

Family Guidance for Sakinah: Building Family Harmony Through Islamic Values

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Abstract

This study aims to assist families at As-Sa'adah Mosque in Sukasari, Sumedang, in implementing Islamic values to create *sakinah*, *mawaddah*, and *rahmah* families. The research employs the Participatory Action Research (PAR) method, actively involving the community in problem identification, solution design, program implementation, and outcome evaluation. The implemented programs include education, socialization, and hands-on training, such as family counseling, effective communication workshops, Islamic financial management training, and family health classes. The results indicate an increase in spiritual awareness, family management skills, and the strengthening of interpersonal relationships among participants. Evaluations through direct observation and interviews reveal a positive impact on family harmony and a significant contribution to fostering an environment conducive to individual potential development. These findings confirm that a holistic, community-based participatory approach effectively strengthens family resilience and has the potential for wider implementation in other communities. With sustained support from various stakeholders, this program is expected to have a broader impact on improving family quality of life in Indonesia.

Keywords: *sakinah* family, Islamic values, Participatory Action Research, family harmony, family resilience.

Abstrak

Penelitian ini bertujuan untuk mendampingi keluarga di Masjid As-Sa'adah Sukasari, Sumedang dalam menerapkan nilai-nilai Islami guna menciptakan keluarga *sakinah*, *mawaddah*, dan *rahmah*. Metode yang digunakan adalah *Participatory Action Research* (PAR), yang melibatkan masyarakat secara aktif dalam mengidentifikasi permasalahan, merancang solusi, mengimplementasikan program, serta mengevaluasi hasil. Program yang dijalankan mencakup edukasi, sosialisasi, dan pelatihan berbasis praktik langsung, seperti konseling keluarga, *workshop* komunikasi efektif, pelatihan manajemen keuangan Islami, serta kelas kesehatan keluarga. Hasil penelitian menunjukkan adanya peningkatan kesadaran spiritual, keterampilan manajemen keluarga, serta penguatan hubungan interpersonal dalam keluarga peserta. Evaluasi melalui observasi dan wawancara mengindikasikan dampak positif terhadap keharmonisan keluarga serta kontribusi nyata dalam menciptakan lingkungan yang mendukung pengembangan potensi anggota keluarga. Temuan ini menegaskan bahwa pendekatan holistik berbasis partisipasi masyarakat efektif dalam memperkuat ketahanan keluarga dan berpotensi untuk diterapkan dalam komunitas lain. Dengan dukungan berkelanjutan dari berbagai pihak, program ini diharapkan dapat memberikan dampak lebih luas dalam meningkatkan kualitas kehidupan keluarga di Indonesia.

Kata Kunci: keluarga *sakinah*, nilai-nilai Islami, *Participatory Action Research*, keharmonisan keluarga, ketahanan keluarga.

BACKGROUND

The family plays a vital role in shaping the character and morals of every individual. A harmonious and *sakinah* family (peaceful and serene) is expected to create a conducive environment for the growth of all its members (Arintina & Fauziah, 2015). However, the reality shows that not all families can achieve

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this condition. Various issues often arise in household life, such as marital conflicts, domestic violence, and even divorce. The hope of creating a harmonious and *sakinah* family is not solely the responsibility of individuals but also requires support from the community and related stakeholders. In Islamic perspective, a *sakinah* family is one built upon Islamic values such as mutual respect, love, and responsibility. These values are expected to serve as a strong foundation for facing the challenges that may arise in family life (Manuputty et al., 2024). Therefore, guidance focusing on the application of Islamic values in household life becomes crucial. Such guidance is expected to help families overcome problems and achieve the desired harmony.

Statistics indicate that divorce rates in Indonesia continue to rise yearly. According to data from the Central Statistics Agency (BPS), in 2022, more than 400,000 divorce cases were recorded in Indonesia (Sumarta & Jalil, 2022). This figure increased compared to previous years. Additionally, data from the Ministry of Women's Empowerment and Child Protection (KPPPA) revealed that domestic violence (DV) remains a serious issue in Indonesia. In 2022, over 20,000 DV cases were reported, with the majority of victims being women and children. The causes of divorce and DV are diverse, ranging from economic problems and poor communication to incompatibility between partners. One of the main triggers often cited is the lack of understanding and application of values that can strengthen family bonds. In this context, Islamic values such as patience, sincerity, and mutual respect play a significant role in building and maintaining family harmony.

Research on *sakinah* families and family harmony has been conducted extensively. Several studies highlight that the application of Islamic values in household life positively impacts family harmony. For instance, research by Suryanti & Widayanti (2018) found that families who regularly engage in joint worship activities, such as congregational prayers and Quran recitation, tend to have more harmonious and supportive relationships. However, gaps still exist in existing research, particularly in the systematic and sustainable implementation of family guidance programs. Many programs are temporary and do not provide continuous support for families. Consistent and ongoing guidance is essential to ensure that Islamic values are deeply embedded in the daily lives of families. A holistic approach integrating spiritual, psychological, and social aspects is expected to be more effective. This program is designed to provide sustainable guidance to families by involving various parties, including religious leaders, psychologists, and social workers. With this approach, the program aims to offer comprehensive solutions to help families achieve harmony and become *sakinah* families.

The *sakinah* family guidance program is expected to make a tangible contribution to improving the quality of family life in Indonesia. By focusing on the application of Islamic values, the program seeks to assist families in overcoming various challenges they face and achieving the desired harmony. Additionally, the program aims to reduce divorce rates and domestic violence in society. The primary goal of the program is to provide sustainable guidance to families in applying Islamic values in their daily lives. Other objectives include increasing families' understanding and awareness of the importance of Islamic values in building family harmony, assisting families in addressing problems and conflicts through an Islamic and holistic approach, reducing divorce rates and domestic violence through effective education and guidance, and creating a conducive environment for the growth of every family member to reach their full potential. With this comprehensive guidance program, families in Indonesia are expected to achieve *sakinah*, *mawaddah*, and *rahmah* conditions, contributing positively to society as a whole.

Community Engagement Method

This community engagement program employs the Participatory Action Research (PAR) method, which, according to MacDonald (2012), is a form of action research aimed at systematically collecting and analyzing data to facilitate actions, transformations, and the generation of practically applicable knowledge. The method encompasses education, socialization, and practical field training, enabling community members to directly apply Islamic values in their daily family lives. The steps undertaken in the PAR cycle include community situation analysis, action planning, implementation, and evaluation. The situation analysis stage involves identifying problems faced by families at Masjid As-Sa'adah Sukasari, Sumedang, through Focus Group Discussions (FGD) with community leaders, religious figures, and family representatives to understand their specific needs. Subsequently, community engagement actions are planned based on local conditions, focusing on the application of Islamic values, such as building effective communication, managing family finances according to Islamic principles, and maintaining physical and mental health, in collaboration with religious leaders, psychologists, and health practitioners. Implementation involves comprehensive socialization and hands-on training, including family counseling sessions, communication workshops, Islamic family financial management training, and family health classes. Evaluation is conducted through direct observation and interviews to assess the feedback, impact of activities, and future needs. This approach aims to enable families at Masjid As-Sa'adah Sukasari, Sumedang, to actively foster family harmony through the application of Islamic values, thereby creating *sakinah* (peaceful), *mawaddah* (loving), and *rahmah* (compassionate) families (Somekh, 2005; MacDonald, 2012).

Enhancing Spiritual Awareness and Family Harmony

Enhancing spiritual awareness is a fundamental step in building family harmony. In the *sakinah* family guidance program at Masjid As-Sa'adah Sukasari, routine religious studies and communal worship served as the primary strategies to achieve this goal. This aligns with the Islamic perspective that spiritual values form the foundation of a harmonious family life (Arifin, 2019). Spiritual awareness not only strengthens an individual's relationship with God but also improves interpersonal relationships among family members. The program revealed that shared worship activities, such as congregational prayers, Quran recitation, and attending routine studies, became critical moments for family members to support one another and strengthen their bonds. Participants reported that these activities not only enhanced their understanding of Islamic teachings but also fostered a harmonious and collaborative atmosphere at home. A study by Suryanti & Widayanti (2018) also highlighted that families who actively engage in joint worship tend to have closer relationships and are better equipped to resolve conflicts. In interviews, participants expressed feeling closer to their family members after participating in these spiritual activities. One participant noted, "Performing prayers together at home and reciting the Quran with my children have brought us closer, enabling heartfelt conversations. The children have become more obedient and attentive to their parents."

Spiritual awareness also plays a significant role in fostering family harmony within the cultural context of Indonesian society, particularly in Sumedang. The local culture of mutual cooperation (*gotong royong*) and strong familial values aligns with Islamic teachings on mutual respect and responsibility within the family (Nasution, 2020). The program effectively leveraged these local cultural values to strengthen family bonds through a spiritual approach. For instance, in one of the studies held at Masjid As-Sa'adah, the topic "Patience and Sincerity in Family Life" garnered significant interest from participants. The session leader provided practical examples from daily life that were highly relevant to the local community's context, making the material easier for participants to understand and implement.

Spiritual awareness within families not only serves as a means to strengthen relationships among family members but also as a way to address life's challenges. Research by Manuputty et al. (2024) indicated that families with strong spiritual foundations are more resilient to external pressures, such as economic difficulties and interpersonal conflicts. This finding is consistent with the outcomes of this guidance program, where participants reported feeling more capable of managing conflicts after understanding the importance of applying Islamic values in their daily lives. The program also provided empirical evidence that increasing spiritual awareness can serve as a long-term solution for building *sakinah*, *mawaddah*, and *rahmah* families. One of the indicators of the program's success was the tangible changes in family communication patterns. Participants shared that they now engage in family discussions more calmly and with mutual respect.

To ensure the sustainability of spiritual awareness enhancement within families, the program recommends several steps: increasing the frequency of routine studies with topics relevant to modern family challenges, providing continuous guidance by involving local religious leaders to offer long-term support to families in need, utilizing social media to create and disseminate educational content on the importance of Islamic values in family life to reach a broader audience, and establishing partnerships with local organizations through collaborations with religious and educational institutions to expand the program's reach. Enhancing spiritual awareness significantly impacts creating family harmony. The *sakinah* family guidance program at Masjid As-Sa'adah demonstrates that an approach grounded in Islamic values provides an effective solution for addressing family life challenges. With support from religious leaders, the community, and the government, this program holds great potential to continue growing and benefiting families in the Sumedang region and beyond.

Impacts of Education and Training Programs on Family Life

The impacts of education and training programs on family life have been significant in supporting family harmony. Within the *sakinah* family guidance program at Masjid As-Sa'adah Sukasari, training on Islamic parenting and family financial management was designed to provide participants with practical understanding. Participants reported that this training helped them build better communication with family members and improved their ability to manage household finances wisely. For example, one module on Islamic parenting emphasized the importance of fostering emotional closeness between parents and children through compassionate and understanding communication. This aligns with the research by Hidayat & Asri (2020), which shows that Islamic parenting practices can help shape better character in children.

The family financial management training also had tangible impacts. Participants learned how to budget household expenses, differentiate between needs and wants, and the importance of saving for the future. One participant shared, "After attending this training, I can better manage our family expenses and avoid unnecessary purchases. This has made our family finances more stable." The training also provided entrepreneurial skills to some participants, giving them opportunities to increase their family income.

Another positive outcome of the program was the increased understanding among participants of the importance of cooperation within the family. One training session taught participants how to resolve family conflicts using an Islamic approach. They learned to listen with empathy, avoid negative assumptions, and find fair solutions for all parties. As a result, many participants reported that conflicts, which were previously frequent, are now better managed.

Overall, this program provided practical solutions to the various challenges faced by modern families, such as a lack of understanding of Islamic parenting principles, difficulties in financial

management, and interpersonal conflicts. These positive impacts align with recommendations from the Religious Affairs Office (KUA) in Sumedang, which highlighted the importance of family education in managing household life. The program's success demonstrates that a holistic approach integrating spiritual, educational, and practical training aspects can greatly benefit families in the Sumedang area. To ensure the sustainability of this program's benefits, it is recommended to involve more families in advanced training sessions and strengthen partnerships with local institutions.

General Observations and Overall Program Impacts

Observations during the implementation of the *sakinah* family guidance program at Masjid As-Sa'adah Sukasari revealed positive impacts on the quality of life of participants and their families. Participants reported changes in attitudes and mindsets that allowed them to better manage family relationships. One of the primary outcomes was an increased sense of togetherness and mutual support among family members. Many participants stated that they have started applying Islamic values in their daily lives, such as patience, mutual respect, and responsibility. This not only fostered harmony within their households but also strengthened emotional bonds among family members.

From a social perspective, the program also succeeded in creating a stronger community environment around Masjid As-Sa'adah. Joint activities such as routine studies, training sessions, and congregational worship not only strengthened relationships among participant families but also bolstered social networks within the local community. Participants felt more involved in the community and were more open to sharing experiences and solutions to the challenges they faced in family life.

From an educational perspective, participants stated that the materials provided in the program were relevant to their needs. For instance, family financial management training helped participants manage household expenses more wisely, while Islamic parenting training offered new insights into raising children according to Islamic values. Several participants also reported an increased understanding of the importance of effective communication within the family, which led to reduced conflicts in their households.

Overall, the impacts of this program were felt not only by individual participants but also by the community around Masjid As-Sa'adah Sukasari. The program's success demonstrates that a holistic approach integrating spiritual, educational, and social aspects can provide long-term benefits to families and society. To ensure the program's sustainability, it is recommended to expand its reach to more participants and involve more stakeholders, including religious institutions, local governments, and community organizations, so that this program can continue to benefit families in the Sumedang area and beyond.

CONCLUSION

The implementation of research using the *Participatory Action Research* (PAR) method at Masjid As-Sa'adah Sukasari Sumedang has provided tangible contributions to increasing family awareness of the importance of applying Islamic values in daily life. Through a holistic approach involving education, socialization, practical training, and evaluation, this study effectively addressed family needs in overcoming various life challenges, such as interpersonal conflicts, financial management, and family health. The situational analysis identified specific needs that were integrated into action plans collaboratively developed with religious leaders, psychologists, and health practitioners. This research not only enhanced families' understanding of Islamic values but also equipped them with practical skills to create a harmonious family environment.

The findings demonstrated that participating families became more active in fostering relationships characterized by *sakinah* (peace), *mawaddah* (love), and *rahmah* (compassion). The results confirm that the PAR method, based on active community participation, is effective in strengthening family resilience. With the continued implementation of similar studies, the positive contributions of this approach are expected to expand further and serve as a model for developing family resilience programs in other communities.

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