

# THE URGENCY OF PRE-MARITAL GUIDANCE ON CATIN (BRIDE-TO-BE) THROUGH AN ABSTINENCE APPROACH IN CIREBON CITY

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## Abstrak

Penelitian ini bertujuan untuk mengungkap secara mendalam urgensi pembinaan pranikah pada catin (calon pengantin) melalui pendekatan pantangan di kota Cirebon. Pendekatan dalam penelitian ini menggunakan kualitatif dengan jenis studi kasus dengan metode deskriptif analitis. Teknik pengumpulan data yang digunakan dalam penelitian ini: observasi, wawancara, dan studi dokumentasi. Sedangkan menganalisis data dengan menggunakan: Reduksi Data, penyajian data, dan penarikan kesimpulan data. Ketika. Hasil penelitian menunjukkan bahwa 1) Program KUA menyediakan jadwal pelaksanaan kegiatan Penyuluhan Kesehatan Produksi, IMS, dan HIV-AIDS serta penyuluhan dan Pemeriksaan Kesehatan Calon Pengantin bersama Petugas LKB Puskesmas untuk melaksanakan pra-perawatan, konseling tes dan pemeriksaan IMS dan HIV-AIDS 2) Proses pelaksanaan bimbingan pranikah pada catin (calon pengantin) di Kota Cirebon dilakukan melalui berbagai strategi melalui pendekatan pantang 3) Durasi penyampaian materi konseling adalah sangat pendek. masih terdapat calon pengantin yang tidak hadir, persentase jumlah calon pengantin masih belum 100%, 4) Hasilnya banyak ilmu yang dapat meningkatkan kualitas perkawinan dan mewujudkan keluarga bahagia dan sejahtera, serta terhindar dari HIV Aids .

**Kata Kunci:** Urgensi, Pranikah, Catin, Pantang.

## Abstract

This study aims to reveal in depth the urgency of premarital guidance on catin (bride-to-be) through the abstinence approach in the city of Cirebon. The approach in this research uses a qualitative with the type of case study with analytical descriptive methods. The data collection techniques used in this study: observation, interviews, and documentation studies. While analyzing the data by using: Data Reduction, data display, and data conclusion. While. The results showed that 1) The KUA Program provides a schedule for the implementation of Production Health Counseling, STIs, and HIV-AIDS activities as well as advice and Health Examinations for Brides-to-be together with LKB Puskesmas Officers to carry out pre-test counseling and examination of STIs and HIV-AIDS 2) The process of implementing premarital guidance on catin (bride-to-be) in Cirebon City is carried out through various strategies through an abstinence approach 3) The duration of delivery of counseling materials is very short. there are still brides who are not present, the percentage between the number of brides is still not 100%, 4) The result is a lot of knowledge that can improve the quality of marriage and create a happy and prosperous family, and avoid HIV Aids.

**Keywords:** Urgency, Premarital, Catin, Abstinence.

## INTRODUCTION

Marriage is a sunnahtullah that is carried out based on sincerity, responsibility, and following the provisions of the law that has existed since the time of the Prophet (peace be upon him). Most people interpret marriage as a sacred event, such as death and birth events that should occur once in a lifetime. Almost all religions have detailed rules, marriage conditions, and certain customs in realizing them because marriage is one of the most important stages in human life.

Marriage is a very important thing in society, in Islam marriage is a sunnah of the Holy Prophetsa which every Muslim is expected to

follow (Muflihuddin, Haq, Fajri, Islam, & Alauddin, 2023).

Hikmawati expressed her opinion that guidance is part of an educational program that is directed to help individuals or groups of individuals in helping to develop and implement plans and make adjustments in all aspects of daily life. Counseling is a special service and is different from other fields of education. There are 2 counseling programs, namely personal counseling and social counseling. Personal counseling includes developmental services to address personal problems related to intellectual aspects, while social counseling includes developmental services to

address social problems in family, school, and community life (Hikmawati., 2016)

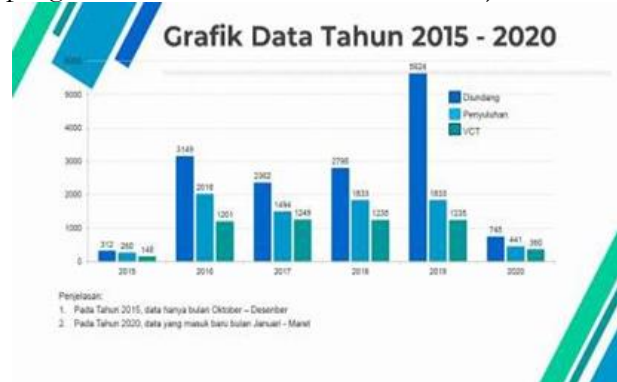
Efforts to increase provisions in building households are realized through the instruction of Regional Regulation Number 3 of 2015 concerning the Prevention and Control of HIV-AIDS article 7 paragraph 3 letter b, namely for couples who will carry out marriage, it is recommended to conduct HIV and AIDS counseling and regulations of the Mayor of Cirebon City Regulation Number 50 of 2017 concerning Guidelines for the Implementation of HIV-AIDS Prevention and Control article 4 paragraph 3 letter a and article 4 paragraph 4 and Agreement Joint between Dinkes, Kemenag, and KPA Kota Cirebon on Production Health Counseling, STIs, HIV-AIDS as well as counseling and medical examination for brides-to-be on June 24, 2015 (KPA and the Ministry of Religious Affairs of Cirebon City, 2020)

With these instructions, every bride and groom must take part in this activity to get administrative requirements in obtaining marriage requirements. The technical services of the Health Office, Ministry of Religion, and KPA of Cirebon City regarding Production Health Counseling, STIs, and HIV-AIDS as well as advice and medical examinations for the bride and groom.

However, the initial phenomena that the researchers found through observation, interviews and documentation, on KPA officers who monitored the implementation of Production Health Counseling activities, STIs, HIV-AIDS and Bridal Health Examination and Counseling in Cirebon City, based on information from one of the KUA leaders in Cirebon City, that the duration of the delivery of counseling materials was very short so that not all materials that should have been received could be given (HIV-AIDS material delivered more prioritized about PPIA material), There are still brides-to-be who are not present during marriage guidance activities (one of the reasons is not getting leave permission from the company/workplace), The percentage between the number of brides invited and those who take part in counseling, and the percentage of the number of brides who take part in counseling with those who take part in VCT is still not 100% (need strengthening from KUA so that brides can take part in HIV and VCT counseling), Certificate of having attended counseling as well as counseling and HIV tests issued from Pkm (still on process)

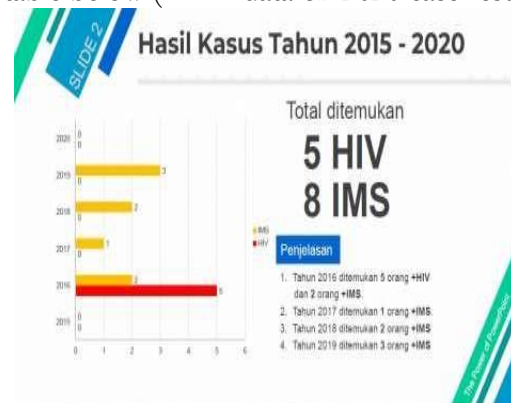
participants of the Prospective Bride (Suscatin) course program are mainly male and female married couples, young couples who have been registered at KUA Cirebon city and who want to get married. One of the newlyweds (both men and women) is in Cirebon City (Observation on September 3, 2021).

For more details, data about this extension program can be seen in the table below).



**Picture 1. Picture on the Implementation of Production Health Counseling activities, STIs, HIV-AIDS Counseling, and Health Examination for Brides-to-be in Cirebon City**

The implementation of HIV counseling and examination programs for prospective brides (Catin) is expected to be able to create a harmonious family. However, based on the results of data on the achievements of counseling and HIV examination for brides-to-be in marriage guidance activities from October 2015 to November 2020, it turned out that the results were found that from 2016 there were 5 people with +HIV and 2 people +STI, in 2017 found 1 person +STI, in 2018 found 2 people +STI, in 2019 found 3 people +STI. For more details, it can be seen in the table below (KPAI data on 2020 case results).



**Picture 2. Case Results from Data from 2015 to 2020**

Source: KPA data on 2020 case results

The occurrence of cases of HIV and STIs in prospective brides (Catin) in Cirebon City is thought to be influenced by low religious knowledge that is lacking, thus affecting the bride-to-be couple and causing this deadly disease because they often have free sex before they get married. Although premarital training has been carried out in KUA for brides-to-be, some still contract HIV and STIs in brides-to-be (Catin) in Cirebon City. Free sexual behavior is an act based on sexual urges or activities to obtain pleasure from the sex organs through various actions. Some people express these sexual behaviors through activities such as flirting, kissing, stroking, masturbating, or having sex. So do not be surprised if there are cases of HIV and STIs transmitted by couples (Catin) in the city of Cirebon.

For this reason, researchers consider it important and urgent to provide direction to avoid these deviant acts by abstinence or restraining the sexual impulse and surrendering to the positive things conveyed during premarital guidance. Abstinence means not doing or abstinence (Mokwena K. Morabe M, 2016). For its part, sexual abstinence can be interpreted as behavior carried out with full awareness to disobey some or all aspects related to sexual activity. Common reasons for not expressing sexual urges are religious reasons and values (e.g., that it is negative or obeys applicable laws).

Health professionals generally view abstinence as a behavioral or health problem, using terms such as "delaying sex," "never having vaginal sex," or refraining from further intercourse (Santelli JS. et al, 2017). Abstinence from all forms of sexual activity is 100 percent safe and an effective way to avoid KTD (unwanted pregnancy) in adolescents and STIs (Zeiler A, 2014).

Factors related to Abstinence include demographic factors (age, dating status, employment status, income, and status of residence); other factors such as health and illness, self-esteem, beliefs, and perceptions about abstinence, social and family aspects, religiosity, smoking, and drug abuse, and sex education (Irfan M. Hazlina N. Hussain N. Med MO. Noor NM, 2020). Research in Ghana found that sexual communication with both parents was the only factor predicting a higher likelihood of sex abstinence (Alhassan N. Dodoo FNA, 2020). Research in Nigeria also found that the presence of

parents in the household is associated with adolescent abstinence. Religiosity is also a protective factor of sexual behavior. Adolescents with a high level of religiosity are 2 times more likely to behave with Abstinence (Nurfadhilah. Ariasih AR, 2019).

Abstinence options are generally recommended for young people under the age of 20 and unmarried, as abstinence has other benefits besides preventing HIV transmission, such as reducing the risk of cervical cancer in women. Sexual intercourse or contact before the age of 17 years stimulates the growth of cancer cells in the uterus of women, because, at the age of 12-17 years, cell changes in the cervix are very active. With active cell division (metaplasia), ideally, there is no contact or stimulation from outside, including penetration (entry) of foreign bodies into the female body. The presence of foreign bodies, including male genitals and sperm, leads to abnormal cell development. Especially if there are lesions that cause infection of the uterus. Abnormal cells in the cervix can cause cancer of the cervix (cervix). Cervical cancer attacks a woman's uterus, starting from the cervix and at risk of spreading to the vagina to the surface.

From the description that has been described, the author has the desire to examine how A the Urgency of Pre-Marital Guidance on Catin (Bride-To-Be) Through an Abstinence Approach In Cirebon City.

## **METHODS**

This study uses a qualitative approach with an analytical descriptive method, which aims to obtain accurate information, description, and knowledge about the urgency of premarital guidance on catin (bride-to-be) through an abstinence approach in the city of Cirebon. Bogdan and Taylor define qualitative methodology as a research procedure that produces descriptive data in the form of written or spoken words of people and observed behavior (Lexi J Moleong, 2017). The data collection techniques used in this study are observation, interviews, and documentation studies. While the data analysis using analytical techniques was carried out using data analysis techniques proposed by Miles and Huberman in Herdiansyah, several steps must be done, namely Data Reduction, data display, and data conclusion (Haris Hersiansyah, 2010).

## RESULT AND DISCUSSION

Based on the results of observations, and data or written documents that have been carried out by the author related to the urgency of premarital guidance on catin (bride-to-be) through the abstinence approach in the city of Cirebon, the results of the following research were obtained:

### **Premarital Guidance Program for Catin (Bride-to-be) through Abstinence Approach in Cirebon City**

In addition to guidance on marriage, they also held Production Health Counseling, STIs, and HIV-AIDS as well as advice and medical examinations for the bride and groom, through several programs, namely:

KUA provides a schedule for the implementation of Production Health Counseling, STIs, and HIV-AIDS as well as advice and Health Examinations for Brides-to-be Then provide BP4 counseling materials. LKB Puskesmas officers provide counseling materials for Kespro, STIs, and HIV-AIDS. LKB Puskesmas officers carry out pre-test counseling and examination of STIs and HIV-AIDS. KPA officers assist KUA and LKB Puskesmas officers in their implementation. LKB Puskesmas officers provide post-test counseling and open the test results to the bride and groom. KPA officers monitor the implementation of Marriage Guidance activities reported to KUA and Puskesmas LKB regularly. KUA officers give charters to brides-to-be who have done Marriage Guidance.

Based on the Instruction of the Director General of Islamic Community Guidance Number 379 of 2018, it is instructed that every bride and groom must follow pre-marital marriage guidance so that brides know how to create *sakinah*, *mawaddah* and *warahmah* families and it is hoped that the implementation of these guidelines can minimize the divorce rate (Hasan, 2022).

Marriage guidance is a form of revitalization to strengthen the formation of marriage institutions which is a concrete effort that is expected to be able to realize the formation of many *sakinah* families in Indonesia (Prayogi & Jauhari, 2021).

Premarital guidance programs provided by the Office of Religious Affairs can help resolve problems in the household. After heeding the admonition Following the admonition, the efficacy of admonition in the family is the couple's

knowledge of their rights and obligations as husband and wife, so that the development of a mindset of mutual understanding and respect in married life. Following premarital counseling that cannot achieve the efficacy of these guidelines, the extent to which married couples are aware of this advice is another indicator of its success (Sulidar<sup>1</sup>, Tutia Rahmi<sup>2</sup>, 2023).

### **The process of implementing premarital guidance on catin (bride-to-be) through the abstinence approach in Cirebon City**

The process of implementing premarital guidance on catin (brides-to-be) through the abstinence approach at KUA in Cirebon City, is carried out by referring to a joint program between the Health Office, Ministry of Religion, and KPA Cirebon City in addition to guidance on marriage, they also hold Production Health Counseling, STIs, HIV-AIDS as well as advice and health checks for the bride and groom, through several programs.

Some techniques commonly used for guidance according to some experts, including the following: First, individual guidance. Second, group guidance. The implementation of guidance can be done directly. The implementation of guidance can be carried out with special or general events. The implementation of guidance can also be given to participants by inviting facilitators (Nurfauziyah, 2017).

The government as the authority in this matter, has held several programs to anticipate or at least minimize the occurrence of divorce. For example, the SUSCATIN program (Bride-to-be Course), independent marriage guidance and marriage guidance programs have been held in each KUA in the sub-district (Hotimah, 2021).

In the technical implementation above, it begins with the marriage guidance schedule then the material provided in the guidance, followed by VCT examination and TT injection. Then KUA provides a charter and marriage book for Catin who is married and follows Binwin.

### **Constraints and Solutions for Premarital Guidance on Catin (Bride-to-be) through Abstinence Approach in Cirebon City**

Premarital Guidance referred to in this study is the process of directing or providing assistance or advice carried out by KUA officers in the form of advice before carrying out an inner birth bond between a man and a woman as husband and wife

who have the aim of building a sakinah, mawaddah and warahmah household and avoid HIV aids. Premarital Guidance referred to in this study is the process of directing or providing assistance or advice carried out by KUA officers in the form of advice before carrying out an inner bond between a man and a woman as husband and wife who have the aim of building a sakinah, mawaddah and warahmah household and avoid HIV aids.

There are several obstacles found in Premarital Guidance, which are as follows:

The duration of the delivery of counseling materials is very short so not all materials that should be received can be given (HIV-AIDS material delivered is prioritized over PPIA material). There are still brides-to-be who are not present at the wedding guidance activity (one of the reasons is not getting leave permission from the company/workplace). The percentage between the number of brides-to-be invited and those who participated in counseling, as well as the percentage of the number of brides-to-be who participated in counseling with those who participated in VCT, is still not 100% (strengthening is needed from KUA so that brides can take part in HIV and VCT counseling). Certificate of having attended counseling as well as counseling and HIV test issued from Pkm (still in process).

There are solutions in Premarital Guidance, which are as follows:

### ***Socialization***

There is the socialization that is often held by the Ministry of Religious Affairs as training to Islamic extension workers and teenagers of marriageable age at the Ministry of Religious Affairs, in providing knowledge about marriage as a provision for navigating married life, and also one of the efforts to minimize the occurrence of rifts or domestic violence that occur a lot today. The material that is often discussed and delivered is about how to build a sakinah, mawaddah, and warahmah household, to achieve a happy life in the afterlife which is one of the goals of marriage by the UUP (Marriage Law).

The socialization regarding this counseling activity needs to be carried out as a form of prevention of HIV transmission, especially in the PPIA program (prevention of transmission from mother to child) and counseling to brides-to-be

must focus more on strengthening in terms of religion as a foundation in marriage.

### ***Extension***

Counseling to brides-to-be should focus more on strengthening in terms of religion as a foundation in marriage. The Ministry of Religion provides a Marriage Guidance Charter to brides-to-be who have participated in counseling as well as counseling and HIV testing on marriage guidance activities as a prerequisite for taking a marriage book (as a form of attachment to this activity). Meanwhile, the implementation of VCT has been carried out by 14 PKM (63.6%) of 22 PKM in the Cirebon City area and the implementation of VCT accompanied by the provision of TT vaccine by PKM has been carried out in 2 KUA (KUA Kejaksan and KUA Pekalipan).

### ***Cooperating with other Parties in the area***

Efforts to increase provisions in building households are realized through collaboration between the Health Office, Ministry of Religion, and KPA Cirebon City on Production Health Counseling, STIs, and HIV-AIDS as well as counseling and medical examinations for brides-to-be.

### ***The results of pre-marital guidance to Catin (bride-to-be) through the Abstinence approach in Cirebon City.***

Premarital guidance is held to prepare the bride and groom, both in terms of physical and psychic. In improving family welfare and strength, knowledge is needed about various aspects concerning family life, both pattern interactions between individuals in the family and patterns of interaction between families in the larger social system.

Thus, premarital guidance for brides-to-be is not just a formality as a complement to the program. So, the success that has been achieved from this premarital guidance program is the awareness of prospective married couples about the rights and obligations of husband and wife, so that in the household an attitude of mutual respect is formed, communicates well, and respects each other (Budi, 2022).

The results of premarital guidance on catin (bride-to-be) through the abstinence approach in Cirebon City, namely a lot of knowledge that they previously did not know after following premarital guidance to understand, and they want to always

try their best to improve the quality of marriage and create a happy and prosperous family, eternal according to Islamic guidance and avoid HIV aids. Then better understand the rights and obligations of a husband and wife. And better know the tasks and roles that must be carried out in building home life and know how to avoid the dangers of HIV Aids. In addition, there is awareness from the couple, of the rights and responsibilities of a husband and wife so that in married life an attitude of mutual understanding is formed, and mutual respect.

## CONCLUSIONS

Based on the results, observations, interviews, and documentation, the author concludes, that the urgency of premarital guidance on catin (bride-to-be) through the abstinence approach in Cirebon City. by:

The urgency program of premarital guidance on catin (brides-to-be) through the abstinence approach a) KUA provides a schedule for the implementation of Production Health Counseling activities, STIs, HIV-AIDS as well as advice and Health Examinations for Brides-to-be b) LKB Puskesmas officers provide counseling materials for Kespro, STI and HIV-AIDS c) LKB Puskesmas officers carry out pre-test counseling and examination of STIs and HIV-AIDS d) KPA officers assist KUA and LKB Puskesmas officers in their implementation e) LKB Puskesmas officers provide post-test counseling and open test results to prospective brides f) KPA officers monitor the implementation of Marriage Guidance activities periodically g) KUA officers provide charters to prospective brides who have carried out Marriage Guidance.

The process of implementing premarital guidance on catin (bride-to-be) in Cirebon City is carried out through various strategies through an abstinence approach.

The obstacle is that the duration of the delivery of counseling materials is very short There are still brides who are not present at the time of the guidance activity, The percentage between the number of brides invited and those who take part in counseling, and the percentage of the number of brides who take part in counseling with those who take part in VCT is still not 100%, the Certificate of having participated in counseling is still on process. While the solution is by socialization and

counseling and collaborating with other parties in the area.

As a result, a lot of knowledge that is not known to understand, can improve the quality of marriage and create a happy and prosperous family, and avoid HIV aids. Then better understand the rights and obligations of a husband and wife. And better know the tasks and roles that must be carried out in building a home life and know how to avoid the dangers of HIV Aids.

This research is expected to be effective for: *For brides-to-be*, should when going to get married must really look at the prospective spouse first. Whether detected HIV Aids or not, this is important for the health and continuity of the marriage. *For the Government*, the government should really provide protection and assistance to people who are about to get married. *For the Health Office*, the government should in this case the health office must provide education about health in order to avoid HIV Aids. *For the community*, this research is expected as knowledge for the community about the dangers of hiv aids before continuing marriage

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