge, this is because the small data sources have not been able to provide satisfactory data, so look for other informants who are used as data sources. Where the existing subjects provide referrals to recruit samples needed for research studies (Sugiyono, 2016).

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The data collection instrument was the researcher himself by observing, asking, listening, requesting and taking research data. Data collection tools using interviews and observation. Data analysis techniques and data interpretation are data reduction, data display, conclusion of data verification. The technique of guaranteeing the validity of this data is source triangulation.

### **3. Result and Discussion**

#### ***Understanding of the Sakinah Family***

##### ***a. Description of things that must exist in a sakinah family***

In the family there must be communication, harmony in the household, mutual trust, love and affection, mutual understanding between family members, openness and honesty, mutual acceptance of one another, as well as patience as well as knowledge that builds the sakinah family itself. Communication is an interaction where there are two or more people who are building or exchanging information with each other which will eventually arrive where they understand and understand each other. Harmony is also important in a family (Rogers & O. Lawrence Kincaid, 2018). Family harmony is when all family members feel happy, marked by reduced tension, disappointment and satisfaction with all of their circumstances and existence (existence and self-actualization), including physical, mental, emotional and social aspects (Gunarsa, 2019).

Trust in a family has a huge impact on the continuity of relationships within a family. Trust is a basic element for the creation of a good relationship and as a fundamental element for the success of a relationship. Without trust, a relationship will not last long (Dietz, 2020).

##### ***b. The foundation/pillar of the sakinah family***

The sakinah family is based on religious values, the Qur'an and hadith, communication, openness, mutual trust, honesty, mutual understanding of each other's feelings, not violating religious rules or teachings. The knots that can lead to a sakinah family are mawaddah and rahmah, husband and wife relationships must be based on mutual need, husband and wife in getting along pay attention

to things that are socially considered proper (ma'ruf), hold on to religion, young respect others. old and old love the young, modest in shopping, polite in socializing and always introspective (Achmad Mubarak, 2009)

Openness is very important in a family. Disclosure is the notification of actual information in a clear, real way, and is carried out for the delivery of shared interests, for example regarding comments, criticisms and suggestions. Activities in the family environment regarding this openness, for example the role of the father and mother in managing finances, from income and expenses and the details of their distribution when making decisions are always discussed together (David, 2019).

*c. The benefits of a sakinah family*

The sakinah family has benefits such as our lives can be directed, measurable, trust each other, can solve problems together, provide peace, tranquility, can present good successors or offspring, can also have a harmonious relationship so that with this every family member in the family can live a good and happy life. Family harmony is a condition in which the family members become one and each member exercises their respective rights and obligations, there is affection, mutual understanding, dialogue and good cooperation between family members (Daradjad, 2009).

Trust between family members is one of the benefits of a sakinah family. reveals that individuals who trust each other are able to communicate well, are able to express needs explicitly and are able to control their feelings. Trust is a key variable in developing a strong desire to maintain a long-term relationship (Husnan, 2015).

*d. Obstacles in achieving a sakinah family*

A sakinah family has several obstacles such as misunderstanding between family members, weak faith, ego, lack of economics and lack of religious knowledge, loss of love caused by a third person, living distances from each other because the work locations are different from one another, there are materialistic tendencies, possibly the potential for wrong sex between one partner.

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Selfishness is the tendency to prioritize one's own wants and needs over the needs and wants of others. Someone with this trait often acts excessively in his own way, solely to benefit himself, even though it has to harm others (Ulfatmi, 2010).

Misunderstanding is also the thing that dominates the inhibiting factor for the realization of a *sakinah* family. Misunderstanding is wrong and wrong in understanding the speech, statements, attitudes of other people usually cause a reaction for the person concerned. One of the causes of misunderstanding is to speak when emotional. In times of emotion, there is more potential to get out of control and say words that were not thought of beforehand and the opponent will misunderstand what is being said (David, 2019).

### ***Efforts to create a *sakinah* family***

#### ***a. What must be prepared before building a *sakinah* family***

Things that must be prepared before building a *sakinah* family are mental, physical, knowledge in terms of a *sakinah* family, financial, parental blessing, religious knowledge, social science, economics, and choosing a partner according to characteristics. Education is an effort to guide immature humans towards maturity. Education is an attempt to help individuals to carry out their life tasks, to be independent and morally responsible. Education is also interpreted as an effort to achieve self-determination and responsibility (M.J Langeveld, 2005).

Educational institutions are related to a real function (manifest), namely preparing community members to make a living. Developing individual talents for personal satisfaction and for the benefit of society. Preserving culture. Education functions to form a good self from abilities, skills, ethics, and morals to make a better person. Education is a means to equip oneself in facing the social world because the world is not only about knowledge but includes social, ethical, and *adab* (Horton and Hunt, 2019).

#### ***b. Elements that can create a *sakinah* family***

The elements that can create a *sakinah* family are openness, communication, consulting each other in every problem faced, trust, mutual

respect, respect or tolerance, always be generous and patient, aware of each other's rights and obligations. There are also religious, educational and social elements that influence the values in the family so that they can prepare a sakinah family.

Tolerance is mutual respect through understanding with the aim of peace. In essence, tolerance means the nature and attitude of respect. Tolerance is the simplest attitude, but has a positive impact on national integrity in general and social harmony in particular (Tillman, 2014).

Patience is an act of refraining from the things one wants to do, refraining from emotions, and holding on and not complaining when times are difficult or are experiencing a disaster. With patience, the problems faced become lighter, the problems faced can be solved more effectively without leaving hurt feelings or causing other feelings of pain (David, 2019).

#### *c. Steps to create a sakinah family*

The steps to create a sakinah family are openness, communication, mutual care, stock with good knowledge, before marriage you have to find a partner who shares the same faith, then dampen each other's egos, get closer to Allah and if a problem occurs it can be solved with the head cool and carry out their respective obligations.

Certain tips to do in building or fostering the dream of a sakinah family include trying to revive Islamic values in the family, treating partners well, fostering warm communication, covering the disgrace of a husband or wife to others, solving problems as soon as possible, not despair of Allah's mercy (Ulfatmi, 2010).

#### **4. Conclusion**

The results of the study concluded that most of the people in Korong Lubuk Punggai, Patamuan District, Padang Pariaman Regency already understood the concept of a sakinah family, namely a family that provides comfort, peace, has affection for one another, cares for the family. With this, a sakinah family will

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be realized. . In a sakinah family there must be communication and harmony in the household, mutual trust, love and affection, mutual understanding between family members, open and honest, mutual acceptance of one another, as well as patience and also the knowledge that builds a sakinah family. alone. Obstacles in achieving a sakinah family are the high ego between husband and wife and the absence of affection between family members.

Efforts to realize a sakinah family are openness, communication, solving problems through deliberation, equipped with solid knowledge, understanding and thoughts that can solve problems and are also able to find good solutions, dampen each other's ego, draw closer to God and carry out their respective obligations.

Some of the implications of this research are; first, it is recommended to the Wali Nagari Korong Lubuk Punggai, Patamuan District, Padang Pariaman Regency to be able to further improve services and programs that can support increasing public understanding of the sakinah family and how to apply it. Second, husband and wife should be able to explore more knowledge and understanding about the sakinah family and be able to apply it in everyday life. Third, the bride and groom should be able to prepare knowledge and understanding about the sakinah family so that when they get married they can apply the knowledge they get so they can create a sakinah family. Fourth, the Advisory Board for the Development and Preservation of Marriage (BP4) and the Office of Religious Affairs (KUA) should be able to create an extension program about sakinah families so that they can carry out the functions of the BP4 and KUA themselves. Fifth, future researchers can cover the limitations of this study by conducting similar research with different objects and subjects.

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