

Pre-Marital Assistance of Ikatan Pelajar Putri Nahdlatul Ulama (IPPNU) Metro through Guidance Services Group

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Abstract	Article Info
<p>Marriage is one of the developmental tasks of early adulthood. The tendency of individuals to have families is a genetically inherited instinct. Living together between individuals is not an easy matter, because everyone has a different background so that differences in character, perspective and decision-making become a challenge in itself. Frequently these differences become conflicts in marriages that lead to divorce. The article aimed to conduct pre-marital assistance through Group Guidance services as preventive efforts to minimize divorce rates in the future. Pre-marital guidance was given to 10 Metro City IPPNU cadres who had entered early adulthood. In this service, The method uses Participatory Action Research (PAR). The result of the dedication is that pre-marital guidance needs to be given to individuals who enter early adulthood long before marriage is carried out so that insight into knowledge, understanding and skills can really be prepared carefully.</p>	<p>Article History Received : November 11, 2022 Revised : December 29, 2022 Accepted : January 04, 2023</p> <p>Keywords: Guidance Service Group, Martial Assistance, Assistance IPPNU</p>

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INTRODUCTION

One of the stages of human development is becoming an adult. In the study of developmental psychology, the adult stage is divided into three stages, namely early adulthood, middle adulthood and late adulthood. One of the developmental tasks of individuals who have entered early adulthood is marriage (Berk, 2010). According to Hurlock (1980) it is normal for individuals who are in early adulthood to have deep relationships with the opposite sex. Marriage is not just a union of two individuals, marriage unites two families with different systems into a new subsystem. Each individual has a new role, namely husband and wife (Mukhlisin, A., & Iwannudin, I. 2022). The bringing together of two individuals of two different sexes, from different backgrounds, with different characteristics is certainly not an easy thing. Marriage must be based on a strong determination to be together in joy and sorrow, love one another, and look after one another.

Nasution said that a prosperous family has four indicators, namely: 1). Families built on religious and legal marriage bonds, 2). Families that are able to meet spiritual and material needs, 3). Have devotion to God Almighty, 4). Establish harmonious,

balanced and harmonious relationships between family members and the environment (Karimullah, 2021). In order to realize these four indicators, both men and women need to prepare sufficient knowledge. The union of two individuals will bring similarities, differences, to disputes, therefore knowledge of the psychology of marriage is a very important provision. It is commonplace to have the same hope of achieving happiness (Gottman et al., 1998). The desire to be able to live happily and peacefully certainly needs to be prepared, both mental preparation and knowledge preparation. Marriage preparation needs to be understood by both potential partners because it has an impact on marriage. Research conducted by (Carroll & Doherty, 2003) shows that wedding preparation has a positive impact on individuals who are going through marriage.

The results of a search conducted by Manna et al., (2021) show that the divorce rate in Indonesia is always increasing from year to year. Other shocking data, in Indonesia the number of wives filing for divorce is far greater than husbands filing for divorce, the ratio reaches 70:30 (Manna et al., 2021). Likewise, in the Metro City Religious Court in 2021 from January to August 23, 600 cases were counted and the data shows that more wives filed for divorce compared to other cases (Case Tracing System, n.d.). From these data the author concentrates on preventive efforts by providing knowledge and skills to women who will enter early adulthood.

The government facilitates pre-marital education through the Advisory Board for the Development and Preservation of Marriage (BP4) to provide pre-marital services to a pair of prospective brides as stipulated in the 2013 Regulation of the Director General of Islamic Society concerning the implementation of pre-marital education (Dirjen Bimas Islam, 2013). There are 24 themes in Pre-Marriage Education delivered within 3 days. One of the themes listed in it is the psychology of marriage and family (Director General of Islamic Community Guidance, 2013). However, from the results of research conducted by Dewi (2019) in the implementation of pre-marital education there were several obstacles such as material, time duration, methods so that the pre-marital education held was considered less effective.

IPPNU is one of the autonomous bodies of Nahdlatul Ulama, especially an organization that accommodates female students. This organization is called the Nahdlatul Ulama Student Association, abbreviated as IPPNU which is non-profit in nature, family, community and religious (IPPNU, 2003). IPPNU members consist of two types of developmental ages, namely cadres who enter in their teens and adults. Referring to (Hurlock, 1980) marriage is one of the developmental tasks of early adulthood. In early adulthood, individuals have great opportunities to explore but also at that age individuals face greater challenges than at previous ages (Halfon et al., 2017). Hence, husband and wife in attachment built by family is togetherness and mutuality assist in togetherness to create affection, feelings of joy and mutuality love. Individuals who have entered early adulthood are considered capable of managing their own lives and are able to determine their future (Kulsum, U., & Kamal, M. Z. 2021).

Other facts show social challenges such as the following questions: when will you get married?...are there any candidates yet?...questions like these make the individual

even more burdened. These questions need to be answered with mental readiness and also need to prepare sufficient knowledge. The hope is with strong provisions, when individuals decide to get married not because of social pressure. The author emphasizes that this article describes premarital education with group guidance services provided to Metro City IPPNU cadres, especially those who have entered early adulthood.

METHOD

The assistance uses Participatory Action Research (PAR). The Participatory Action Research (PAR) approach is an approach whose process aims at learning in overcoming problems and meeting the practical needs of the community, as well as the production of knowledge, and the process of social-religious change. The subjects in this service were 10 IPPNU cadres who had entered early adulthood. This service activity was carried out in the Library Hall of the Ma'arif NU Islamic Institute (IAIMNU) Metro Lampung on Sunday, November 7, 2021 from 09.00 WIB to 12.30 WIB and the second and third sessions were carried out the following week, November 14 2021 from 08.00-11.00 WIB.

RESULT AND DISUCSSION

This service activity aims to produce IPPNU cadres who have sufficient knowledge on the theme of marriage psychology which consists of 3 sub-themes, namely knowing yourself and potential partners, the second sub-material is the psychological difference between men and women, and the third is conflict management in marriage. . This activity begins with the planning stage, given the importance of planning, then in Group Guidance there are things that fall into the planning category, namely: service material to be provided, objectives to be achieved, time and place, activity objectives, materials and sources for services Group Guidance, and the last is the assessment plan. The second stage is the implementation of activities, in Group Guidance there are 4 stages that need to be passed, the following is the group guidance process in the first session:

Figure 1.
Formation Stage



At this stage the facilitator starts with an opening greeting then greets the readiness of the Group Guidance members. Furthermore, because Group Guidance is not from the primary group, there needs to be an in-depth introduction first. The facilitator explains the regulations and what needs to be conveyed during the introduction. The introduction begins with the facilitator until all members of the Guidance Group have a turn. At the introductory stage, the group is cheerful, warm and smiles at each other. After everyone knows each other and starts to open up, then the facilitator explains the goals to be achieved in Group Guidance. Next, the facilitator conveys several efforts that need to be carried out together so that the goals of Group Guidance can be achieved. In the early stages the atmosphere of the group had begun to build, it seemed that they were connected to each other by throwing crisp jokes. The next stage will enter the transitional stage.

Figure 2.
Transitional Stage



After the group is formed and there is a sense of mutual ownership, the facilitator then proceeds to the core stage. At the transitional stage the facilitator asks the participants' readiness to enter the core stage. At the transitional stage, the facilitator begins to invite group members to take turns telling problems related to the psychology of marriage. At first the group members looked very awkward, finally the facilitator diluted the atmosphere with the question "how well do you know yourself?..." then one by one the group members began to tell about their doubts, lack of self-confidence and also about other problems being faced. After all have stated the problems faced, the facilitator chooses the problems to be discussed first based on urgency.

Figure 3.
Discussion Stage



The third stage of Group Guidance is the activity implementation stage or the goal achievement activity stage. At this stage the facilitator directs members to provide responses, besides that the facilitator also discusses each problem. The problems expressed in the first session were as follows: (1) could not be sure of the choices that were right before our eyes, (2) did not have the mental readiness to face the world of marriage, (3) could not formulate criteria for a potential partner, (4)) do not fully know themselves.

Figure 4. Closing



At Group Guidance activities are focused on discussing and exploring whether members will be able to apply the things they have discussed in Group Guidance. Furthermore, the facilitator also offers a meeting. Members agree to continue Group Guidance on Sunday at 08.00 WIB.

The problems faced by group members have a major impact on marriage in the future if not prepared carefully. Individuals who do not know themselves will find it difficult to determine suitable criteria for themselves, physical attractiveness alone is not enough to be a benchmark. In the Group Guidance service the facilitator provides 3 sub-items, namely: First, the Facilitator provides an explanation about knowing yourself in depth so that you understand what criteria for a partner are needed. Second, the difference between men and women psychologically. Third, conflict management in marriage. Each session of the facilitator group guidance service conveys one sub-material and then group members are welcome to be able to convey the problems they face in accordance with the sub-material discussed. In the discussion session, it is possible that not all members convey problems, but the facilitator asks group members to be able to provide feedback in the form of input, opinions, support and show empathy so that group dynamics are formed properly. Entering the closing stage, the facilitator assigns tasks to group members according to the needs and problems faced by each group member.

From the problems expressed by the Guidance Group members it is known that there is one Guidance Group member who is not sure about her future husband, the second problem is that there are two group members who are confused in determining partner criteria, the third problem that is found is that there are five Guidance Group members who claim they have not been able to know themselves deeply, and the fourth problem is that all members of the Guidance Group admit that they are not mentally ready to face the complex world of marriage.

The results of research at a KUA in Bandar Lampung show that the lack of creativity and innovation in services is increasingly becoming an obstacle to pre-marital course services, especially during a pandemic like today (Primary, 2021). In addition, the pre-marital services carried out by BP4 for the bride and groom are considered mere formalities and awareness of the importance of pre-marital education arises when the divorce has been decided (Manna et al., 2021). Awareness of the importance of pre-marital education needs to be revived through both formal and non-formal activities. One of the interventions that can be given to individuals who enter early adulthood is pre-marital education with the Group Guidance method.

The counseling process in this approach emphasizes that problematic actions that appear in a person are caused by irrational thinking. That the problematic actions shown by students started from their thoughts that failure would befall them in learning activities that they considered difficult (Rochanah, R., & Silakhuddin, M. 2022). Group Guidance is a guidance and counseling service that focuses on providing information or sharing experiences in a planned and organized group setting according to Gibson & Mitchell in (Folastri & Rangka, 2016). Group Guidance can

activate group dynamics to discuss various things that are useful for group members (Prayitno & Amti, 2017). Folastris & Rangka (2016) emphasized that group guidance is a group activity in which there is information delivery and interaction between group members. The topics discussed relate to problems that occur in group members. In implementing Group Guidance services each member has the opportunity to express opinions, responses and various other reactions. Research (Waskito et al., 2018, Durrotunnisa & Tadulako, 2022) shows that group guidance services are successful in providing information as a preventive measure for group members so that group guidance services are considered effective. The pre-marital education group guidance given to 10 IPPNU cadres is one of the preventive efforts to reduce the divorce rate.

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AUTHOR CONTRIBUTION STATEMENT

All authors contributed equally in the preparation of the manuscript of this article, all authors have read and approved the final manuscript.

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