



Family Counseling for Mothers on Household Resilience on the Indonesia-Malaysia Border

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ABSTRACT

This research is motivated by the importance of the resilience of the role of wives of migrant workers who have Long Distance Relationship (LDR) status in increasing household resilience. The counseling process provides hope to help mothers face and solve family problems with various factors and challenges in border areas. This study aims to identify and provide treatment using family counseling. This study uses a case study approach to study, explain, and interpret the role of mothers in household resilience. The research instruments used were in-depth interviews, observation, and individual counseling. Through this study, it was concluded that counseling for wives who are in a long-distance relationship in their household is very much needed to strengthen household resilience. However, this counseling should be done routinely, at least once a month, considering that wives generally cannot express their problems to others, which results in their inner conflict. This research is important because the important role of family counseling in this study is to assist mothers in dealing with crisis problems, finding appropriate solutions, and developing the ability to work together in the family.

INTRODUCTION

Mothers, with all their unique qualities and strengths, can give birth, care for children, educate children, take care of households, and even work to help support the family's needs and economy. Respect for the mother figure is also seen in the Qur'an, marked by Surah An-Nisa, which means "woman". In the hadith, the Prophet PBUH commands to respect the mother first 3 times and 4 times, then the father. In Indonesia, December 22 commemorates Mother's Day, and even in Islam, this form of filial reflection to parents is interpreted with the phrase "Heaven is under the feet of mothers."

Similarly, the following hadith of the Prophet PBUH about women is a pillar of the state: "...If women are good in a country, then the condition of the

country is also good, but if it is the opposite, then the morals of the country will also be damaged..." (Rohmah & Chotimah, 2018).

A mother is a woman who gives birth to sons and daughters from the future generations of a nation. In his hands, a civilization was formed. If a mother with good morals raises this generation, it is hoped that she will bring happiness and pride to her family and society in the future (Elmansyah, 2018). However, quite a few women are not ready to become mothers. They don't even know how to be good mothers to manage the household and take care of their children, be victims of domestic violence, work to complement the family economy and be single parents, which can trigger conflicts in their small families. In a study "Our World in Data" in 2019 on the prevalence of mental health disorders in Indonesia by gender, it was stated that:

"...Mental health conditions are not uncommon. Hundreds of millions suffer from them every year; many more do it during their lifetime. It is estimated that 1 in 3 women and 1 in 5 men will experience severe depression in their lifetime. Other conditions, such as schizophrenia and bipolar disorder, are less common but still have a major impact on people's lives..." (Dattani et al., 2025).

This proves that a mother's burden is huge and complex, especially when she is far away or has a long-distance relationship with her partner. Faced again with the environment or border areas of the country, which are very vulnerable to communication problems, family security, the influence of economic accessibility, culture, and other aspects.

Indonesia has an international land border with three neighboring countries: Malaysia, Papua New Guinea, and Timor Leste. There are 8 PLBNs (Cross-Border Posts) in Kalimantan, and 4 of them are in West Kalimantan, namely PLBN Aruk (Sambas Regency), PLBN Jagoi Babang (Bengkayang Regency), PLBN Entikong (Sanggau Regency) and PLBN Badau (Kapuas Hulu Regency). Border areas are the country's gateway to interact directly with neighboring countries and have strategic value for the country's sovereignty, defense, and security (Maisondra & Timur, 2023).

In contrast to this, the results of direct observations and surveys of several mothers at the border stated that mothers who live at home or who work often experience conflicts in the family due to the problem of being a TKW (Female Migrant Worker), husbands who work as migrant workers, infidelity, child relationships, social society, limited educational background, perpetrators/couriers of crime syndicates, and other problems. In this case, the most important thing is how the resilience of the wife's role as a mother can affect the strength of her household (Bernard, 2004). Resilience is adapting and staying firm in difficult situations (Reivich & Shatté, 2002).

Because of these problems, mothers are required to be vigilant and manage the resilience of their households. The absence of a special unit for mothers in managing household management is a challenge. Mothers must need family counseling in mental control to maintain household resilience (Miller & Perlman, 2009). Family resilience can only be created if the family concerned can carry out the eight family functions in harmony, harmony, and balance. Perez (1979) stated:

"...Is the systems approach to family therapy very popular? This approach focuses on current family problems (which is now the case). Systems therapists closely observe the interactions of family members. Neurosis, psychosis of events in the members of interactions between and between various family members. The belief is that an individual's health results from

their adaptation to the sick environment created by the family..." (Joseph E. Perez, 1979).

This description contains at least two implications. *First*, family members' diseases are the result of adaptation/interaction with the sick environment created by the family. *Second*, family members who experience emotional disturbances will affect other family members, so it is necessary to try family counseling. Family counseling aims to help family members learn and understand that family dynamics result from the influence of family-member relationships. Help family members accept that if one family member has a problem, it will affect the perceptions, expectations, and interactions of other family members.

Even the Family Resilience Bill (RUU) regulates the obligations of husband and wife. Article 25, paragraph (3) mentions the obligation of the wife. Based on the bill, there are three obligations of wives, including point b, which states that the integrity of the family must be maintained. The implementation of family counseling is basically based on the idea that each family has uniqueness in the form of various potentials, talents, interests, abilities, and so on. This unique set requires special assistance and/or guidance (structured and dynamic) to achieve happiness and harmony within the household/family. Other indicators are that they have been able to communicate openly, explicitly, and clearly, can carry out their respective roles flexibly, the strength in the family is balanced, and each family member can balance their rights and obligations. From this explanation, the formulation of the research problem is how the mother's family counseling process in household resilience is on the border between Indonesia and Malaysia.

METHODS

This research method uses a qualitative approach with a case study developed by John W. Creswell (2014). A case study is a "system bound by time and place" and uses a variety of sources of information in collecting data to provide a detailed and in-depth picture of the response to an event. The data collection tools used are interview and documentation guidelines (Creswell, 2010). To analyze the data in the case study, the researcher used problem identification and diagnostics and provided treatment to provide alternative solutions to the problems faced by mothers in household resilience. The data validity checking technique used by the researcher is to increase diligence, triangulation of sources and methods, and member checking (Creswell, 2014).

Therefore, the data sources in this study consist of two sources: Primary and secondary sources. The primary data source comes from mothers forced to have a long-distance relationship in their household, which ranges from 1 to 1.6 years, with a marriage age of 4 to 7 years. The informants of this study consist of 6 people who live on the Indonesia-Malaysia border (PLBN Aruk, Sambas Regency) with husbands who are migrant workers in Malaysia. Secondary data comes from the surrounding community (mothers left by their husbands working as migrant workers), who see their daily lives as a reinforcement of the research data.

Data was collected by interviewing mothers left by their husbands who were working as migrant workers in Malaysia, coupled with direct observation to confirm the informant's answers to the researcher's questions. Documentation is focused on evidence that they remain in their marital status, even though they are far from their husbands for quite a long time. The data collection tools used are interview guidelines, observation, and documentation. To analyze the data in the case study research, the researcher used identification and diagnostics of the problem and provided treatment to provide alternative solutions to the problems faced by mothers in household resilience. The data validity checking techniques used by the researcher were increasing persistence, triangulation of sources and techniques, and member checks.

RESULT AND DISCUSSION

This study aims to find and counsel mothers whose husbands have left to work abroad so that they have LDR status in maintaining the integrity of the household. Therefore, this study was conducted using the following steps: First, identifying research problems. Second, Diagnostics of Family Resilience Problems; and Third, Treatment Application to Clients. Thus, the flow of this research can be described as follows:

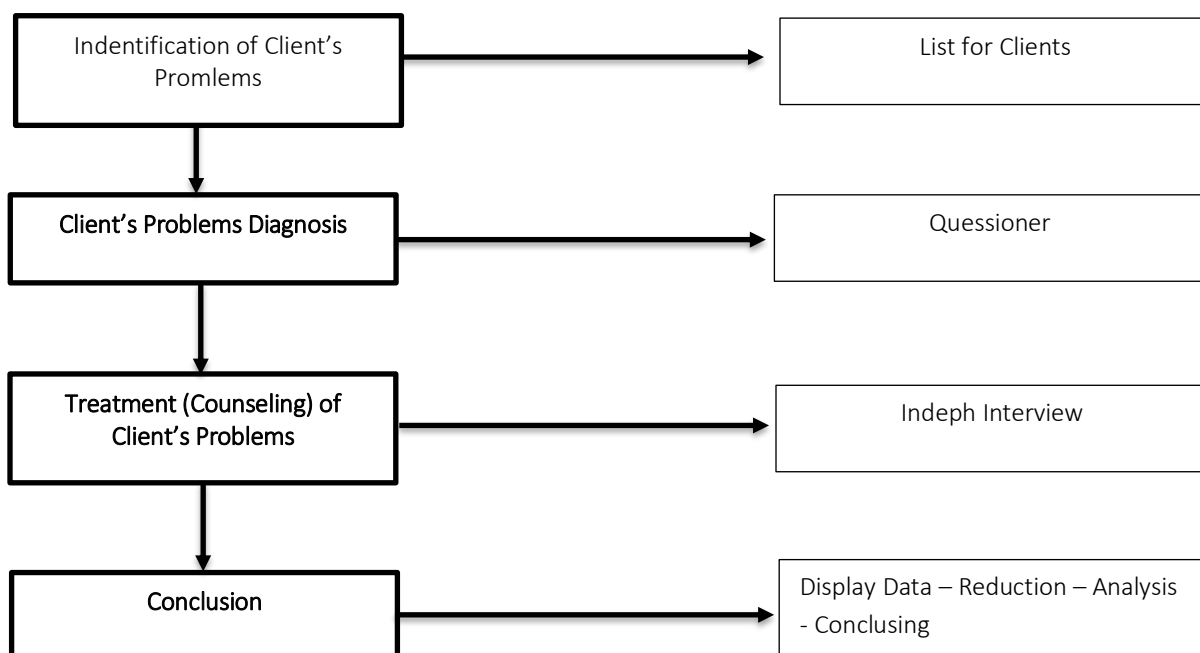


Chart 1. Research Flows

Based on the research flow above, the results of this study can be described as follows:

Identifying Client Problems

To identify client problems, the researcher used a Checklist containing several essential points: [1] Age of Marriage, [2] Duration of LDR, [3] and Problems faced. The Client's answers can be seen briefly in the following Table:

Table 1. Processed Results from Respondents' Answers

No	Client's Initials	Age of Mariage	LDR's Duration	LDR's Problems
1	DN	6 Years	1,2 Year	Tired of taking care of the household, bored, social stigma, sadness when sick, sexual needs, difficulty communicating.
2	MD	7 Years	1 Years	Financial shortages, tiredness of taking care of the household, social stigma, sexual needs, difficulty communicating.
3	AN	5 Years	1 Years	Difficulty managing expenses, tired of taking care of the household, social stigma, sexual needs, difficulty communicating.
4	RA	4 Years	10 Months	Tired of taking care of the household, Missing your partner, Social stigma, Tired of raising children, sexual needs, difficulty communicating.
5	IR	5 Years	1,5 Year	Tired of taking care of the household, Bored of being at home all the time, social stigma, sexual needs, limited communication.

6	MA	6 Years	1,6 Year	Tired of taking care of the household, Desire to work outside but cannot leave the children, social stigma, sadness when children are sick, sexual needs, difficulty communicating.
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Based on the table above, it can be explained that the average client is a young couple whose marriage age is only around 4-7 years. This kind of marriage age is still very vulnerable to divorce. In general, each partner is still quite selfish and does not fully understand their partner's advantages and/or disadvantages. Therefore, it is very necessary to be together for a long time so that each can understand their partner, especially in strengthening family resilience.

According to [Damayanti et al.](#), the LDR problem is quite complex, raising communication challenges to maintain harmony and intimacy. LDR creates an emotional gap, where feelings of longing, feelings of neglect, and feelings of worry about the loyalty of the partner appear in such a way they must be overcome together. In the psychological aspect, stress, anxiety, and loneliness often plague LDR actors (especially those who are abandoned) ([Damayanti et al., 2025](#)).

While the duration of the LDR is not considered long because it is practically only around 10 months to 1.6 years, whatever the duration of a household's LDR, it will undoubtedly affect the resilience of the household itself. Various problems will arise in LDR conditions over a long period. Therefore, one of the most decisive ways is the frequency of physical meetings in the household. For example, they meet once a month even though they are separated again after that. Or meeting at least once every 3 months, not more than 6 months. If more, then various problems will arise as social beings and biological beings.

Client's Problems Diagnosis

The problem of family resilience is closely related to divorce. Based on the research results of Nia Januari from Sultan Ageng Tirtayasa University in 2023, several factors cause divorce in Indonesia, namely Infidelity (infidelity or unfaithfulness of one of the partners), Household conflict (communication), Incompatibility between partners, Finance, Financial stress, Family disputes, mental and physical health, young marriage age, Inequality in the division of household tasks, and Socio-cultural conditions (differences in social and cultural status) ([Januari, 2023](#)).

It is not explicitly stated that LDR is one of the causes, but LDR greatly influences the emergence of these factors. This is shown by the results of the researcher's interviews with clients (informants in this study). Based on the results of interviews with clients, there are four main problems faced by these LDR mothers, namely: [1] Stigmatization of society, [2] Fatigue in taking care of the household, [3] Sexual needs, [4] and communication. Each client experiences the same thing, although the level of priority varies.

Stigmatization of Society

The informants in this study consisted of mothers between 35 and 48 years of productive age. They all live in their own homes (the result of joint efforts with their husbands) and have 2-3 children currently studying between Elementary and High School. Raising children alone and living at home without a husband creates a negative view in society, especially in relation to sexual needs. Assumptions such as "Widows" are often attached to them. As a result, there are concerns from mothers in the village regarding the problem of their husbands who could be tempted, or these clients will seduce their husbands. Biological needs, of course, are vital for every married person.

Fatigue of Taking Care of the Household

Doing everything alone, from taking care of children's school needs, accompanying children to study, cleaning the house, cooking, and washing, to neighborly affairs, is very tiring. However, when you remember what your husbands have done to earn a living out there, that feeling of

tiredness can disappear. Realizing that their husbands have struggled to meet the needs of their families makes them forget that they are exhausted physically and mentally. However, this fatigue does not infrequently make them complain to their husbands when they can communicate via media (telephone or WhatsApp application). There is a sense of happiness when they can communicate via WhatsApp, but the fatigue reappears when they finish communicating, both emotionally and physically.

Childcare is also a problem that is often faced by LDR mothers, where children need the guidance of a father (Sona et al., 2024). Complete parental guidance is very important for their mental development. Both parents need to guide their children in solving the problems they face. This guidance includes religious matters (Latifah, 2024). However, the LDR condition does not allow it, so the role of the father is also played by these LDR mothers. As a result, they often experience extraordinary fatigue.

Sexual Needs

Every married person needs sexual fulfillment for a better quality of life. Intimate relationships between husband and wife are one of the glues of togetherness in the long term (Khatami Fadel, 2021). Of course, LDR does not allow that routine to be carried out. The difficulty of holding back the desire to have sex sometimes makes these mothers feel lonely and overly emotional (sulky). Usually, this will affect childcare at home.

To overcome this problem, mothers often use the WhatsApp application to fulfill their sexual desires through phone calls with their husbands. Some try other activities, such as watching TV or scrolling social media, and some even increase their worship and dhikr. However, the need for sexuality still interferes with their thoughts and feelings. Therefore, intensive counseling is needed to remain normal in their daily activities.

Communication

The issue of communication is one thing that is very important in maintaining the integrity of the household, both households that live together and LDR. In the case of LDR, communication is vital because, without good communication, it will significantly impact daily life (Armata et al., 2024). The WhatsApp application is the primary tool for clients to communicate with their husbands. However, communication is not always smooth, which is caused by various conditions, such as a bad signal, the husband working (overtime), the husband having other needs outside of working hours, and so on.

Treatment (Counseling) of Client Problems

Based on the results of problem identification, the informants in this study have a marriage age range of 4 to 7 years of marriage, on average experiencing LDR because their husbands work as migrant workers, the LDR period is more than 6 months, and this has happened repeatedly even from the beginning of the marriage. In two research subjects (Mrs. DN and Mrs. MD), information was obtained that they felt uncomfortable having a long-distance marriage relationship because they thought that a husband and wife should live together. However, they were forced to have an LDR due to economic factors. The status of children entering the world of education is also a factor in agreeing to LDR. Moreover, faced with the condition of building a house. This is not much different from what was felt by Mrs. AN and RA, who felt forced to have a long-distance marriage relationship, which made them have to become Single Parents. Mrs. AN and RA found it challenging to be a single parent because the mother could not yet care for her child without help from her partner.

Marital adjustment is a process of modifying, adapting, and changing individuals' and couples' behavior patterns and interactions to achieve maximum satisfaction in marriage

(Wahyuningsih, 2002). Likewise, couples who have to have a long-distance relationship must make adjustments in their marriage so that it continues to run well. In the process of preparing, a sense of acceptance is needed. In this study, Mrs. IR and MA were the couples who experienced the longest conditions in undergoing a long-distance relationship. Factors such as the husband's place and work contract were why the husband could not return shortly. In adapting, the clients (wives) felt that they were already at the stage of accepting the current condition of their marriage.

Acceptance is when individuals have reached a point of resignation and try to accept the situation calmly (Harapan & Ahmad, 2016). The stage of self-acceptance appeared in both clients in this study, namely Mrs. IR and MA, who felt that they had surrendered to the condition of their long-distance marriage relationship. An attitude of resignation based on a sense of sacrifice to avoid conflict with their partners. This supports mothers in encouraging each party to understand each other, fill in, complete, sacrifice sincerely, and be patient to create a happy household. Self-acceptance from each individual in a household with a long-distance relationship is the key to success in family (household) resilience (Adiyaksa Dhika Prameswara & Sakti, 2016). In this study, information was obtained that the resilience of the informants was at the maximum stage in maintaining household resilience. The wives were faced with the attitude of being willing to sacrifice, even though it was difficult.

The researcher found a stage of accepting the conditions of long-distance marriage status, even though it was forced, to realize household happiness. Children very much need the role of a husband or father in a family. The role of a father is not only important in financial or discipline aspects but also crucial in supporting psychological health and family harmony (Sona et al., 2024). After identifying and diagnosing the problem, the researcher treated the informants (Clients). Each client underwent two counseling sessions. Each counseling process was carried out at the client's home at a time that had been mutually agreed upon. The first session was conducted for approximately 1 hour 30 minutes, with conditions according to the client's abilities. In the initial stage, the researcher opened a listening session. Listening in counseling aims to uncover the root of the problem and reveal all feelings hidden within the client (Aminah, 2018). In this process, the six clients were lost in sadness because, in reality, many mothers cannot express their problems to siblings, relatives, neighbors, and even their children. Feelings of sadness, fear, and worry have been felt to be disturbing because communication with partners is also limited. In the listening process, the researcher captured the main message conveyed and summarized, asked open questions about the feelings felt by the client, and provided reflections on the problems that had been discussed.

The second stage was carried out the next day with 2 hours of meetings with the researcher's agenda of providing choices for the client's feelings. Providing commitment and reinforcement for choices and being responsible for the joint agreement that has been set. Furthermore, reinforces the client to continue the mission of maintaining the integrity of the household. Cognitively and rationally, the researcher built trust that the client could face this relationship problem very well and provided appreciation in the form of motivational words to strengthen the client with the aim of a good or positive perception emerging and building new trust in the household relationship.

This stage 2 counselling process confirmed that the client's feelings became calmer and more comfortable, and they could accept and be responsible for decisions made with their partner.

Client Problem Solving

Based on the results of the analysis of the research data that has been obtained, the researcher concluded that a wife's experience in a long-distance marriage makes clients or mothers feel bored in their solitude in taking care of the family. Each client hopes that their condition can be reunited with their partner. One factor that underlies each client undergoing a long-distance

relationship is the economic factor or needs in the family. In the early days of undergoing a long-distance marriage, clients feel surprised to live their married life because no partner helps to take care of the household. The adaptation made by the client is considered difficult because they are unprepared to take care of the household themselves when they are far from their partner. Sacrifice is the key for clients in maintaining their married life. One of the sacrifices made is trying to accept the long-distance situation for the good of the family. The client's acceptance of the long-distance marriage condition brings wisdom when going through it. The wisdom that can be learned from the client is the wisdom to be grateful because gratitude helps to lighten the burden of problems when far from a partner (husband). For mothers as clients, long-distance marriage relationships are a difficult situation for some people who will go through it. Long-distance marriage relationships are not easy for couples who do not have a strong commitment to keep their marriage intact.

Researchers advise each client to improve good communication in their marriage relationship. Good communication can maintain the integrity of the household. Communication can also affect intimacy, passion, and commitment. Therefore, clients need to improve their communication skills to maintain the household's integrity.

CONCLUSION

There are many problems faced by wives who are in a marriage with a condition of being separated from their husbands (LDR), such as stigmatization of society that considers them as widows who are worried about stealing other people's husbands; communication that is sometimes difficult because of busyness and difficult signals; Fatigue in taking care of the household alone; Difficulty in managing finances; Missing, worrying that the husband will cheat on you; Sexual desires that are difficult to fulfill, and so on. These problems are common to couples in LDR, anywhere and anytime. Therefore, proper handling is needed so that the household can survive. Assistance is important to be carried out for every wife who experiences LDR, including those who live in border areas. Counseling for LDR wives has been carried out by researchers in two stages, namely the identification and diagnostic stage of the problem and treatment with the family counseling method. Intensive communication with the husband is the main suggestion given by the counselors (Researchers). The treatment results showed that these LDR wives became calmer and had greater self-acceptance, so they concluded they were grateful for God's provisions. The reinforcement given by the counselors (researchers) in this case are 3, namely: [1] that the important thing that must be strengthened by the wives who are left to work abroad by their husbands as migrant workers are the motivation so that their children can continue their education (Primary, Middle, to College) without significant obstacles; [2] Believe that their husbands work to get adequate income to meet the needs of the family; [3] They must be more focused on meeting the needs of their children at home, and can maintain their assets (land, buildings, and so on) to survive or produce; and, [4] increasing worship to God, so that everything is made easy, protected and guided to the right path. This research is minimal because only two counseling sessions were conducted. It should not be enough to meet 2 times, but rather be mentoring every month. With mentoring every month, it can be ensured that the strength of the wives to maintain the integrity of the household will be better and more maintained. Because, at any time, problems in a long-distance relationship will always be different and require different treatments.

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