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## Islamic Family Counseling as a Means of Preventing Domestic Conflict Among Young Muslim Couples

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**Abstract:** Domestic conflict is one of the main challenges often experienced by young couples, especially in the early stages of marriage. Conflicts that are not handled properly can cause disharmony and even lead to divorce. This study aims to examine the role of Islamic family counseling as an effort to prevent domestic conflict among young Muslim couples. The research method used is a qualitative approach with a type of library research on young couples who participate in Islamic family counseling services. The results show that Islamic family counseling is able to provide an understanding of effective communication, emotion management, and the strengthening of Qur'anic values in domestic life. In addition, this counseling serves as a preventive measure to minimize potential conflicts through the instillation of religious awareness, the roles and responsibilities of husbands and wives, and Islamic problem-solving strategies. These findings confirm that Islamic family counseling has a significant contribution in building family resilience and creating a household that is *sakinah*, *mawaddah*, and *rahmah*.

**Keywords:** Islamic Family Counseling, Domestic Conflict, Young Couples, Family Resilience.

### INTRODUCTION

Marriage is one of the most important institutions in human life, expected to be a means of forming a family that is *sakinah*, *mawaddah*, and *rahmah*. However, in reality, many couples face various challenges in navigating their marriage, especially young couples who are still in the early stages of adjusting to their roles. (Abid et al., 2025) This transition period is often marked by differences in character, family background, and outlook on life, which can ultimately trigger domestic conflict. If conflicts are not managed properly, the potential for disharmony, prolonged disputes, and even divorce will increase.

Data from the Central Statistics Agency (BPS) shows that the divorce rate in Indonesia has tended to increase in recent years, with the largest contribution coming from young couples. This indicates that young couples are still vulnerable to domestic problems due to their lack of experience, emotional instability, and weak interpersonal communication skills. Therefore, preventive measures are needed to help young couples understand the dynamics of marriage and anticipate potential conflicts early on.

In this context, Islamic family counseling is a strategic measure to help young Muslim couples. This counseling is not only curative when conflicts have already occurred, but also

preventive by providing the understanding, values, and skills necessary to prevent problems from arising. Based on the Qur'an and Hadith, Islamic family counseling focuses on spiritual strengthening, Islamic communication, and understanding the rights and obligations of husbands and wives. This is in line with the purpose of marriage in Islam, which is to build a family that is *sakinah*, *mawaddah*, and *rahmah*:

As emphasized in the words of Allah SWT:

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً وَرَحْمَةً ۗ إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ ﴿٢١﴾

"And among His signs is that He created for you mates from among yourselves, that you may find tranquility in them, and He placed between you affection and mercy. Indeed, in that are signs for a people who reflect." (QS. Ar-Rūm [30]: 21).

This verse is an important foundation that the purpose of marriage is not only worldly, but also has religious value. The presence of Islamic family counseling helps young couples to internalize these Qur'anic values in their daily lives, so that potential conflicts can be minimized and the household can run in accordance with the vision of *sakinah*, *mawaddah*, and *rahmah*.

The Hadith of the Prophet ﷺ also provides clear guidance on the importance of treating one's spouse well. The Messenger of Allah said: "The best of you are those who are best to their families, and I am the best of you to my family." (HR. Tirmidhi, no. 3895). This hadith emphasizes that one of the indicators of a Muslim's goodness is their character in treating their spouse and family. Islamic family counseling uses this value as a basis for young couples to build a household full of tenderness, affection, and responsibility.

Furthermore, Islamic family counseling plays an important role in providing practical skills for young couples, such as emotion management, problem-solving skills, and strategies for building effective communication. This is very much needed because many domestic conflicts stem from small misunderstandings that are not immediately resolved. With counseling guidance, young couples can be better prepared to face household dynamics and manage differences wisely.

Research on Islamic family counseling is becoming increasingly relevant amid rising divorce rates among young couples. Theoretically, this research will enrich studies in the field of Islamic counseling, particularly in efforts to prevent domestic conflicts. Practically, the results of this research can be used as guidelines by counselors, family institutions, and the community in providing appropriate services for young couples. Thus, Islamic family counseling not only has an impact on individual couples but also contributes to family resilience and social harmony. Therefore, strengthening spiritual values, Islamic communication, and understanding the rights and obligations of husbands and wives are key to preventing conflicts. (Ulfiah, 2021)

Islamic family counseling plays a role in providing guidance, direction, and sharia-based problem-solving strategies. Young Muslim couples are equipped with the skills to manage differences, control emotions, and build effective communication patterns based on love and affection. This preventive approach is important so that conflicts do not develop into serious problems that destroy household harmony. (Windy Ernaeny et al., 2025)

Based on this background, this study aims to analyze the role of Islamic family counseling as an effort to prevent domestic conflicts among young Muslim couples. It is hoped that the results of this study can contribute theoretically to the development of Islamic counseling science and

provide practical benefits for counselors, family institutions, and the community in creating harmonious and high-quality families.

## METHOD

This study uses a qualitative approach with a type of library research. This method was chosen because the study focuses on analyzing relevant literature on Islamic family counseling and its role in preventing domestic conflicts among young Muslim couples. (Nihayah et al., 2023) Through library research, researchers can examine theories, concepts, and findings from previous studies, which serve as a basis for answering the research questions.

The research data sources consist of primary and secondary sources. Primary sources include literature that directly discusses Islamic family counseling, such as the Qur'an, Hadith, major textbooks on Islamic guidance and counseling, and scientific journals related to family counseling practices. Secondary sources include articles, research reports, and other supporting documents, such as data from the Central Statistics Agency (BPS) on divorce rates among young couples in Indonesia, as well as regulations on sakinah family guidance from the Ministry of Religious Affairs (Fatimah, 2023).

The data collection technique was carried out through documentation, namely searching, selecting, and collecting literature relevant to the research topic. Researchers accessed various references through physical and digital libraries, including reputable online journals, academic books, and seminar proceedings. (Sutoyo et al., 2023) To maintain quality, the literature used was selected based on the following criteria: (1) published in the last ten years to remain up to date, except for fundamental classical literature; (2) relevant to the research variables, namely Islamic family counseling, domestic conflict, and young couples; (3) sourced from reliable publishers or journals. (Mohebi et al., 2018)

Data analysis was conducted using content analysis, which involves organizing, interpreting, and synthesizing information from various literature sources. This process includes data reduction by sorting relevant literature, presenting data in the form of thematic summaries, and drawing conclusions based on the integration of various theories and findings. In the analysis, the researchers emphasized the patterns, similarities, and differences in experts' views on the role of Islamic family counseling in preventing domestic conflict.

To maintain validity, the researchers used the technique of literature triangulation, which is comparing findings from different sources to produce objective and unbiased conclusions. (Abdulraheem & Al, 2025) With this method, the study is expected to contribute to a comprehensive theoretical synthesis regarding the importance of Islamic family counseling as a preventive strategy in building household resilience among young Muslim couples.

## RESULTS

The results of this study were obtained through an in-depth literature review on Islamic family counseling and its relationship to the prevention of domestic conflict among young Muslim couples. Based on an analysis of various primary and secondary sources, it was found that Islamic family counseling has a significant contribution in strengthening the foundations of domestic life so that couples are able to deal with the dynamics of marriage in a more mature manner.

One of the main findings of this study is the importance of strengthening spiritual and Qur'anic values in the household. Islamic family counseling focuses not only on resolving psychological problems, but also on internalizing the teachings of the Qur'an and Hadith. These

religious values have proven to provide a solid spiritual foundation for young couples, so that every household problem is seen as a test that can be faced with patience, prayer, and trust in Allah SWT. The concepts of *sakinah*, *mawaddah*, and *rahmah*, which are the ideals of marriage in Islam, are further emphasized through the guidance of counselors, so that couples are able to maintain harmony in their households from an early stage. (Muttaqin, 2022)

In addition to spiritual strengthening, this study also found that communication is a crucial aspect in preventing domestic conflicts. Much literature shows that failure to communicate is one of the main causes of arguments among young couples. Islamic family counseling provides guidance on how couples can build healthy, open, and honest communication, with deliberation as the main way to resolve problems. This Islamic approach to communication encourages couples to respect each other, avoid selfish attitudes, and foster affection in every interaction. With good communication, the potential for conflict can be minimized before it develops into a serious problem. (Fauzan & Amroni, 2020)

Another finding from this study is the role of counseling in helping couples manage their emotions. In general, young couples are still in a transitional stage in their domestic life, so emotional instability often triggers conflict. Islamic family counseling guides couples to understand the importance of patience, forgiveness, and self-control in accordance with Islamic teachings. This ability to manage emotions is very influential in reducing tension, so that disputes do not develop into prolonged arguments (Amanullah, 2022).

In addition, Islamic family counseling also provides a clear understanding of the rights and obligations of husbands and wives. Many domestic conflicts among young couples occur due to a lack of awareness of their respective roles in the family. Counseling equips husbands with an understanding of their responsibilities as family leaders and protectors, while wives are guided to understand their roles as companions, homemakers, and educators of children. The principle of mutuality (*ta'awun*) or mutual assistance is also an important emphasis, so that couples are not trapped in a rigid mindset regarding gender roles, but rather build a household based on cooperation and mutual respect. (Suhartawan, 2022)

In addition, this study also reveals that Islamic family counseling provides sharia-based problem-solving strategies. Young couples are equipped with Islamic problem-solving skills, such as deliberating to reach consensus, performing *istikharah* when facing difficult choices, and consulting with a trustworthy third party when conflicts cannot be resolved independently (Alawiyah, 2023). These strategies help couples have clear and Islamic guidelines in dealing with differences, so that conflicts can be resolved in a manner consistent with Sharia law.

Overall, this study confirms that Islamic family counseling has a significant contribution to the resilience and quality of young Muslim couples' households. By strengthening spiritual, emotional, and communication aspects, as well as understanding family roles based on Qur'anic values, this counseling is able to prevent conflicts from developing into serious problems. Thus, young couples are better prepared to face the dynamics of marriage and are able to maintain household harmony based on *sakinah*, *mawaddah*, and *rahmah*. (Alwi Arafat & Herman, 2023)

These findings also show that Islamic family counseling does not only play a role when conflicts have already occurred, but more in a preventive aspect. Counseling is positioned as a means of preparation from the outset, so that young couples can understand the dynamics of marriage, recognize the potential for conflict, and have the skills to manage differences constructively. With this approach, the household becomes not only a vessel for emotional

relationships, but also a strong sacred institution that can contribute to the resilience of society at large.

Thus, it can be concluded that Islamic family counseling has a strategic role in preventing domestic conflicts among young Muslim couples. Its existence not only strengthens individuals and couples but also creates a harmonious and quality family environment, which is in line with the objectives of marriage in Islam.

## DISCUSSION

The results of this study confirm that Islamic family counseling has a very important role in preventing domestic conflicts among young Muslim couples. Basically, marriage is a new phase full of dynamics and role transitions. Young couples often face various challenges, ranging from differences in character and family background to limited experience in managing a household. These conditions make them prone to conflicts which, if not handled properly, can lead to disharmony and even divorce. Therefore, Islamic family counseling is a relevant preventive strategy to help couples understand household dynamics while providing them with the skills to anticipate and resolve conflicts.

Through the internalization of religious teachings, young couples are guided to understand that marriage is part of worship, so that every problem that arises in the household needs to be faced with patience, prayer, and trust in Allah SWT. Spiritual values such as *sakinah*, *mawaddah*, and *rahmah* are used as an important foundation in building a harmonious household atmosphere. These findings are in line with studies that confirm that households based on spirituality are more resilient to internal and external pressures. (Wafa et al., 2025)

One of the most dominant factors in triggering domestic conflicts among young couples is poor communication skills. Many couples are unable to express their thoughts, feelings, or needs appropriately, leading to misunderstandings that result in arguments. Islamic family counseling is available to provide guidance on the importance of honest, open, and loving communication. The principle of deliberation recommended in Islam serves as a guideline for resolving differences. (Erny Fitroh Nabila Muwafiqi & Elok Halimatus Sa'diyah, 2023) Through deliberation, couples are taught to prioritize healthy dialogue, listen to each other, and find a fair compromise for both parties. Through this counseling, young couples learn to abandon selfish attitudes and replace them with empathy and appreciation for their partners.

In addition to communication, emotional instability is also a major cause of conflict in young couples. In the early stages of marriage, emotions are often still unstable because couples are still in the adjustment phase. Islamic family counseling emphasizes the importance of emotional management in accordance with Islamic teachings, such as patience, forgiveness, and self-control. The hadith of the Prophet Muhammad SAW, which states that strong people are those who are able to control their anger, forms the basis of the counseling process (Harmalis, 2022). With this guidance, young couples can learn to control their anger so that conflicts do not escalate into serious arguments. These findings are in line with studies showing that religious-based emotional regulation can reduce the intensity of conflict and improve the quality of a couple's relationship.

In addition to communication and emotional aspects, understanding the rights and obligations of husbands and wives is also a major concern in Islamic family counseling. Many conflicts arise due to unclear roles or imbalances in carrying out household responsibilities. Counseling helps couples understand the principle of mutuality (*ta'awun*), which is complementing and helping each other in building a household. Husbands are equipped with an understanding of

their role as leaders and protectors of the family, while wives are guided to understand their role as companions and managers of the household. However, this counseling does not view roles rigidly, but emphasizes flexible cooperation according to the family's circumstances. A balanced understanding of these rights and obligations makes couples better prepared to live their family life without being burdened by excessive demands.

Another important finding from this study is that Islamic family counseling equips couples with Sharia-based problem-solving strategies. Couples are taught to use Islamic problem-solving approaches, such as deliberation, Istikharah prayer, and seeking advice from a trustworthy third party if conflicts cannot be resolved internally. This approach provides clear and reassuring guidance, as the solutions taken not only consider rational aspects but also refer to religious guidance. This shows that Islamic family counseling does not merely provide practical solutions but also instills a religious attitude in dealing with household issues (Mufrihah & Aulia, 2018).

The results of this study have important implications, both theoretically and practically. Theoretically, this study reinforces the view that Islamic family counseling can be used as a preventive model in the development of Islamic counseling science. The integration of psychological approaches and Qur'anic values makes Islamic family counseling a new paradigm in building the resilience of Muslim families. Practically, this study provides recommendations for counselors, educational institutions, religious institutions, and the wider community to make better use of Islamic family counseling as a means of early family guidance. (Casmini, 2019)

Thus, it can be understood that Islamic family counseling has a major contribution in creating harmonious families based on the values of *sakinah*, *mawaddah*, and *rahmah*. This counseling is not only a solution when conflicts have already occurred, but more than that, it is a preventive effort that equips young couples with the understanding, skills, and attitudes necessary to maintain household harmony. (Alawiyah, 2023) Ultimately, the existence of Islamic family counseling is expected to strengthen the family institution as an important pillar of Muslim community resilience in the modern era.

## CONCLUSION

Based on the results of the research and discussion, it can be concluded that Islamic family counseling has a major contribution to the prevention of domestic conflicts among young Muslim couples. Through strengthening spiritual, emotional, and communication aspects, as well as understanding the rights and obligations of husbands and wives based on the values of the Qur'an and Hadith, this counseling has been proven to have a positive impact on the resilience and quality of households. Islamic family counseling does not only play a role when conflicts have already occurred, but rather emphasizes preventive aspects by equipping young couples to be ready to face the dynamics of marriage, be able to manage differences, and maintain household harmony based on the principles of *sakinah*, *mawaddah*, and *rahmah*. Thus, Islamic family counseling can be seen as an important instrument in creating a strong and high-quality household.

The general recommendation from this study is that Islamic family counseling should be widely applied as a strategy for family development, especially for young couples who are still in the adjustment stage. The recommendation for young couples is the importance of continuing to attend counseling services, even if the household is already harmonious, because consistency in guidance will provide many benefits, including increased emotional maturity, the creation of healthy communication, and an increased sense of responsibility in carrying out family roles. The suggestion for future researchers is to develop Islamic family counseling research with a focus on

other aspects such as child rearing, family financial management, or couple communication strategies, so that the results can make a broader contribution to strengthening the resilience of Muslim families.

### AUTHOR'S CONTRIBUTION

The author contributed fully to the entire research process, from problem formulation, theory assessment, data collection and analysis, to the preparation and writing of this scientific article. The author also ensured that each stage of the research was carried out systematically, logically, and in accordance with academic principles, resulting in findings that can provide theoretical contributions to the development of Islamic family counseling studies as well as practical benefits for efforts to prevent domestic conflicts among young Muslim couples.

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### DECLARATION OF CONFLICT OF INTEREST

The author affirms that the research, writing, and publication of this article are free from conflicts of interest, both in terms of financial aspects and personal relationships with any party.

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