

Development of A Holistic Pre-Marital Assistance Modulenon-Counseling For Prospective Bride And Groom Couples At The KUA Bungursari District, Purwakarta Regency 2026

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Abstract.

Marriage is a fundamental social institution that determines the quality of family resilience and human resource development. Premarital preparedness is a key factor in preventing marital conflict, domestic violence, and divorce. A preventative approach through premarital education is a crucial strategy for strengthening family resilience. Globally, the WHO emphasizes the importance of education-based promotive and preventive approaches to improve individual readiness to enter family roles, especially in the productive age group. In Purwakarta, the phenomenon of early marriage and the social dynamics of urban-rural transition communities demonstrate the need for education-based preventive interventions. The current approach is still dominated by couples counseling, while individual empowerment—especially for prospective brides and grooms, both men and women, before marriage has not been systematically developed in the form of structured modules. Therefore, innovation is needed in the form of developing a non-counseling holistic pre-marital assistance module for prospective brides and grooms that is oriented towards preventive education and strengthening self-capacity. The holistic approach in this study includes the following dimensions: psychological and emotional readiness, social maturity and communication, financial literacy and economic responsibility, reproductive and mental health, spiritual values and family leadership. This research was conducted as a preliminary study in the Purwakarta area, the compiler chose the Bungursari area because of its large population coverage, based on KUA data in 2026 it was stated that in the last 3 months in October there were 28 couples of brides and grooms, November 29 couples of brides and grooms, December 11 couples of brides and grooms, January 30 couples of brides and grooms, so the compiler chose to take total sampling data as research material for 30 couples of brides and grooms for the period. January 2026

Keywords: design of a non-counseling holistic pre-marital assistance module for cantin couples, Psychological readiness, social and communication maturity, economic responsibility, reproductive health and family leadership.

I. INTRODUCTION

Marriage is a fundamental social institution that determines the quality of family resilience and human resource development. Premarital preparedness is a key factor in preventing domestic conflict, domestic violence, and divorce. A preventative approach through premarital education is a crucial strategy in strengthening family resilience. Globally, the World Health Organization affirms that reproductive health, mental health, and family well-being are integral to public health. The WHO also emphasizes the importance of education-based promotive and preventive approaches to improve individual readiness for entering family roles, particularly among those in the productive age group..

At the national level, Indonesia still faces challenges in family resilience, including high divorce rates, early marriage, and mental health issues within families. National data shows that these factors Emotional, economic, and communication unpreparedness are major contributors to domestic conflict. The government, through the Ministry of Religious Affairs of the Republic of Indonesia, has implemented a marriage guidance program (Bimwin), but its implementation is still general and has not specifically targeted strengthening the capacity of prospective grooms as future heads of families. At the family level, Regionally, West Java is a province with a high number of marriages and divorces. relatively high compared to several other regions in Indonesia. Social complexity, urbanization, and economic dynamics are factors influencing family stability. In Purwakarta, the phenomenon of early

marriage and the social dynamics of the urban-rural transition community demonstrate the need for education-based preventive interventions. The current approach remains predominantly couples counseling, while individual empowerment—particularly for prospective brides and grooms, both men and women—before marriage has not been systematically developed in the form of structured modules.

Therefore, innovation is needed in the form of developing a non-counseling holistic pre-marital assistance module for prospective brides and grooms that is oriented towards preventive education and strengthening self-capacity. The holistic approach in this study includes the following dimensions: psychological and emotional readiness, social maturity and communication, financial literacy and economic responsibility, reproductive and mental health and spiritual values and family leadership.

II. METHODS

This study uses a Research & Development (R&D) design combined with a mixed methods approach (qualitative and quantitative) to create and evaluate the developed module. R&D was chosen because the research objective is not only to understand the phenomenon, but also to develop a valid and effective product (module) that can be applied in the context of premarital education for prospective bride and groom couples in the KUA Bungursari District. For prospective bride and groom couples in the KUA Bungursari District.

The development model used refers to the Borg & Gall procedure commonly used in R&D research: Initial research and information gathering, Initial module design, Expert validation (content and technical), Limited trial, Module revision, Field trial, Analysis of results, final product and implementation. This mixed design is in accordance with the family education research literature which emphasizes the importance of product validation through qualitative and quantitative techniques (Creswell & Plano Clark, *Designing and Conducting Mixed Methods Research*, 2017).

Because this research is mixed, the sampling technique is different for each phase. a. Quantitative Sample (Pre-test & Post-test Survey) The sample consists of prospective married couples who participated in the module trial. Number of samples: total sampling of the number of respondents met in 1 month, namely the January 2026 Period of 30 couples. The following is the research design model (one group pretest-posttest design). (Sugiyono, 2010, p. 211). Qualitative Sample (FGD & Interview) Divided into: 3 family facilitators/guidance at KUA, 3 family education and psychology experts, FGD with 30 bride/groom couples per FGD. Sampling Technique a.

Quantitative Sampling Using proportionate stratified sampling technique to ensure variation in age, education, and occupation of respondents, In this study using experimental design form in the form of pre-experimental design. The form of pre-experimental design in this study uses One group Pretest-posttest design. In this study the thing that will be examined is about changes in knowledge and attitudes of prospective brides and grooms towards knowledge and attitudes of readiness in marriage. b. Qualitative Sampling Using purposive sampling and snowball sampling techniques to select expert informants and FGD groups that are rich in information according to the research objectives (Creswell, 2017). Data Collection Techniques are adjusted to the research phase. 1. Survey (Questionnaire) Conducted twice: a. Pre-test before participants take the module b. Post-test after the module is completed

The survey was designed based on instruments that have been validated in family research by Carlson & Kees (2018) and Papp et al. (2020), with Cronbach's reliability criteria $\alpha \geq 0.70$. In this study, there are 23 questions that have been validated with the results No items were dropped (correlation < 0.30 or not significant). The lowest correlation is FA7 (0.376) — still above 0.30 and significant. The highest correlation: FD23 (0.816) — very strong. The average item-total correlation is quite good (many above 0.5). The instrument is suitable for use (valid) and all 23 items can be maintained. For the reliability test with Alpha results of 0.924, it is included in the Excellent category. In-depth Interviews Used to obtain qualitative data from: KUA Facilitators. Focus Group Discussion (FGD) was conducted in 3 sessions for prospective brides and grooms to: 1. Explore perceptions of pre-marital needs 2. Perceptions of the module 3. Obstacles and recommendations

III. RESULTS AND DISCUSSION

A. Frequency Research Results

This survey was conducted on January 11, 2026 at the KUA, Bungursari District, a survey on the development of a holistic non-counseling pre-marital assistance module for prospective bride and groom couples with the following results: 1. Respondent Characteristics: From the data above, the male prospective bride and groom couples who filled out the survey were the most, namely

as many as 19 people or as many as 63.3%, and the age of the prospective bride and groom is mostly between 25-29 years old as many as 40%, the most education is high school with a total of 22 people or 73%, while the most employment is private with a total of 11 people or 36.7%.2.

Frequency distribution of Reproductive Health survey results: From the results of the reproductive health survey above, all statements increased from not knowing to knowing and knowing to very knowing, but basically, from the pretest results, in general, prospective brides and grooms have heard about reproductive health and have good knowledge about reproductive health.

3. Frequency distribution of husband's role survey results: From the survey results on the husband's role there are 5 questions, all questions have increased from less knowing to knowing, and knowing to very knowing, but in question 12 about the groom's willingness to use family planning there was a decrease, but on the basis of knowledge about the husband's role it is very good because there are many answers in the know and very knowing area.

4. Frequency distribution of Interpersonal Communication results Interpersonal questions from less knowing to knowing, the statement for this interpersonal is only one and there is an increase in knowledge from less knowing to knowing and from knowing to very knowing. 5. Frequency distribution of economic management survey results The economic management survey consists of 4 statements where in each statement there is an increase from the statement of very knowledgeable before and after mentoring, namely for question No. 23 in the pre-survey 9 (30%) respondents to 18 (60%) Respondents, question No. 24 in the pre-survey 14 (46.7%) respondents to 20 (66.7%) Respondents, question No. 25 in the pre-survey 15 (50%) respondents to 19 (63.3%) Respondents, and question No. 26 in the pre-survey 11 (36.7%) respondents to 14 (46.7%) Respondents, 6. Frequency distribution of psychological role survey results The psychological role survey consists of 4 statements where in each statement there is an increase from the statement of very knowledgeable before and after mentoring, namely for question No. 27 in the pre-survey 9 (30%) respondents to 18 (60%) respondents, question No. 28 in the pre-survey 17 (56.7%) respondents to 23 (76.7%) respondents, question No. 29 in the pre-survey 19 (63.3%) respondents became 23 (76.7%) respondents, and question No. 30 in the pre-survey 13 (43.3%) respondents became 23 (76.7%) respondents.

B. Categorization of Knowledge Pre and Post Survey: From the survey results above, the total increase in reproductive health knowledge with a conversion value in the pre-survey of 84.74 with a good category increased by 8.8 in the post-survey of 93.52 with a good category. 2. Categorization of Increased Knowledge of Husband's Role From the survey results above, the total knowledge of the husband's role with a conversion value in the pre-survey of 90.67 with a very good category, there was a slight insignificant increase of 0.22 points in the post-survey to 90.83 with a very good category. 3.

Categorization of Improved Interpersonal Communication From the survey results above, the total knowledge of interpersonal communication with a conversion value in the pre-survey of 83.33 with a good category increased insignificantly by 8.3 points in the post-survey to 91.67 with a very good category. 4. Categorization of Improved Economic Management From the survey results above, the total increase in knowledge of economic management with a conversion value in the pre-survey of 81.25 with a good category increased by 7.5 points in the post-survey to 88.75 with a very good category. 5.

Categorization of the Increased Role of Psychology The results of the psychology role survey showed an increase from the total role of psychology in the pre-survey, namely 84.79 with a good category, increasing by 8.34 points to 93.13 with a very good category. Meanwhile, for the total results of the survey on the use of holistic non-counseling assistance modules for prospective bride and groom couples in the pre-survey with a value of 85.36 with a good category, an insignificant increase of 6.6 to 91.96 with a very good category.

IV. CONCLUSION

Overall, the program of using the mentoring module for prospective brides and grooms has proven effective in increasing the readiness of prospective brides and grooms from the Good → Very Good category in 5 main indicators.

1. Reproductive Health: Significant increase $p=0.030$ from 84.72 Good → 93.52 Very Good. Knowledge of prospective brides aged 20-30 years about reproductive health increased after the intervention, filling the gap in the limited SDKI data for this age group.
2. Husband's Role: The score was very good from the beginning 90.67 → 90.83, so the T test was not significant $p=0.952$. Awareness of the role of head of the family, livelihood, and planning very high family. Consistent weak point: male participation in family planning is still low, need special strengthening.
3. Interpersonal Communication: Significant increase $p=0.010$ from 83.33 Good → 91.67 Very Good. Bimwin effectively improves active listening skills, manages conflict, and openness. Men tend to be weaker in emotional communication compared to women.
4. Economic Management: Significant increase $p=0.003$ from 81.25 Good → 88.75 Very Good. The strongest increase was in short-term planning. The long-term aspect $p=0.083$ still needs further strengthening.
5. Role of Psychology: Most significant increase $p=0.001$ from 84.79 Good → 93.13 Very Good. The biggest change in understanding the purpose of marriage as worship and emotional control ability. The item "effective communication" was not significant $p=0.056$ because ceiling effect - initial score is already Very Good.

V. ACKNOWLEDGEMENTS

For KUA/BP4 & Bimwin/Suscatin Curriculum Developers a. Maintain & Strengthen the Psychology and Emotional Control Modules. The most significant increase was in understanding the purpose of marriage + emotional control $p=0.001$. This is the initial weakness of prospective brides and grooms. Add roleplay sessions "simulating healthy fights", time-out techniques when angry, and clarify the intention that marriage = worship, not escape.

b. Add a Special Module "Male Family Planning & Male Reproductive Health" Men's participation in family planning becomes

This research is a consistent national weak point. Scores are stagnant/declining. Involve male PLKBs and discuss vasectomy, condoms, and male reproductive health without taboos. Encourage your wife to be supportive.
system.

c. Strengthen Long-Term Economic Planning. The short-term aspect is good ($p=0.002$), but the long-term aspect is not yet significant ($p=0.083$). Add material: emergency funds, Home installments, insurance, children's education funds, sharia investments. Invite a planner finance as a speaker.

d. The "Use of Holistic Non-Counseling Premarital Guidance Module" method is feasible. Replicated and proven effective in increasing 4 out of 5 variables. The format can be seminars, focus group discussions, games, or case studies. It doesn't have to be expensive one-on-one counseling. Cost-effective and has a broad impact.

These findings confirm that marital maturity does not come automatically with age, but is formed through proper education. Changing the mindset from "I need" to "I am ready to give and worship," as well as improving emotional control, are crucial assets that can protect couples from destructive conflict in the future. Researchers acknowledge that these results still have limitations, particularly in measuring attitudes that do not capture long-term behavior after marriage. Therefore, further research and program replication with a wider sample are highly recommended. Finally, we hope that the results of this study can serve as a

reference for the Office of Religious Affairs (KUA) and all policymakers to continue strengthening premarital guidance programs.

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