



THE INFLUENCE OF COMMUNICATION IN CREATING HOUSEHOLD HARMONY IN ACEH BARAT DISTRICT

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Abstract

Family harmony is a state where family members are united, each member fulfills their rights and obligations, affection is fostered, and mutual understanding, dialogue, and cooperation are well established, resulting in physical and spiritual well-being. This study aims to understand communication patterns in creating a harmonious household, analyze communication aspects influencing household harmony, and identify obstacles in creating a harmonious household. This research uses qualitative methods, where the researcher comprehensively examines the facts in the field according to the focus of the problem. The data obtained is then analyzed, presented, and discussed. Accurate and reliable data were collected through observation, interviews, and documentation techniques. The results of the study indicate that (1) communication patterns that can create household harmony include interpersonal communication, mutual trust and understanding, direct communication, and gentle communication; (2) communication aspects affecting household harmony include communication patterns and adjustments, the busyness of both spouses, financial issues, poor parenting, and lack of mutual trust. On the other hand, poor and ineffective communication results in household disharmony, as communication within the household is the main element for expressing all household life issues, and everything must be communicated openly and transparently. (3) obstacles to creating a harmonious household include poor communication, family aspects, economic aspects, infidelity, and lack of cooperation in nurturing, caring for, and guiding children. The responsibility for children is entirely handed over to the wife. At the same time, the husband only focuses on earning a living, thinking he must provide financially without assisting with household affairs. However, in maintaining a household, cooperation in all matters is essential.

Keywords: Harmony; Communication; Household.

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Abstrak

Keharmonisan keluarga adalah suatu keadaan, di mana anggota keluarga menjadi satu dan setiap anggota menjalankan hak dan kewajiban masing-masing, terjalin kasih sayang, saling pengertian, dialog dan kerjasama yang baik, sehingga dapat tercipta kesejahteraan lahir dan batin. Tujuan penelitian ini untuk mengetahui pola komunikasi dalam menciptakan rumah tangga harmonis, menganalisis aspek komunikasi berpengaruh terhadap keharmonisan rumah tangga dan mengidentifikasi kendala dalam menciptakan rumah tangga harmonis. Penelitian ini menggunakan metode kualitatif, di mana peneliti meneliti secara menyeluruh terhadap fakta yang terdapat di lapangan sesuai fokus permasalahan, kemudian data hasil analisis disajikan dan diberikan pembahasan. Untuk mendapatkan data akurat dan terpercaya, dilakukan dengan teknik pengumpulan data melalui observasi, wawancara dan dokumentasi. Hasil penelitian menunjukkan bahwa: (1) pola komunikasi yang dapat menciptakan keharmonisan rumah tangga adalah dengan melakukan komunikasi interpersonal, saling percaya dan pengertian, komunikasi secara langsung dan dengan lemah lembut; (2) aspek komunikasi yang mempengaruhi keharmonisan rumah tangga adalah pola komunikasi dan penyesuaian, kesibukan suami istri, masalah keuangan, buruknya pengasuhan anak dan tidak saling percaya. Di sisi lain aspek komunikasi yang buruk dan tidak efektif mengakibatkan rumah tangga tidak harmonis, karena komunikasi dalam rumah tangga merupakan unsur utama untuk mengutarakan semua persoalan kehidupan rumah tangga, semuanya harus dikomunikasikan secara terbuka dan terang-terangan; (3) kendala dalam menciptakan rumah tangga yang harmonis adalah komunikasi yang tidak baik, aspek keluarga, aspek ekonomi, ketidaksetiaan dan tidak bekerja sama dalam mengasuh, menjaga dan membimbing anak-anaknya. Urusan anak sepenuhnya diserahkan kepada istri, sedangkan suami hanya memikirkan mencari nafkah, suami beranggapan bahwa tugasnya hanya mencari nafkah tanpa harus membantu urusan rumah. Padahal dalam membina rumah tangga harus selalu bekerja sama dalam segala hal.

Kata Kunci: Keharmonisan; Komunikasi; Rumah Tangga.

INTRODUCTION

Marriage is a bond between a man and a woman to establish a legitimate relationship, thereby becoming a couple. Through marriage, they commit to a relationship where affection, mutual trust, attention, and other positive emotions are formed. Every husband and wife always hopes that their marital bond will bring happiness to a family. Law Number 1 of 1974 on Marriage, Article 1 states, "Marriage is a physical and spiritual bond between a man and a woman as husband and wife to form a happy and eternal family (household) based on the Almighty God".

Marriage is a pledge between two human beings, formalized in a legally recognized bond according to religious, legal, and social norms, to legitimize the relationship between a man and a woman. The goal of marriage is to attain happiness in life. Marriage unites a man and a woman and brings together two families. Additionally, marriage provides

recognition that the relationship is legitimate in the eyes of Allah SWT and society. Happiness for a married couple is manifested by maintaining a harmonious relationship within the household.

According to Soraya in Yasin, happiness in a household is often equated with household harmony. Therefore, a happy family has a high level of harmony.¹ Harmony aims to achieve alignment or seriousness. To achieve harmony in a household, the husband and wife must maintain seriousness and alignment. A family is considered harmonious when each family member experiences peace, tranquility, comfort, and mutual affection.

Household harmony is a dream for every married couple; however, achieving this dream requires considerable effort, a long process, and complex adjustments between the husband and wife. Family harmony will be realized if each element within the family functions and plays its role properly while adhering to their religious values, creating harmonious social interactions among the family members. Family harmony will occur when all family members feel happy, marked by reduced tension, disappointment, and satisfaction with their overall situation, encompassing physical, mental, emotional, and social aspects.

According to Asrial, several factors determine household harmony, including mutual respect, intimacy, teamwork, and sustaining harmony. Additionally, equality among family members is a determining factor for harmony, such as equality in education and the division of labor.² Equality in education refers to educational parity between the husband and wife. In a household, both parties' thoughts are crucial in facing problems; therefore, each party's input is significant. If there is an educational gap, it may indirectly hinder communication, potentially leading to conflicts.

Communication is a social process where individuals use symbols to create and interpret meaning in their environment. Communication has three important elements: the communicator, the message, and the communicant. The communicator is the message's sender, the message is the message's meaning, and the communicant is the recipient. Without these elements, communication will be disrupted and not function perfectly.

Effective and smooth communication influences the harmony and continuity of family life. Good communication within a family creates a positive atmosphere, affecting the psychological development of the children. Conversely, poor communication may lead to rebellious behavior in children, resulting in a broken home. Indirectly, the outcome of communication influences the future behavior of the children. Therefore, effective communication should occur in every family. However, many marriages that initially start well and perfectly face issues leading to divorce, an undesirable outcome for any couple. Yet, many families become disharmonious after marriage, as seen in Aceh Barat District.

Based on preliminary observations, the researcher found that some families could not create harmony due to poor communication. Communication between husbands and wives is a significant factor that affects marital harmony. However, this is not the case for all families in Aceh Barat District. They struggle to engage in interpersonal communication due to economic disparities, where wives are required to contribute to fulfilling family needs, leaving little time for interpersonal interaction between spouses. Interpersonal

¹Yasin, et al., Faktor-Faktor Yang Mempengaruhi Keharmonisan Rumah Tangga Muslim di Jawa Tengah, *ADHKI: Journal Of Islamic Family Law*, Vol. 5, No. 1, 2023, hlm. 18.

²Asrizal, *Kafa'ah*, (Yogyakarta: Lembaga Ladang Kata, 2015), hlm. 52.

communication is crucial for creating household harmony. A lack of effective communication may lead to marital instability and problems.

In a marriage, it is essential to understand each other well, recognize verbal and non-verbal cues, and spend time together to know and share effectively. If a married couple lacks effective communication, the worst consequence they may face is divorce. Based on the above background, the researcher is interested in deeply examining this topic through a study titled "The Influence of Communication in Creating Household Harmony in Aceh Barat District."

METHOD

The approach used in this study is qualitative research, which is a method for discovering and understanding what lies behind phenomena that are sometimes difficult to know or understand.³ This approach can be used to achieve and obtain stories, fresh perspectives, and accounts about things that are largely known and can be identified. According to Samiaji, qualitative research focuses on phenomena involving humans and is conducted in a natural (non-engineered), comprehensive, evolving, and interpretive setting.⁴

Qualitative research aims to explain phenomena through observing cases or phenomena, then interpreting and understanding them, and ultimately formulating conclusions as new theories. The product of qualitative research is propositions that answer the mysteries of phenomena developing in human life.⁵ Qualitative researchers seek meaning, understanding, and insights into a phenomenon, event, or human life by directly or indirectly engaging in the studied setting contextually and comprehensively.⁶

The population for this study should ideally be the entire community of Aceh Barat District. However, considering the large number, the sample taken for this study consists of several married individuals (5 families) in Aceh Barat District, village heads, religious leaders, community leaders, youth leaders, and other relevant parties involved in this research. Data collection techniques such as observation, interviews, and documentation are used to obtain accurate and reliable data.

FINDINGS AND DISCUSSION

Findings

1. Communication Patterns in Creating a Harmonious Household

A harmonious household is one where a happy family underpins interpersonal relationships. Household harmony manifests the quality of interpersonal relationships with the spouse and family members. Effective communication is the foundation for creating a harmonious household, which forms and nurtures a happy and harmonious one. Interpersonal relationships are the beginning of household harmony. Without interpersonal relationships, household harmony is difficult to achieve (Interview with MY).

Maintaining household harmony requires mutual trust and understanding. In other words, understanding each other in all aspects and not being selfish. Selfish attitudes make

³Suharsimi Arikunto, *Prosedur Penelitian Suatu Pendekatan Praktek*, (Yogyakarta: Rineka, 2002), hlm. 11.

⁴Samiaji Sarosa, *Analisis Data Penelitian Kualitatif*, (Yogyakarta: PT Kanisius, 2021, hlm. 8.

⁵Dede Rosyada, *Penelitian Kualitatif Untuk Ilmu Pendidikan*, (Jakarta: Kencana, 2020, hlm. 40.

⁶Endang Widi Winarni, *Teori dan Praktik Penelitian Kuantitatif: Penelitian Tindakan Kelas (PTK) Research and Development (R&D)*, (Jakarta: Bumi Aksara, 2018), hlm. 147.

the household disharmonious and result in poor communication. Mutual understanding and comprehension of each other are essential elements that can create household harmony. Furthermore, during communication, both husband and wife should think maturely and wisely and possess maturity. Such communication patterns can create a harmonious household (Interview with NA).

The communication pattern husbands and wives practice to create a harmonious household includes direct communication. This makes it easier for couples to understand each other. This communication should also be conducted gently. Everything in the household should be communicated openly without any concealment (Interview with SH). Based on the above descriptions, it can be concluded that communication patterns that can create household harmony include interpersonal communication, mutual trust and understanding, direct communication, and gentle communication.

2. Communication Aspects Influencing Household Harmony

A harmonious household life is the dream of every married couple, but creating a harmonious household is not as easy as flipping a hand. Even those with Islamic religious knowledge must undergo certain processes to achieve a harmonious family (Interview with MF).

Factors influencing household harmony include communication patterns and adjustments. If a family has good communication patterns among its members, especially between husband and wife, and good adjustments, harmony in the household will be achieved. Harmony is the focal point for couples to live harmoniously with each other. The success of a marriage is the success of the husband and wife in achieving marital adjustments (Interview with BA).

Other aspects affecting household harmony include the busyness of both spouses, financial issues, poor child-rearing practices, and lack of trust. The busyness of either spouse can cause the household to become distant because they do not have leisure time together. Financial issues can also lead to rifts in the household, resulting in quarrels that end in disharmony (Interview with ZA).

On the other hand, poor and ineffective communication results in household disharmony because communication is the main element for expressing all aspects of household life, both good and bad; everything must be communicated openly and transparently (Interview with SA). Thus, it can be understood that communication aspects can influence household harmony. Therefore, communication must be conducted actively and effectively to create a happy and harmonious household.

3. Obstacles in Creating a Harmonious Household

In a marriage, various problems arise due to differences in background, character, and habits of each individual before they come together (marry). One of the obstacles to creating a harmonious household is poor communication. Some families cannot create harmony in their households due to poor communication. Communication between husbands and wives is a major factor influencing marital harmony. However, this is not the case for all families in Aceh Barat District. They cannot engage in interpersonal communication due to economic disparities, where wives are required to help meet family needs, leaving little time for interpersonal interaction between spouses. Interpersonal communication is one way to create household harmony. A lack of effective communication can lead to marital instability and problems (Interview with BA).

Additionally, family aspects are a dominant obstacle in creating household harmony. Often, the families of either the husband or wife, particularly the parents, interfere in the couple's marital relationship, causing rifts and even disputes in the household (Interview with ZA).

Furthermore, economic aspects are also an obstacle to household harmony. Both husband and wife must work to cover economic shortcomings, leaving little time for active and effective communication. Financial issues can also lead to quarrels, resulting in disharmony in the household (Interview with WD).

Another obstacle to creating household harmony is infidelity and lack of cooperation in raising, caring for, and guiding children. Childcare is entirely handed over to the wife. At the same time, the husband only focuses on earning a living, believing that his role is solely to provide financially without assisting with household affairs. Maintaining a household requires cooperation in all aspects (Interview with SA).

Discussion

1. Communication Theory

a. Definition of Communication

Communication is used by many disciplines, leading to various definitions. For instance, in the field of electronic engineering, communication is understood as the connection between two points through the use of electrical devices.⁷ The Indonesian General Dictionary defines communication as "relation" or "connection".⁸ According to Pius A. Partanto and M. Dahlan Al-Barry, communication means a reciprocal relationship between humans, fostering familiarity.⁹ Hence, communication is a reciprocal relationship that occurs when there is a shared meaning regarding a message conveyed and received by the communicator.

Communication is the exchange of ideas and the transmission of information generated by sending stimuli from a source to which the recipient responds. According to Heri, the essence of the communication process is the conveyance of thoughts or feelings by one person (the communicator) to another (the communicant). Thoughts can include ideas, information, or opinions, while feelings can include beliefs, certainty, doubt, worry, anger, or courage.¹⁰ Humaidi states that communication is the process of conveying a message through symbols or codes from one party to another with the effect of changing attitudes or actions.¹¹

Communication involves who says what through which channel to whom with what effect.¹² It is also the process of conveying a message by one person to another to inform or change attitudes, opinions, or behaviors, either directly or indirectly. Communication comes from the Latin word "communication," derived from "communis," meaning common or shared. The intended commonality here is shared meaning.¹³ Based on the

⁷A.S. Achmad, *Manusia dan Informasi*, (Ujung Pandang: Hasanuddin University Press, 1990), hlm. 42.

⁸W.J.S. Poerdarminta, *Kamus Umum Bahasa Indonesia*, Cet. II, (Jakarta: Balai Pustaka, 1982), hlm. 18.

⁹Pius A. Partanto, dkk., *Kamus Ilmiah Populer*, (Surabaya: Arkola, 1994), hlm. 587.

¹⁰Heri Budianto, *Ilmu Komunikasi Sekarang dan Tantangan Masa Depan*, (Jakarta: Kencana, 2011), hlm. 384.

¹¹Humaidi, *Teori Komunikasi dan Strategi Dakwah*, (Malang: UMM Press, 2011), hlm. 6.

¹²Deddy Mulyana, *Ilmu Komunikasi Suatu Pengantar*, (Jakarta: Rosdakarya, 2012), hlm. 69.

¹³Gun Gun Heryanto, *Komunikasi Politik di Era Industri Citra*, (Jakarta: PT Lasswell Visitama, 2010), hlm. 4.

above descriptions, it can be concluded that the communication process is where a communicator delivers a message, and the communicant receives it.

b. Functions of Communication

Communication as a science, art, and field of work naturally has functions humans can utilize to meet their needs. Hafied mentions in his book "Introduction to Communication Science" that to fulfill the functions of communication, we need first to understand the types of communication, as this can differentiate their functions, including:

- 1) Intrapersonal Communication: Functions to develop creativity and imagination, understand and control oneself, and enhance maturity in thinking before making decisions.
- 2) Interpersonal Communication: Functions to improve human relations, avoid and resolve personal conflicts, reduce uncertainty, and share knowledge and experiences with others.
- 3) Public Communication: Functions to foster solidarity, influence others, provide information, educate, and entertain.
- 4) Time-based Communication: Functions to disseminate information, equalize education, stimulate economic growth, and create happiness in someone's life.¹⁴

c. Components of Communication

Cangara states that human communication can only occur if someone conveys a message to another person with a specific purpose. In other words, communication can only occur if a source, message, medium, recipient, and effect support it. These components are the source (communicator), message, channel, recipient (communicant), and effect or result.¹⁵ When related to interpersonal communication, successful communication is seen when it positively contributes to the desired goal. When a source (communicator), in this case, the husband or wife, conveys a message, the hope is that it brings about changes in the knowledge or experiences of the recipient.

d. Conditions for Effective Communication

According to Johnson, as quoted by Supriptik, three conditions must be met to achieve effective communication:¹⁶

- 1) The communicator must ensure that the messages conveyed are easy to understand.
- 2) As the message's sender, the communicator must have credibility, which is the trustworthiness and reliability of the statements made by the sender to the recipient.
- 3) The communicator must strive to obtain optimal feedback on the impact of the message on the recipient.

2. Harmony Theory

a. Family Harmony

A family is one where all members feel happy, marked by reduced tension and disappointment, and acceptance of each other's conditions and existence, encompassing physical, mental, and social aspects.¹⁷ The family is a social unit within society. As the

¹⁴Hafied Cangara, *Pengantar Ilmu Komunikasi*, (Jakarta: PT. Raja Grafindo Persada, 2000), hlm. 55-57.

¹⁵Hafied Cangara, *Pengantar Ilmu...*, hlm. 21.

¹⁶A. Supriptik, *Komunikasi Antara Pribadi Tinjauan Psikologis*, (Jogjakarta: Kanisius, 1995), hlm. 34.

¹⁷Gunarsa, *Psikologi Praktis; Anak, Remaja dan Keluarga*, (Jakarta: PT Gramedia Pustaka Utama, 2002), hlm. 31.

smallest unit in society, a family requires organization, necessitating a head of the family as the key figure guiding the family's life. Since a family consists of several people, interpersonal interaction affects the harmonious or disharmonious state of one family member and, subsequently, the other members.

b. Basic Laws of Harmony

Allah's commandments:

1) QS. Ar-Ruum [30]: 21

وَمِنْ آيَاتِهِ أَنْ خَلَقَ لَكُمْ مِنْ أَنْفُسِكُمْ أَزْوَاجًا لِتَسْكُنُوا إِلَيْهَا وَجَعَلَ بَيْنَكُمْ مَوَدَّةً
وَرَحْمَةً إِنَّ فِي ذَلِكَ لَآيَاتٍ لِقَوْمٍ يَتَفَكَّرُونَ^{١٨}

"And of His signs is that He created for you from yourselves mates that you may find tranquillity in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought".

2) QS. Al-Dzariyat [51]: 49

وَمِنْ كُلِّ شَيْءٍ خَلَقْنَا زَوْجَيْنِ لَعَلَّكُمْ تَذَكَّرُونَ^{١٩}

"And of all things We created two mates; perhaps you will remember".

Prophet Muhammad's Hadith:

- 1) "No two people love each other for the sake of Allah, but the better of them is the one whose love for his companion is greater" (HR. Bukhari).¹⁸
- 2) "From Abdullah bin Amr ra, Rasulullah saw said, 'The world is but an adornment and the best of its adornment is a righteous wife'" (HR. Muslim).¹⁹

3. Standards of Household Harmony

Mushoffa explains several standards of harmony in a household as follows:

- a. Religious Life in the Family: (1) Performing worship well, such as obligatory prayers; (2) Enthusiastically learning and understanding religion, deepening religious teachings, and adhering to noble morals; (3) Motivating and supporting family members to receive an education.
- b. Family Health: Covering the health of family members, the family environment, and so on.
- c. Family Economy: Fulfilling clothing, food, shelter and managing income or earnings optimally.
- d. Harmonious Relationships Among Family Members: Loving, caring, being open, fair, respectful, helping, trusting, consulting, forgiving each other, and maintaining good relations with relatives and neighbors.²⁰

4. Rights and Obligations of Husband and Wife in the Household

Marriage is a legal act that binds a man and a woman, containing elements of worship to Allah on one side and civil aspects that create rights and obligations between husband and wife on the other.²¹

¹⁸Hussein Bahreisy, *Hadits Shahih AlJami' ush Shahih Bukhori-Muslim*, (Surabaya: Karya Utama, 2009), hlm. 127.

¹⁹Muhammad Al-Bani, *Agar Pernikahan Seindah Impian*, (Solo: Media Kiswah, 2009), hlm. 510.

²⁰Aziz Mushoffah, *Untaian Mutiara Buat Keluarga*, (Jakarta: Pustaka Belajar, 2001), hlm. 12-14.

²¹Zainuddin Ali, *Hukum Perdata Islam di Indonesia*, (Jakarta: Sinar Grafika, 2007), hlm. 51.

Marriage laws and the Compilation of Islamic Law clearly outline that the purpose of marriage is to establish an eternal, happy, and everlasting family based on the Almighty God. Achieving this purpose heavily depends on maximizing the roles and responsibilities of both parties, husband and wife. Therefore, marriage is not only seen as a medium to realize Allah's commands for goodness in this world and the hereafter but also as a civil contract that creates mutual rights and obligations.²²

CONCLUSION

The communication patterns that can create household harmony include interpersonal communication, mutual trust and understanding, direct communication, and gentle communication. Aspects of communication that influence household harmony include communication patterns and adjustments, the busyness of the spouses, financial issues, poor child-rearing practices, and lack of trust. On the other hand, poor and ineffective communication leads to disharmony in the household, as communication is the main element for expressing all aspects of household life. Everything should be communicated openly and transparently.

Challenges in creating a harmonious household include poor communication, family aspects, economic aspects, infidelity, and lack of cooperation in raising, caring for, and guiding the children. Childcare is entirely left to the wife, while the husband only focuses on earning a living. The husband assumes that his role is only to earn money without having to help with household affairs. However, in managing a household, there must always be cooperation in all matters.

Essentially, the family is a community under "one roof". The awareness of living together under one roof as husband and wife, interacting and potentially having children, eventually forms a new communication unit called the family. Therefore, the family can also be defined as a group formed from the relationship between a man and a woman, a relationship that typically lasts long enough to create and raise children. Thus, a family in its pure form is a social unit consisting of a husband, wife, and their underage children. This unit has certain common characteristics that are present in any human society.

Therefore, conflicts within the family must be minimized to create a balanced family and good communication. Harmonious relationships between the father and mother, the father and children, and the mother and children characterize a balanced family. Each family member knows their duties and responsibilities and can be trusted. It cannot be denied that relationships within the family are a major concern for most people, as the family represents a very special constellation of relationships. Within the family environment, communication plays a crucial role in maintaining the continuity of the family's life. Without open communication among family members, harmony will not be achieved.

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²²Amiur Nuruddin dan Azhari Akmal, *Hukum Perdata Islam di Indonesia*, (Jakarta: Prenada Media, 2004), hlm. 180.

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