SAMARA INSANI
Indonesian Journal of Islamic Law and Family Studies
Volume 1 Nomor 2 October 2026
https://journal.agraparmedia.org/index.php/samara-insani/index
Email: agrapananedia9@gmail.com

Psychological Readiness of Prospective Brides and Grooms for Marital Stability

Muh. Habibulloh[1], Ulva Badi' Rohmawati[2]
[1]UIN Sayyid Ali Rahmatullah Tulungagung Indonesia
[2]Universitas Nahdlatul Ulama Sunan Giri, Indonesia
[1]Habibulloh060489@gmail.com, [2]ulvabadi@unugiri.ac.id

ABSTRACT
The psychological readiness of prospective brides and grooms is an important factor in building a harmonious, healthy, and sustainable marital stability. This study aims to analyze the main aspects of psychological readiness of prospective brides and grooms in maintaining marital stability through a literature review approach (library research). The research method used is a literature study by examining various scientific sources, such as books, journal articles, previous research results, and relevant documents discussing psychological readiness, interpersonal relationships, and family resilience in the context of marriage. The study results indicate that the psychological readiness of prospective spouses for marriage stability is built on five main aspects, namely emotional maturity and self-control, communication and conflict resolution skills, understanding of roles and responsibilities, adaptability and mental resilience, and integration of psychological and spiritual values. In addition, it was found that the psychological readiness of prospective brides and grooms is influenced by supporting factors such as premarital education, family support, a positive social environment, and continuous learning. This study emphasizes that mature psychological readiness is an important foundation for building a harmonious marital relationship, managing conflicts constructively, and creating family stability and well-being.

ARTICLE INFO
Article history:
Received : 17/08/2026
Revised : 25/09/2026
Accepted .:15/10/2026

Keywords:
psychological readiness, engaged couple, marriage stability

INTRODUCTION

Marriage is a sacred social institution and serves as the main foundation in building a harmonious family life(Khatun et al., 2022; Manuputty et al., 2024). From a psychological perspective, marriage not only legally unites two individuals but also involves the merging of different emotions, values, and mindsets. Psychological readiness is an important factor that determines the quality of a couple's relationship in the long term. Individuals with good psychological readiness tend to be able to manage conflict, communicate effectively, and adapt to changes in household life. Conversely, a lack of psychological readiness can trigger tension, misunderstandings, and even prolonged conflicts. Therefore, psychological readiness, particularly emotional maturity, communication skills, and conflict management, is an essential aspect of premarital preparation that may contribute to long-term marital stability.

The psychological readiness of prospective brides and grooms encompasses various aspects, such as emotional maturity, interpersonal communication skills, self-control, as well as readiness in carrying out the roles and responsibilities as a husband and wife. Emotional maturity allows individuals to act more wisely in dealing with differences and pressures in the household. In addition, effective communication is key to building an open and mutually understanding relationship. Previous research by Hawkins et al. (2008), based on a meta-analysis of 117 studies, demonstrated that marriage and relationship education programs had positive effects on relationship quality and communication skills. These findings highlight the importance of psychological and interpersonal competencies in preparing individuals for married life. The ability to manage stress and conflict is also part of psychological readiness that cannot be ignored. In the context of modern life, which is full of challenges, couples are required to have strong mental resilience in order to maintain marital stability. Therefore, preparation related to psychological readiness before marriage becomes very important to undertake.

The importance of psychological readiness becomes particularly relevant when considering the prevalence of marital disputes and divorce in Indonesia. According to Statistics Indonesia (BPS, 2025), 394,608 divorce cases were recorded in 2024, with continuous disputes and quarrels accounting for approximately 251,125 cases. These figures indicate that interpersonal conflict remains a major reported factor in marital dissolution, although it cannot be attributed solely to insufficient psychological readiness. Many prospective brides and grooms may place greater emphasis on administrative and ceremonial preparations rather than on mental and emotional readiness. A lack of understanding of roles and responsibilities in marriage can contribute to marital conflicts, particularly when accompanied by difficulties in communication and emotional regulation. Furthermore, Blanchard et al. (2009), through a meta-analysis of 143 evaluation studies, found evidence that marriage and relationship education programs can improve couples' communication skills, reinforcing the relevance of psychological preparation before marriage. These findings suggest the need for greater attention to psychological readiness as a preventive dimension of premarital education and marital stability.

Najmudin et al. (2025) highlighted the important role of premarital guidance in strengthening the mental and emotional readiness of prospective brides and grooms amid the growing Marriage Is Scary phenomenon(Najmudin et al., 2025). Nurmala et al. (2026)

emphasized the significance of psychological dimensions in assessing marriage readiness and preventing mental health problems before marriage(Nurmala et al., 2026). Sahputra et al. (2025) examined the role of service-learning-based premarital guidance in enhancing the religious and psychological readiness of prospective couples(Sahputra et al., 2025). Meanwhile, Handayani et al. (2025) explored women's marital readiness in preparing for family life, emphasizing the importance of psychological and personal preparation before entering marriage(Handayani et al., 2025).

Research on marriage so far tends to focus more on economic, social, and cultural factors as determinants of household success. However, studies that specifically examine the psychological preparedness of prospective spouses as a main factor in marital stability are still relatively limited. In addition, some research has not integrated the aspect of psychological readiness with the local context and the values prevalent in society. In fact, socio-cultural conditions have a significant influence on individual mindsets and behaviors in marriage. Therefore, more comprehensive research is needed that examines psychological readiness in depth and contextually. The novelty of this research lies in its focus on examining psychological readiness through the interconnected dimensions of emotional maturity, communication skills, conflict management, and understanding of marital responsibilities, while considering the socio-cultural context in which prospective spouses prepare for marriage. Unlike previous studies that primarily evaluated the effectiveness of marriage education programs, this study seeks to identify the psychological conditions and influencing factors that may support marital stability before marriage takes place.

This study aims to analyze the psychological readiness of prospective brides and grooms in supporting marital stability. In addition, this study also aims to identify the factors that influence psychological readiness and its impact on the quality of the couple's relationship. The main argument in this study is that psychological readiness is an important determinant in maintaining harmony and the continuity of marriage. By understanding the level of psychological readiness, it is expected that appropriate strategies or interventions can be formulated to prepare prospective brides and grooms. This study is also expected to serve as a basis for the development of a more effective premarital education program that is based on psychological needs. Furthermore, the results of this study are expected to contribute to practitioners, academics, and related institutions in improving the quality of marriage in society.

METHOD

This type of research is qualitative research with a library research approach (literature study). Library research is used to study in depth the concept of psychological readiness of prospective brides and grooms and its relation to marital stability based on relevant scientific sources(Muhammad Mustofa, 2023). The research design is descriptive-analytical, which involves describing and analyzing various theories, concepts, and previous research results related to the research topic. The approach used is conceptual and comparative, by examining various psychological perspectives and marriage studies to obtain a comprehensive understanding. Through this approach, the researcher strives to identify the relationship between psychological readiness and marital success. In addition, this approach also allows for synthesis of existing theories.

The data sources in this study consist of primary data and secondary data. Primary data include scientific books, reputable national and international journals, as well as previous research results that are relevant to psychological readiness and marital stability. Meanwhile, secondary data include scientific articles, research reports, proceedings, and other supporting documents related to the research topic. The data collection technique is carried out through documentation studies by tracing, reading, and reviewing various relevant literatures. This process is conducted systematically by grouping sources based on themes and their relevance to the research. In addition, the researcher also records and codes important information found in the literature.

The data analysis technique in this study uses content analysis. The analysis is carried out by identifying, classifying, and interpreting the content from various collected literature sources. The stages of analysis include data reduction, data presentation, and drawing conclusions. In the reduction stage, the researcher filters information relevant to the research focus(WIjaya, 2020). Next, the data is presented in a systematic descriptive narrative form for ease of understanding. The final stage is drawing conclusions by linking the findings obtained with the research objectives. In addition, the researcher also conducts source triangulation to enhance the validity of the data. Thus, the results of the analysis are expected to provide a comprehensive overview of the psychological readiness of prospective brides and grooms in maintaining marital stability.

RESULT AND DISCUSSION

Result

This research explains the mental and social readiness of prospective brides and grooms as one of the important factors in building a harmonious and sustainable married life. This readiness is not only limited to administrative aspects or age, but also includes emotional maturity, adaptability, and readiness to perform roles as a husband or wife. In this context, prospective brides and grooms need to have a comprehensive understanding of the dynamics of household life, including effective communication, conflict management, and the division of roles and responsibilities. Good mental readiness will help individuals face various challenges that arise in married life. In addition, social readiness is also important because marriage cannot be separated from interactions with the extended family and community. Therefore, strengthening mental and social readiness needs to be done systematically through various forms of premarital education. This effort aims for prospective spouses to be not only formally ready but also psychologically prepared to live a household life (Kusnul & Nugroho, 2025).

Strengthening mental and social readiness is seen as a strategic step in preventing conflicts and disharmony in marriage. Many household problems stem from individuals' lack of preparation in facing the complex and dynamic reality of married life. Unpreparedness in managing emotions, lack of communication skills, and low understanding of a partner's role often become the main triggers of conflict. Therefore, intervention through premarital education becomes very important to equip prospective couples with the necessary knowledge and skills. Through this process, it is expected that there will be an increase in understanding, awareness, and individual readiness in living married life. In addition, this strengthening also encourages the formation of a more open, mature, and responsible attitude in facing various household dynamics.(Kusnul & Nugroho, 2025).

In line with the importance of mental and social readiness, various systematic efforts are needed to internalize readiness values in prospective brides and grooms. One approach that has been widely developed is through premarital guidance designed in a structured and continuous manner. This guidance not only serves as a means of delivering information but also as a medium for fostering attitudes and strengthening individual character. In practice, premarital guidance can bridge the needs of prospective couples in understanding the realities of married life more comprehensively. Therefore, discussing

the role of premarital guidance becomes important to examine further in relation to increasing the mental readiness of prospective brides and grooms.

This study explains the importance of premarital counseling in fostering the mental readiness of prospective brides and grooms as the main foundation for building a harmonious and sustainable married life. Mental readiness is understood as an individual's ability to manage emotions, face pressure, and carry out roles and responsibilities in marriage in a mature and wise manner. In this context, premarital counseling serves as an educational tool designed to provide comprehensive understanding to prospective couples regarding married life. The material provided includes aspects of interpersonal communication, conflict management, understanding the rights and obligations of partners, as well as religious values as a foundation for building a family. Through a structured counseling process, prospective couples are encouraged to be more reflective about their own readiness. This is important because marriage not only requires physical and economic readiness, but also mature psychological readiness. Thus, premarital counseling functions as a preventive measure to minimize potential conflicts in the future (Juandi et al., 2026).

This study emphasizes that the implementation of premarital guidance plays a strategic role in enhancing the mental preparedness of prospective brides and grooms. Through an interactive counseling approach, participants not only receive information but are also engaged in discussions and the process of interpreting experiences. This allows for increased self-awareness as well as a deeper understanding of the dynamics of marriage. The results show that prospective brides and grooms who participate in premarital guidance tend to have better mental preparedness compared to those who do not participate. They are more capable of controlling their emotions, communicating effectively, and having a more open and responsible attitude in managing married life. In addition, premarital guidance also helps build realistic expectations toward marriage, so that couples are less likely to experience disappointment (Juandi et al., 2026).

Nevertheless, the mental readiness that has been built through premarital counseling does not fully guarantee the success of a marriage if it is not accompanied by readiness in the religious aspect. Marriage in essence is not only a social relationship between two individuals, but also a sacred bond that has a strong spiritual dimension. Therefore, religious values become an important foundation in guiding the behavior and decisions of the couple in household life. Religious readiness plays a role in shaping

commitment, responsibility, and mutual respect between husband and wife. In addition, the integration of psychological and religious aspects is believed to strengthen family resilience in facing various life challenges. Without a balance between these two aspects, a marital relationship has the potential to experience disharmony.

The importance of premarital guidance as an effort to build marriage readiness comprehensively, both from religious and psychological aspects. Religious marriage readiness is related to an individual's understanding of Islamic values in the household, such as the rights and obligations of husband and wife, responsibility in building a righteous family, and the application of worship principles in married life. Meanwhile, psychological readiness includes emotional maturity, adaptability, self-control, and preparedness to face various challenges that may arise in family life. Premarital guidance serves as an educational means that provides both knowledge and mental strengthening for prospective brides and grooms before entering the marriage phase. In its implementation, this guidance provides structured material on effective communication, conflict resolution, emotion management, as well as the formation of commitment in marriage. Through this process, prospective brides and grooms are guided to understand that marriage is not merely a formal bond, but a trust that requires comprehensive readiness. Thus, premarital guidance plays an important role in preparing individuals to be able to live a married life more maturely (Ramadan & Ramdani, 2022).

The integration of religious and psychological readiness in premarital counseling becomes the main foundation in creating marital stability. Religious readiness provides direction and moral guidance in running household life, while psychological readiness is the main capital in facing the dynamics of the couple's relationship. When these two aspects are built in balance, prospective spouses will be better prepared to face differences, life pressures, and various household problems in a mature and wise manner. Conversely, a lack of preparation in one aspect can trigger imbalance in the relationship that has the potential to cause conflict. Therefore, premarital counseling is not only oriented towards delivering information but also towards shaping the mindset and character of the prospective couple. This program helps prospective brides and grooms build realistic expectations about marriage and fosters awareness of the importance of long-term commitment. Thus, premarital counseling serves as a strategic preventive step in creating a harmonious family, maintaining household integrity, and enhancing the quality of married life sustainably (Ramadan & Ramdani, 2022).

Discussion

Marriage is one of the important phases in an individual's life that not only unites two people but also integrates various aspects of life such as emotional, social, and spiritual. In this context, the success of a marriage is not only determined by administrative or economic readiness, but also by mature psychological readiness. Psychological readiness becomes the main foundation in building a healthy, harmonious, and sustainable relationship. Individuals who have good psychological readiness tend to be more capable of understanding their partner, managing conflicts, and adapting to various dynamics of domestic life. Conversely, a lack of psychological readiness is often a trigger for various problems in marriage, such as prolonged conflicts leading to divorce. Therefore, it is important for prospective brides and grooms to prepare themselves not only physically, but also mentally and emotionally.

Seiring dengan kompleksitas kehidupan modern, tantangan dalam pernikahan semakin beragam dan menuntut pasangan untuk memiliki kemampuan yang lebih adaptif dan resilien. Perbedaan latar belakang, pola asuh, nilai, serta ekspektasi antara pasangan seringkali menjadi sumber konflik apabila tidak dikelola dengan baik. Dalam kondisi ini, kesiapan psikologis berfungsi sebagai bekal utama dalam menghadapi berbagai perbedaan dan tekanan yang muncul dalam kehidupan rumah tangga. Selain itu, integrasi antara aspek psikologis dan nilai-nilai keagamaan juga menjadi penting sebagai pedoman dalam menjalankan kehidupan pernikahan secara bijaksana dan bertanggung jawab. Oleh karena itu, diperlukan pemahaman yang komprehensif mengenai aspek-aspek kesiapan psikologis yang harus dimiliki oleh calon pengantin. By understanding these aspects, it is expected that individuals can prepare themselves more optimally before entering married life. The main aspects of psychological readiness of prospective spouses that play a role in maintaining marital stability can be described as follows:

1. Emotional Maturity and Self-Control

   Emotional maturity and self-control are important aspects of the psychological readiness of prospective brides and grooms to build a harmonious family life. Prospective couples are expected to have the ability to recognize, understand, and manage emotions positively, enabling them to control themselves when facing differences of opinion, conflicts, or pressures that arise in married life. A mature attitude in addressing problems, the ability to restrain emotions, and the skill to make decisions wisely are key assets in creating a healthy, mutually respectful, and

responsible relationship. With good emotional maturity, couples can build more effective communication and resolve problems calmly without actions that harm each other.

2. Communication Skills and Conflict Resolution

   Communication skills and conflict resolution are important aspects of a prospective bride and groom's readiness to build a healthy and sustainable marital relationship. Prospective couples need to have effective, open, and mutually respectful interpersonal communication skills to create good understanding between partners. Good communication allows partners to express opinions, needs, and feelings honestly without causing misunderstandings. In addition, the ability to resolve differences or conflicts constructively is very important so that every problem can be faced with a calm mind without worsening the relationship. With attitudes of listening to each other, respecting the partner's opinions, and seeking solutions together, couples will be better able to maintain harmony and stability in their marital life.

3. Understanding the Roles and Responsibilities of Marriage

   Understanding the roles and responsibilities of marriage becomes an important part of the readiness of prospective brides and grooms to build a harmonious and sustainable household life. Prospective spouses need to understand each other's rights and obligations as husband and wife so that a relationship of mutual complementarity, respect, and support is created. This understanding includes readiness to carry out roles within the family responsibly, whether in economic aspects, parenting, decision-making, or fostering healthy relationships. In addition, the division of roles carried out in a balanced manner and based on mutual agreement can help reduce conflicts and increase cooperation in facing various household challenges, thereby creating a harmonious, stable, and responsible family.

4. Readiness for Adaptation and Mental Resilience

   Adaptability and mental resilience are important aspects of the psychological preparedness of prospective brides and grooms in facing the dynamics of married life. Prospective couples are expected to have the ability to adapt to various changes, including changes in roles, habits, a new family environment, and lifestyle patterns after marriage. In addition, mental resilience is necessary so that couples can face various challenges, pressures, and household problems with a calm, optimistic attitude and without giving up easily. The ability to adjust, think positively, manage

stress, and find solutions together is an important asset in building a harmonious and stable relationship. With good adaptability and mental resilience, couples will be more capable of maintaining the balance of their relationship and facing various situations in married life in a mature and responsible manner.

5. Integration of Psychological and Religious Values

   The integration of psychological and religious values becomes an important aspect in building the readiness of prospective brides and grooms to live a harmonious and sustainable married life. Prospective brides and grooms are expected to be able to internalize religious values as a foundation for morals, ethics, and guidance in carrying out married life, such as mutual respect, responsibility, patience, honesty, and commitment to their partner. These religious values are then integrated with psychological readiness, such as emotional maturity, communication skills, self-control, and mental resilience in facing various household dynamics. With a balance between psychological and spiritual aspects, couples will be more prepared to build a harmonious, stable, and loving relationship, as well as to wisely face various challenges in married life with a focus on the continuity of a blessed family (sakinah).

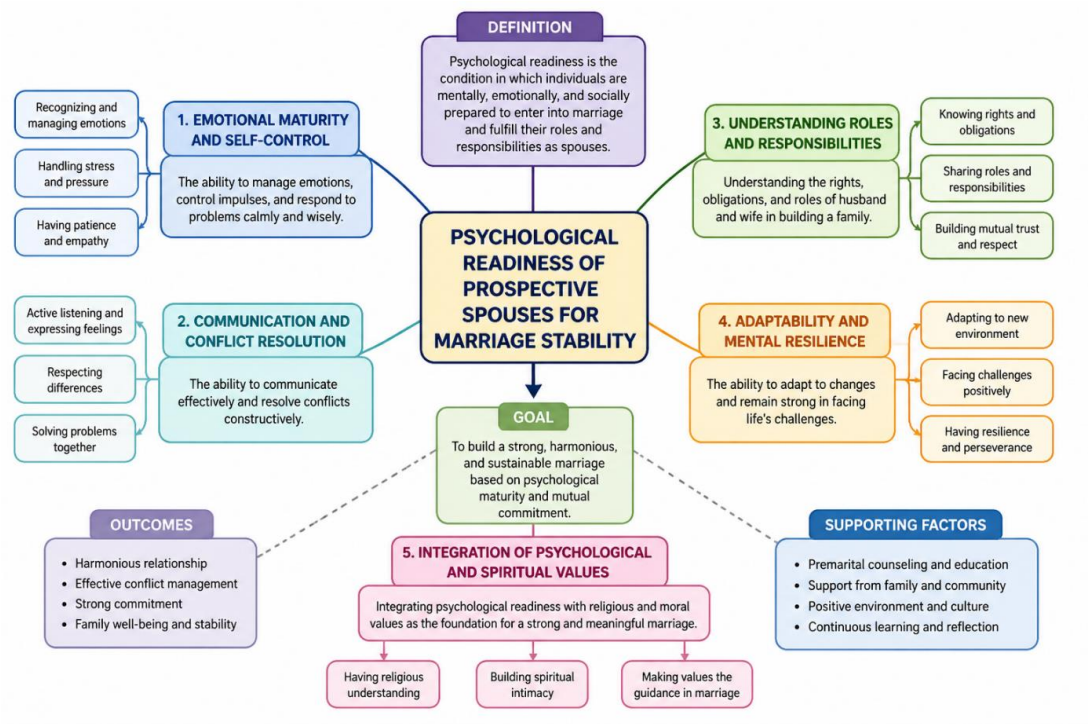


Figure 1 Psychological Readiness

The image depicts a concept that focuses on the psychological readiness of prospective spouses for marriage stability as the main core. This concept places psychological readiness as the primary foundation in building a stable, harmonious, and sustainable marriage. In the center, it can be seen that psychological readiness does not stand alone but is connected with various important aspects that influence each other. This diagram also shows that marriage is not merely a formal relationship, but a complex system that requires multidimensional readiness. Each branch in the concept map represents the main components that must be possessed by prospective spouses before entering married life.

The first part of the concept highlights emotional maturity and self-control as fundamental aspects of psychological readiness. Emotional maturity reflects an individual's ability to recognize, understand, and manage their own feelings as well as those of their partner. In married life, individuals will face various situations that require emotional stability, such as conflicts, financial pressures, or differences in opinion. Therefore, the ability to control emotions and respond wisely to situations becomes very important. In addition, this aspect also includes patience, empathy, and the ability not to react impulsively to problems. Emotionally mature individuals tend to be better able to maintain harmony in their relationships. They are also more open to understanding their partner's perspective. Thus, emotional maturity becomes the initial foundation in building a healthy relationship.

The second aspect is communication and conflict resolution, which is key in maintaining the quality of a marital relationship. Effective communication allows partners to understand each other's needs, expectations, and feelings. In the concept map, communication is not only understood as the ability to speak, but also includes the ability to listen actively and respect differences. In addition, the ability to resolve conflicts constructively is an important part of this readiness. Conflict in marriage is unavoidable, but how it is handled will determine the sustainability of the relationship. Individuals with these skills tend to be able to solve problems without causing prolonged emotional harm. They are also able to seek solutions together rationally. Thus, communication and conflict resolution become determining factors in creating a harmonious relationship.

The third aspect shown in the picture is understanding roles and responsibilities, which relates to the understanding of roles within a marriage. Each

individual needs to understand the rights and obligations as a husband or wife to avoid imbalances in the relationship. In the concept map, this aspect also includes the fair division of roles as well as the ability to build mutual trust and respect. A good understanding of roles will help partners run household life more purposefully. In addition, this can also prevent conflicts arising from misunderstandings or unrealistic expectations. With an awareness of each other's responsibilities, the relationship becomes more stable and balanced. This aspect shows that psychological readiness is also closely related to social readiness.

The fourth aspect is adaptability and mental resilience, which emphasizes the importance of the ability to adapt and mental toughness. Married life is full of changes, whether in terms of environment, economy, or the dynamics of the relationship itself. Therefore, individuals are required to be able to adjust to various conditions that are not always ideal. Mental toughness helps individuals remain strong in facing pressures and challenges that arise. In the concept map, the ability to face problems positively and possess a high fighting spirit becomes an important indicator. Individuals with high resilience do not easily give up when facing conflicts or difficulties. They are also able to see problems as part of the learning process in the relationship.

The fifth aspect in the concept is the integration of psychological and spiritual values, which highlights the importance of balance between psychological aspects and spiritual values. Marriage is viewed not only as an interpersonal relationship but also as a bond that has moral and religious dimensions. This integration includes religious understanding, spiritual closeness, and making these values a guide in household life. In this context, spiritual values serve as a compass that directs the behavior and decisions of the couple. Meanwhile, psychological readiness helps individuals implement these values concretely in everyday life. The combination of the two creates a relationship that is not only harmonious but also meaningful.

In addition to the main aspects, the concept presents supporting factors that play a role in strengthening the psychological readiness of prospective brides and grooms. These factors include premarital education, family and community support, a positive environment, and a continuous learning process. The presence of these supporting factors indicates that psychological readiness is not formed instantly, but rather through a long and continuous process. Premarital guidance, for example, becomes an important means of providing the understanding and skills needed. Social

support also helps individuals face pressures and challenges in marriage. A positive environment will reinforce the values that have been established. Thus, these supporting factors become external elements that have a significant impact on an individual's readiness. Without such support, psychological readiness will be difficult to develop optimally.

The final part of the concept shows the outcomes or expected results of good psychological readiness. These results include harmonious relationships, the ability to manage conflicts effectively, strong commitment, as well as the creation of family well-being and stability. These outcomes become indicators of the success of all the aspects that have been built previously. If psychological readiness is fully possessed, couples will be more capable of facing various dynamics of married life. In addition, a healthy relationship will also have a positive impact on the broader social environment. Family stability becomes one of the important pillars in creating a prosperous society. Therefore, the psychological readiness of prospective brides and grooms not only affects individuals but also the overall quality of social life. Thus, this concept map provides a comprehensive overview of the importance of psychological readiness in maintaining marriage stability.

CONCLUSION

The psychological readiness of prospective brides and grooms is the main foundation in building a harmonious, stable, and sustainable marriage. This readiness is formed through the integration of several important aspects, namely emotional maturity and self-control, communication and conflict resolution skills, understanding of marital roles and responsibilities, readiness for adaptation and mental resilience, and the integration of psychological values with spiritual or religious values. These five aspects are interconnected and contribute to shaping the quality of a healthy marital relationship as well as the couple's ability to face various household dynamics. Findings indicate that the psychological readiness of prospective brides and grooms does not develop instantly, but is influenced by various supporting factors, such as premarital education, family and social environment support, and continuous learning processes. The presence of these supporting factors strengthens an individual's capacity to prepare themselves for married life more maturely. With optimal psychological readiness, couples have a greater chance of creating a harmonious relationship, managing conflicts constructively, building long-

term commitment, and realizing family welfare and stability as an important part of overall social life quality.

REFERENCES

Handayani, A., Yulianti, P. D., & Menarianti, I. (2025). Family life preparation: A qualitative study on females with marital readiness. *KnE Social Sciences*, *10*(9), 523–534.

Juandi, W., Ainurrohmah, A., & Syakur, M. (2026). Bimbingan Pranikah Dalam Menumbuhkan Kesiapan Mental Calon Pengantin Di Kua Kecamatan Cikarang Barat Kabupaten Bekasi. *Konseling At-Tawazun: Jurnal Kajian Bimbingan Dan Konseling Islam*, *5*(1), 24–39.

Khatun, M., Islam, M. A., & Latif, A. K. M. A. (2022). The multifaceted significance of marriage: exploring its role in religion, family dynamics, social cohesion, and economic context. *International Journal of Social Sciences & Humanities (IJSSH)*, *7*(1), 55–70.

Kusnul, Z., & Nugroho, C. (2025). Upaya Penguatan Kesiapan Mental Sosial Calon Pengantin Di Kua Kecamatan Pare: Strengthening Social Mental Readiness Of Prospective Brides At Kua, Pare District. *Jurnal Abdimas Pamenang*, *3*(2), 155–160.

Manuputty, F., Afdhal, A., & Makaruku, N. D. (2024). Building a harmonious family: Combining cultural heritage and religious values in Ambon City. *West Science Social and Humanities Studies*, *2*(01), 9–18.

Muhammad Mustofa, A. B. B. dan F. K. (2023). *Metode Penelitian Kepustakaan (library Research)*. Get Press Indonesia.

Najmudin, M. Z., Ishaq, I., & Nurcahyono, M. L. (2025). The Phenomenon of'Marriage Is Scary'and the Role of Premarital Guidance in Preparing the Mental and Emotional Health of Prospective Brides and Grooms. *Academia Open*, *10*(2), 10–21070.

Nurmala, E. Y. I., Mahmudah, M., Hargono, A., Anjarwati, N., Wardani, A., & Fithri, A. N. (2026). Psychological dimensions of the marriage readiness index: a cross-sectional study for premarital mental health prevention. *PAMJ-One Health*, *20*(3).

Ramadan, M. P., & Ramdani, M. L. (2022). Bimbingan pra nikah dalam membangun kesiapan menikah secara agama maupun psikologis. *Jurnal Pengabdian Kepada Masyarakat Nusantara*, *3*(1), 163–169.

Sahputra, D., Sihombing, F. S., Sasmitha, H., Panjaitan, P. R., Sari, I., Suhartika, D., Azris, D. N., Sihombing, H. P., & Ritonga, D. F. (2025). Service Learning in Premarital Guidance to Enhance the Religious and Psychological Readiness of Prospective Brides and

Grooms. *Help: Journal of Community Service*, *2*(1), 23–33.

WIjaya, U. dan H. (2020). *Analisis Data Kualitatif Teori konsep dalam Penelitian Pendidikan*. Sekolah Tinggi Theologia Jaffray.