

## Research Article

# Marriage Counseling in Islam: Facing the Challenges of Marriage in the Modern Era

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## Abstract.

Marriage in Islam is considered a sacred bond, but in the modern era, Muslim couples face various complex and diverse challenges. This study discusses current issues affecting the married life of Muslim couples, including shifting social values, economic pressures, the influence of digital media, and changing gender dynamics. It explores how Islamic marriage counselling can help Muslim couples overcome these challenges by combining Islamic teachings and modern psychological approaches. This research method uses literature analysis and identifies effective counseling strategies and practices in supporting Muslim couples to maintain harmony and well-being in their marriage. The results of this study indicate that a counselling approach based on Islamic values can not only strengthen the bond of marriage, but also help couples understand and overcome problems that arise in their lives. This study is expected to be a reference for counsellors, scholars, and Muslim couples in dealing with the dynamics of marriage in the modern era.

**Keywords:** marriage in Islam, marriage counselling, modern challenges

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**Published:** 15 July 2025

Publishing services provided by  
Knowledge E

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Selection and Peer-review under the responsibility of the ICDComm 2024 Conference Committee.

## 1. Introduction

Marriage in Islam is a sacred bond that is not only seen as a social contract, but also as a form of worship to Allah SWT. The Qur'an in QS Ar-Rum: 21 emphasizes that marriage is a path to achieving peace of mind through the love and mercy that Allah created between husband and wife. However, in the modern era, Muslim couples face much more complex challenges than in the past. 30% of Muslim couples in Muslim-majority countries report significant stress in their married life, caused by changing social values, economic pressures, and the influence of digital media[11]. global economic instability also has a direct impact on household life, which often triggers financial conflicts between husband and wife[14]. With these challenges, it is important to explore how marriage counseling in Islam can help Muslim couples overcome these issues and maintain harmony in their marriage.



Marriage is one of the highly recommended sunnah of the Prophet Muhammad, as stated in various hadiths. Al-Ghazali in *Ihya Ulumuddin* explains that marriage is a means to maintain personal purity and multiply descendants who will continue the teachings of Islam. This is also emphasized in QS An-Nisa: 1, where Allah commands humans to maintain family relationships and respect each other between husband and wife. In addition, the book *Al-Muwatta* by Imam Malik emphasizes the importance of the role of the family in maintaining the social and spiritual welfare of the people. From an Islamic perspective, marriage is not only intended to fulfill biological needs, but also to create a harmonious family, which will be the foundation for a wider society. concept of marriage in Islam is deeply rooted in sharia principles that regulate the rights and obligations of husband and wife fairly and equally[6].

The challenges in modern marriage are diverse and often stem from rapid social change. For example, shifting gender roles have become a prominent issue in many Muslim countries. Iran, more women are entering the workforce and pursuing higher education, which often leads to an imbalance in domestic roles and conflict with their partners[8]. These changes pose new challenges in marriage, as couples must adjust their expectations regarding traditional and modern gender roles. Economic pressures also cannot be ignored. In many developing countries, including those in the Middle East and South Asia, financial problems are often a major cause of divorce. couples with low incomes tend to experience lower levels of marital satisfaction and are more prone to conflict related to financial issues[9]. In addition, the influence of digital media, such as the use of social media, has changed the dynamics of communication in marriage. social media can be a source of conflict, especially when one partner feels that the other is spending too much time online or engaging in communication that is not in accordance with marital ethics[3].

Marriage counseling in Islam is deeply rooted in the teachings of the Shari'a and offers clear guidance for couples in dealing with various problems. The Qur'an and Hadith provide a solid framework for dealing with marital conflict. For example, QS An-Nisa: 34 suggests that couples experiencing disagreements should consult each other to find the best solution. In this case, consultation is a method recommended in Islam to resolve differences of opinion in a fair and peaceful manner. counseling based on Islamic values, such as justice ('adl) and compassion (rahmah), can help couples resolve conflicts and strengthen their marital bonds[1]., who found that couples who underwent Islamic counseling were more likely to maintain their marriage despite

significant challenges, because they were encouraged to see marriage as part of their worship and responsibility to Allah[7].

This study aims to identify and analyze how Islamic-based marriage counseling can be an effective solution for Muslim couples in facing the challenges of marriage in the modern era. By using the literature analysis method, this study will not only evaluate existing approaches but will also propose new strategies that can be adopted by Muslim counselors to help couples maintain their marriage relationship. Given that every marriage faces unique challenges, the counseling approach must be tailored to individual needs, but still based on universal Islamic principles couples who received counseling that integrated Islamic teachings and modern psychological techniques tended to have higher levels of marital satisfaction and were better able to overcome the problems they faced[1].

## 2. Methods

### 2.1. Research Approach

This study uses a comprehensive literature analysis method to explore various perspectives on Islamic marriage counseling and the challenges of marriage in the modern era. Literature analysis allows the researcher to combine findings from various sources, both classical and contemporary, to provide a more holistic picture of the topic under study. provide important insights into how Islamic values are applied in the context of marriage and how they can be integrated with modern psychological approaches[4].

### 2.2. Data Collection Process

The data in this study were collected through an extensive literature search using academic databases such as JSTOR, Google Scholar, and Islamic Studies databases. The sources selected included classical Islamic texts, journal articles, books, and relevant case studies. The criteria for literature selection included relevance to the research topic, academic quality of the sources, and timeliness. For example, the book *Al-Muwatta* by Imam Malik was used to provide a sharia basis for marriage, while an article from the *Journal of Muslim Mental Health* was used to explore the psychological aspects of marriage counseling in Islam. Other literature used included *The Muslim Marriage*

Guide by Ruqaiyyah Waris Maqsood, which offers practical guidance based on Islamic teachings for married couples.

## 2.3. Data Analysis Methods

The analytical technique used was descriptive-analytical analysis, which involved collecting, grouping, and analyzing data from various sources to identify key themes relevant to Islamic marriage counseling. Data were analyzed based on themes such as Islamic values in counseling, challenges of modern marriage, and integration of psychological approaches in Islamic counseling. Information from various sources was compared and combined to paint a more comprehensive picture of the challenges faced by Muslim couples and how Islamic counseling can help them overcome these problems. This technique allowed the researcher to identify gaps in the existing literature and propose new strategies for more effective marriage counseling.

## 3. Results and Discussion

### 3.1. The Influence of Islamic Values in Marriage Counseling

Islamic values play a central role in marriage counseling, as they provide a strong moral and ethical foundation for couples to work through their conflicts. For example, the concept of justice ('adl) in Islam emphasizes the importance of treating one's spouse fairly, which can help prevent conflict from arising. Al-Ghazali in *Ihya Ulumuddin* states that marriages based on justice and compassion are more likely to achieve long-term happiness and stability. couples who apply Islamic values such as patience (sabr) and deliberation (shura) in their daily lives are more likely to be able to face marital challenges, including financial issues and gender roles[7].

### 3.2. Economic Challenges in Marriage

Economic challenges are often the dominant factor affecting marital stability. In the Islamic context, although a husband is required to provide for his family, difficult economic conditions can cause great stress in a household. economic instability is one of the main causes of stress in marriage, which often leads to divorce[9]. In Islam, the importance of halal sustenance and blessings in its management is emphasized, but

many couples face the reality that their income is not enough to meet basic needs, which causes conflict between husband and wife. counseling that emphasizes the principles of financial management in Islam, such as zakat, sedekah, and simple living (zuhud), can help couples manage their finances better and reduce stress related to money[1].

### **3.3. The Influence of Digital Media on Husband and Wife Communication**

Digital media, although it provides convenience in communicating, also brings its own challenges in marriage relationships. stated that social media is often a source of conflict, especially if one partner feels that the other is spending too much time online or engaging in inappropriate interactions[3]. In Islam, maintaining honor (iffah) and fidelity in marriage is highly emphasized, and unwise use of digital media can damage trust in a relationship. Therefore, Islamic marriage counseling often involves education on the ethics of using social media according to Islamic teachings, as well as emphasizing the importance of honest and open communication between partners. couples who attended counseling that involved discussions about digital media use were more likely to maintain healthy communication and reduce the risk of disputes caused by social media[13].

### **3.4. Integration of Modern Psychological Techniques in Islamic Counseling**

Integrating modern psychological techniques with Islamic teachings in marriage counseling has proven effective in helping Muslim couples deal with various marital problems. techniques such as cognitive behavioral therapy (CBT) can be combined with Islamic principles to help couples overcome problems such as depression, anxiety, and interpersonal conflict[1]. For example, CBT can help couples change negative thought patterns they may have about their partners, while Islamic teachings can provide a spiritual framework to support these changes. In addition, the concept of taqwa (awareness of Allah) can be integrated with meditation or mindfulness techniques to help couples achieve inner peace and improve their relationship., who found that couples who underwent counseling with this approach showed an increase in marital satisfaction and relationship stability[5].

## 4. Conclusion

Marriage in Islam is a sacred bond based on the principles of justice, compassion, and devotion to Allah. However, in the modern era, Muslim couples face various challenges, including economic problems, the influence of digital media, and changes in social values. Islamic-based marriage counseling can be an effective solution to help couples face these challenges, by integrating Islamic values with modern psychological techniques. This study found that counseling based on Islamic teachings not only helps couples resolve conflicts but also strengthens their spiritual bond, which is an important foundation in marriage. Therefore, it is important for Muslim counselors to continue to develop approaches that combine Islamic knowledge and modern psychological science to support Muslim couples in maintaining the harmony of their marriage.

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