



THE EFFECT OF ONLINE-BASED PREMARITAL CLASSICAL GUIDANCE IN INCREASING UNDERSTANDING OF FAMILY LIFE PLANNING

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Article history:	Abstract:
Received: 11 th January 2022 Accepted: 11 th February 2022 Published: 22 nd March 2022	Which this study aimed to study the effect. Employing both Pre-experimental and One Group Pretest-Posttest Design, this study involved 30 students from Guidance and Counseling Department by Purposive Sampling. The findings revealed the online-based classical counseling had significant effect on the student's Family Life Planning. in which the counseling was Effective in improving their comprehension for Family Life Planning
Keywords: Classical Counseling, Premarriage, Improving Comprehension for Family Life Planning.	

PENDAHULUAN

Every individual has a family, of course, everyone expects family life, whether life with parents or life with the family he fosters himself, to create a harmonious family it is necessary to make plans. Planning in family life is to prepare yourself physically and psychologically, and materials to create a harmonious family. A harmonious family is a dream for all couples, which is the success of building a household, this is usually seen in a film or book that tells and shows the story of family life, therefore everyone really wants it.

According to Hawari (Nawafilaty, 2015) , suggests planning for a harmonious family life is to create religious life in the family which is characterized by the creation of a diverse life in the house, having time with family, having good communication between family members, mutual respect among family members, the minimal quality and quantity of conflict and the existence of close relationships or ties between family members, besides understanding each other and having offspring are also other evidence in building a harmonious family, in this case a harmonious family is the goal of a married couple who married and want to create a good harmony of love, affection and affection between husband, wife and children.

Planning for family life, starting with marriage, includes individuals who plan to get married, as well as individuals who are ready to start a family. In general, individuals who have these thoughts fall into the category of early adult developmental tasks. Early adulthood is a phase where individuals have started to enter the stage of development from late adolescence, this is marked by several developmental tasks that need to be completed by each individual. According to Hurlock (Yusuf & Nurihsan, 2014) suggests that the task of early adult development is to develop attitudes, insights and experiences of religious values (teachings), obtaining or starting to enter work, choosing a life partner, starting to enter marriage in family life, parenting caring for and educating children, managing household life, obtaining and establishing careers, taking on responsibilities or roles as citizens and looking for fun social groups (colleagues). In the early adult development phase, each individual has begun to think about or prepare for family life, plan a career and become a good citizen. As social beings, humans cannot be separated from other people, satisfaction and success in life cannot be separated from success in interacting with other people, especially in early adulthood where one of the developmental tasks is choosing a life partner and establishing a family and forming a family.

One of the developmental tasks at the early adult stage is starting, entering marriage in family life, this is one of the stages for planning family life and realizing a harmonious family, every individual would want to do a marriage to complete their lives.

According to Ismaya (2015) marriage is the beginning of the main gate that must be passed by husband and wife in forming a *sakinan*, *mawaddah*, *warahmah* family as taught in religion (Islam). Meanwhile, according to (Rafida & Yuliastuti, 2015) Marriage is an important event that will never be forgotten in one's life. Marriage apart from being seen from the developmental task, it is also seen in terms of age in this case according to law number 16 of 2019 article 7, marriage is only permitted if a man and a woman have reached the age of 19 (nineteen) years, while according to BKKBN the most ideal age in marriage is a man who is 25 years old and a woman who is 21 years old. Therefore, the age of marriage needs to be considered so that it can prevent early marriage, where Indonesia is ranked 64 out of 65 in early marriage and those who marry under the age of marriage will be fined 200 million rupiah. Marriage is a bond of a couple's relationship between a man and a woman who form a family making a harmonious family in this case a

sakina, mawaddah, warahmah family. Marital harmony will be realized if each element in the family is able to function and play a role as it should, harmony in the household will be more beautiful if husband and wife can understand, respect and respect each other.

Planning or preparing for a wedding is important, namely so that in the future marriage can produce a sakinah, mawaddah, warahmah family, in creating a harmonious family after marriage it must be equipped with knowledge and understanding of premarital guidance. According to Sofyan S, 2009: 156 (Nurfauziyah, 2017) premarital guidance is an effort to help prospective husbands and prospective wives by mentors, so that they can develop and be effective in solving problems they face through ways that are respectful, tolerant and with understanding communication. , so as to achieve family motivation, development, independence, and welfare of all family members.

Data in the field through the distribution of a questionnaire that was held on Thursday, March 4, 2021, there were 50% of Guidance and Counseling students who did not understand about planning for family life, from this result it can be seen that students' understanding of planning marriage and family life is still low. from the results of the questionnaire distributed, while from the results of interviews with Guidance and Counseling students on Wednesday, March 10, 2021, it turns out that Guidance and Counseling students' understanding regarding planning for family life is still lacking, for example when students are asked what needs to be prepared in marriage? students only know that what needs to be prepared is physical, and financial, whereas in preparing for family life there are many things that need to be prepared such as knowledge, health, finances, family background, communication and expectations in marriage, in this case it is seen that the understanding of planning a family life for students are still general, supported by observations on premarital study activities organized by the Palebohu PIK-M organization on Sunday 22 November 2020 which was attended by Guidance and Counseling Department students. In addition, it is generally seen that the premarital guidance services that are currently being carried out are still face-to-face, while considering the current conditions, there are restrictions on gatherings or restrictions made due to the prevention of COVID-19.

When individuals understand in planning family life and preparing for marriage, what will materialize is a harmonious family, while when it is not prepared, problems will arise in the household. How to overcome the problems that occur, namely with strategies that will be used to plan family life such as premarital guidance for couples, including carrying out several internal services. Guidance or counseling related to the preparation of family life, as well as building family life.

From this strategy can be used pranican classical guidance, classical guidance (classroom guidance) is a service activity provided to a number of counselees in a class unit or a study group (rombel) and is carried out regularly in the form of face-to-face counselors with counselees. Classical guidance methods include discussions and lectures, classical guidance is one of the basic service strategies as well as specialization and individual planning of the components of the guidance and counseling program (Farozin & et al, 2016) in the Operational Guide to Guidance and Counseling in SMA/SMK.

Classical guidance according to Rahim et al (2021:7) is a service that is carried out in a class setting, given to all students, in the form of face-to-face scheduled and routine every class/week. The purpose of classical guidance is to help counselees to be able to adapt, be able to make decisions for their own lives, be able to adapt in groups, be able to receive support or be able to provide support to their friends. According to the Directorate General of Teachers and Education Personnel of the Ministry of Education and Culture (2016: 72) classical guidance service activities aim to help counselees achieve independence in their lives, complete and optimal development in the personal, social, learning, and career fields, and achieve harmony between thoughts, feelings and behavior. .

Guidance and counseling services are not only carried out directly or face-to-face but can also be carried out online or done outside face-to-face, including conducting cyber counseling services. According to Corey, 2013 (in Petrus & Sudibyo, 2017) cyber counseling services are the process of providing psychological assistance from a counselor to a counselee which is carried out online, in addition to a guidance and counseling strategy, providing guidance and counseling services that are carried out online or using internet network either through video conference or online chat, by sharing content according to the material. Meanwhile, according to Petrus & Sudibyo, (2017) some steps that must be prepared in conducting online guidance include:

a. Internet Network

The internet network is necessary in carrying out online guidance or counseling, in this case providing an internet network connection and smooth service delivery.

b. Determine the provision of online services to be provided.

Determine which services will be provided in what form, according to needs, and in accordance with existing conditions, by using video conferencing, chatting via whatsapp, e-mail, messenger and other online chat media.

c. material content

Important material content to be prepared in this case is when providing a guidance and counseling service, it is important to provide material content that will be published on social media and will be used and discussed in the service.

Planning a family life is an individual who understands, is ready and able to prepare himself in forming and building a family life to achieve a happy family.

Aspects/indicators

1. Personality (knowledge and understanding of self and partner) is recognizing oneself (individual) and partner, knowing strengths and weaknesses as well as things that exist in oneself (individual) or partner.

2. Physical and emotional health is maintaining health in partners both in terms of biological health in intimate relationships, as well as in placing, controlling individual and partner emotions.
3. Finance, work, and material things are important in meeting needs including financial and work to earn income and material in an important part of marriage.
4. Family background is to get to know more about the partner, parents and extended family of the spouse and to know the ins and outs of the couple's family both in terms of religion, culture, and habits in the family.
5. Communication in the family is communication that occurs effectively in the family and evaluates yourself with your partner against the emergence of a problem / conflict that can cause stress in the family.
6. Hope in marriage is a desire to build a family into a happy family.

Premarital guidance is an effort to help prospective husbands and prospective wives by mentors, so that they can develop and be able to solve the problems they face through ways that are respectful, tolerant and with understanding communication, so as to achieve family motivation, development, independence, and the welfare of the whole family. family members

METHOD STUDY

The method used in this study is a quantitative research method, which uses an experimental model, and uses a pre-experimental method that discusses and describes the "influence of online-based premarital classical guidance in increasing understanding of planning for family life, (research on students majoring in Guidance and Counseling, Faculty of Sciences). Gorontalo State University Education).

This study uses a one-group pretest-posttest design, an experimental design that uses only one class of subjects (single case) and takes measurements before and after giving treatment to the subject. The difference between the two measurement results is considered as a treatment effect.

The research design can be described as follows

Table 1: Research Design:

Pre- Treatment	Force 2020
Test	2019 2018 Total

Information:

X₁ : Pre-test initial guidance and comprehensive online-based questionnaire distribution (cyber counseling) to students before being given classical guidance .

Q : Provision of classical guidance services

X₂ : Post-test the effect of online-based premarital classical guidance (cyber counseling) after the service is provided.

The population is a generalization area consisting of objects/subjects that have certain qualities and characteristics determined by the researcher to be studied and then draw conclusions (Sugiyono, 2016: 117)

Table 2: Population of Guidance Students and Counseling

Force	M	W	Amount
2020	6	7	13
2019	-	7	7
2018	2	8	10
Total	8	22	30

In this study, the population was all Guidance and Counseling Department Students of the 2018 batch of 68 students, the 2019 batch of 42 students and the 2020 batch of 105 students, a total of 215 students, within the Faculty of Education, State University of Gorontalo. According to Sugiyono (2016:124) the sample is part of the number and characteristics possessed by the population. The sample in this study is classical or a class of 30 people taken from each class. In taking the sample the researchers used purposive sampling,

Table 3: sample of students majoring in Guidance and Counseling

Force	M	W	Amount
2020	20	85	105
2019	11	31	42
2018	13	55	68
Total			215

To obtain the desired data and in accordance with the interests of the researcher, the researcher used data collection techniques through a questionnaire which was divided into Pre-Test and Post-Test. Before compiling the questionnaire, the instrument grid was first made. After that, compose a statement based on the instrument's grid and conduct a trial. This trial is intended to see the level of validity and reliability of the questionnaire that has been made. The pre-test was carried out to collect data about understanding family life planning for Guidance and Counseling Department students, Faculty of Education, State University of Gorontalo before treatment was carried out using a questionnaire, while the post-test was conducted to collect data about planning a family life for Guidance and Counseling Department students, Faculty of Science. Gorontalo State University education after being given Treatment. The implementation of the Post-test carried out is the same as the Pre-test which was carried out before the Treatment. The data collection tool used in this study is a questionnaire. According to Sugiyono, (2016:308) questionnaires are the most important data collection technique in research, because the main purpose of research is to obtain data. To be able to obtain data that is in accordance with the interests of this research, the technique that will be used to collect pre-test and post-test data. Before conducting the research, the main step is to make a questionnaire grid. Making a grid before compiling a questionnaire. Then compose statements based on the grid that has been made for further testing. The trial was conducted to determine the level of validity and reliability of the questionnaire that had been made. Furthermore, a pre-test was conducted to collect data about the understanding of planning a family life.

Table 4: Answer Categories

NO	Positive Statement		Negative Statements	
1	SS	4	SS	1
2	S	3	S	2
3	KS	2	KS	3
4	TS	1	TS	4

- Ket :
- SS = Very Appropriate
- S = Appropriate
- KS = Less Appropriate
- TS = Not Applicable

FINDINGS

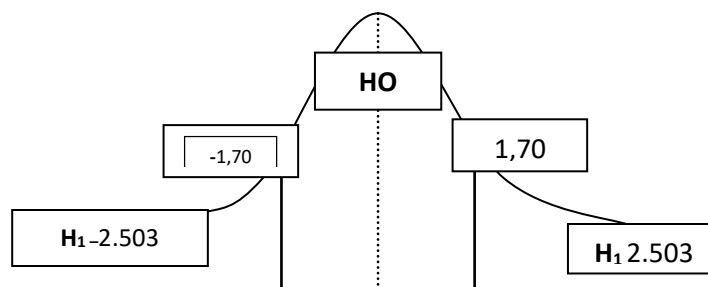
This research was conducted at the Guidance and Counseling Department, Faculty of Education, State University of Gorontalo for 2 months starting from June - July 2021. The subjects in this study were 30 students using classical premarital guidance services, according to the indicators of planning a family life and covering the results Normality test and t test. From the analysis results in the pre-test, the highest score was 146 and the lowest score was 102. Meanwhile, the average (\bar{x}) was 117.87 with a standard deviation of 8.545. Meanwhile, from the results of the analysis on the post-test final test, the highest score was 142 and the lowest score was 97. While the average score (\bar{x}) was 125.20 with a standard deviation of 8.786.

Based on the results of the calculation of the normality of the data X_1 above using Kolmogorov Smirnov analysis (liliefors significance correction analysis) and Shafiro Wilk analysis, the significant value of the data X_1 using Kolmogorov Smirnov analysis was $0.122 > 0.05$ while using Shafiro Wilk analysis of $0.009 > 0.05$.

The results of the calculation of the data (Kolmogorov Smirnov) and (Shafiro Wilk) show a significance value > 0.05 , thus it can be concluded that the data is normally distributed.

Based on the results of the calculation of the normality of the data X_2 above using Kolmogorov Smirnov analysis (liliefors significance correction analysis) and Shafiro Wilk analysis, the significant value of the data X_2 using Kolmogorov Smirnov analysis was $0.175 > 0.05$ while using Shafiro Wilk analysis of $0.022 > 0.05$.

The results of the calculation of the data (Kolmogorov Smirnov) and (Shafiro Wilk) show a significance value > 0.05 , thus it can be concluded that the data is normally distributed.



DISCUSSION

Based on the results of data analysis, there are changes after providing online-based classical premarital guidance services in increasing understanding in planning family life. (Research on students of the Guidance and Counseling Department, Faculty of Education, State University of Gorontalo). This can be seen from the pre-test score of 3546 with an average value of 118.20 before being given treatment to students. Then after the treatment was given, the post-test score was 3756 with an average of 125.20. From these results indicate that after being given premarital guidance using the classical guidance method, there is an increase in the understanding of students majoring in guidance and counseling.

Premarital guidance and counseling is essentially a prevention effort carried out through a series of programs that are systematically arranged to minimize all forms of behavior that have a negative impact on marriage in the future while at the same time equipping individuals to make adjustments to marriage and family life. The purpose of implementing premarital guidance and counseling is an effort to increase commitment and provide opportunities for couples to have a healthy and stable relationship on an ongoing basis until marriage. The goal will be achieved if the process of implementing premarital guidance and counseling is really carried out according to the right procedure. Not only that, another goal of this premarital guidance, especially for students who are just starting to want, think, plan to get married in the future, they can be given an understanding so that they can achieve the goals of pre-wedding itself. Family planning is individuals who are ready and able to prepare themselves in building and forming a family to achieve a happy family.

The provision of guidance and counseling services, one of which is basic guidance and counseling services in providing services to students, includes the personal field, social field, career field, and learning field, not only that guidance and counseling includes related marriage guidance and family guidance, in this case the provision of guidance and counseling services. basic services include classical guidance, group counseling, group counseling, and individual counseling. Therefore, in providing basic services, one of them uses classical guidance

If it is related to this research, the treatment given has an impact on students' understanding of how they will get married later, then they are really ready and understand what will be done by following this service or guidance, students who initially do not understand how to plan and prepare to get married and build family life later, after being provided with these services, it turns out that there is an influence in terms of increasing student understanding in planning family life.

In this case an understanding of premarital classical guidance is necessary especially for students, because this is the age of early adulthood, in developmental tasks one of them has begun to prepare for family life, for that students need to know this, in order to understand what needs to be prepared, what needs to be faced, what will happen after marriage and others who see the difference in life before and after marriage. In order for us to be able to plan family life later.

CONCLUSION

Based on the results of the analysis of the hypothesis testing data from the research that has been done, it is obtained a price t_{hitung} of 2,503 while from the t distribution list at a 5% significance level, it is obtained $t_{0,95}(29) = 1.70$. It turns out that the price gets t_{hitung} another price, or the price t_{hitung} is outside the acceptance area H_0 , so it can be concluded that it H_0 is rejected and accepted H_1 , it can also be concluded that there is a "significant influence of online-based premarital classical guidance in improving understanding of planning family life (*research on students of the Guidance and Counseling Department of the Faculty of Educational Sciences, State University of Gorontalo*), which means this premarital classical guidance can improve students' understanding in planning family life.

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