

# Mindfulness techniques as an effort to increase family resilience in early marriage couple

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## Abstract

The aim of this research is to use mindfulness practices in group counseling to improve family resilience in young married couples. Due to their inexperience, young married couples are psychologically unable to handle the stress of issues and carry out their roles as husband and wife to the best of their abilities. Pre-experimentation using a pre-test-posttest design is the methodology used in this study. People who get married young in Gumelem Hamlet, District, Magelang Regency, make up the study's population. Six respondents were chosen at random. The SPSS 25.0 for Windows software was used to examine the mindfulness practice as a means of enhancing family resilience in early marriage couples using a paired sample t-test. The analysis's findings demonstrated how mindfulness practices in group therapy could help early marriage couples' families become more resilient. The fact that the 2-tailed Sig probability value is 0.001 less than the significant 0.05 level serves as proof for this.

## Keywords

Early marriage, Family resilience, Mindfulness

## Introduction

The smallest unit in the social hierarchy is the family. The family is the center of society and the foundation that keeps it strong and stable [1]. A group of people with marriage links, birth or blood relations, and adoptions make up the family. They each have their tasks and fulfill them in order to accomplish a shared objective. The goals of marriage include providing for one's bodily and spiritual needs, establishing a *sakinah* family, passing on children, avoiding infidelity, and fostering a sense of security, contentment, and comfort. Resilience in the family can be strengthened when married couples are able to coexist peacefully and support one another in their lives. However, there are challenges in every life path to reach these objectives. Planning a wedding requires preparation in order to accomplish the aim of marriage, from selecting a partner carefully to balancing the perception of the family's vision and mission. According to

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Wibisana [2], marriage is a noble and sacred institution founded on morality, accountability, and adherence to the law.

Early marriage, sometimes known as young marriage, is becoming more and more common. Year after year, the number of early marriages in different nations is rising [3]. Poor social and economic standing, the prevalence of a young marriage culture, arranged marriages, forced marriages by parents or family expectations, low levels of education, and free sex are some of the factors that contribute to early marriage, which also occurs in Indonesia. Furthermore, there is a belief that marriage at a young age can alleviate stress and issues in life [4]. Married couples who decide to marry early run the danger of experiencing negative effects not just on their physical health but also on their mental and social well-being. When a couple is not prepared for marriage, their mental health will suffer, which will lead to psychological issues in their day-to-day lives. Divorce because they are not prepared to play a role and be responsible as husband and wife, verbal arguments, domestic violence, poor adjustment to a new environment, unmet daily needs, the risk of giving birth at a young age because the reproductive organs are not ready, and many other issues are common among young married couples. The issue arose because the young couple was not prepared to start a family and lacked the maturity and attitude necessary to make wise decisions. The family's resilience declines as a result of these issues.

The ability of a family to achieve a happy, harmonious life, manage resources and problems, survive in a variety of situations, and be optimistic in the face of life's challenges to achieve prosperity is another definition of family resilience [4]. Family resilience is a dynamic state where families and their members have the tenacity, toughness, physical, material, and mental abilities to live independently [5]. One component of family resilience is physical resilience, which involves meeting needs for food, clothing, and shelter. Clothing, wholesome, halal food, adequate nourishment, and a respectable, ability-based place to live. 2) Non-physical resilience; meeting partners', children's, and their families' mental, spiritual, and psychological needs. A sense of safety, protection, tranquility, love, and the satisfaction of rights and responsibilities between a husband and wife are all examples of this non-physical resilience. 3) Social resilience, or preserving ties with parents, family, and the neighborhood in which they live. 4) Religious and legal resilience; adherence to religious and legal tenets and laws that govern the rights and responsibilities of parents and children, as well as those of husband and wife [6].

In the District region of Magelang Regency, early marriage couples' family resilience is at risk since they are not yet prepared to fulfill their responsibilities as husband and wife. When two people marry young and have a short marriage history, divorce rates are relatively high. 1,972 weddings between people under the age of 18 took place in Magelang Regency in 2018. Child marriage is a problem for the Magelang Regency government, particularly the PPKB PPPA Social Service [7]. Out of 604 applications for marriage permission, the Magelang Religious Court noted that 576 of them were early

marriages in 2021. This figure rose from the two years prior, which were 102 in 2019 and 533 in 2020 [8]. The issue of education and low family awareness that originate in the rural provide the backdrop for the early marriage problem in the Magelang Regency area. As a result, there are now difficulties in achieving family planning and successful families in Magelang [9]. In order to combat the high rates of early marriage and divorce, the Office of the Ministry of Religion of Magelang Regency has conducted marital guidance, or BIMWIN, for potential brides in each KUA District. Managing finances, making the most of the duties of husband and wife, and helping one another out are all important aspects of running a family [10].

The Social Service for Population Control, Family Planning, Protection, and Empowerment of Women and Children (Dinsos PPKB PPPA) is confronted with the problem of how to help early marriage couples develop family resilience. Nevertheless, it appears that the Office of the Ministry of Religion's attempts to provide potential brides with marital counseling have not been at their best. Family resilience must be impacted by intervention for young married couples so that they are truly aware of and capable of fulfilling their rights and responsibilities voluntarily. In guiding and counseling, married couples might benefit from mindfulness practices that promote calm thinking. As a type of consciousness that arises in a person during a variety of activities nowadays, mindfulness is necessary for early marriage couples to be completely conscious of their lives, especially when it comes to family situations. Being able to open up to your partner, paying attention to each other, and interpreting disagreements with self-control and positive attitude are all important.

The divorce rate in Magelang Regency will decrease if married couples are able to practice mindfulness to the fullest extent possible. This will minimize the onset of difficulties in the family and promote family resilience. But there hasn't been any mindfulness-based intervention to boost family resilience. Through mindfulness practices combined with group counseling exercises, this study aims to improve family resilience in young married couples.

The ability of a family to provide for their basic necessities and engage in constructive activities is measured by its resilience. The goal of family resilience is to increase the independence and well-being of families. According to research that examines the elements that contribute to family resilience, there is already public awareness of family resilience, as well as attitudes and behaviors of family members that support it, although not everyone practices them. The residents of KB village, Kadipiro village, Surakarta City, have not fully implemented all facets of family resilience [11]. The endeavor to prevent and defend oneself against different issues and risks to life, both from within the family and from beyond the family, such as the environment, community, and society, is another definition of family resilience. Article 1 paragraph 11 of Law Number 52 of 2009 concerning Population Development and Family Development in Indonesia regulates family resilience. This verse describes family welfare and resilience as a state of the family that possesses material physical abilities to live independently and empower

themselves and their families to live in harmony, thereby increasing their physical and mental well-being.

The existence of mutual service between a husband and wife as a sign of glory, the closeness of a husband and wife toward a good quality of marriage, the presence of parents who teach and train their children with various creative challenges, consistent training, and skill development, the presence of a husband and wife who lead all members of their family with affection, and the presence of children who respect and obey their parents are 5 (five) indicators that describe the level of family resilience [5]. According to a different study, a family that meets the following characteristics can be considered resilient: (1) strong in the health aspect, with indicators indicating the family feels as healthy as possible on all levels—physically, cognitively, emotionally, and spiritually. (2) significant economic component, indicating that the family has enough money to cover their expenses through employment and asset ownership (3) robust in a wholesome family life, the traits are how In order to attain life satisfaction, the family is adept at taking chances, managing risks, and parenting in order to resolve problems (4) strong in the element of education, the sign is that the kid's readiness to learn at home and school reaches the desired level of education with the engagement and support of parents until the child achieves success, (5) strong in the aspect of community life, the indicator is that the family has balanced support between formal and informal such as familial links and social relations among members of the community, friends, and family. (6) are skilled at adapting to cultural variations in society by personal engagement with people from different cultures [12].

Family resilience has also emerged as a result of the Covid-19 epidemic. Couples must enhance their understanding and behavior in order to maintain family unity and resilience. This is the consequence of adequate family resilience research during the Covid-19 pandemic [13]. The pandemic has also had an exceptional and unexpected influence on the well-being of families, resulting in problems such as worry, stress, and sadness. So it is critical to practice thankfulness at all times in order to achieve family wellness and resilience. Furthermore, good, healthy communication and beneficial family activities can promote cohesion, closeness, and happiness [14].

Communication is critical to the long-term success of family life. The communication patterns that exist within the family determine the success of family resilience. Mindfulness practices can help husbands and wives communicate effectively, allowing family resilience to be fully realized. Mindfulness has been shown to effectively reduce psychological stress in both parents and pupils. Mindfulness can help people learn to face their experiences more openly and without judgment. Mindfulness treatment can assist couples learn to watch and be aware of stress before it becomes a negative factor that undermines family resilience [15]. Mindfulness attempts to help people accept their current situation without passing judgment [16]. In other studies, mindfulness is employed as a tool to promote happy parenting in the family [17]. Problems and inconsistencies in married couples' childcare can also jeopardize family resilience,

particularly in couples that marry at a young age, as these couples are known to have a poor grasp of parenting.

## Method

This is a pre-experimental study with a single group pre-test and post-test design. This study's demographic consists of persons who marry early in Gumelem Hamlet, Village, Magelang Regency. Random sampling is a sampling technique. This study's sample consisted of six respondents who married early. Data processing and analysis were carried out in accordance with the formulation and study objectives, utilizing Paired Sample T-Test analysis with the statistical program SPSS For Windows Versions 25.0.

The questionnaire used to assess family resilience has been validated and reliable. The validity test findings at the 5% significance level with a sample size of N 60 were 0.254, and the reliability test results yielded an Alpha coefficient of 0.891.

## Results and Discussion

By incorporating mindfulness practices into group therapy sessions, researchers assist early marriage couples build family resilience. The treatment's effectiveness can be demonstrated using pre- and post-test measurements on six group members. The pre-test and post-test findings are shown in Figure 1.

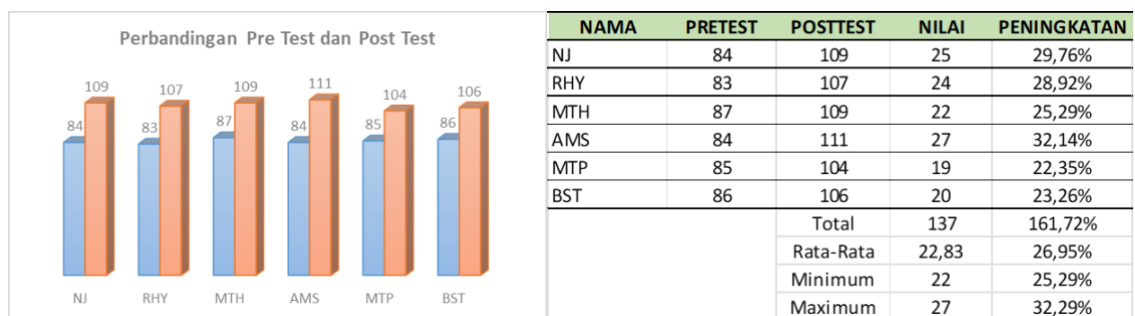


Figure 1. Pre – Post Test Results

Figure 1 demonstrates changes in pre- and post-test scores. The change is an increase in post-test scores. This demonstrates that family resilience improves in early marriage couples. This improvement in score is the result of an intervention in the form of mindfulness practices delivered via group counseling services. The score increased by an average of 26.95%. Statistical tests were also performed to determine the results of the intervention, using the analysis of the Paired Sample T-Test using SPSS 25.0 For Windows.

Table 1 shows that the probability value of Sig. (2-tailed) is 0.001. The value of Sig. (2-tailed) 0.001 is less than the threshold of significance 0.05. Based on the findings of the test and analysis of the Paired Sample T-Test, it is possible to conclude that there is a significant difference in values between the family resilience questionnaire's pretest and posttest results. As a result, incorporating mindfulness practices into group counseling sessions improves family resilience in early marriage couples.



Table 1. Paired Sample Test Result

		Paired Differences							
			Std.	Std. Error	95% Confidence Interval of the Difference				Sig. (2-tailed)
		Mean	Deviation	Mean	Lower	Upper	t	df	
Pair 1	PreTest - Posttest	-22,833	3,061	1,249	-26,045	-19,622	-18,275	5	,000

Family resilience is a condition that must be prepared by the family to withstand all types of issues that may arise and negatively impact the family. To build family resilience, family members must be able to collaborate and act in a helpful manner. The development of resilience within the family is a precursor to the family's success in attaining aspirations and ambitions. To achieve family resilience, all members of the family must practice self-management. Self-management is effective for resolving conflicts caused by family members failing to fulfill their tasks in the family appropriately [5]. Family resilience is something that must be aspired for, followed by the ability to adapt and succeed in addressing stresses or problems both currently occurring and in the future. Family members are able to respond to these challenges according to their degree of development, interactions, risk factors that may arise according to their perspective and positively [18]. Interpersonal communication among family members is one strategy for building family resilience [19]. Family resilience develops when individual resilience in the family evolves and is reinforced by community resilience [20].

The incapacity of family members to optimize communication, self-management, and role performance can lead to family conflict. Individuals who marry early are more likely to experience this because they are not psychologically prepared to carry out their duty effectively. Depression, marital violence, economic troubles, neglected children's education and welfare, divorce owing to immaturity, and other negative consequences of early marriage have been documented [21]. This difficulty might occur when one or both of them are too young to cope with the pressures and problems that arise in the household.

Mindfulness is one technique for improving family resilience. Mindfulness entails being aware of thoughts and feelings concerning experiences from moment to moment in a clear and balanced manner. This entails being open to the present moment, allowing all thoughts, emotions, and experiences to enter consciousness without resistance or avoidance [22]. It is intended that by bringing mindfulness to everyday life and difficulties, early marriage couples will be able to think and feel more sensibly, allowing them to confront and resolve existing stresses and enhance family resilience.

## Conclusion

Family resilience encompasses physical, non-physical, social, religious, and legal resilience, as well as mutual respect and affection for family members. It is characterized by the family's toughness, tenacity, and physical ability to achieve the goal of a

harmonious and happy marriage, both mentally and physically. Full awareness can be used to think and feel about the circumstances that exist. Mindfulness techniques can be utilized to improve family resilience in young married couples. The results of the paired sample t-test show that the probability value of Sig. (2-tailed) is 0.001, which is less than the level of significance of 0.05.

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