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Improvement Skills Husband- Wife Communication through Guidance Family to the PKK Mothers of RT.1/RW.1 Kenteng Village

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Abstract

Good communication between husband and wife is an important factor in maintaining household harmony. However, there are still many couples who experience difficulties in communicating so that misunderstandings often occur that can cause conflicts. This family guidance program is designed to assist PKK RT 1/RW 1 Kenteng Village women in improving their communication skills with their partners. This activity is designed in the form of interactive materials that contain effective communication techniques, such as listening attentively, controlling emotions, and expressing opinions properly and correctly. The results of the evaluation showed that there was an increase in participants' understanding in communicating with their partners. The results of the evaluation showed an increase in participants' understanding of communicating with their partners. Based on pretest and post-test data from 11 participants, there was an increase in the average score of effective communication comprehension from 38.36 in the pretest to 52.55 in the post-test. This shows an average increase of 14.18 points, or equivalent to a percentage increase of 35.68%. This program helps participants in reducing misunderstandings, increasing openness in communication, and creating more harmonious domestic relationships.

Keywords: *family guidance, harmonious family, communication, husband and wife*

INTRODUCTION

Family guidance is an approach designed to help families solve the problems they face (Miswanto, et al., 2023). This approach emphasizes the involvement of all family members so that they can work together to find the best solution. Mutrofin, et. al. al., (2024) stated that family guidance focuses on problems in family life and seeks solutions by involving all family members. Meanwhile, Ilahi et al., (2025) emphasized that family guidance aims to strengthen relationships and improve healthy interactions among family members. With family guidance, it is expected that each family member can understand their role and develop harmonious relationships. Family guidance has the main goal of creating balance in family relationships, building good communication, and increasing appreciation between family members (Afifah, et al., 2024). In addition, this guidance also aims to help each individual in the family understand themselves and understand the feelings and needs of other family members (Erdiyanti & Nurhaipah, 2021). With open and honest communication, conflict in the family can be minimized so that family relationships become more harmonious and mutually supportive (Herni, et al., 2024).

Communication plays an important role in building harmonious relationships in the family. Husband and wife who have good communication will be easier understand One each other and can Work The same in overcome various problem House stairs (Shobihah & Fathoni, 2022). According to research conducted by, (Sihombing & Cutmetia, 2024) couples who have good communication patterns tend to be happier and have lower stress levels than couples who often experience misunderstandings. When communication does not go well, many problems can arise in household life, such as misunderstandings, feelings of being unappreciated, and even conflicts that lead to arguments (Azani, et al., 2022). Therefore, it is important for married couples to understand the principles of healthy communication, such as active listening, expressing feelings clearly, and understanding their partner's point of view (Dharma, et al., 2024).

METHOD

The method of implementing the family guidance program aimed at PKK mothers in RT 1/RW 1 of Kenteng Village is based on a structured systematic approach, as depicted in the flow diagram of the implementation of community service in **Figure 1**.

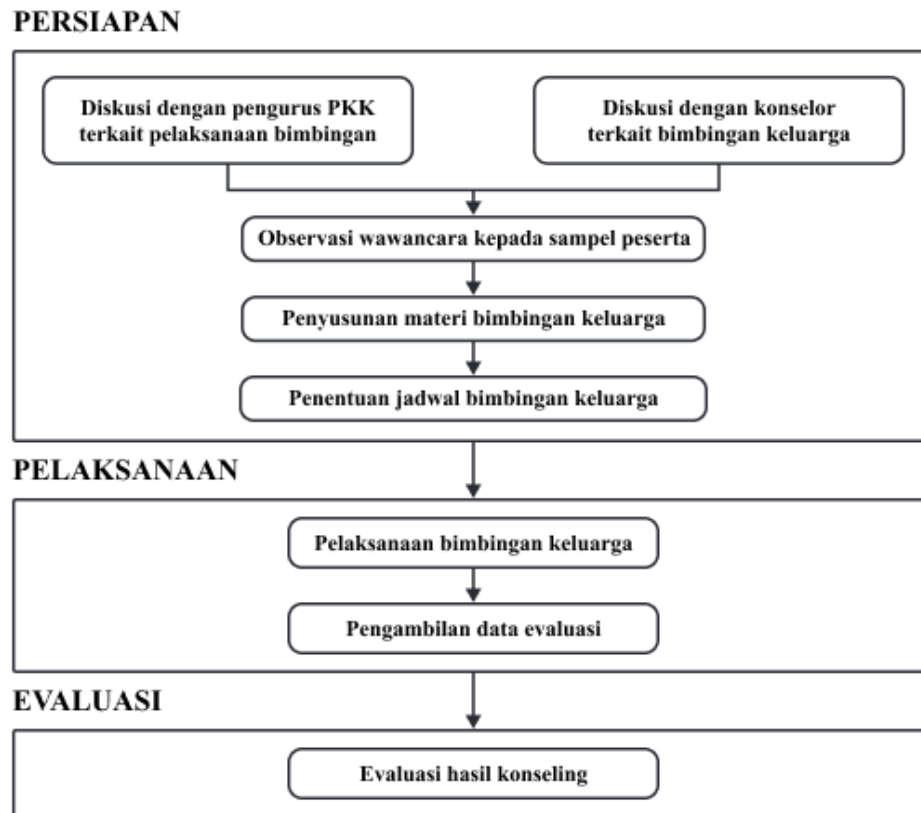


Figure 1Flowchart of Community Service Implementation

Stages beginning started with the delivery of the purpose of service in the form of family guidance to the PKK RT.1/RW.1 Kenteng Village Management. Furthermore, observation and interview activities were carried out with several participant representatives to directly explore the main problems they face in their household life, especially in the context of communication with their partners that the participants complained about. The results of the observation showed that the majority of mothers had difficulty in expressing their opinions to their husbands openly without causing conflict. These obstacles are rooted in a lack of understanding of the basic principles of healthy interpersonal communication , including the inability to manage emotions and choose the right diction in conveying messages. Therefore, this initial stage is very important to map the needs of participants authentically and become the main basis for compiling guidance materials. After that, it was continued with a discussion session with a professional counselor to obtain a psychological perspective on communication patterns that often occur in households. The involvement of counselors allows the implementation team to obtain the right approach and be sensitive to the conditions of the participants, so that the material prepared is not general but is adjusted to the social and psychological realities of local PKK mothers.

The next step is to conduct a literature review or literature review as a theoretical basis in compiling training materials. The references used include various scientific literature on communication in families, including one of the books *Men Are from Mars, Women Are from Venus* by John Gray , which explains the fundamental differences between men and women in the way they think, respond to conflict, and convey emotions. Understanding these differences is important in designing an approach that is not only normative, but also applicable to participants. Based on the results of observations, discussions with counselors, and literature reviews, the team compiled training materials designed in the form of interactive delivery and group discussions. Training materials include active listening skills, emotional management, the use of polite and non-offensive language, and non-verbal communication techniques such as facial expressions and gestures. body .



Figure 2 Implementation of Family Guidance

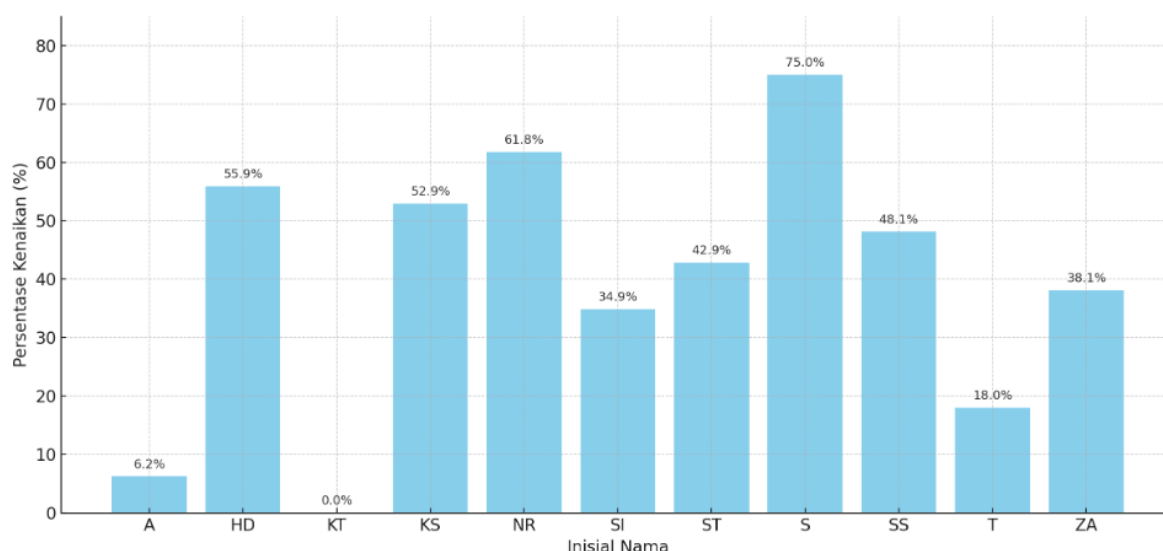
In this program, PKK mothers are given training about technique communication effective that can be applied in everyday life. Some of the main aspects taught include active listening skills, the use of clear and polite language, emotional management, the use of positive body language, and providing appreciation and support to partners. Active listening is a fundamental element in healthy communication. Husbands and wives need to give each other the opportunity to express their opinions and ensure that the message conveyed can be understood properly. Choosing the right diction also plays a crucial role in avoiding misunderstandings and preventing feelings of offense in partners. Therefore, the use of words that can trigger negative emotional responses should be avoided.

In conflict situations, individuals need to maintain calm and manage emotions optimally to prevent escalation of problems. Effective emotional control can facilitate constructive conflict resolution. In addition, nonverbal aspects, such as facial expressions, body gestures, and voice intonation, contribute to the success of interpersonal communication. An open body posture reflects a readiness to listen and understand a partner. In addition to verbal and nonverbal aspects, expressions of appreciation and providing emotional support to a partner also play a significant role in strengthening relationships. Expressing gratitude and providing positive support can increase mutual trust and appreciation in a husband and wife relationship. Thus, the implementation of effective communication contributes to the formation of harmonious and quality relationships.

RESULTS AND DISCUSSION

This family guidance activity received positive responses from the participants. Most of the PKK mothers felt that they understood the importance of effective communication with their husbands better. They also gained new insights on how to convey opinions better so as not to cause conflict. In addition, participants also felt the benefits of group discussions, where they could share experiences and get support from fellow mothers who were facing similar problems. Some participants even stated that after participating in this guidance, they began to apply the communication techniques they learned and saw positive changes in their relationships with their husbands.

The evaluation stage of family guidance that has been implemented applies a quantitative approach through pre-test and post-test to measure the effectiveness of the intervention provided. The evaluation instrument is designed to assess the level of participants' understanding of the principles and techniques of effective communication that have been delivered during the training.



Graph 1 Percentage Increase in Post-test Scores Compared to Pre-test

Based on results evaluation of 11 participants , it is known that there was an increase in the average score from 38.36 at the pre-test to 52.55 at the post-test . The difference between the two scores was 14.19 points. To find out the level of effectiveness in more depth, the percentage increase was calculated using the formula:

$$(\text{difference} / \text{pre-test score}) \times 100\%$$

The calculation results show that the increase in score of 14.19 points is equivalent to an increase of 37.00% from the initial value of the participants before the training. This increase indicates that the program has succeeded in significantly increasing participants' understanding of healthy communication techniques in the family. Not only cognitively, most participants also stated that there were changes in behavior in everyday life, such as starting to apply active listening techniques and avoiding words that are too negative to their partners. These results indicate that the participation-based approach and the real needs of the community have proven effective in improving the quality of interpersonal relationships in the family. Therefore, this family guidance program is recommended to be implemented periodically and continuously, and can be used as a model to be applied in other community environments with similar characteristics. The implications of the success of this program indicate that improving the quality of husband-wife communication through a community-based counseling approach can be a preventive strategy against family conflict while strengthening family resilience in general.

CONCLUSION

The family guidance program for PKK mothers RT 1/RW 1 Kenteng Village has a positive impact in improving husband-wife communication skills. Through this activity, participants gained an average understanding score increase from 38.36 to 52.55, indicating that participants have a better understanding of how to communicate effectively, which helps reduce conflict and create more harmonious family relationships. In the future, it is hoped that this program can be carried out routinely so that its benefits are more sustainable. In addition, it is hoped that PKK mothers can share the knowledge they gain with other family members so that more families can feel the benefits of this family guidance. With good communication, relationships within the family will be stronger and more harmonious, thus creating a happier family environment .

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