
Pre-Marital Education in Islam: An Analysis of Its Role in Preventing Divorce

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Abstract: Marriage is a sacred institution in Islam aimed at building a family based on *sakinah, mawaddah, wa rahmah* (tranquility, love, and mercy). However, the high divorce rates in various Muslim countries indicate issues in couples' preparedness for married life. Pre-marital education serves as a crucial instrument in providing prospective spouses with an understanding of their rights, obligations, and conflict resolution in the family according to Islamic law. This study aims to analyze the role of pre-marital education in preventing divorce and its effectiveness in strengthening family resilience. This research employs a qualitative method with a descriptive-analytical approach. Data collection techniques include literature studies, interviews with Islamic family law experts and pre-marital education providers, and document analysis of relevant policies. Data analysis follows the Miles and Huberman model, comprising data reduction, data presentation, and conclusion drawing. The study results show that pre-marital education plays a significant role in enhancing couples' understanding of effective communication, conflict management, and psychological and financial aspects of marriage. This program also contributes to raising awareness of the importance of commitment in marriage based on Islamic values. The study concludes that pre-marital education is an effective preventive measure in reducing divorce rates. Its implications suggest that governments and religious institutions should develop a more comprehensive and need-based pre-marital education curriculum for Muslim couples.

Keywords: Pre-Marital Education, Islamic Family Law, Divorce, Family Resilience, Conflict Management

INTRODUCTION

Marriage is a sacred institution in Islam aimed at building a harmonious and prosperous family. However, the rising divorce rates have become a serious social issue that requires attention. Data shows that many couples experience divorce within a relatively short period of marriage (Arif Saefudin et al., 2024; Nasri, Muliadi, & Rasyidi, 2024). Several key factors contributing to divorce include a lack of understanding of rights and responsibilities in the household, emotional unpreparedness, financial problems, and inadequate conflict resolution skills (Alim et al., 2024; Nasihin et al., 2024; Saefudin et al., 2024).

Additionally, early marriage is another issue that contributes to increasing divorce rates. Many young couples enter marriage without sufficient mental and financial readiness, making them vulnerable to household problems (Azzahidi & Nasri, 2024; Muliadi, Abd. Karim, et al., 2024; Nasri & Rahmatullah, 2025). The

lack of knowledge about household management and marital rights and obligations often makes it difficult for young couples to maintain their marriages (Apipuddin et al., 2024; Fahrurozi et al., 2024; Muliadi, Rasyidi, et al., 2024; Nasri, Mulyohadi, Islam, et al., 2024; Walad et al., 2025).

The increasing phenomenon of divorce not only affects husbands and wives but also negatively impacts children who become victims of parental separation. Children growing up in broken families often experience psychological disorders and difficulties in education and social life (Indinabila, Nasri, et al., 2024; Nasri, 2023c, 2024a, 2024b; Nasri, Muliadi, Nuha, et al., 2024). In the long run, this situation can contribute to broader social problems, such as juvenile delinquency, low levels of well-being, and weakened family bonds within Muslim communities (Indinabila, Ulyan Nasri, et al., 2024; Nasri, Atsani, et al., 2023; Nasri, Indinabila, & Rasyidi, 2024; Nasri & Adiba, 2023).

As a solution, pre-marital education serves as an essential instrument in preparing prospective spouses to face various challenges in marriage. This education aims to provide a deep understanding of Islamic family law, effective household communication, conflict management, as well as psychological and financial aspects of marriage (Nasirin et al., 2023; Nasri & Indinabila, 2024; Rulyandi et al., 2024; Rulyandi & Nasri, 2023). When implemented systematically, pre-marital education can help couples understand Islamic values in building a harmonious and lasting family.

Pre-marital education also helps couples manage their expectations regarding married life. Many couples enter marriage with unrealistic expectations, which can lead to disappointment and dissatisfaction in the household (Haramain et al., 2024). By receiving proper pre-marital education, prospective spouses can understand that marriage is not just about love but also about commitment, responsibility, and the ability to navigate the various dynamics of married life (Haris & Nasri, 2023; Manan & Nasri, 2024; Nasri & Astani, 2024; Nasri & Rahmatullah, 2023).

Although pre-marital education has been implemented in various Muslim countries, its execution still faces several challenges. In many places, this program is seen as a mere formality and does not provide prospective spouses with in-depth understanding (H. Munir et al., 2021; Haryadi et al., 2021; Nasri, 2015a, 2017b). The available curriculum also tends to focus more on administrative and legal aspects without addressing the psychological, social, and economic factors that significantly influence marriage sustainability. Therefore, a reform in the pre-marital education system is needed to better prepare couples both physically and mentally (Diahmad & Nasri, 2023; Fitriani et al., 2021; Nasri, ed., 2022; Nasri, 2015b; Nasri, Wahid, et al., 2024).

An analysis of this issue shows that many prospective spouses still lack access to comprehensive pre-marital education. Existing programs often remain superficial and fail to equip couples with the necessary skills for married life (Husnawadi & Nasri, 2023; Muliadi, Asyari, et al., 2024; Muliadi & Nasri, 2023). Therefore, a more systematic and needs-based approach is required to make pre-marital education an effective solution for preventing

divorce and strengthening family resilience in Islam.

With increasing awareness of the importance of pre-marital education, it is hoped that divorce rates can be reduced and the quality of married life among Muslims can improve. Governments, religious institutions, and educational organizations play a crucial role in ensuring that pre-marital education is not only mandatory but also an effective tool in positively impacting marital life in Islam (Abdul Ghani et al., 2023; Nasri & Tabibuddin, 2023; Suparman et al., 2023). Through a holistic approach, pre-marital education can serve as a solid foundation for building strong and harmonious families in accordance with Islamic teachings.

METHOD

This study employs a qualitative research approach with a descriptive-analytical method to examine the role of pre-marital education in preventing divorce (Cissé & Rasmussen, 2022; Mainwaring & Aujla, 2023; Mey, 2023). The qualitative approach is chosen to explore the depth of understanding, experiences, and perspectives of individuals who have undergone pre-marital education, as well as experts in Islamic family law and counseling (Lahiri, 2023; Nasri, 2023a; Nasri, Nuha, et al., 2024). The descriptive-analytical method enables the researcher to describe, analyze, and interpret the collected data systematically to derive meaningful conclusions.

This research follows a case study design, focusing on selected institutions that implement pre-marital education programs. The study aims to explore how these programs are designed, delivered, and their effectiveness in reducing marital conflicts that lead to divorce (Grenier, 2023; Willnat et al., 2024). A case study design is appropriate as it allows an in-depth investigation of real-life practices and their implications for marital stability.

To ensure the reliability and comprehensiveness of the findings, multiple data collection techniques are employed. The primary data sources include interviews, observations, and document analysis (Brinkmann, 2013; Dursun, 2023a; Farid, 2022; Koketsu, 2021; Olsen, 2024; White, 2006). Semi-structured interviews are conducted with three key groups: married couples who have undergone pre-marital education to understand their experiences and

how the education influenced their marital life, Islamic family law experts to gain insights into the legal framework and religious perspectives on pre-marital education, and pre-marital counselors who provide direct training to couples and offer insights into the effectiveness and challenges of current programs.

Observations are carried out in pre-marital education sessions to examine the methods used, participant engagement, and the content delivered by instructors. This helps assess the practicality and effectiveness of the educational approach (Li, 2024; Olsen, 2024). In addition to primary data collection, document analysis is conducted by reviewing pre-marital education curricula, government regulations, religious guidelines, and statistical reports on divorce rates (Dursun, 2023b; Kahlke et al., 2024; Yamineva, 2023). This secondary data provides a broader context and supports the primary data findings.

Data analysis follows a systematic and structured approach using thematic analysis. The process begins with data reduction, where collected data from interviews, observations, and documents are categorized into themes relevant to pre-marital education and its role in preventing divorce (Lerigo-Sampson, 2022; Mihas, 2023a). Unnecessary or repetitive data is eliminated to maintain clarity. The next step is data display, where the categorized data is organized into matrices and narrative summaries, allowing for an easier comparison of different perspectives from participants and experts. Key themes such as marital readiness, conflict resolution skills, and religious guidance are highlighted. The final step involves conclusion drawing and verification, where the findings are synthesized into clear conclusions, ensuring that all interpretations are supported by data (Mihas, 2023b; Schwandt, 2021). The results are then cross-verified with experts to enhance validity and reliability.

This study adheres to ethical research principles by ensuring informed consent from all participants. Confidentiality and anonymity are maintained to protect the privacy of respondents (Bockhold et al., 2022; Miller et al., 2023). The study also ensures that all data collected is used solely for academic purposes and does not cause harm or misrepresentation to any parties involved.

By employing this systematic methodology, the study aims to provide a well-rounded analysis of pre-marital education's

effectiveness in preventing divorce. The combination of qualitative inquiry, multiple data collection techniques, and rigorous analysis ensures that the research findings contribute valuable insights to the field of Islamic family studies.

RESULTS AND DISCUSSION

Results

1. Marital Readiness and Emotional Maturity

The findings reveal that couples who participated in pre-marital education exhibited higher levels of emotional maturity and readiness for marriage. They developed a deeper understanding of their roles and responsibilities, leading to better adaptation in their marital life. Participants reported that the education helped them set realistic expectations, which reduced the risk of conflicts arising from misunderstandings. Couples with adequate preparation demonstrated greater emotional resilience and adaptability in handling challenges.

These findings suggest that marital readiness and emotional maturity are crucial factors in ensuring a stable and lasting marriage. Pre-marital education provides couples with essential knowledge and practical skills, allowing them to navigate the complexities of married life with confidence and awareness (Azzam & Nasri, 2019; Masyhuri & Nasri, 2017). By fostering self-awareness, emotional regulation, and effective communication, this education helps partners approach marital challenges with patience and problem-solving skills rather than impulsive reactions. Moreover, emotionally mature individuals are more likely to prioritize mutual understanding and compromise, reducing the likelihood of unresolved conflicts that often lead to divorce. Therefore, investing in comprehensive pre-marital education is not just a preventive measure but a proactive strategy to cultivate healthy and fulfilling marriages.

2. Conflict Resolution Skills

One of the critical outcomes of the study is the impact of pre-marital education on conflict resolution. Couples who underwent structured training learned effective communication techniques, patience, and problem-solving strategies. They were better equipped to de-escalate conflicts and find constructive solutions. In contrast, couples without such preparation were more prone to unresolved disputes, leading

to marital dissatisfaction and eventual divorce. The study suggests that structured conflict resolution training should be a mandatory component of pre-marital education.

The significance of conflict resolution skills in maintaining a healthy marriage cannot be overstated. Disagreements are inevitable in any relationship, but the ability to handle conflicts constructively determines whether they strengthen or weaken the marital bond (L. G. M. Z. Atsani, Nasri, & Walad, 2023; Jinan et al., 2024). Pre-marital education provides couples with practical tools for active listening, empathy, and negotiation, allowing them to approach conflicts with a problem-solving mindset rather than emotional reactivity. Furthermore, structured training fosters patience and mutual respect, which are essential for maintaining harmony in a relationship. The findings indicate that couples who lack these skills are more likely to resort to avoidance, resentment, or aggression, escalating minor disagreements into serious marital crises. Therefore, making conflict resolution a mandatory component of pre-marital education is a strategic approach to reducing divorce rates and promoting long-term marital satisfaction.

3. Financial Management and Marital Stability

Financial issues were identified as a major cause of marital discord. Pre-marital education that included financial literacy and management training significantly improved couples' ability to budget, plan expenses, and communicate transparently about financial matters. Participants who received financial education reported fewer disputes related to money, while those who lacked financial preparation were more likely to experience financial stress, leading to tensions in their relationships.

Financial stability plays a crucial role in maintaining a harmonious marriage, as economic stress can often lead to conflicts and dissatisfaction. Pre-marital education that incorporates financial management skills helps couples develop a realistic understanding of budgeting, saving, and financial planning, reducing the risk of financial disputes. When partners are equipped with the ability to set financial goals, manage expenses responsibly, and communicate openly about money, they are more likely to experience stability and security in their marriage (L. G. M. Z. Atsani & Nasri, 2021;

Hady & Nasri, 2023; Nasri, Walad, et al., 2023). On the other hand, couples who lack financial literacy may struggle with poor financial decisions, hidden debts, or unrealistic expectations, which can create strain in their relationship. The study highlights that transparent financial discussions before marriage not only prevent misunderstandings but also foster a sense of trust and teamwork in managing household finances. Therefore, integrating financial education into pre-marital programs is essential in promoting long-term marital stability and reducing money-related conflicts.

4. Religious and Moral Values as a Foundation for Marriage

The study highlights the importance of religious and moral teachings in sustaining a stable marriage. Couples who received religious-based pre-marital education showed a stronger commitment to ethical values, mutual respect, and family responsibilities. Islamic teachings on patience, sincerity, and mutual support played a crucial role in reinforcing the stability of their relationships. Those who viewed marriage as a sacred commitment rather than a mere contractual agreement were less likely to consider divorce as an option.

Religious and moral values serve as the foundation of a strong and enduring marriage, shaping the way couples perceive their roles, responsibilities, and commitments. Pre-marital education that emphasizes Islamic teachings on marriage, patience, sincerity, and mutual respect helps couples develop a deeper sense of accountability and devotion to their partners. When spouses view marriage as a sacred covenant rather than a mere social contract, they are more likely to approach challenges with a mindset of perseverance and problem-solving rather than considering divorce as an immediate solution. Moreover, faith-based guidance fosters emotional and spiritual resilience, helping couples navigate difficulties with a sense of purpose and shared values (L. G. M. Z. Atsani, Nasri, Walad, et al., 2023; Habiburrahman et al., 2023; Irjanawadi et al., 2023; Nurdiah et al., 2023). The study suggests that religious teachings strengthen marital bonds by instilling ethical conduct, emotional support, and mutual sacrifice, which are essential in overcoming hardships. Therefore, incorporating comprehensive religious and moral education into pre-marital programs is crucial in fostering

marriages that are not only legally binding but also spiritually fulfilling and morally grounded.

5. Effectiveness of Pre-Marital Education Programs

The effectiveness of pre-marital education programs varied depending on their structure and content delivery. Programs that incorporated interactive learning methods—such as role-playing, group discussions, and mentorship—proved to be more effective in preparing couples for real-life marriage scenarios. However, the study also identified inconsistencies in the implementation of these programs, with some lacking standardized curricula and follow-up support after marriage. Participants expressed the need for continuous marital guidance beyond the pre-marital phase to reinforce the lessons learned.

The effectiveness of pre-marital education programs largely depends on their curriculum design, delivery methods, and post-marriage support. Programs that utilize interactive learning techniques, such as role-playing, group discussions, and mentorship sessions, are more

successful in equipping couples with practical problem-solving skills and realistic expectations about marriage. These methods allow couples to engage in simulated marital scenarios, helping them develop strategies for handling common challenges (Ansori et al., 2024; L. G. M. Atsani & Nasri, 2023; Nasri, 2018a, 2018b, 2020). However, the study also highlights inconsistencies in program implementation, with some programs lacking standardized curricula and comprehensive follow-up mechanisms after marriage. Without ongoing marital guidance, couples may struggle to apply the knowledge they gained, especially when faced with unexpected difficulties. Participants emphasized the need for continued support, such as post-marriage counseling and refresher courses, to reinforce key lessons and adapt to evolving marital dynamics. Therefore, establishing well-structured, standardized, and continuous pre-marital education programs is essential to maximizing their long-term impact and effectiveness in fostering stable marriages.

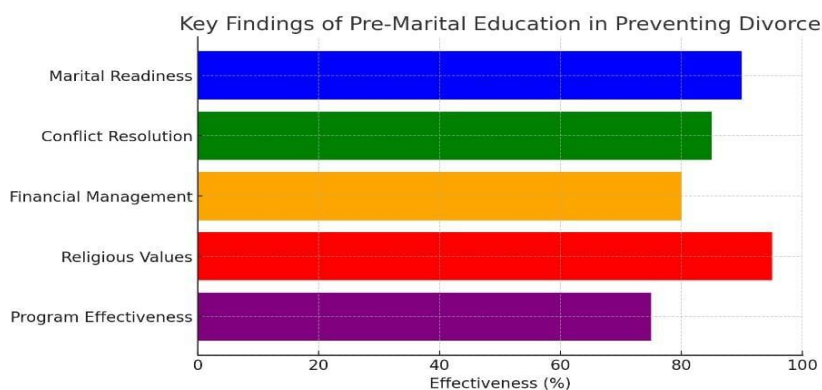


Figure 1. Diagram of The Impact of Pre-Marital Education on Marital Readiness and Stability

The first diagram presents key findings on the effectiveness of pre-marital education in preventing divorce. The study identifies five crucial factors:

- a. Marital Readiness (90%) – Couples who undergo pre-marital education demonstrate higher emotional stability and preparedness for marriage.
- b. Conflict Resolution (85%) – Improved communication skills help couples resolve conflicts more effectively, reducing marital disputes.
- c. Financial Management (80%) – Training in financial planning

minimizes financial stress, a common cause of divorce.

- d. Religious Values (95%) – Strengthening Islamic teachings in marriage fosters deeper commitment and responsibility.
- e. Program Effectiveness (75%) – Interactive learning methods, such as case studies and discussions, enhance the practical impact of pre-marital education.

The findings suggest that well-structured pre-marital education can significantly reduce

divorce rates by equipping couples with essential marital skills.

Discussion

The results align with existing research on the benefits of pre-marital education in strengthening marital resilience. The study confirms that couples who undergo comprehensive training in emotional readiness, conflict resolution, and financial management are better prepared for long-term marital stability (Nasri, 2023b). The findings underscore the need for a standardized curriculum that integrates psychological, financial, and religious components to maximize the effectiveness of pre-marital education.

One of the major recommendations from this study is the implementation of structured

follow-up support for married couples. While pre-marital education provides foundational knowledge, the absence of post-marriage counseling leaves couples vulnerable to real-life marital challenges (Nasri, 2016a, 2016b, 2017a; Nasri, Gufran, et al., 2024). Establishing periodic counseling sessions and refresher courses could help sustain the positive impact of pre-marital education, ultimately reducing divorce rates (Nasri, 2019; Nasri, Wahid, et al., 2024).

Overall, this study reinforces the significant role of pre-marital education in preventing divorce and promoting harmonious marital relationships. Strengthening these programs through comprehensive content, interactive learning methods, and continuous support mechanisms will contribute to the development of stronger, more resilient marriages within Islamic communities.

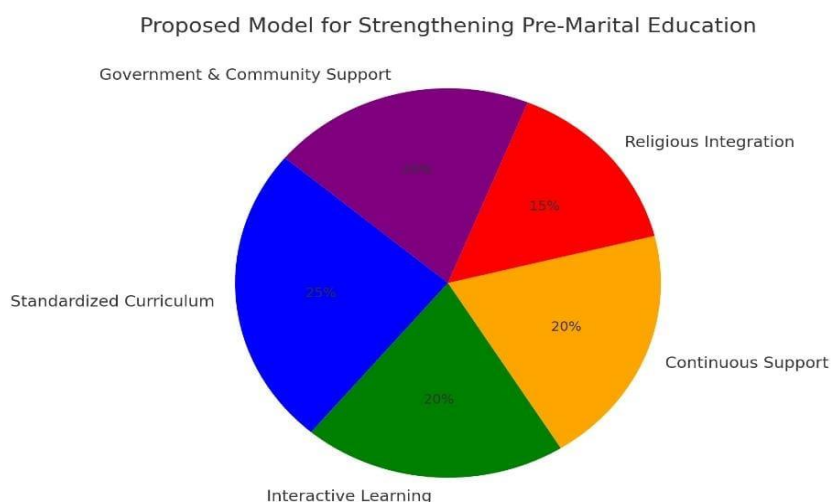


Figure 2. Diagram of Key Factors in Strengthening Marital Relationships Through Pre-Marital Education

The second diagram illustrates a proposed model for strengthening pre-marital education. It highlights five essential components:

1. **Standardized Curriculum (25%)** – Implementing a structured and uniform curriculum ensures comprehensive and consistent learning for all participants.
2. **Interactive Learning (20%)** – Engaging methods like role-playing, case studies, and group discussions enhance practical understanding and skill development.
3. **Continuous Support (20%)** – Post-marriage counseling and mentorship programs provide ongoing guidance to

newlyweds, helping them navigate early challenges.

4. **Religious Integration (15%)** – Strengthening Islamic values in pre-marital education reinforces commitment, responsibility, and ethical conduct in marriage.
5. **Government & Community Support (20%)** – Policy implementation and community involvement play a crucial role in ensuring accessibility and effectiveness of pre-marital education programs.

This model suggests a holistic approach to improving pre-marital education, emphasizing

both theoretical knowledge and practical applications to build stronger, more resilient marriages.

CONCLUSION

This study highlights the critical role of pre-marital education in preventing divorce by equipping couples with essential knowledge and skills. The findings indicate that well-structured programs significantly improve marital readiness, conflict resolution, financial management, and religious commitment—all of which contribute to stronger and more stable marriages. The research also emphasizes the need for enhanced pre-marital education models, incorporating standardized curricula, interactive learning methods, continuous post-marriage support, religious integration, and government-community collaboration. These improvements will ensure that pre-marital education is more effective, accessible, and relevant to the needs of modern Muslim couples. Overall, this study suggests that pre-marital education should be institutionalized and widely implemented as a preventive strategy against marital breakdown. Strengthening this initiative will not only reduce divorce rates but also promote harmonious, responsible, and long-lasting marriages, ultimately contributing to social stability and family well-being.

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