

**MODEL KONSELING PRANIKAH BERLANDASKAN NILAI-NILAI  
PERNIKAHAN ADAT MINANGKABAU  
UNTUK MENGEMBANGKAN KESIAPAN PERNIKAHAN MAHASISWA**

**DISERTASI**

**Diajukan untuk Memenuhi Sebagian dari Syarat untuk Memperoleh Gelar  
Doktor Pendidikan dalam Bidang Bimbingan dan Konseling**



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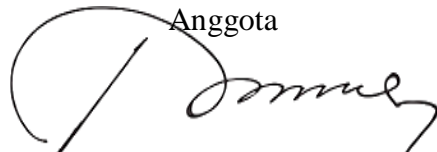
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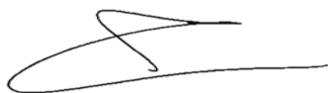
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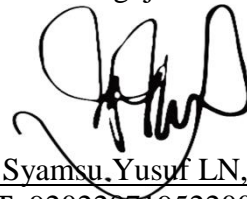
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## **PERNYATAAN**

Dengan ini, saya menyatakan bahwa disertasi dengan judul “Model Konseling Pranikah Berlandaskan Nilai-nilai Pernikahan Adat Minangkabau untuk Mengembangkan Kesiapan Pernikahan Mahasiswa” ini beserta seluruh isinya adalah benar-benar karya sendiri yang dibimbing oleh Tim Pembimbing/Promotor dalam mengembangkan ilmu pengetahuan pada bidang bimbingan dan konseling. Disertasi ini disusun mengikuti ketentuan Peraturan Rektor Universitas Pendidikan Indonesia Nomor 7867/UN40/HK/2019 tentang pedoman penulisan karya ilmiah UPI tahun 2019. Apabila dikemudian hari ditemukan indikasi pelanggaran etika keilmuan/akademik pada disertasi ini, saya siap bertanggung jawab dan menerima konsekuensi sebagaimana ketentuan akademik Universitas Pendidikan Indonesia tersebut yang berlaku.

**Bandung, Juli 2023**

**Yang Membuat Pernyataan,**



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## ABSTRAK

**Ninil Elfira.** (2023). Model Konseling Pranikah berlandaskan Nilai-nilai Pernikahan Adat Minangkabau untuk Mengembangkan Kesiapan Pernikahan Mahasiswa. Dibimbing oleh Prof. Dr. Uman Suherman AS., M.Pd. (promotor), Prof. Dr. Cece Rakhmat. M.Pd. (ko-promotor), Dr. Mamat Supriatna, M.Pd (anggota). Program Studi Bimbingan dan Konseling Fakultas Ilmu Pendidikan Universitas Pendidikan Indonesia.

Penelitian ini dilatarbelakangi oleh banyaknya masalah yang terjadi dalam keluarga yang menyebabkan terjadinya perceraian di Minangkabau. Permasalahan yang timbul tersebut karena belum optimalnya kesiapan pernikahan calon pengantin (mahasiswa) di Minangkabau dan belum tersedianya model tindakan alternatif khusus budaya Minangkabau untuk mengembangkan kesiapan pernikahan. Tujuan penelitian ini merumuskan konseling pranikah berlandaskan nilai-nilai pernikahan adat Minangkabau untuk mengembangkan kesiapan pernikahan mahasiswa guna mempersiapkan diri memasuki jenjang pernikahan. Pendekatan penelitian ini dilakukan dengan pendekatan kombinasi atau campuran (*mixed methods research*) dan diselenggarakan dengan desain kuasi eksperimen (*pretest-posttest control group design*). Temuan penelitian menunjukkan bahwa (1) Kesiapan pernikahan mahasiswa berada pada kategori sedang, (2) Terdapat enam nilai-nilai pernikahan adat Minangkabau yang dapat dijadikan landasan dalam model konseling pranikah berlandaskan nilai-nilai pernikahan adat Minangkabau, (3) Model konseling pranikah berlandaskan nilai-nilai pernikahan adat Minangkabau terdiri tiga tahapan, tujuh kegiatan, sembilan sesi pertemuan, empat strategi dan tiga teknik. Tahapan, sesi, strategi dan teknik tersebut diterapkan guna mengembangkan kesiapan pernikahan mahasiswa yang terdiri dari tiga aspek yaitu pengetahuan, keterampilan dan sikap dan (4) Model Konseling pranikah berlandaskan nilai-nilai pernikahan adat Minangkabau layak dalam mengembangkan kesiapan pernikahan mahasiswa. Hasil penelitian ini direkomendasikan kepada: (1) Unit Pelaksana Teknis Bimbingan dan Konseling (UPT-LBK) atau sejenisnya; dan (2) peneliti selanjutnya; (3) program studi bimbingan dan konseling di perguruan tinggi; (4) Kantor Urusan Agama

**Kata Kunci :** Konseling Pranikah, Nilai pernikahan Adat Minangkabau, Kesiapan pernikahan

## ABSTRACT

**Ninil Elfira.** (2023). Premarital Counseling Model based on Minangkabau Traditional Marriage Values to Develop Students' Marriage Readiness. Supervised by Prof. Dr. Uman Suherman AS., M.Pd. (promoter), Prof. Dr. Cece Rakhmat. M.Pd. (co-promoter), Dr. Mamat Supriatna, M.Pd (member). Doctoral Program of Guidance and Counseling Faculty of Educational Sciences Universitas Pendidikan Indonesia.

This research is motivated by the many problems that occur in families that cause divorce in Minangkabau. The problems that arise are due to the lack of optimal marriage readiness of prospective brides (students) in Minangkabau and the unavailability of alternative models of action specifically for Minangkabau culture to develop marriage readiness. The aim of this research is to formulate premarital counseling based on traditional Minangkabau marriage values to develop students' marriage readiness in order to prepare themselves to enter marriage. This research approach was carried out using a combined or mixed approach (mixed methods research) and was carried out using a quasi-experimental design (pretest-posttest control group design). The research findings show that (1) students' marriage readiness is in the medium category, (2) there are six traditional Minangkabau marriage values which can be used as a basis for a premarital counseling model based on Minangkabau traditional marriage values, (3) a value-based premarital counseling model Minangkabau traditional wedding values consist of three stages, seven activities, nine meeting sessions, four strategies and three techniques. These stages, sessions, strategies and techniques are applied to develop students' marriage readiness which consists of three aspects, namely knowledge, skills and attitudes and (4) a pre-marital counseling model based on traditional Minangkabau marriage values which is appropriate in developing students' marriage readiness. The results of this study are recommended to: (1) Guidance and Counseling Technical Implementation Unit (UPT-LBK) or the like; and (2) further researchers; (3) guidance and counseling study programs in tertiary institutions; (4) Office of Religious Affairs

**Keywords:** Premarital Counseling, Value of Minangkabau Traditional Marriage, Marriage Readiness

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