



Psycho Education with a Solution Focused Brief Therapy Approach to Improve Subjective Well-Being Long-distance Marriage

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ABSTRACT

The purpose of this study was to evaluate the use of modeling strategies together with the SFBT method to improve marital ties. There is no clear statistical data regarding the number of couples who carry out long-distance marriages in Indonesia. This writing was done through a literature approach (library research). Learning occurs through imitation, not only by imitating but also by adding or removing behaviors, such as concentration while studying, and the SFBT modeling techniques and approaches are the result of this procedure. Sources of data in this study were obtained from books by Amelia (2018), national and international articles, and previous research that is in accordance with the research focus being studied such as Handayani (2016). The data that has been obtained will be analyzed using descriptive analysis methods. The focus of this research includes: 1) How is the scope and objectives of SFBT counseling in an effort to deal with students who have difficulty concentrating on studying; 2) What is the procedure for handling SFBT counseling in dealing with students who have difficulty concentrating on studying; 3) How effective is the application of SFBT counseling in an effort to deal with students who have difficulty concentrating on studying. This study shows the results that SFBT counseling is the most common and effective counseling therapy and is often used to deal with the problem of students' lack of concentration in learning at the elementary, junior high, high/vocational high schools, and tertiary levels.



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Introduction

In adulthood, there are several developmental tasks to be undertaken, including the ability to develop healthy and balanced interpersonal relationships, such as male-female relationships (Sahputra et al., 2016), The progress task must be completed at a specific phase within a predefined time range. In adulthood, individuals are required to start new roles, such as living a married life and a career in the work world (Yendi et al., 2014). Adult individuals have a high awareness of human values and are able to form a view of value useful for achieving social goals. In achieving these social goals, families are becoming a major environment that undergoes social transformation, especially with the increasing advancement of technology (Asmidir Ilyas, 2005), Finally, the social changes that occur require adjustments in the behavior of the family members within them.

The impact of social change on married couples who have long-distance marriage relationships This situation can occur between couples living together or between couples with distant domiciles. Couples who have a long-distance marriage relationship are forced to be physically separated, and one of the couples has to settle in a different place to maintain their job and profession (Silvi et al., 2018). Separation between wife and husband is not easy, as the couple cannot meet face - to - face each day. This study will examine how couples maintain long-distance marriage relationships, the extent to which social changes occur in the couple, and how these changes affect the well-being of the couple. Thus, this study will provide new insights into how married couples can live long-distance marriages by addressing the impact of social changes on themselves (Purnamasari,

2008). Having a happy and harmonious family is the desire of every couple who will get married or who have had a marriage, and it is in line with the wishes of the couple (Sari et al., 2017), A marriage is so meaningful that individuals do not face it as they face daily life, in order to create a family that is peaceful, happy, prosperous, and spiritually healthy. Irsandef et al., (2018) In order to achieve this happiness, each couple must be able to adjust to marriage. Many adjustments need to be made in understanding this long-distance marriage relationship in order to avoid conflict and improve the subjective well-being of couples.

Subjective well-being (SWB) according to Russell (2008) is a human perception or their subjective view of life. While Veenhoven (in Suh, et al., 1999) defines subjective well-being as the degree of individual assessment of the quality of life as a whole, it can be interpreted as subjective wellbeing as the degree to which a person assesses the quality of life as expected and feels pleasant emotions. According to some psychologists, SWB is a scientific term of happiness. Diener et al (2002) defined SWB as individual personal assessment of satisfaction (both general aspects, and specific aspects), positive or negative affect, which was reviewed by themselves rather than by experts.

This subjective well-being is one of the many ways an individual can evaluate himself and his life consists of life satisfaction, life happiness, low levels of depression, low anxiety, and positive emotions and moods. As stated by Nayana (Nayana, 2013), subjective well-being is a way that individuals can evaluate their psychological well-being so that they become happy. In line with Mujamiasih (2013), subjective well-being is an individual's response to his or her life experiences, composed of cognitive assessment and affective evaluation of life, and how psychological well-being is applied. (Diener, 2009) defines subjective well-being as having three groups as follows: (1) Subjective well-being is not a biased statement but a quality that everyone wants to have, (2) subjective well-being is a comprehensive evaluation of the life lived by a person referring to various criteria, (3) subjective well-being is a stronger positive feeling than negative feelings.

So that based on the statements from the expert ideas that have been outlined, researchers can come to the conclusion that these subjective well-being are positive feelings that everyone has greater than negative feelings, such as feelings of happiness, feelings of pleasure, feelings of security, and feelings of peace. For couples living in a household ark, they certainly have a desire for happiness and satisfaction with the marriage, while the subjective well-being factors correspond to the following (Diener, 2009): 1) cognitive part (life satisfaction) and, 2) affective part (fun or unpleasant emotions and emotions). According to Diener (2000), aspects that have an influence on subjective well-being are: 1) demographic factors (gender, education, age, marriage status, religiosity, and income), 2) personality factors, 3) cultural factors (self-esteem, social support, coping strategies, desire regulation, and optimism).

It is ideal for couples to be able to have a marriage together without any separating distance so that, with more time together, family roles can be performed well and there is a good division of roles. Romantic relationships between young adult individuals come from sharing shapes and sizes. Intimacy is a multi-concept with many components (Lippert & Prager, 2001; Prager & Roberts, 2014 in Intimate Relationship, 2008). Two researchers (Laurenceau et al., 2004; Reis & Patrick, 1996) and laypeople (Monston et al., 2008; Monsour, 1992; Parks & Flyod, 1996) agreed that intimate relationships come from several causal associations, with at least six aspects affecting them: knowledge, mobility, interdependence, mutuality, and trust.

But today there are many relationships in which long-distance relationships cause problems such as unhappy, negative moods and emotions, a lack of time together, family roles that have not gone well enough, Therefore, psychoeducational counseling services are required with a solution focused briefing therapy approach. Solution focused brief therapy is an approach focused on finding solutions to problems faced by clients. Furthermore, SFBT is a form of short-term healing that is formed on the strength of counseling by helping it raise and construct a solution to the problems experienced (Fusco et al., 2016). Furthermore, based on those submitted by Nicholas (2016), The SFBT believes that people, on a basic level, have the ability to behave effectively to address a problem, but so far, the capabilities of the individual have been covered by negative responses. Mulawarman (2010) argues that solution focused brief therapy is a counseling or treatment approach that has a simple and non-difficult concept and, in the practical part, focuses more on solving problems.

Julita et al. (2019) describe SFBT as one form of counseling or therapy approach that leads to completion with a certain purpose, namely how to raise awareness and take conscious options. SFBT is a counseling approach that has a simpler and easier design and, in practice, focuses on solving problems rather than looking for problems (Pratini & Afifah, 2018). According to Corey (2012), solution-focused briefing therapy views people as competing individuals, able to organize resolutions that can focus on their life goals. So in the application, psychoeducation is required. Psycho-education is an educational way of communicating information, understanding, and training needed for care and rehabilitation (Bordbar & Faridhosseini, 2012). Furthermore, Stuart & Laraia (2011) said that what is meant by psycho-education is one part of the family mental health program using information transmission and communication learning methods. Psycho-education is a modality activity established by experts that combines psychotherapy and learning intrusion (Alfianto et al., 2019). Furthermore, psycho-education is the transmission of information and development in the form of citizen learning regarding information to the community concerned with popular or simple

psychology and other information affecting the psychosocial well-being of the population (Stuart & Laraia, 2011).

Method

The authors of this study used a type of library research study. This type of research study is used to obtain information and data using support from a variety of material sources. Based on what was said (Shaodih, 2009), Library research studies were conducted to explore the use of the psychoeducation approach with the solution-focused Focused Brief Therapy approach in improving subjective well-being in couples undergoing long-distance marriages. The use of the Psycho Education approach with the solution-focused Focused Brief Therapy approach is expected to contribute significantly to improving subjective well-being in couples undergoing long-distance marriages. Thus, this study is expected to provide effective solutions for couples who have difficulty maintaining their marriage relationship as well as new insights for other researchers in developing psychotherapy approaches to improve subjective well-being.

The study was explored through various sources of information obtained by the authors from libraries (in the form of books or scientific journals). This type of research is a critical study of knowledge, ideas, or findings contained in an academic-oriented body of literature. Mendes, Wohlin, Felizardo, & Kalinowski (2020) stated that the library research process was conducted by reviewing literature and analyzing relevant topics together. Library researchers can utilize sources such as journals, books, dictionaries, documents, magazines, and other sources without doing field research. Apriyanti, Syarif, Ramadhan, Zaim, & Agustina (2019) stated that providing a new theory with the support of the proper data collection technique is a form of literature review. The techniques used in this study used secondary data, namely indirect data collection by examining the object in question.

Results and Discussions

Psycho-Education to improve subjective well-being in long-distance marriage

Psycho-education is one of many forms of treatment for mental health through the delivery of information and learning related to what is needed through communication. Psycho-education is the transmission of information and development in the form of citizen learning regarding information to the community concerned with popular or simple psychology and other information that affects the psychosocial well-being of citizens (Stuart & Laraia, 2011). This psychoeducation certainly aims to improve subjective well-being. Subjective well-being is a condition in which an individual has a desire for happiness, emotional well-being over the course of his or her life, especially in a marriage relationship, especially in the context of long-distance marriage. A study conducted by Titi Setiani (2011) revealed one of the things that can affect the building of a relationship, namely distance (proximity). Proximity or distance can affect the degree of closeness in interpersonal relationships. Increasing the intensity of physical proximity can make a person more interested in and closer to others. Meanwhile, long-distance relationships, or LDRs, have a weakness in the physical separation between the two (DeVito, 2007). The same was stated by Yudistriana et al. (2010) in their study of intimacy in adult male long-distance relationships: the physical separation found in long-distance romantic relationships could potentially cause changes in the components of love that must be fulfilled in a relationship. In a long-distance relationship, or LDR, individuals will potentially experience conflicts in the fulfillment of a relationship of intimacy.

Subjective well-being (SWB) is influenced by several factors. Wilson (in Diener & Oishi, 2005) states that demographic factors correlate with subjective well-being. Diener and Oishi (2005) stated that the extent to which certain demographic factors can increase SWB depends on the value and purpose of an individual's personality and culture. In some demographic factors, there is not a very big influence, but then that's what distinguishes a person's SWB level. Demographic factors distinguish between those who are experiencing happiness (medium SWB level) and those who are very happy (high SWB level).

Another factor contributing to the low SWB is marriage. The survey showed greater happiness for married people than for those who were unmarried, married later, divorced, or left behind. Marriage and welfare correlate significantly, even when age and income are controlled. Diener (1998) found that marriage offers greater benefits to men than women in terms of positive emotions. Marriage is also a significant life experience for 90% of people worldwide (Myers, Diener, et al., 2003). Many researchers believe that marriage serves as a buffer against life's difficulties and provides emotional and economic support that results in positive welfare conditions. Married individuals consistently show larger SWBs than those who were never married, and individuals who had previously married later divorced or died (Glen et al., in Oishi).

A long-distance marriage is a marriage relationship that runs separately in a physical sense, in which one of the couples is in a different region from the other. This is due to various reasons, including job demands, education, and others. Having this long-distance marriage relationship is not an easy thing to do because you

cannot meet in person every day (Purnamasari, 2008). As stated by Irsandef et al. (2018), to achieve this happiness, every couple must be able to adjust to the marriage that is lived.

Through the subjective well-being of the household, of course, the couple wants happiness and satisfaction in the married life they live in, Through the subjective well-being of the happiness, it will be described through the aspects according to Compton (2005), namely: 1) positive self-esteem; 2) self-control; 3) openness; 4) optimism; 5) positive relationships; 6) value of meaning and purpose of life; 7) resolution of self-conflict. Based on these aspects, some of the things that need to be looked into for couples who have long-distance marriages, namely, for couples to achieve subjective well-being, they must be able to control themselves emotionally with the partner. They can be open to a partner in establishing communication so that nothing is covered and have the right way to resolve conflict so that it does not last long in the matter of the marriage. This study is expected to be an input to long distance relationships, so that it can build a harmonious relationship by increasing the subjective well-being and intimacy between individuals in that relationship, thereby reducing the decision to separate.

Psycho-education is a form of treatment for mental health through the delivery of information and learning related to what is needed through communication. It aims to increase subjective well-being, which is a state where an individual desires happiness and emotional well-being, especially in the context of a long-distance marriage (Akena et al., 2021). A study by Sainul (2018) revealed that distance (proximity) is one of the factors that can affect the closeness of interpersonal relationships (Arfensia et al., 2021), in their study of intimacy in long-distance relationships, which suggests that physical separation in long-distance relationships can potentially cause changes in the components of love that must be fulfilled in a relationship, resulting in conflict in meeting the needs for intimacy.

Several demographic factors correlate with subjective well-being. The degree to which certain demographic factors can increase SWB depends on an individual's values, personality, and culture. Marriage is another factor that plays a role in SWB, with surveys showing greater happiness among married individuals compared to those who are single, divorced, or widowed. Marriage is believed to offer emotional and economic support, resulting in a positive condition for well-being. Long-distance marriage is not an easy task to undertake as it involves physical separation, and couples must be able to adapt to the demands of the relationship. Therefore, psycho-education can be helpful in providing the necessary information and skills to improve communication and maintain a healthy relationship, especially for couples in long-distance marriages.

Solution Focused Brief Therapy

Exposure to the results of this study was conducted on three narrative themes, namely life satisfaction, positive affect, and life satisfaction. and negative affect as the basis of the subjective well-being theory in order to maintain commitment and maintain the integrity of the household in the midst of a situation in which they are distanced from one another. Life satisfaction themes have four sub-themes obtained from the components of life satisfaction, and they are not That is, satisfaction when you are away and satisfaction when you meet. Positive aspects are grouped into three sub-themes: joy, pride, and affection, and negative affective themes are grouped into seven sub-themes: sadness, disappointment, envy, regret, shame, anger, and guilt. Subthemes of positive and negative affections are derived from the affections the subject feels toward the questions asked during the interview and observation process. The three subjective welfare findings themes are narrated by dialogue between life satisfaction findings, positive effects, and negative effects.

What a counselor has to know for this therapy to go well is each partner's affection, economic aspects, family support, and the trust given to each partner. Davis & Osborn (Lines, 2011) said that "brief counseling is not a quick-completed counseling, but rather a counseling that is designed to focus on a brief session intervention plan aimed at helping the counselors manage what to do." According to the expert statement above, the author can conclude that solution-focused briefing therapy (SEBF) is solving problems that focus on the present and future. The basic assumptions of the SFBT approach according to Bertram (Bertram, 2007) are: 1) centered on creating solutions from problem solving; 2) changes are consistent and definitive; 3) small transformations create great transformations; 4) if we can't change the past, then concentrate on the future; 5) everyone is an expert because they have the resources to help themselves cope with difficult circumstances; 6) every problem has at least one dispensation that can be recognized and transformed into a solution; and 7) the problem that consumers feel is not considered a failure but a normal life cycle. This is done as a form of responsibility in helping to convince consumers that they have the ability to make useful solutions to justify the married life they live.

Couples should be empathetic, understand each other's feelings, support each other's plans, be able to communicate openly without having anything to cover up, and respect each other's differences. Achieving the happiness and satisfaction of marriage is not easy, there are quite complex obstacles both husband and wife experience in their marriage. Marriage can cause problems. A married couple does not have this psychological maturity, even until fatal cases such as divorce occur, so it is necessary for the couple to always think optimistically about this long-distance marriage. Smith's 2005 expression that poor communication would lead to inequality in the family as a balanced family was shown by openness in communication Couples are not open, so it will be difficult for each other to share as much information as they can in such a limited time (Scott, 2002).

SFBT merupakan pendekatan dalam pengarahannya yang menegaskan resolusi permasalahan dengan mencari solusi yang tepat dan cepat dalam menangani permasalahan dalam keluarga (Sumarwiyah et al., 2015). Sebagaimana yang disampaikan oleh (Corey, 2012) adapun metode yang dipakai dalam pendekatan *solution focused brief therapy* sebagai berikut: 1) *Pre-session change*, 2) *Question*, 3) *Exception Question*, 4) *Miracle Question*, 5) *Scaling Question*, 6) *Formula First Session Task*, 7) *Feed Back*.

The research findings discussed in the text are based on the theory of subjective well-being and presented in three narrative themes: life satisfaction, positive affect, and negative affect. The theme of life satisfaction has four sub-themes that are obtained from the components of life satisfaction, namely satisfaction when apart and satisfaction when together. Positive affect is grouped into three sub-themes, namely joy, pride, and love, while negative affect is divided into seven sub-themes, namely sadness, disappointment, envy, regret, shame, anger, and guilt. The sub-themes of positive and negative affect are obtained from the emotions felt by the subjects during the interview and observation process. The three themes of subjective well-being are described by discussing the interrelationships between life satisfaction, positive affect, and negative affect.

To ensure the success of the therapy, counselors should be aware of the love between the partners, economic aspects, family support, and trust given to each other. Solution-focused brief therapy is designed to focus on the current and future solutions rather than problem-solving. The basic assumptions of SFBT are centered on creating solutions rather than solving problems, consistent and certain change, small transformation creates significant change, if we cannot change the past, focus on the future, everyone is an expert and has resources to help themselves, every problem has at least one exception that can be recognized and transformed into a solution, and the problem experienced by the consumer is not considered as a failure but as a normal cycle of life. These assumptions are made to help consumers realize their ability to make useful solutions to improve their married life.

In addition, partners should be empathetic and understanding towards each other's feelings, supportive of each other's plans, able to communicate openly without hiding anything, and respect each other's differences in opinions. To achieve happiness and satisfaction in a long-distance marriage, there are complex obstacles that couples face, such as the lack of psychological maturity. Smith (2005) suggests that poor communication can cause an imbalance in the family, and openness in communication is essential for balance. Scott (2002) explains that if the couple is not open, it will be difficult for them to share as much information as possible in a limited time. Therefore, it is necessary for partners to always think positively in managing a long-distance marriage.

Conclusions

Psycho-education with a solution-focused brief therapy approach is an effective alternative approach for increasing the subjective well-being of long-distance marriages, as supported by previous literature research. Couples who choose to maintain their marriage and prioritize their careers with strong commitment can still maintain a harmonious relationship, despite the distance. To overcome problems in long-distance marriages, it is necessary to have cooperation between committed partners who prioritize each other and their marriage. Both partners need to make efforts to maintain family harmony, such as showing love and affection towards each other and their family members, understanding each other, making time for each other, listening to each other's concerns, and always being honest. These efforts will help create a happy family (*sakinah*) that is desired. Based on observations and interviews with several aspects of a harmonious family, conflicts may arise, but they do not become significant problems for the family.

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