

The Importance of Educational Attainment and Premarital Counseling in Building Family Harmony and Preventing Domestic Violence to Strengthen National Resilience

Gita Prismadianto¹, Lucky Endrawati², Fadillah Putra³

¹ Pascasarjana Universitas Brawijaya, Indonesia; gitaprisma@student.ub.ac.id

² Pascasarjana Universitas Brawijaya, Indonesia

³ Pascasarjana Universitas Brawijaya, Indonesia

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Abstract

This study aims to analyze the role of premarital education and guidance outcomes in building family harmony and supporting national resilience. The family as the smallest social unit has a strategic role in creating a strong and stable society, which in turn supports national resilience. To achieve this goal, the research used a Systematic Literature Review (SLR) approach that utilized PRISMA guidelines in identifying, screening and synthesizing relevant literature. Through in-depth analysis, the study found that premarital education and guidance play a crucial role in shaping individuals' mindsets and skills, which are essential in leading a harmonious married life. Moreover, these programs are designed to equip prospective couples with the knowledge and skills necessary to create a balanced and healthy relationship, ultimately contributing to national resilience. The government has an important role in developing effective strategies through premarital education and guidance programs, including increased accessibility, integration of family policies, and program monitoring and evaluation. This comprehensive approach is expected to create stable and productive families, which are the foundation for national resilience. This study suggests strengthening policies and programs on premarital education and guidance, increasing accessibility, especially in remote areas, effective monitoring and evaluation, and improving the quality of human resources through training premarital counselors. In conclusion, premarital education and guidance play an important role in maintaining family harmony and strengthening national resilience.

Kata kunci:

Hasil Pendidikan Bimbingan Pranikah; Keharmonisan Keluarga; Ketahanan Nasional; Tinjauan Literatur Sistematis (SLR).

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Abstrak

Penelitian ini bertujuan untuk menganalisis peran hasil pendidikan dan bimbingan pranikah dalam membangun keharmonisan keluarga dan mendukung ketahanan nasional. Keluarga sebagai unit sosial terkecil memiliki peran strategis dalam menciptakan masyarakat yang kuat dan stabil, yang pada gilirannya mendukung ketahanan nasional. Untuk mencapai tujuan tersebut, penelitian ini menggunakan pendekatan Systematic Literature Review (SLR) dengan menggunakan pedoman PRISMA dalam mengidentifikasi, menyaring, dan mensintesis literatur yang relevan. Melalui analisis mendalam, penelitian ini menemukan bahwa pendidikan dan bimbingan pranikah memainkan peran penting dalam membentuk pola pikir dan keterampilan individu, yang sangat penting dalam menjalani kehidupan pernikahan yang harmonis. Selain itu, program-program ini dirancang untuk membekali calon pasangan dengan pengetahuan dan keterampilan yang diperlukan untuk menciptakan hubungan yang seimbang dan sehat, yang pada akhirnya berkontribusi pada ketahanan nasional. Pemerintah memiliki peran penting dalam mengembangkan strategi yang efektif melalui program pendidikan dan bimbingan pranikah, termasuk peningkatan aksesibilitas, integrasi kebijakan keluarga, serta pemantauan dan evaluasi program. Pendekatan komprehensif ini diharapkan dapat menciptakan keluarga yang stabil dan produktif, yang merupakan fondasi bagi ketahanan nasional. Studi ini menyarankan penguatan kebijakan dan program pendidikan dan bimbingan pranikah, peningkatan aksesibilitas terutama di daerah terpencil, monitoring dan

evaluasi yang efektif, serta peningkatan kualitas sumber daya manusia melalui pelatihan konselor pranikah. Kesimpulannya, pendidikan dan bimbingan pranikah berperan penting dalam menjaga keharmonisan keluarga dan memperkuat ketahanan nasional.

Corresponding Author:

Gita Prismadianto

Pascasarjana Universitas Brawijaya, Indonesia; gitaprisma@student.ub.ac.id

INTRODUCTION

National resilience is a strategic concept encompassing various aspects of life, including economic, political, social, and cultural resilience, all of which together form the foundation for a country's stability. Among the various elements contributing to national resilience, the family plays a crucial role. The family, as the smallest social unit, serves as the basis for character development in individuals who will later become members of society and the nation (Rahayu et al., 2021). Therefore, the family bears a significant responsibility in instilling moral, ethical, and social values that support the creation of a strong and harmonious society, which ultimately strengthens national resilience. Family stability plays a vital role in ensuring that family members can grow and develop in a safe and supportive environment. When a family functions effectively, it becomes the first line of defense for its members against various social threats such as crime, radicalism, and social disintegration. Additionally, a harmonious family contributes to creating a conducive environment for the development of quality human resources, which is an essential asset for national resilience. Therefore, maintaining family harmony and stability is a strategic step in efforts to strengthen national resilience (Ardi et al., 2022).

However, in the context of rapid globalization and modernization, the role of families in building national resilience is often threatened by various external factors. Changes in social values, increasing individualism, and economic pressures often lead to dysfunction within families, thereby weakening the family's contribution to national resilience. Therefore, it is essential for governments and society to continue promoting policies and programs that support the strengthening of the family's role in national resilience, including through effective premarital education and counseling (Rahayu et al., 2021).

In recent decades, domestic violence (DV) cases have become a growing social issue in many countries, including Indonesia (Subair, 2023). The increase in DV cases indicates underlying problems in family dynamics that can threaten family harmony and stability. Domestic violence not only affects the victims physically and psychologically, but also disrupts the emotional well-being of all family members, including children who are indirectly involved. These impacts can trigger a cycle of violence that is difficult to break without appropriate intervention (Maya & Wadjo, 2021).

The presence of domestic violence in a family often serves as a catalyst for family disintegration, leading to a decline in the quality of relationships among family members. When family harmony is disrupted, the primary function of the family as a place of protection and emotional support becomes ineffective. This not only affects individual well-being but also the overall social well-being, as dysfunctional families tend to produce individuals less capable of contributing positively to society. As a result, the levels of violence, crime, and other social problems in society tend to increase, ultimately weakening social resilience. In addition to the direct impact on individuals and families, the rise in DV cases also has broader implications for national resilience (Ismail et al. 2022). Dysfunctional and disharmonious families tend to become a social burden on the state, as they require more intensive legal, health, and social interventions. Moreover, the long-term effects of domestic violence, such as psychological trauma and developmental issues in children, can lead to a generation that is less productive, contributing to a decline in the quality of human resources. Therefore, efforts to prevent and address domestic violence are crucial not only for maintaining family harmony but also for sustaining social and national resilience (Muhafidin, 2021).

Education and premarital counseling play a vital role in preparing couples to face the challenges of marriage and family life. Through premarital education, prospective couples can gain a better understanding of their roles and responsibilities within marriage, as well as effective communication skills. This education also includes an understanding of the importance of gender equality, conflict management, and joint decision-making, all of which are essential elements in building a healthy and harmonious relationship (Nadir, 2022). Premarital counseling also serves as a tool to identify potential risks that couples may face in marriage, including the risk of domestic violence. By providing a deep understanding of the dynamics of domestic violence and prevention strategies, premarital counseling can help prospective couples develop strategies to avoid or resolve conflicts that could potentially become violent. Additionally, this counseling reinforces the couple's commitment to maintaining family harmony, which is the foundation of social and national resilience (Moharrami et al., 2017).

The implementation of education and premarital counseling as part of public policy can also contribute to strengthening national resilience. By ensuring that every couple entering marriage is equipped with adequate knowledge and skills to build a harmonious family, the state can reduce the potential for social problems such as divorce and domestic violence. Harmonious families will produce individuals who are physically, emotionally, and socially well, who in turn will positively contribute to society and the state (Lanchimba, 2023). Thus, premarital education and counseling not only function as preventive measures against domestic violence but also as a long-term strategy to enhance national resilience.

One of the main issues in the sustainable development of families is the lack of attention to education and premarital counseling as key elements in family policies. Although marriage is a crucial foundation in family formation, many countries,

including Indonesia, have not fully integrated premarital education and counseling programs into comprehensive national policies. The absence of regulations mandating couples to undergo premarital programs before marriage highlights a gap in the prevention of domestic problems that can have wide-ranging impacts on family stability.

The lack of adequate attention to the importance of premarital education is often due to the perception that readiness for marriage is a personal responsibility and does not require state intervention. However, without proper education, many couples enter into marriage without a sufficient understanding of the responsibilities and dynamics they will face. This often results in conflicts that can lead to divorce or domestic violence, which could have been prevented through structured and effective premarital programs. Moreover, the lack of public awareness of the importance of premarital education is a significant barrier to the widespread implementation of such programs. The lack of attention to education and premarital counseling in family development policies also impacts the level of institutional support available to prospective couples. Without adequate support from the government and related institutions, premarital education programs often lack the resources to reach all societal layers. As a result, many couples, especially from economically disadvantaged groups, do not have access to the guidance they need to build a harmonious and stable family. Therefore, the integration of education and premarital counseling into family development policies must be prioritized in efforts to create a more prosperous and sustainable society.

The high rates of divorce and domestic violence (DV) are indicative of underlying issues in family life that have broad implications for social resilience. In many countries, including Indonesia, the divorce rate has risen significantly in recent years, reflecting serious issues in family relationships. Divorce is often caused by the inability of couples to manage conflict, lack of effective communication, and lack of preparedness for marital responsibilities, all of which could be addressed through adequate education and premarital counseling.

Domestic violence is another issue that further exacerbates the condition of families and has negative effects on social resilience. The increasing number of DV cases indicates a failure to build healthy and respectful relationships between partners. Domestic violence not only causes physical and emotional harm to the victims but also disrupts the stability of the family as a basic social unit. As a result, families experiencing domestic violence often become dysfunctional, contributing to an increased social burden and reducing the ability of individuals to contribute positively to society. The weakening of social resilience due to high divorce and DV rates requires serious attention from the government and society. Without coordinated efforts to address the root causes of these issues—namely, the lack of preparedness among couples for marriage—the rates of divorce and DV will continue to rise, leading to further damage to the social structure. Therefore, premarital education and counseling programs designed to prepare couples for married life should be prioritized in family development policies, with the aim of strengthening social resilience and creating a more harmonious society.

METHOD

This study employs a Systematic Literature Review (SLR) approach to examine the role of educational attainment and premarital counseling in building family harmony and supporting national resilience. The SLR approach is chosen because it allows the researcher to systematically and transparently identify, evaluate, and synthesize relevant research findings. By using this approach, the study aims to provide a comprehensive overview of the topic under investigation based on existing literature.

The research procedure follows the PRISMA (Preferred Reporting Items for Systematic Reviews and Meta-Analyses) guidelines, which consist of several key stages. The first stage is identification, where the researcher searches for and collects literature relevant to the research topic. Literature searches are conducted through various academic databases such as Google Scholar, PubMed, and Scopus, as well as other sources like digital libraries and journal archives. The second stage is screening, where the identified literature is selected based on predetermined inclusion and exclusion criteria, such as relevance to the topic, year of publication, and source credibility. Next, the data extraction stage involves gathering essential information from the selected literature, including research methods, key findings, and conclusions. The final stage is synthesis and reporting, where the extracted data is systematically analyzed, and the results are reported in a structured narrative form.

For data collection methods, this study uses documentation techniques, utilizing secondary data sources. The secondary data sources include legislation, research journals, books, and news articles relevant to the research topic. Legislation provides legal and policy perspectives related to education and premarital counseling, while research journals, books, and news articles provide empirical data and theoretical analysis that support this study. The data collected from these various sources are then used to build arguments and analysis within the research.

The data analysis method used in this study is qualitative descriptive analysis. The data collected through documentation will be analyzed to identify patterns, themes, and relationships between variables relevant to the role of education and premarital counseling in building family harmony and supporting national resilience. This analysis aims to provide a deeper understanding of how various factors influence the topic under study and to develop recommendations that can be used by policymakers in designing more effective programs.

RESULT AND DISCUSSION

he Role of Educational Attainment and Premarital Counseling in Building Family Harmony

Educational attainment and premarital counseling play a crucial role in building family harmony and supporting national resilience. These programs are designed to equip couples with the knowledge and skills necessary to create healthy and balanced relationships. Through a deep understanding of roles and responsibilities, effective communication skills, conflict management, and financial planning, couples can establish a solid family foundation. Additionally, instilling moral and ethical values as

well as psychological and emotional readiness are important aspects in supporting social and national resilience. The following is the result of the analysis:

Tabel 1. *The Role of Educational Attainment and Premarital Counseling in Building Family Harmony*

No	Role	Description	Source reference
1	Enhancing Understanding of Roles and Responsibilities	Premarital education and counseling help couples understand their roles and responsibilities in marriage, leading to a more balanced and harmonious relationship. This is essential for building a strong and sustainable family foundation, which ultimately supports national resilience.	(Bella, 2023), (Yeni, 2023), (Isnaini, 2024),
2	Building Effective Communication	Premarital programs teach couples effective communication skills, crucial for resolving conflicts and maintaining family harmony. Good communication within the family contributes to broader social stability, a key element of national resilience.	(Bachtiar, 2024), (Sabariah, 2021), (Triwardhani et al., 2020)
3	Reducing the Risk of Divorce and Domestic Violence	By providing education on conflict management and problem resolution, premarital counseling can reduce the risk of divorce and domestic violence. Harmonious, violence-free families create supportive environments for family members to thrive, which in turn strengthens social and national resilience.	(Yuliantini, 2024), (Kiya & Rifai, 2022).
4	Preparing Couples for Economic Challenges	Premarital education often includes financial planning aspects that help couples manage their resources better. Good economic well-being of families contributes to family stability and the overall economic resilience of the country.	(Iskandar, 2023), (Widyantoro, 2021), (Ulfa et al., 2021)
5	Instilling Moral and Ethical Values	Premarital counseling plays a role in instilling moral and ethical values crucial for healthy and sustainable relationships. Families based on these values tend to produce individuals with high integrity, which is an important asset for national development.	(Rombean et al., 2021), (Nasukah et al., 2020), (Helwend, 2023)
6	Enhancing Psychological and Emotional Readiness	Through premarital counseling, couples are psychologically and emotionally prepared to handle the dynamics of marriage. This readiness is important for creating a	(Haq, 2016), (Hardjana, 2013), (Sunarto, 2021), (Manurung et al., 2021).

stable and supportive family environment, which ultimately supports social and national resilience.

Effective premarital education and guidance help couples understand and fulfill their roles and responsibilities in marriage, contributing to family harmony. With this understanding, couples can address challenges and conflicts constructively, reducing the risk of divorce and domestic violence. This, in turn, enhances social stability and national security, as harmonious families form the foundation of a stable society. Another significant aspect of premarital guidance is the inculcation of moral and ethical values, as well as psychological and emotional preparation. Families rooted in strong moral values tend to produce individuals of high integrity, which supports national development. Additionally, psychological and emotional preparedness enables couples to better manage the dynamics of marriage, fostering a stable and supportive environment. The economic well-being and communication skills acquired through premarital education also strengthen the family's ability to face economic challenges, thereby bolstering the country's economic resilience.

The Role of Premarital Education and Guidance Outcomes in Supporting National Resilience

The government plays a crucial role in strengthening national resilience through premarital education and guidance programs. These programs are designed to support the development of harmonious and sustainable families, which, in turn, contribute to national resilience. By focusing on building quality future generations, reducing social burdens, enhancing social stability and cohesion, fostering participation in national development, and maintaining demographic balance, the government's strategy aims to create stable and productive families. Through a comprehensive approach, the government can ensure that these programs provide extensive benefits to both society and the nation.

Table 2. *The Role of Premarital Education and Guidance Outcomes in Supporting National Resilience*

No	Role	Description	Source Reference
1	Building a Quality Generation	Premarital education and guidance help couples build a healthy and harmonious family, which will produce a quality generation. A physically, mentally and morally strong generation is key in creating human resources capable of facing global challenges and supporting national resilience.	(Mukhlis & Yulianto, 2022), (Perdana, 2018).
2	Reducing the Social Burden on the State	Premarital guidance helps reduce the social burden on the state by lowering divorce and domestic violence rates, thereby decreasing the need for legal intervention and social services. This	(Zulfikar & Dewi, 2021). (Soe'oad et al., 2022).

		reduction allows the country to focus on more strategic development, ultimately strengthening national resilience.	
3	Promoting Social Stability	Harmonious families tend to be more stable and contribute to the creation of a stable society. This social stability is crucial for maintaining national security and order, which are key pillars of national resilience.	(Irawan, 2023). (Widhiyaastuti & Ariawan, 2018).
4	Strengthening Social Attachment	Premarital education and guidance emphasize the importance of social attachment and the values of togetherness. This attachment strengthens social cohesion, which is essential for addressing both internal and external threats to national resilience.	(Alwan, 2022). (Rambe, 2024). Nurjali & Rosadi, 2021).
5	Increasing Participation in National Development	Prosperous and educated families are more likely to actively participate in national development. Their contributions span the economic, social, and political fields, all of which play a role in strengthening national resilience.	(Rumodar, 2024). (Masykuroh & Chandrawaty, 2022).
6	Maintaining Demographic Balance	Premarital education can also include effective family planning, which helps maintain demographic balance in the country. This balance is crucial for ensuring that the country's resources can support the entire population, which is a key factor in national resilience.	(Iffiani, 2024). (Asyari & Dewi, 2021). (Hasan, 2019). (Adiman et al., 2021).

Premarital education and guidance programs play a vital role in building a quality generation by equipping couples with the skills and knowledge necessary to form healthy families. Harmonious families produce individuals who are physically, mentally, and morally strong, and therefore prepared to face global challenges. As a result, a quality generation contributes to national resilience by creating superior human resources ready to support the country's development. These programs also reduce the social burden on the state by lowering divorce and domestic violence rates, thereby decreasing the need for legal intervention and social services. This allows the government to focus on broader strategic development. Additionally, the social stability fostered by harmonious families strengthens national security and order, while increased participation in national development and effective family planning help maintain demographic balance, ensuring that the country's resources can support its entire population. All of these factors play a crucial role in enhancing overall national resilience.

The Government's Strategy Through Premarital Education and Guidance Programs to Build Family Harmony and Support National Resilience

The government's strategy in implementing premarital education and guidance programs plays a crucial role in fostering family harmony and supporting national resilience. By developing a comprehensive curriculum, enhancing program accessibility, integrating family policies, providing training for advisors, and conducting effective monitoring and evaluation, the government can ensure that these premarital programs have a significant impact. These strategies aim to strengthen family structures, promote social stability, and make a positive contribution to national resilience.

Tabel 3

The Government's Strategy Through Premarital Education and Guidance Programs to Build Family Harmony and Support National Resilience

No	Strategy	Description	Source Reference
1	Development of a Premarital Education Curriculum	The government should develop a comprehensive and standardized premarital education curriculum to be delivered in educational institutions and through training programs. This curriculum should cover topics such as effective communication, conflict management, and marital responsibilities. A well-designed curriculum will equip prospective couples with the skills necessary to build harmonious relationships, support family stability, and, ultimately, contribute to national resilience.	Astria (2021), Sutikno (2023)
2	Provision of Access to Premarital Guidance Programs	Ensure broad and equitable access to premarital guidance programs across the region, including in remote and underserved areas. The government can collaborate with social, religious, and community institutions to provide these programs. By improving accessibility, more couples can benefit from this guidance, helping to build strong family foundations that support social and national resilience.	Laia (2024) Fitriana & Amelia (2021)
3	Program Integration in Family Policy	Integrate premarital education and guidance programs into national family policies as part of a broader family development strategy. This includes creating policies that require couples to participate in these programs before marriage and providing incentives or support for those who do. Such policies help ensure that all couples receive the education they need to build harmonious families and contribute to national resilience.	Riani (2023), Nia (2022)
4	Provision of Training for	Provide training and certification for premarital counselors to ensure they have the necessary qualifications and skills to offer	Sutikno (2023) Laia (2024)

	Premarital Counselors	effective guidance. This training should include counseling techniques, an understanding of family dynamics, and intervention strategies. With trained counselors, the quality of premarital guidance improves, contributing to the development of harmonious families and supporting national resilience.	Fitriana & Amelia (2021)
5	Program Monitoring and Evaluation	Implement an effective monitoring and evaluation system to assess the impact and effectiveness of premarital education and guidance programs. The government should regularly collect data, evaluate program outcomes, and make adjustments based on the findings. Continuous evaluation allows for the ongoing improvement of the program, ensuring that the goals of building family harmony and supporting national resilience are optimally achieved.	Riani (2023), Nia (2022)

The development of a standardized premarital education curriculum ensures that prospective couples acquire the knowledge and skills needed to build harmonious relationships. Curricula covering topics such as effective communication and conflict management lay the foundation for stable families and support national resilience. Additionally, providing widespread access to premarital guidance programs across the region, including remote areas, enables more couples to benefit from this guidance, thereby strengthening family foundations and social resilience. Integrating premarital programs into national family policies and providing training for premarital advisors ensure that the guidance offered is both high-quality and relevant. Continuous monitoring and evaluation allow the government to assess the program's effectiveness and make necessary adjustments. With this approach, the government can ensure that premarital education and guidance programs continue to evolve and adapt to the needs of society, thereby supporting family harmony and national resilience in a sustainable manner.

Discussion

Analysis of the Role of Premarital Education and Guidance Outcomes in Building Family Harmony and Supporting National Resilience

Educational attainment and premarital guidance are two crucial elements in efforts to build stable family harmony and support national resilience. Education plays a vital role in shaping an individual's mindset, instilling moral values, ethics, and an understanding of rights and obligations within a family. A good education not only imparts academic knowledge but also teaches life skills essential for establishing healthy and harmonious interpersonal relationships within family life (Zamroni, 2019). Consequently, individuals with adequate education are more likely to communicate effectively, manage conflicts, and fulfill their roles as spouses more responsibly.

Premarital guidance, on the other hand, equips prospective married couples with the knowledge and skills necessary for married life. This guidance covers various aspects, including effective communication, financial management, and understanding gender roles and responsibilities within the family (Suryani, 2020). Premarital guidance can be decisive in building a strong foundation for new families, helping to prevent conflicts that could lead to domestic violence. Moreover, a harmonious family significantly contributes to national resilience, as a stable and strong family is the cornerstone of a united and robust society (Wahyuni, 2018).

In building family harmony and supporting national resilience, the role of educational attainment and premarital guidance is paramount. Character education, whether through formal or informal means in families, schools, and communities, plays a crucial role in shaping quality individuals (Subianto, 2013). Additionally, parental involvement, including the role of fathers, is essential in fostering children's independence and character development (Nurmiati & Jamil, 2022). Religious education also contributes to fostering religious harmony and moderation within society (Messakh, 2023). Furthermore, quality family education, grounded in the teachings of the Qur'an and fiqh, can serve as a strong foundation for building family harmony (Herlina, 2023). In the context of national resilience, character education also contributes to the development of a nation's civilization (Pangestu et al., 2023).

The synergy between family, school, and community in education positively impacts the strengthening of the education system and the promotion of family resilience (Muzakki, 2023; Bustamar & Alimir, 2023). Understanding premarital education materials is also crucial in building family resilience, as this knowledge is essential before marriage (Aisyah, 2023). Moreover, group guidance and problem-solving techniques in counseling can enhance students' developmental task achievement, thereby supporting family harmony (Resti, 2023). Therefore, through character education, parental involvement, religious education, family-school-community synergy, understanding of premarital materials, and counseling services, strong family harmony can be established, ultimately supporting national resilience.

Analysis of Government Strategies through Premarital Education and Guidance Programs to Build Family Harmony and Support National Resilience

The government's strategy to build family harmony and support national resilience through premarital education and guidance programs is a highly strategic initiative. The government, through the Ministry of Religious Affairs and other relevant agencies, has developed various premarital guidance programs designed to equip prospective married couples with the knowledge and skills necessary for family life (Mukti, 2021). These programs typically include modules on topics such as communication in marriage, family financial management, reproductive health, and the rights and obligations of husband and wife.

In analyzing government strategies through premarital education and guidance programs to build family harmony and support national resilience, several relevant references highlight the effectiveness of these efforts. Premarital education programs can

be a powerful tool in fostering family harmony. Through premarital training, couples can gain an understanding of the religious and cultural values that underpin marriage, thereby forming a strong foundation for a healthy relationship (Nurrokhmatulloh, 2024; Lubis, 2023).

Additionally, the government has integrated education on the importance of family harmony and the prevention of domestic violence into both formal and non-formal education curricula (Rohmah, 2022). This initiative aims to instill in individuals from an early age the importance of building a harmonious and violence-free family, thereby contributing to stronger national resilience. Systematic and structured premarital education and counseling, with full government support, is expected to create strong families, which in turn will contribute to overall national stability and resilience (Santoso, 2023).

Premarital guidance and counseling also play a crucial role in reducing divorce rates and strengthening family bonds. Through premarital counseling, couples can better understand their roles and responsibilities in marriage and learn effective conflict management strategies (Lubis, 2023; Hidayah, 2023). The government can also incorporate character education and religious education programs as part of its strategy to promote family harmony. Character education fosters individuals with positive values such as tolerance, cooperation, and empathy, which are essential for building harmonious family relationships (Subianto, 2013; Herlina, 2023). Meanwhile, religious education provides a strong moral and spiritual foundation for family members, enabling them to face various challenges with wisdom (Messakh, 2023).

In the context of supporting national resilience, premarital education programs can strengthen the family structure, which is the smallest unit of society. A harmonious and strong family serves as a solid foundation for national resilience, as healthy families are capable of raising a qualified next generation that contributes positively to the nation and state (Hayati, 2024). Therefore, through the implementation of a well-planned premarital education and guidance program, the government can play a significant role in fostering family harmony and supporting national security.

CONCLUSION

Based on the results of the research and discussion carried out, the following conclusions were obtained. This research highlights the crucial role of premarital education and guidance in building stable family harmony, which directly contributes to national resilience. Education lays the foundation for shaping individual character with moral values and life skills essential for maintaining family harmony. Premarital guidance assists couples in understanding their responsibilities within marriage and helps prevent conflicts that could lead to domestic violence. Maintaining family harmony not only enhances individual well-being but also supports overall social and national resilience.

The government's strategy of implementing premarital education and guidance programs is a strategic step in strengthening the role of families in building national resilience. These programs equip prospective couples with the knowledge and skills

necessary for leading a harmonious married life. With structured premarital education and full government support, it is anticipated that strong and stable families will be formed, serving as crucial pillars in creating a robust society and contributing to national resilience.

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