

DAFTAR PUSTAKA

- Abbott, D. A., Springer, P. R., & Hollist, C. S. (2012). Therapy With Immigrant Muslim Couples: Applying Culturally Appropriate Interventions and Strategies. *Journal of Couple & Relationship Therapy*, 11(3), 254–266. <https://doi.org/10.1080/15332691.2012.692946>
- Abdekhodaie, Z. (2021). Cognitive-Behavioral and Existential Therapies for Marital Satisfaction in Women: A Comparative Investigation of the Efficacy, Stability and Mechanisms of Changes. *Journal of Contemporary Psychotherapy*, 51(2), 173–179. <https://doi.org/10.1007/s10879-020-09488-y>
- Abdul Rozak Ali Maftuhin, & Syamsurizal Yazid. (2024). Zikir Dan Ketenangan Jiwa: Kajian Psikologis. *Ikhlâs : Jurnal Ilmiah Pendidikan Islam*, 2(1), 227–242. <https://doi.org/10.61132/ikhlas.v2i1.365>
- Abdul Wahab Abd. Muhaemin 1950-. (2010). *Ayat-ayat perkawinan dan perceraian dalam kajian Ibnu Katsir*. Gaung Persada Press.
- Abdullah, M. A. (2006). *Islamic Studies Di Perguruan Tinggi: Pendekatan Integratif-Interkonektif* (1st ed.). Pustaka Pelajar.
- Abdullah, S. (2007). *ISLAMIC COUNSELLING AND PSYCHOTHERAPY TRENDS IN THEORY DEVELOPMENT*. www.cresentlife.com/articles/htm
- Abu Hannoud, D., Clelland, D., & Wu, R. (2022). Arab First-Generation Immigrants' Wishes and Attitudes Toward Marital Counseling in Canada. *JOURNAL OF FEMINIST FAMILY THERAPY*, 34(1–2), 153–177. <https://doi.org/10.1080/08952833.2022.2055292>
- Abu-Ras, W., & Abu-Bader, S. H. (2009). Risk Factors for Depression and Posttraumatic Stress Disorder (PTSD): The Case of Arab and Muslim Americans Post-9/11. *Journal of Immigrant & Refugee Studies*, 7(4), 393–418. <https://doi.org/10.1080/15562940903379068>
- Adegboyega, L. O. (2021). Influence of Spousal Communication on Marital Conflict Resolution as Expressed by Married Adults in Ilorin Metropolis, Kwara State: Implications for Counselling Practice. *CANADIAN JOURNAL OF FAMILY AND YOUTH*, 13(1), 71–83.
- Adz-Dzaky, H. B. (2018). *Konseling dan Psikoterapi Islam* (8th ed.). Al-Manar.
- Agus, B. (1999). *Pengembangan Ilmu-ilmu Sosial*. Gema Insani Press.
- Agus, B. (2013). *Integrasi sains dan agama: Tinjauan filsafat ilmu kontemporer*. UI Press.
- Ahammed, S. (2010). Applying Qur'anic Metaphors in Counseling. *International Journal for the Advancement of Counselling*, 32(4), 248–255. <https://doi.org/10.1007/S10447-010-9104-2>
- Ahmad, M., & Noor, N. M. (2018). Application of the Implicit Strategy Elements of Spirituality and Religion in Family and Marriage Counseling. *GLOBAL JOURNAL AL-THAQAFAH*, 8(2), 109–120.
- Ahmad, M., Noor, N. M., & Pendidikan, F. (2018). Application of the Implicit Strategy Elements of Spirituality and Religion in Family and Marriage



- Counseling. *Global Journal Al-Thaqafah*, 8(2), 109–120.
<https://doi.org/10.7187/GJAT122018-10>
- Ahmed, S., & Amer, M. M. (2012). *Counseling muslims - Handbook of mental health issues and interventions*. Routledge.
- Al-Attas, S. M. N. (2001). *Prolegomena To the Metaphysics of Islam-Syed-Muhammad-Naquib-Al-Attas.Pdf*. ISTAC.
<https://ibnughony.files.wordpress.com/2015/02/prolegomena-to-the-metaphysics-of-islam-syed-muhammad-naquib-al-attas.pdf>
- Al-Darmaki, F., & Yaaqeb, S. I. (2015, June). Psychology and mental health services in the United Arab Emirates. *American Psychological Association*.
- Al-Ghazali. terj. (1963). *Ihya' 'ulumuddin*.
- Ali, O. M., Milstein, G., & Marzuk, P. M. (2005). The Imam's role in meeting the counseling needs of Muslim communities in the United States. *Psychiatric Services*, 56(2), 202–205. <https://doi.org/10.1176/appi.ps.56.2.202>
- Alkoragaty, A. M., Yusoff, Z. M., Abu-Alhaj, T. A. A., & Amir, S. (2024). An Analytical Study on Resolving Disputes Between Spouses in Light of the Quran. *Quranica*, 16(12), 270–318.
- Allen, M. S., Iliescu, D., & Greiff, S. (2022). Single Item Measures in Psychological Science. *European Journal of Psychological Assessment*, 38(1), 1–5.
<https://doi.org/10.1027/1015-5759/a000699>
- Al-Ṣanʿānī, M. b. I. (2019). *Al-Tanwīr Sharḥ al-Jāmiʿ al-Ṣaghīr* (3rd ed., Vol. 11). Dār al-ʿArabīyah lil-Mawsūʿāt.
- Alu Syaikh, A. bin M. bin A. (2016). *Tafsir Ibnu Katsir (Ghoffar, M. Abdul, Penerjemah)* (Y. Harun, F. A. Okbah, T. S. Alkatsiri, F. G. Anuz, A. Amri, Badrusalam, & A. I. al-Atsari, Eds.; 9th ed.). Pustaka Imam Asy-Syafi'i.
- Alwi, S. (2018). Pendekatan dan Metode Konseling Islami. *ITQAN Jurnal Ilmu-Ilmu Kependidikan*, 9(2), 143–159.
- American Psychological Association. (2020). *Definition of "Psychology."*
- American Psychological Association. (2022). *Counseling Psychology*.
<https://www.apa.org/ed/graduate/specialize/counseling>
- Anan, A., & Haqiqi, Rizqi. N. (2018). Antara akal, jiwa, jasmani, dan akhlaq dalam konsep pendidikan Ibnu Qayyim Al-Jauziyah. *Jurnal Al-Murabbi*, 3(1).
- Antoine, P., Andreotti, E., & Congard, A. (2020). Positive psychology intervention for couples: A pilot study. *Stress and Health*, 36(2), 179–190.
<https://doi.org/10.1002/smi.2925>
- Arif, S. (2007). *Prinsip-prinsip Epistemologi Islam*. Islamia.
- Arifin, A. Z., & Sholikhah, F. F. (2022). Makna Qalbun Salim dalam Al-Qur'an. *Al Muhafidz: Jurnal Ilmu Al-Qur'an Dan Tafsir*, 2(1), 01–14.
- Arroisi, J., & Rahmadi, M. A. (2022). *Theory of mind on Ghazali and Ibn Qayyim Al Jauzi perspective (Analysis Model on Islamic Psychology)*.
- Auda, J. (2021a). Opening Remarks by Editor-in-Chief. *Journal of Contemporary Maqasid Studies*, 1(1), i–xxxviii. <https://doi.org/10.52100/jcms.v1i1.60>



- Auda, J. (2021b). *Re-Envisioning Islamic Scholarship: Maqasid Methodology*. In *News.Ge*. Claritas Books.
- Ayu, I. S., & Tamami, H. (2021). Religiusitas dan kualitas pernikahan pasangan Muslim. *Jurnal Psikologi Islam*, 8(1), 15–27.
- Azhaar Basyir, A., & et al. (1994). *Keluarga Sakinah Keluarga Islami* (1st ed.). PT. Kurnia Kalam Semesta.
- Aziz, J. A. (2020). Potensi manusia perspektif Al-Qur'an dan psikologi behaviorisme dan humanisme serta implikasinya dalam pendidikan. In *Jurnal Qiro'ah* (Vol. 10, Issue 1).
- Azwar, S. (2018). *Metode penelitian psikologi* (2nd ed.). Pustaka Pelajar.
- Badri, M. (2000). *Contemplation: an Islamic psychospiritual study*. Shelbourne EnterpriseSdn. Bhd.
- Baetz, M., & Toews, J. (2009). *Clinical Implications of Research on Religion, Spirituality, and Mental Health*.
- Bagby, I., Perl, P. M., & Froehle, B. T. (2001). *The Mosque in America: A National Portrait A Report from the Mosque Study Project*.
- Baharudin, D. F., Sumari, M., Zakaria, Mohd. Z., Hamdani, S. M., Mutalib, M. M. A., & Mahmud, Z. (2017). *Counselling Muslim couples and families: Practitioners' experiences* (19th ed., Vol. 97). Serials Publications.
- Barker, Chris; Pistrang, Nancy; Elliott, R. (2016). *Research methods in clinical psychology*. Wiley Blackwell.
- Barker, J., McCarthy, P., Jones, M., & Aidan, M. (2011). *Singlecase research methods in sport and exercise psychology*.
- Barlow, D., Nock, M., & Hersen, M. (2009). *Single case experimental designs: Strategies for studying behavior for change* (3rd ed.). Pearson Education.
- Basit, A. (2017). KONSELING PERKAWINAN DALAM PERSPEKTIF AL-QUR'AN. *KONSELING RELIGI Jurnal Bimbingan Konseling Islam*, 7(2), 175. <https://doi.org/10.21043/KR.V7I2.2140>
- Bastaman, H. D. (2005). *Integrasi psikologi dengan Islam* (F. Nashori, Ed.; IV). Yayasan Insan Kamil.
- Bastomi, H. (2017). Menuju Bimbingan Konseling Islami. *Konseling Edukasi "Journal of Guidance and Counseling,"* 1(1). <https://doi.org/10.21043/konseling.v1i1.4434>
- Beck, J. S. (2011). *Cognitive Behavior Therapy: Basics and Beyond*.
- Beck, J. S., & Beck, aaron T. (2020). *Cognitive Behavior Therapy Basics and Beyond*. www.beckinstitute.org.
- Beck, J. S., & Fleming, S. (2021). A brief history of Aaron T. Beck, MD, and Cognitive Behavior Therapy. *Clinical Psychology in Europe*, 3(2). <https://doi.org/10.32872/cpe.6701>
- Bergin, A. E. (1991). Values and religious issues in psychotherapy and mental health. *American Psychologist*, 46(4), 394–403. <https://doi.org/10.1037/0003-066X.46.4.394>



- Bergkvist, L., & Rossiter, J. R. (2007). The Predictive Validity of Multiple-Item versus Single-Item Measures of the Same Constructs. *Journal of Marketing Research*, 44(2), 175–184. <https://doi.org/10.1509/jmkr.44.2.175>
- Blazer, D. G. (2009). Religion, spirituality, and mental health: What we know and why this is a tough topic to research. *The Canadian Journal of Psychiatry*, 54(5), 281–282.
- Blechman, E. A. . (2013). *Toward a Behavioral Conceptualization of Adult Intimacy: Implications for Marital Therapy*. 117–135. <https://doi.org/10.4324/9781315808130-8>
- Bokaie, M., & Khalesi, Z. B. (2019). Couple Therapy and *Vaginismus*: A Single Case Approach. *JOURNAL OF SEX & MARITAL THERAPY*, 45(8), 667–672. <https://doi.org/10.1080/0092623X.2019.1610126>
- Bonab, B. G., Miner, M., & Proctor, M.-T. (2013). Attachment to God in Islamic Spirituality. *Journal of Muslim Mental Health ISSN1556-4908*, 7(2). <http://hdl.handle.net/2027/spo.10381607.0007.205>
- Boyer, C., Paluck, E. L., Annan, J., Nevatia, T., Cooper, J., Namubiru, J., Heise, L., & Lehrer, R. (2022). Religious leaders can motivate men to cede power and reduce intimate partner violence: Experimental evidence from Uganda. *Proceedings of the National Academy of Sciences of the United States of America*, 119(31). <https://doi.org/10.1073/pnas.2200262119>
- Brown, C. L., Peltier, C., Smarinsky, E. C., Lewis, O., & Lee, D. (2023). *A Review of Counseling Research Using Single-Case Research Designs*. <https://doi.org/10.31234/OSF.IO/ETUD6>
- Burke, J. F. (1989). *Contemporary approaches to psychotherapy and counseling: The self-regulation model*. . Brooks/Cole.
- Buseri, K. (2010). *Pendidikan Keluarga dalam Islam dan Gagasan Implementasi*. Lanting Media Aksara Publishing House.
- Bustan, R., Amalia, R. M., & Amelia, Z. (2022, December 26). Islamic Counseling as a Solution in Helping Marriage Couple Problems. *1st Annual Conference on Islamic Studies (ACONIS) "Islamic Psychology in Multidisciplinary Perspective."*
- Bustan, R., Riyono, B., Amalia, R. M., & Amelia, Z. (2024). The Need for Islamic Counseling Services for Couples with Marital Problems. *Tazkiya Journal of Psychology*, 12(1), 27–38. <https://doi.org/10.15408/tazkiya.v12i1.31601>
- Bustan, R., Riyono, B., & Setiyawati, D. (2025a). Counseling and Psychotherapy for Marriage Problems: A Scoping Review. *Proceedings of the 1st International Conference on Social Science (ICSS)*, 479–497. <https://doi.org/10.59188/icss.v4i1.244>
- Bustan, R., Riyono, B., & Setiyawati, D. (2025b). Counseling and Psychotherapy for Marriage Problems: A Scoping Review. *The 6th ICPSYCHE 2025 "Digital Pathways to Happiness: Exploring the Future of Individual and Family Mental Health in a Tech-Driven Society"*.



- Bustan, R., Riyono, B., & Setiyawati, D. (2025c). The Essence of Marriage from an Islamic Psychological Perspective. *International Journal of Islamic Psychology, VIII*.
- Canfield, B. S. (2021). Marriage Counseling and Couple Therapy With Celebrity and High-Profile Clients. *FAMILY JOURNAL, 29*(1), 37–40. <https://doi.org/10.1177/1066480720939011>
- Cano, A., Corley, A. M., Clark, S. M., & Martinez, S. C. (2018). A Couple-Based Psychological Treatment for Chronic Pain and Relationship Distress. *Cognitive and Behavioral Practice, 25*(1), 119–134. <https://doi.org/10.1016/j.cbpra.2017.02.003>
- Capuzzi, D., Stauffer, M. D., & Payne, Rhemma. D. (2022). *Counseling and psychotherapy* (7th ed.). Wiley.
- Cardo, A. G. (2014). ' A Systematic Review Which Explores Counselling Modalities that have been Developed or Adapted to suit the needs of the British Muslim Client '. 1–66.
- Cashwell, C. S., & Young, J. S. (2025). Communicating About Spirituality in Counseling. *Integrating Spirituality and Religion Into Counseling, 143–164*. <https://doi.org/10.1002/9781394347254.CH7>
- Cashwell, C. S., Young, J. S., Fulton, C. L., Willis, B. T., Giordano, A., Daniel, L. W., Crockett, J., Tate, B. N., & Welch, M. L. (2013). Clinical Behaviors for Addressing Religious/Spiritual Issues: Do We Practice What We Preach? *Counseling and Values, 58*(1), 45–58. <https://doi.org/10.1002/j.2161-007X.2013.00024.x>
- Chambless, D. L., & Hollon, S. D. (1998). Defining Empirically Supported Therapies. *Journal of Consulting and Clinical Psychology, 66*(1), 7–18. <https://doi.org/10.1037/0022-006X.66.1.7>
- Chibango, V., & Potgieter, C. (2023). Patriarchy, couple counselling and testing in preventing mother-to-child transmission of HIV in Zimbabwe. *HTS THEOLOGIESE STUDIES-THEOLOGICAL STUDIES, 79*(1). <https://doi.org/10.4102/hts.v79i1.7891>
- Corey, G. (2011). *Theory and Practice of Counseling and Psychotherapy* (S. Dobrin, Ed.; 9th ed.). Brooks/Cole.
- Cornish, M. A., & Wade, N. G. (2010). Spirituality and religion in group counseling: A literature review with practice guidelines. *Professional Psychology: Research and Practice, 41*(5), 398–404. <https://doi.org/10.1037/a0020179>
- Corsini, R., & Wedding, D. (2000). *Current psychotherapies* (6th ed.). Peacock.
- Creswell, J. W. (2015). *A Concise Introduction to Mixed Methods Research*. SAGE Publications.
- Cucchi, A. (2022). Integrating Cognitive Behavioural and Islamic Principles in Psychology and Psychotherapy: A Narrative Review. *Journal of Religion and Health. https://doi.org/10.1007/s10943-022-01576-8*
- Dafei, M., Jahanbazi, F., Nazari, F., Dehcheshmeh, F. S., & Dehghani, A. (2021). The effect of group cognitive-behavioral counseling on optimism and self-



- esteem of women during the 1 st month of marriage that referring to marriage counseling center. *Journal of Education and Health Promotion*, 10(1).
https://doi.org/10.4103/jehp.jehp_1075_20
- Data Penyebab Perceraian pada Peradilan Agama Seluruh Indonesia. (2024).
- Davidson, R., & Anderson, T. (2018). The family. *Palliative Care within Mental Health: Care and Practice*, 47–61.
- De Jong Gierveld, J., Broese Van Groenou, M., Hoogendoorn, A. W., & Smit, J. H. (2009). Quality of marriages in later life and emotional and social loneliness. *Journals of Gerontology - Series B Psychological Sciences and Social Sciences*, 64(4), 497–506. <https://doi.org/10.1093/GERONB/GBN043>
- Delghandi, B., & Namani, E. (2024). Comparing the effectiveness of structural family therapy and mindfulness-based family therapy in cohesion and adaptability in couples with marital dissatisfaction. *Heliyon*, 10(4).
<https://doi.org/10.1016/j.heliyon.2024.e24827>
- Dillon, L. M., Nowak, N., Weisfeld, G. E., Weisfeld, C. C., Shattuck, K. S., Imamoğlu, O. E., Butovskaya, M., & Shen, J. (2015). Sources of marital conflict in five cultures. *Evolutionary Psychology*, 13(1), 1–15.
<https://doi.org/10.1177/147470491501300101>
- Djawas, M., Nadhiran, H., Samad, S. A. A., Mubarrak, Z., & Azizi, M. A. (2022). Creating Family Resilience in Indonesia: A Study of “Marriage Guidance” Program in Aceh and South Sumatera. *Al-Ihkam: Jurnal Hukum Dan Pranata Sosial*, 17(1), 299–324. <https://doi.org/10.19105/AL-LHKAM.V17I1.6150>
- Donarelli, Z., Salerno, L., Lo Coco, G., Allegra, A., Marino, A., & Kivlighan, D. M. (2019). From telescope to binoculars. Dyadic outcome resulting from psychological counselling for infertile couples undergoing ART. *JOURNAL OF REPRODUCTIVE AND INFANT PSYCHOLOGY*, 37(1), 13–25.
<https://doi.org/10.1080/02646838.2018.1548757>
- Doss, B. D., Knopp, K., Roddy, M. K., Rothman, K., Hatch, S. G., & Rhoades, G. K. (2020). Online programs improve relationship functioning for distressed low-income couples: Results from a nationwide randomized controlled trial. *Journal of Consulting and Clinical Psychology*, 88(4), 283–294.
<https://doi.org/10.1037/ccp0000479>
- Drummond, D. A., & Carey, L. B. (2020). Chaplaincy and Spiritual Care Response to COVID-19: An Australian Case Study – The McKellar Centre. *Health and Social Care Chaplaincy*, 8(2), 165–179. <https://doi.org/10.1558/hssc.41243>
- Efinger, L., Debrot, A., & Pomini, V. (2022). LIVIA-FR: Implementation and evaluation of an Internet-based intervention for French-speaking people struggling to cope with the loss of their partner. *Annales Medico-Psychologiques*, 180(10), 1000–1007.
<https://doi.org/10.1016/j.amp.2021.05.004>
- El-Aswad, E.-S. (2017). Islamic Care and Counseling. In *Encyclopedia of Psychology and Religion* (pp. 1–4). Springer Berlin Heidelberg.
https://doi.org/10.1007/978-3-642-27771-9_200074-1



- El-Naggar, A. M. (2012). Globalization influences on teaching psychology in Saudi Arabia. *Psychology Learning and Teaching*, 11(3), 396–400. <https://doi.org/10.2304/plat.2012.11.3.396>
- Erhamwilda. (2009). *Konseling Islami* (1st ed., Vol. 1). Graha ilmu.
- Eseadi, C. (2023). The Impacts of Religious Rational-Emotive Behavior Therapy (RREBT) on Mental Health: A Comparative Review. *Islamic Guidance and Counseling Journal*, 6(2), 1–19. <https://doi.org/10.25217/0020236406900>
- Faisal, I. (2018). RELIGION, STATE, AND IDEOLOGY IN INDONESIA: A HISTORICAL ACCOUNT OF THE ACCEPTANCE OF PANCASILA AS THE BASIS OF INDONESIAN STATE. *Indonesian Journal of Interdisciplinary Islamic Studies*, 1(2), 19–58. <https://doi.org/10.20885/ijis.vol1.iss2.art2>
- Farazi, Z., Namani, E., Nejat, H., & Safarian, M. (2023). Investigating the effectiveness of combining contextual and structural family therapies in self-criticism and defense styles of couples with marital dissatisfaction. *Current Psychology*, 42(6), 4447–4457. <https://doi.org/10.1007/s12144-021-01748-x>
- Fathul, M. (2013). *INTEGRASI ILMU-ILMU ISLAM*.
- Feldman, R. S. (2014). *Understanding Psychology* (12th ed.). McGraw Hill Education.
- Fernando, S. (2014). *Mental Health Worldwide - Culture, Globalization and Development*. Palgrave Macmillan.
- Fetters, M. D., Curry, L. A., & Creswell, J. W. (2013). Achieving integration in mixed methods designs - Principles and practices. *Health Services Research*, 48(6 PART2), 2134–2156. <https://doi.org/10.1111/1475-6773.12117>
- Fine, S. L., Kane, J. C., Murray, S. M., Skavenski, S., Paul, R., & Murray, L. K. (2021). Moderator effects in a randomized controlled trial of the Common Elements Treatment Approach (CETA) for intimate partner violence and hazardous alcohol use in Zambia. *DRUG AND ALCOHOL DEPENDENCE*, 228. <https://doi.org/10.1016/j.drugalcdep.2021.108995>
- Fjellfeldt, M., & Rokka, D. (2022). Practitioner perspectives on art therapy with couples in relational crisis: a qualitative exploration. *International Journal of Art Therapy: Inscape*, 27(4), 152–158. <https://doi.org/10.1080/17454832.2022.2096087>
- G. Hussein Rassool, & Rassool, G. H. (2015). *Islamic Counselling: An Introduction to theory and practice* (1st ed.). Taylor and Francis. <https://doi.org/10.4324/9781315694993>
- Gallo, M. (2016). A Case Study of Cross-Dressing: Using a Strategic Therapy Lens in Couple's Counseling. *FAMILY JOURNAL*, 24(1), 77–84. <https://doi.org/10.1177/1066480715615630>
- Geerlings, L. R. C., Thompson, C. L., & Lundberg, A. (2014). Psychology and culture: exploring clinical psychology in Australia and the Malay Archipelago. *Journal of Tropical Psychology*, 4. <https://doi.org/10.1017/jtp.2014.4>
- Gehlert, N. C., Schmidt, C. D., Giegerich, V., & Luquet, W. (2017). Randomized Controlled Trial of Imago Relationship Therapy: Exploring Statistical and



- Clinical Significance. *Journal of Couple and Relationship Therapy*, 16(3), 188–209. <https://doi.org/10.1080/15332691.2016.1253518>
- Ghahari, S., Sheybani, F., Zarnagh, H. G., Afshar, P. F., & Jamil, L. (2023a). Comparison of the Three Methods of Psychotherapy on Marital Satisfaction and Intimacy in Married Women. *CLINICAL PSYCHOLOGY AND SPECIAL EDUCATION*, 12(1), 1–17. <https://doi.org/10.17759/cpse.2023120101>
- Ghahari, S., Sheybani, F., Zarnagh, H. G., Afshar, P. F., & Jamil, L. (2023b). Comparison of the Three Methods of Psychotherapy on Marital Satisfaction and Intimacy in Married Women. *Clinical Psychology and Special Education*, 12(1), 1–17. <https://doi.org/10.17759/cpse.2023120101>
- Gharibblouk, S. (2018). The Effectiveness of Positive Psychotherapy on Reducing Marital Burnout among University Political Activists. *REVISTA ROMANEASCA PENTRU EDUCATIE MULTIDIMENSIONALA*, 10(3), 25–34. <https://doi.org/10.18662/rrem/60>
- Ghasemi Dehnavi, T., Yousefi, Z., & Farhadi, H. (2023). The effectiveness of imago therapy on marital satisfaction and emotional experience towards the spouse among the men with marital conflicts. *Journal of Education and Health Promotion*, 12(1). https://doi.org/10.4103/jehp.jehp_520_22
- Gingrich, F., & Worthington, E. L. (2007). Supervision and the integration of faith into clinical practice: Research considerations. *Journal of Psychology and Christianity*, 26.
- Gladding, S. T. (2018). *E i g h t h E d i t i o n Counseling A Comprehensive profession*. <https://lccn.loc>.
- Gonçalves, J. P. B., Lucchetti, G., Menezes, P. R., & Vallada, H. (2015). *Religious and spiritual interventions in mental health care: a systematic review and meta-analysis of randomized controlled clinical trials*. <https://doi.org/10.1017/S0033291715001166>
- Gustafsson, L. (2024). Human Occupations of Early Adulthood. *Human Occupation*, 537–552. <https://doi.org/10.4324/9781003504610-32>
- Gutierrez, D., Carlson, R. G., Daire, A. P., & Young, M. E. (2017). Evaluating Treatment Outcomes Using the Integrative Model of Brief Couples Counseling: A Pilot Study. *Family Journal*, 25(1), 5–12. <https://doi.org/10.1177/1066480716678619>
- Hamdan, A. (2008). Cognitive Restructuring: An Islamic Perspective. *Journal of Muslim Mental Health*, 3, 99–116. <https://doi.org/10.1080/15564900802035268>
- Hamidi, F., Makwand, Z. A., & Hosseini, Z. M. (2010). Couple therapy: forgiveness as an Islamic approach in counselling. *Procedia - Social and Behavioral Sciences*, 5, 1625–1630. <https://doi.org/https://doi.org/10.1016/j.sbspro.2010.07.337>
- Hanin Hamjah, S., & Mat Akhir, N. S. (2014). Islamic Approach in Counseling. *Journal of Religion and Health*, 53(1), 279–289. <https://doi.org/10.1007/s10943-013-9703-4>



- Haque, A. (2004). Psychology from Islamic Perspective: Contributions of Early Muslim Scholars and Challenges to Contemporary Muslim Psychologists. In *Journal of Religion and Health* (Vol. 43, Issue 4). Winter. <https://about.jstor.org/terms>
- Haque, M., Sulaiman, K. U., Soualhi, B., & Arif, S. (2016). *Islam Knowledge and Civilization*. International Islamic University Malaysia Press.
- Harahap, I., Hariyanto, E., & Siregar, F. A. (2025). Understanding The Rise of Childfree Marriage: Avoiding Toxic Family, Being Happy and Well Without Children Despite Contradiction With Maqashid al-Sharia. *Al-Istinbath: Jurnal Hukum Islam*, 10(1), 302–329. <https://doi.org/10.29240/JHI.V10I1.9984>
- Hasan, S. (2023). Islamic Guidance on Resolving Marital Discord: A Critical Analysis. *Ascarya: Journal of Islamic Science, Culture and Social Studies*, 3(1), 14–35. <https://doi.org/10.53754/ISCS.V1I1.482>
- Hassan, A. (2010). *Al-Furqan: Tafsir Qur'an*. Universitas Al-Azhar Indonesia.
- Hawari, D. (2008). *Manajemen stres cemas dan depresi*. FK Universitas Indonesia.
- Hawrilenko, M., Eubanks Fleming, C. J., Goldstein, A. S., & Cordova, J. V. (2016). Motivating Action and Maintaining Change: The Time-Varying Role of Homework Following a Brief Couples' Intervention. *Journal of Marital and Family Therapy*, 42(3), 396–408. <https://doi.org/10.1111/jmft.12142>
- Hawrilenko, M., Gray, T. D., & Córdoba, J. V. (2016). The heart of change: Acceptance and intimacy mediate treatment response in a brief couples intervention. *Journal of Family Psychology*, 30(1), 93–103. <https://doi.org/10.1037/fam0000160>
- Hefti, R. (2011). Integrating religion and spirituality into mental health care, psychiatry and psychotherapy. *Religions*, 2(4), 611–627. <https://doi.org/10.3390/REL2040611>
- Hefti, R., August, H., & Santos, P. L. T. (2019). Integrating Religion and Spirituality into Mental Health Care, Psychiatry and Psychotherapy. *Interacao Em Psicologia*, 23(2), 308–321. <https://doi.org/10.5380/PSI.V23I02.68486>
- Henry, R. G., & Miller, R. B. (2004). Marital Problems Occurring in Midlife: Implications for Couples Therapists. *The American Journal of Family Therapy*, 32(5), 405–417. <https://doi.org/10.1080/01926180490455204>
- Hertlein, K. M., Blumer, M. L. C., & Mihaloliakos, J. H. (2015). Marriage and Family Counselors' Perceived Ethical Issues Related to Online Therapy. *FAMILY JOURNAL*, 23(1), 5–12. <https://doi.org/10.1177/1066480714547184>
- Hertlein, K. M., Drude, K. P., Hilty, D. M., & Maheu, M. M. (2021). Toward proficiency in telebehavioral health: applying interprofessional competencies in couple and family therapy. *JOURNAL OF MARITAL AND FAMILY THERAPY*, 47(2), 359–374. <https://doi.org/10.1111/jmft.12496>
- Hinkle, M. S., Radomski, J. G., & Decker, K. M. (2015). Creative Experiential Interventions to Heighten Emotion and Process in Emotionally Focused

- Couples Therapy. *FAMILY JOURNAL*, 23(3), 239–246.
<https://doi.org/10.1177/1066480715572964>
- Ho, C. M. (2024). Process of interpersonal empathy: a proposed framework of empathy competence in psychotherapies. *Person-Centered and Experiential Psychotherapies*, 23(1), 39–53.
<https://doi.org/10.1080/14779757.2023.2174446>
- Hofmann, L., & Walach, H. (2011). Spirituality and religiosity in psychotherapy – A representative survey among German psychotherapists. *Psychotherapy Research*, 21(2), 179–192. <https://doi.org/10.1080/10503307.2010.536595>
- Hofmann, S., Asnaani, A., Vonk, I. J. J., Sawyer, A. T., & Fang, A. (2012). The efficacy of cognitive behavioral therapy: A review of meta-analyses. In *Cognitive Therapy and Research* (Vol. 36, Issue 5, pp. 427–440). Springer New York LLC. <https://doi.org/10.1007/s10608-012-9476-1>
- Hosseini, N., Lau, P. L., Baranovich, D. L., & Chan, S. L. (2021). Effects of acceptance and commitment group therapy on iranian couples' marital satisfaction in Malaysia. *Pertanika Journal of Social Sciences and Humanities*, 29(1), 229–248. <https://doi.org/10.47836/PJSSH.29.1.14>
- Hosseini, N., Li Lau, P., Baranovich, D. L., & Chan, S. L. (2021). Effects of Acceptance and Commitment Group Therapy on Iranian Couples' Marital Satisfaction in Malaysia. *PERTANIKA JOURNAL OF SOCIAL SCIENCE AND HUMANITIES*, 29(1), 229–248. <https://doi.org/10.47836/pjssh.29.1.14>
- Hosseinpoor, M., Masoumi, S. Z., Kazemi, F., Soltani, F., & Ahmadpanah, M. (2022). Investigating the effect of couple-centered counseling by Gottman method on the intimacy of infertile couples referring to the infertility Ward of Fatemieh hospital, Hamadan, Iran in 2020: a quasi-experimental study. *BMC PSYCHIATRY*, 22(1). <https://doi.org/10.1186/s12888-022-04228-z>
- Husain, A., & Hodge, D. R. (2016). Islamically modified cognitive behavioral therapy: Enhancing outcomes by increasing the cultural congruence of cognitive behavioral therapy self-statements. [Http://Dx.Doi.Org/10.1177/0020872816629193](http://Dx.Doi.Org/10.1177/0020872816629193), 59(3), 393–405.
<https://doi.org/10.1177/0020872816629193>
- Husain, A., Nazam, F., & Khan, A. (Eds.). (2022a). *Empirical studies in Islamic Psychology - Annotated Bibliography*. Institute of Objective Studies .
- Husain, A., Nazam, F., & Khan, A. (Eds.). (2022b). *Empirical Studies in Islamic Psychology - Annotated Bibliography* (1st ed.). Genuine Publications & Media Pvt. Ltd.
- Ibn Katsir, I. (2009). *Tafsir Ibn Katsîr: Vol. II*. Dar Al-Hazm.
- Indeks Pembangunan Keluarga (iBangga)*. (2024, December 26).
<https://data.go.id/dataset/dataset/indeks-pembangunan-keluarga-ibangga1>
- Isfahani, R. (2011). *Mufradat al-faz al-Qur'an*. Dar Al-Qalam.
- Isgandarova, N. (2019). Muraqaba as a Mindfulness-Based Therapy in Islamic Psychotherapy. *Journal of Religion and Health*, 58(4), 1146–1160.
<https://doi.org/10.1007/s10943-018-0695-y>



- Jacobson, C. (2025). WORKING THROUGH INFIDELITY WITH JEWISH PATIENTS. *The Routledge International Handbook of Sex Therapy and Religion*, 541–559. <https://doi.org/10.4324/9781003268017-48>
- Jadidah, A. (2021). Konsep Ketahanan Keluarga dalam Islam. *Maqashid*, 4. <http://ejournal.alqolam.ac.id/index.php/maqashid>
- Jafari, F., Siadati, S., & Bannink, F. (2024). Enhancing the Sense of Coherence and Social Acceptance in Married Female Students with Education-Family Conflict: A Positive-Cognitive Behavioral Group Therapy Approach. *INTERNATIONAL JOURNAL OF PSYCHOLOGY AND PSYCHOLOGICAL THERAPY*, 24(1).
- Jafari, M. R. D., Aghaei, A., & Rad, M. R. (2020). Existential Humanistic Therapy with Couples and its Effect on Meaning of Life and Love Attitudes. *AMERICAN JOURNAL OF FAMILY THERAPY*, 48(5), 530–545. <https://doi.org/10.1080/01926187.2020.1770142>
- Jalaluddin. (2020). *Psikologi Islam: dalam konsepsi dan aplikasi*. Pustaka Pelajar.
- Jangi, S., Nourizadeh, R., Sattarzadeh-Jahdi, N., Farvareshi, M., & Mehrabi, E. (2023). The effect of cognitive-behavioral therapy and sexual health education on sexual assertiveness of newly married women. *BMC PSYCHIATRY*, 23(1). <https://doi.org/10.1186/s12888-023-04708-w> WE - Science Citation Index Expanded (SCI-EXPANDED)
- Johnson, S. A. (2013). Using REBT in Jewish, Christian, and Muslim Couples Counseling in the United States. *Journal of Rational - Emotive and Cognitive - Behavior Therapy*, 31(2), 84–92. <https://doi.org/10.1007/s10942-013-0161-4>
- Jung, C. G. (2017). *Psikologi dan agama. Diterjemahkan dari Psychology and religion*. . IRCiSoD.
- Kairania, R. M., Gray, R. H., Kiwanuka, N., Makumbi, F., Sewankambo, N. K., Serwadda, D., Nalugoda, F., Kigozi, G., Semanda, J., & Wawer, M. J. (2010). Disclosure of HIV results among discordant couples in Rakai, Uganda: A facilitated couple counselling approach. *AIDS Care - Psychological and Socio-Medical Aspects of AIDS/HIV*, 22(9), 1041–1051. <https://doi.org/10.1080/09540121003602226>
- Kazantzis, N. (2018). Introduction to the Special Issue on Processes of Cognitive Behavioral Therapy: Does “Necessary, But Not Sufficient” Still Capture It? In *Cognitive Therapy and Research* (Vol. 42, Issue 2, pp. 115–120). Springer New York LLC. <https://doi.org/10.1007/s10608-018-9891-z>
- Kazantzis, N., Luong, H. K., Usatoff, A. S., Impala, T., Yew, R. Y., & Hofmann, S. G. (2018). The processes of cognitive behavioral therapy: A review of meta-analyses. *Cognitive Therapy and Research*, 42(4), 349–357. <https://doi.org/10.1007/s10608-018-9920-y>
- Kazdin, A. E. (2008). Evidence-Based Treatment and Practice: New Opportunities to Bridge Clinical Research and Practice, Enhance the Knowledge Base, and Improve Patient Care. *American Psychologist*, 63(3), 146–159. <https://doi.org/10.1037/0003-066X.63.3.146>



- Kazdin, A. E. (2011). *Single-case research designs: Methods for clinical and applied settings (2nd ed.)* (2nd, Ed.). Oxford University Press.
- Kennedy, C. (2005). *Single-Case Designs For Educational Research*. Pearson. <https://doi.org/0205340237>
- Khajehei, M. (2016). Prevalence and Risk Factors of Relationship Dissatisfaction in Women During the First Year After Childbirth: Implications for Family and Relationship Counseling. *Journal of Sex and Marital Therapy, 42*(6), 484–493. <https://doi.org/10.1080/0092623X.2015.1069433>
- Khan, Z. (2006). Attitudes Toward Counseling and Alternative Support Among Muslims in Toledo, Ohio. *Journal of Muslim Mental Health, 1*(1), 21–42. <https://doi.org/10.1080/15564900600654278>
- Khodakarami, B., Masoumi, S. Z., Shayan, A., Ahmadnia, H., Dastgerdian, F., & Rabiei, S. (2020). The Effect of Counseling on Stress in Infertile Women Admitted to an Infertility Center in Hamadan City, Iran. *CURRENT PSYCHIATRY RESEARCH AND REVIEWS, 16*(3), 220–226. <https://doi.org/10.2174/2666082216999200905134548>
- Kiani, F., Hakime, S., Mirmahale, S., Saberyan, E., & Khodabakhsh, M. R. (2016). Effectiveness of Forgiveness Therapy Based on Islamic Viewpoint on Marital Adjustment and Tendency to Forgive in the Women Afflicted by Infidelity. In *Health, Spirituality and Medical Ethics* (Vol. 3, Issue 4).
- Kim, I., Insoo, B., Berg, K., & De Jong, P. (2019). A Brief, Informal History of SFBT as Told by Steve de Shazer and Insoo Kim Berg. In *Journal of Solution Focused Journal of Solution Focused Practices Practices* (Vol. 3, Issue 1).
- Kingdon, D., & Mander, H. (2015). Cognitive Behavioral Therapy. *International Encyclopedia of the Social & Behavioral Sciences: Second Edition, 30–32*. <https://doi.org/10.1016/B978-0-08-097086-8.27011-6>
- Kirby, J. S., Runfola, C. D., Fischer, M. S., Baucom, D. H., & Bulik, C. M. (2015). Couple-Based Interventions for Adults With Eating Disorders. *Eating Disorders, 23*(4), 356–365. <https://doi.org/10.1080/10640266.2015.1044349>
- Kizilhan, J. I. (2020). Stress on local and international psychotherapists in the crisis region of Iraq. *BMC Psychiatry, 20*(1). <https://doi.org/10.1186/s12888-020-02508-0>
- Klinenberg, E. (2013). *Going solo: The extraordinary rise and surprising appeal of living alone*. Penguin Books.
- Knobloch-Fedders, L. M., Pinsof, W. M., & Haase, C. M. (2015). Treatment response in couple therapy: Relationship adjustment and individual functioning change processes. *Journal of Family Psychology, 29*(5), 657–666. <https://doi.org/10.1037/fam0000131>
- Kobeisy, A. N. (2004). *Counseling American Muslims: Understanding the Faith and Helping the People*. Greenwood Publishing Group. https://books.google.co.id/books?hl=id&lr=&id=8RzNcndZAQoC&oi=fnd&pg=PR9&ots=2j_cRKQPbp&sig=7SyyKt-sBC18Xia2Y7if0UTTFx8&redir_esc=y#v=onepage&q&f=false



- Koenig, H. G. (2018). Evidence-Based Religious Interventions. In *Religion and Mental Health* (pp. 255–277). Elsevier. <https://doi.org/10.1016/b978-0-12-811282-3.00011-2>
- Koh, E. K., Park, Y., & Park, T. Y. (2023). Object relations couple therapy for a married Korean man with sexual dysfunction. *AUSTRALIAN AND NEW ZEALAND JOURNAL OF FAMILY THERAPY*, 44(3), 379–392. <https://doi.org/10.1002/anzf.1546>
- Kolden, G. G., Klein, M. H., Wang, C. C., & Austin, S. B. (2011). Congruence/Genuineness. *Psychotherapy*, 48(1), 65–71. <https://doi.org/10.1037/A0022064>
- Kolivand, M., Allahyari, P., Namdari, A., & Rahmani, K. (2023). The effect of cognitive- behavioral counseling on the sexual compatibility: A clinical trial study. *CURRENT PSYCHOLOGY*, 42(12), 9925–9933. <https://doi.org/10.1007/s12144-021-02289-z>
- Koto, I., Malik, R., & Syarifudin, A. (2025). Same-Sex Marriage in Islamic Theology: Challenges, Responses, and Sharia Implications in Muslim Societies. *Pharos Journal of Theology*, 106(3), 1–15. <https://doi.org/10.46222/PHAROSJOT.106.306>
- Kottler, J. A., & Brown, R. W. (2008). *Introduction to therapeutic counseling* (8th ed.). Brooks/Cole.
- Krasny-Pacini, A., & Evans, J. (2018). Single-case experimental designs to assess intervention effectiveness in rehabilitation: A practical guide. In *Annals of Physical and Rehabilitation Medicine* (Vol. 61, Issue 3, pp. 164–179). Elsevier Masson SAS. <https://doi.org/10.1016/j.rehab.2017.12.002>
- Kratochwill, T. R., Hitchcock, J., Horner, R. H., Levin, J. R., Odom, S. L., Rindskopf, D. M., & Shadish, W. R. (2010). *SINGLE-CASE DESIGN TECHNICAL DOCUMENTATION. 1*. http://ies.ed.gov/ncee/wwc/pdf/wwc_scd.pdf.
- Krumboltz, J. D. (1965). Behavioral counseling: Rationale and research. *Personnel and Guidance Journal*, 383–387.
- Kuntowijoyo. (2007). *Islam sebagai Ilmu.pdf*. Tiara Wacana.
- Laluddin, H., Abdul Manap, N., Azam bin Mohd. Shariff, A., Bin Muhammad Husni, A., Mohd. Kusrin, Z., Azli Ibrahim, I., & Abdul Manap, N. (2014). The contract of marriage and its purposes from islamic perspective. *Asian Social Science*, 10(2), 139–144. <https://doi.org/10.5539/ASS.V10N2P139>
- Latipun. (2010). *Psikologi Konseling*. UMM.
- Lebow, J., & Snyder, D. K. (2022). Couple therapy in the 2020s: Current status and emerging developments. *Family Process*, 61(4), 1359–1385. <https://doi.org/10.1111/famp.12824>
- Lega, L., & Johnson, S. A. (2012). Helping couples deal with cultural and religious diversity. *Cognitive and Rational-Emotive Behavior Therapy with Couples: Theory and Practice*, 9781461451372, 149–168. https://doi.org/10.1007/978-1-4614-5137-2_10



- Lenz, A. S. (2015). Using Single-Case Research Designs to Demonstrate Evidence for Counseling Practices. *Journal of Counseling & Development*, 93(4), 387–393. <https://doi.org/10.1002/JCAD.12036>
- Levin, S. (1969). A common type of marital incompatibility. *Journal of the American Psychoanalytic Association*, 17(2), 421–436. <https://doi.org/10.1177/000306516901700207>
- Lewandowski, A. S., Palermo, T. M., Stinson, J., Handley, S., & Chambers, C. T. (2010). Systematic Review of Family Functioning in Families of Children and Adolescents With Chronic Pain. *The Journal of Pain*, 11(11), 1027–1038. <https://doi.org/10.1016/j.jpain.2010.04.005>
- Lins, M. R. S. W., Oliveira, E. L. D., Neis, L. F., & Falcke, D. (2024). Contrasting Cases in Two Psychotherapeutic Processes Based on Integrative Behavior Couple Therapy. *Quadernos de Psicologia*, 26(1). <https://doi.org/10.5565/rev/qpsicologia.1879>
- MacIntosh, H. B., & Johnson, S. (2008). Emotionally focused therapy for couples and childhood sexual abuse survivors. *Journal of Marital and Family Therapy*, 34(3), 298–315. <https://doi.org/10.1111/j.1752-0606.2008.00074.x>
- Madavifar, H., Yadollahpour, M. H., & Hasanzadeh, R. (2017a). Effectiveness of quran therapy on increased marital satisfaction in married women. *Journal of Babol University of Medical Sciences*, 19(9), 62–67. <https://doi.org/10.22088/JBUMS.19.9.62>
- Madavifar, Yadollahpour, & Hasanzadeh. (2017b). Effectiveness of Quran Therapy on Increased Marital Satisfaction in Married Woman. *J Babol Univ Med Sci*, 19(9).
- Maitra, S., Schensul, S. L., Hallowell, B. D., Brault, M. A., & Nastasi, B. K. (2018). Group Couples' Intervention to Improve Sexual Health Among Married Women in a Low-Income Community in Mumbai, India. *Journal of Marital and Family Therapy*, 44(1), 73–89. <https://doi.org/10.1111/jmft.12248>
- Malakouti, J., Golizadeh, R., Mirghafourvand, M., & Farshbaf-Khalili, A. (2020). The effect of counseling based on ex-PLISSIT model on sexual function and marital satisfaction of postpartum women: A randomized controlled clinical trial. *Journal of Education and Health Promotion*, 9(1), 1–7. https://doi.org/10.4103/jehp.jehp_168_20
- Malinen, A. (2018). Marriage Guidance, Women and the Problem(S) of Returning Soldiers in Finland, 1944–1946. *Scandinavian Journal of History*, 43(1), 112–140. <https://doi.org/10.1080/03468755.2017.1379173>
- Marchand, J. B., & Pelladeau, E. (2018). When the man is beaten by the woman: Psychoanalytical thoughts on the reversal of the poles of violence within the relationship. *Evolution Psychiatrique*, 83(4), 613–625. <https://doi.org/10.1016/j.evopsy.2018.04.007>
- McCann, D. (2022). Thinking under fire: Mentalization-based couple therapy for high conflict and domestically abusive couples'. *JOURNAL OF CLINICAL PSYCHOLOGY*, 78(1), 67–79. <https://doi.org/10.1002/jclp.23296>

- Meier, S. T. (2025). Can a 1-Item Scale for Psychotherapy Outcomes Be Psychometrically Robust? *Clinical Psychology in Europe*, 7(1).
<https://doi.org/10.32872/CPE.15207>
- Miller, I. W., Ryan, C. E., Keitner, G. I., Bishop, D. S., & Epstein, N. B. (2000). The McMaster Approach to Families: theory, assessment, treatment and research. *Journal of Family Therapy*, 22, 168–189.
<https://doi.org/10.1111/1467-6427.00145>
- Mirzanezhad, B. (2020). The Effect of Problem-Solving Based Family Therapy on Emotional Intimacy and Marital Quality of Cultural Couples in Tabriz. *American Journal of Family Therapy*, 48(5), 405–430.
<https://doi.org/10.1080/01926187.2020.1765894>
- Moenada, M. (2011). Bimbingan konseling dalam perspektif Al-Qur'an dan Al-Hadis. *Jurnal Al-Hikmah*, 8(1).
- Moneim, A. A. (2018a). Towards Islamic Maqasidi Education Philosophy For Sustainable Development: Quranic Perspective With Special Attention To Indonesia. *Millah: Journal of Religious Studies*, 17(2), 221–266.
<https://doi.org/10.20885/MILLAH.VOL17.ISS2.ART4>
- Moneim, A. A. (2018b). Towards Islamic Maqasidi Education Philosophy For Sustainable Development: Quranic Perspective With Special Attention To Indonesia. *Millah: Journal of Religious Studies*, 221–266.
<https://doi.org/10.20885/millah.vol17.iss2.art4>
- Morales, C., Luks, K. L., & Sibrava, N. J. (2023). Cognitive-behavioral therapy. *Encyclopedia of Mental Health, Third Edition: Volume 1-3*, 1, 438–447.
<https://doi.org/10.1016/B978-0-323-91497-0.00206-X>
- Motaharinasab, A., Bahramabadi, M., & Ahmadi, K. (2016). The Effect of Emotionally Focused Therapy on Emotional Expression Styles Among Married Women. *INTERNATIONAL JOURNAL OF MENTAL HEALTH AND ADDICTION*, 14(4), 505–513. <https://doi.org/10.1007/s11469-015-9614-6>
- Moulick, J., Pradhan, T., & Sarkar, P. K. (2019). The dynamics of counselling as a victim management strategy in cases of domestic violence in India. *Humanities and Social Sciences Reviews*, 7(6), 1090–1111.
<https://doi.org/10.18510/hssr.2019.76159>
- Munawwir, A. W. (2007). *Kamus Arab-Indonesia* (Vol. 3). Unit Pengadaan Buku Ilmiah Keagamaan Pondok Pesantren Al-Munawwir.
- Munn, Z., Peters, M. D. J., Stern, C., Tufanaru, C., McArthur, A., & Aromataris, E. (2018). Systematic review or scoping review? Guidance for authors when choosing between a systematic or scoping review approach. *BMC Medical Research Methodology*, 18(1). <https://doi.org/10.1186/s12874-018-0611-x>
- Muslih, M. K., Hamid, F., Zarkasyi, M. E., & Phil, M. (2021). *EPISTEMOLOGI ISLAM Prinsip-Prinsip Dasar Ilmu Pengetahuan dalam Islam*. Unida Gontor. www.unida.gontor.ac.id



- Muttaqin, R. (2022). Konseling Keluarga Dalam Perspektif Islam. *Jurnal An-Nasyr: Jurnal Dakwah Dalam Mata Tinta*, 9(2), 89–99.
<https://doi.org/10.54621/JN.V9I2.439>
- Myers, D., & et al. (2013). *Psychology Through the Eyes of Faith*.
<https://ereader.perlego.com/1/book/599731/46>
- Nafisah, S. N. (2022). Bimbingan Perkawinan dalam Tafsîr Al-Munîr Karya Wahbah Zuhaili. *Lisyabab : Jurnal Studi Islam Dan Sosial*, 3(2), 166–183.
<https://doi.org/10.58326/jurnallisyabab.v3i2.129>
- Nasr Isfahani, N., Bahrami, F., Etemadi, O., & Mohamadi, R. A. (2018). Effectiveness of Counseling Based on Mindfulness and Acceptance on the Marital Conflict of Intercultural Married Women in Iran. *Contemporary Family Therapy*, 40(2), 204–209. <https://doi.org/10.1007/s10591-017-9454-6>
- Nevid, J., Rathus, S., & Greene, B. (2017). *Abnormal Psychology in a Changing World*. Pearson.
- Nezhad, A. S., Ebrahimi, L., Vakili, M. M., & Kharaghani, R. (2020). Effect of counseling based on the choice theory on irrational parenthood cognition and marital quality in infertile women: A randomized controlled trial. *PERSPECTIVES IN PSYCHIATRIC CARE*, 56(1), 141–148.
<https://doi.org/10.1111/ppc.12392> WE - Science Citation Index Expanded (SCI-EXPANDED) WE - Social Science Citation Index (SSCI)
- Nielsen, A. C. (2019). Projective Identification in Couples. *Journal of the American Psychoanalytic Association*, 67(4), 593–624.
<https://doi.org/10.1177/0003065119869942>
- Noori, J., Nejat, H., Nameni, E., & Fariborzi, E. (2018). Comparing the Effectiveness of the Treatment of a Monotheistic Fabric and the Treatment of Thematic Relationships on Marital Violence and Couples' Coping Strategies. *Contemporary Family Therapy*, 40(4), 394–405.
<https://doi.org/10.1007/s10591-018-9465-y>
- Noori, J., Nejat, H., Nameni, E., & Fariborzi, E. (2020). Comparison of the Effectiveness of the Treatment of a Monotheistic Integrated and the Objective Relationship on Self-Differentiation and Marital Intimacy. *AMERICAN JOURNAL OF FAMILY THERAPY*, 48(1), 70–86.
<https://doi.org/10.1080/01926187.2019.1679052>
- Nuryanti, M., Hakim, L., & Islam Modern Syed Muhammad Naquib Al-Attas, P. (2020). *PEMIKIRAN ISLAM MODERN SYED MUHAMMAD NAQUIB AL-ATTAS* (Vol. 22, Issue 1). <https://jurnal.ar-raniry.ac.id/index.php/substantia>
- Nwoye, A. (2015). What is African Psychology the psychology of? *Theory & Psychology*, 25(1), 96–116. <https://doi.org/10.1177/0959354314565116>
- O'Farrell, T. J., & Schein, A. Z. (2011). Behavioral Couples Therapy for Alcoholism and Drug Abuse. *JOURNAL OF FAMILY PSYCHOTHERAPY*, 22(3), 193–215. <https://doi.org/10.1080/08975353.2011.602615>
- Olson, D. H., DeFrain, J., & Skogrand, L. (2021). *Marriages and Families: Intimacy, Diversity, and Strengths* (10th ed.). McGraw Hill.



- Oral, M., & Tuncay, T. (2021). Effectiveness of Group Interpersonal Psychotherapy Among Women with Major Depression in Turkey. *INTERNATIONAL JOURNAL OF GROUP PSYCHOTHERAPY*, 71(1), 180–202. <https://doi.org/10.1080/00207284.2020.1742125>
- Oxhandler, H. K., & Pargament, K. I. (2018). Measuring religious and spiritual competence across helping professions: Previous efforts and future directions. *Spirituality in Clinical Practice*, 5(2), 120–132. <https://doi.org/10.1037/SCP0000149>
- Özer, Ü., & Yüksel, G. (2016). Interpersonal Psychotherapy in the Treatment of Perinatal Complicated Grief: A Case Who Experienced Intrauterine Loss of Twins. *JOURNAL OF MOOD DISORDERS*, 6(1), 20–24. <https://doi.org/10.5455/jmood.20160118040459>
- Pandya, S. P. (2021). Online Spiritual Counseling Mitigates Immigration Stress and Promotes Better Marital Adjustment of South Asian Young Dual-Earner Couples Who Emigrate to Western Countries. *Contemporary Family Therapy*, 43(1), 35–53. <https://doi.org/10.1007/s10591-020-09547-5>
- Pandya, S. P. (2022). In 50s and Married for the First Time: Examining the Effectiveness of Spirituality App and Relationship Counseling App in Improving Marital Satisfaction and Dyadic Adjustment of Very Late First-Marriage Couples. *MARRIAGE AND FAMILY REVIEW*, 58(5), 413–443. <https://doi.org/10.1080/01494929.2021.2015047>
- Parnell, K. J., Scheel, M. J., Davis, C. K., & Black, W. W. (2018). An Investigation of Couples' Help-Seeking: A Multiple Case Study. *Contemporary Family Therapy*, 40(1), 110–117. <https://doi.org/10.1007/s10591-017-9427-9>
- Pastwa-Wojciechowska, B., Grzegorzewska, I., & Wojciechowska, M. (2021). The role of religious values and beliefs in shaping mental health and disorders. *Religions*, 12(10). <https://doi.org/10.3390/rel12100840>
- Patterson, C. H. (1973). *Theories of counseling and psychotherapy*. Harper & Row.
- Paul A, N., & Wayne H, D. (2008). *Sci-Hub | Marital Relationships: A Social Exchange Theory Perspective. The American Journal of Family Therapy*, 36(5), 402–412 | 10.1080/01926180701647264. <https://sci-hub.se/https://doi.org/10.1080/01926180701647264>
- Pearce, M. J., Koenig, H. G., Robins, C. J., Nelson, B., Shaw, S. F., Cohen, H. J., & King, M. B. (2015). Religiously integrated cognitive behavioral therapy: A new method of treatment for major depression in patients with chronic medical illness. *Psychotherapy*, 52(1), 56–66. <https://doi.org/10.1037/a0036448>
- Peters, M., Christina Godfrey, Patricia McInerney, Zachary Munn, Andrea Trico, & Hanan Khalil. (2020). *JBI Reviewer's Manual* (Edoardo Aromataris & Zachary Munn, Eds.). JBI.



- Primanugrah Shakanti, V., & Rahma Bintari, D. (2023). Prinsip Perkawinan Islam Ditinjau Dari Perspektif Psikologi. *Jurnal Kajian Ilmiah*, 23(1), 1410–9794. <http://ejournal.ubharajaya.ac.id/index.php/JKI>
- Psychological Association, A. (2021). *Apology to People of Color for APA's Role in Promoting, Perpetuating, and Failing to Challenge Racism, Racial Discrimination, and Human Hierarchy in U.S.*
- Rajabi, G., Khoshnoud, G., Soudani, M., & Khojastehmehr, R. (2020). The effectiveness of affective-reconstructive couple therapy in increasing the trust and marital satisfaction of couples with remarriage. *Iranian Journal of Psychiatry and Clinical Psychology*, 26(1), 114–129. <https://doi.org/10.32598/ijpcp.26.1.218.18>
- Rasoul, H., Ali, K., Esa, J., & Maryam, M. (2016). Effectiveness of Self-Regulation Couple Therapy intervention on marital satisfaction and partner abuse (Non-physical). *MEDITERRANEAN JOURNAL OF CLINICAL PSYCHOLOGY*, 4(1). <https://doi.org/10.6092/2282-1619/2016.4.1195>
- Rassool, H. (2021). *Islamic Psychology*. Taylor and Francis. <https://ereader.perlego.com/1/book/2188555/0>
- Ray, D. C. (2015a). Single-Case Research Design and Analysis: Counseling Applications. *Journal of Counseling & Development*, 394–402. <https://doi.org/10.1002/jcad.12037>
- Ray, D. C. (2015b). Single-Case Research Design and Analysis: Counseling Applications. *Journal of Counseling & Development*. <https://doi.org/10.1002/jcad.12037>
- Razali, S. M., & Najib, M. A. M. (2000). Help-Seeking Pathways Among Malay Psychiatric Patients. *International Journal of Social Psychiatry*, 46(4), 281–289. <https://doi.org/10.1177/002076400004600405>
- Reiter, M. D., & Chenail, R. J. (2017). Behavioral, humanisticexistential, and psychodynamic approaches to couples counseling. *Behavioral, Humanistic-Existential, and Psychodynamic Approaches to Couples Counseling*, 1–182. <https://doi.org/10.4324/9781315676869>
- Reyes, L. M., Lenger, K. A., Rauer, A., Roberson, P. N. E., Cordova, J. V, Gray, T., & Gordon, K. C. (2020). Consensus and relationship distress before and after a brief couples' intervention. *Journal of Family Psychology*, 34(1), 128–134. <https://doi.org/10.1037/fam0000577>
- Richards, P. S., & Bergin, A. E. (2006). A spiritual strategy for counseling and psychotherapy, 2nd ed. In *A spiritual strategy for counseling and psychotherapy, 2nd ed.* American Psychological Association. <https://doi.org/10.1037/11214-000>
- Riel, E., Languedoc, S., Brown, J., & Gerrits, J. (2016). Couples Counseling for Aboriginal Clients Following Intimate Partner Violence. *International Journal of Offender Therapy and Comparative Criminology*, 60(3), 286–307. <https://doi.org/10.1177/0306624X14551953>



- Risna, R. (2022, June 15). *Angka Perceraian Indonesia Tertinggi di Asia Afrika, Ini Tujuh Problema Penyebabnya - Kementerian Agama Provinsi Sumatera Barat*. <https://sumbar.kemenag.go.id/v2/post/66642/angka-perceraian-indonesia-tertinggi-di-asia-afrika-ini-tujuh-problema-penyebabnya>
- Riyono, B. (2021). *The Basic Framework of Tazkiya Therapy*.
- Riyono, B. (2023a). *A Practical Guidebook for TAZKIYA THERAPY*.
- Riyono, B. (2023b). Constructing the Theory of Human Basic Potential Based on Quranic Messages: Study with Maqasid Methodology. *Minbar. Islamic Studies*, 16(2), 449–475. <https://doi.org/10.31162/2618-9569-2023-16-2-449-475>
- Riyono, B. (2023c). *Definisi Kesehatan Jiwa* .
- Riyono, B. (2025). *Tazkiya Therapy in Islāmic Psychotherapy*. Routledge.
- Roach, L., & Sierra, J. J. (2024). Spirituality in marriage, couple, and family counseling programs. *Counselor Education and Supervision*, 63(3), 232–243. <https://doi.org/10.1002/CEAS.12314>
- Rostami, M., Taheri, A., Abdi, M., & Kermani, N. (2014). The Effectiveness of Instructing Emotion-focused Approach in Improving the Marital Satisfaction in Couples. *Procedia - Social and Behavioral Sciences*, 114, 693–698. <https://doi.org/10.1016/j.sbspro.2013.12.769>
- Rothman, A., & Coyle, A. (2018). Toward a Framework for Islamic Psychology and Psychotherapy: An Islamic Model of the Soul. *Journal of Religion and Health*, 57(5), 1731–1744. <https://doi.org/10.1007/s10943-018-0651-x>
- Roy, R., Vranda, M. N., Jagannathan, A., Cicil, V. R., & Prabhu, J. R. (2023). Conjoint Couple Therapy with a Woman Survivor of Intimate Partner Violence: Strengths and Challenges. *Indian Journal of Psychological Medicine*, 45(6), 629–633. <https://doi.org/10.1177/02537176231154820>
- Saadi, A. (2023). *Mediasi Konflik Dalam Perkawinan Perspektif Al-Qur'an*. Pustaka Ilmu.
- Saadi, A., Tinggi, S., & Al-Amin, I. T. (2024). Manajemen Konflik Perkawinan dalam Perspektif Al-Qur'an Marital Conflict Management in The Perspective of Al-Qur'an. *Jurnal Bimas Islam*, 17(1). <https://jurnalbimasislam.kemenag.go.id/jbi/article/view/1279/241>
- Sadarjoen, S. S. (2012). *Modul Tata Laksana Couple Therapy*. . Universitas Yarsi.
- Sadeh-Sharvit, S., Sacks, M. R., Runfola, C. D., Bulik, C. M., & Lock, J. D. (2020). Interventions to Empower Adults with Eating Disorders and Their Partners around the Transition to Parenthood. *Family Process*, 59(4), 1407–1422. <https://doi.org/10.1111/famp.12510>
- Sahraeian, M., Lotfi, R., Qorbani, M., Faramarzi, M., Dinpajooh, F., & Tehrani, F. R. (2019). The Effect of Cognitive Behavioral Therapy on Sexual Function in Infertile Women: A Randomized Controlled Clinical Trial. *JOURNAL OF SEX & MARITAL THERAPY*, 45(7), 574–584. <https://doi.org/10.1080/0092623X.2019.1594476>



- Salehpour, P., Ahghar, G. H., & Navabinezhad, S. H. (2018). Comparing the Effectiveness of Cognitive Therapy Based On Mind-Aware and Emotional-Focused Couple Therapy on Reducing the Irrational Beliefs and Emotional Divorce of Married Women Referred to the Counseling Center of Tehran (Case Study of the East of Tehran, 2017). *REVISTA PUBLICANDO*, 5(14), 706–730.
- Sari, D. (2025, May 28). *Simak Faktor Utama Penyebab Perceraian di Indonesia 2024 - GoodStats Data*. <https://data.goodstats.id/statistic/simak-faktor-utama-penyebab-perceraian-di-indonesia-2024-OJc0n>
- Sasanpour, M. (2013). The Effect of Sexual Cognitive Reconstruction Therapy on Sexual Problems of Couples. *Procedia - Social and Behavioral Sciences*, 84, 1448–1454. <https://doi.org/https://doi.org/10.1016/j.sbspro.2013.06.772>
- Sbanotto, E. N., Gingrich, H. D., & Gingrich, F. (2016). *Skills for effective counseling - A faith-based integration*. InterVarsity Press.
- Schofield, M. J., Mumford, N., Jurkovic, I., Jurkovic, D., Chan, S. P., & Bickerdike, A. (2015). Understanding Profiles of Couples Attending Community-Based Couple Counseling and Relationship Education Services. *Journal of Couple and Relationship Therapy*, 14(1), 64–90. <https://doi.org/10.1080/15332691.2014.953654>
- Scruggs, T. E., & Mastropieri, M. A. (2013). PND at 25. *Remedial and Special Education*, 34(1), 9–19. <https://doi.org/10.1177/0741932512440730>
- Shaddock, D. (2023). Couples therapy as therapy: Fostering individual growth in conjoint contexts. *Psychoanalysis, Self and Context*, 18(2), 314–326. <https://doi.org/10.1080/24720038.2023.2183210>
- Shah, A., Nagpal, A., Manjula, V., & Rynjah, I. L. (2016). Combined Couples' Therapy: A Qualitative Study of Individual and Conjoint Sessions. *Journal of Family Psychotherapy*, 27(2), 99–108. <https://doi.org/10.1080/08975353.2016.1169019>
- Sham, F. M. (2015). Islamic Psychotherapy Approach In Managing Adolescent Hysteria In Malaysia. *Journal of Psychological Abnormalities in Children*, 04(03). <https://doi.org/10.4172/2329-9525.1000142>
- Shamsuddin, A., & Rahman, Amilah. A. A. (2021). Abū Zayd Al-Balkhī's Sustenance of the Soul and the Development of Self-Control. *AL-ITQAN Journal of Islamic Sciences and Comparative Studies*, 5(2).
- Shanti, H. D. (2022, October 19). *BKKBN: IBangga 2021 sebut keluarga RI dalam kategori berkembang - ANTARA News*. <https://www.antaranews.com/berita/3190193/bkkbn-ibangga-2021-sebut-keluarga-ri-dalam-kategori-berkembang>
- Shaughnessy, J. J. (2014). *Research methods in psychology. Single Case Design Brief: Selecting Appropriate Single Case Designs for Evaluating MIECHV Funded Home Visiting Programs*. (2012).
- Siregar, T., & Munawir, Z. (2020). Mediasi Dalam Tiga Sistem Hukum Dan Perannya di Dalam Terwujudnya Keberhasilan Tujuan Hukum di Indonesia.



- Journal of Education, Humaniora and Social Sciences (JEHSS)*, 3(1), 7–16.
<https://doi.org/10.34007/jehss.v3i1.161>
- Skinner, R. (2010). An Islamic approach to psychology and mental health. *Mental Health, Religion & Culture*, 13(6), 547–551.
<https://doi.org/10.1080/13674676.2010.488441>
- Slotter, E. B., & Luchies, L. B. (2021). The Couples Activity for Reappraising Emotions Intervention A 7-Minute Marital Conflict Intervention Benefits Relational and Individual Well-Being. In G. M. Walton & A. J. Crum (Eds.), *HANDBOOK OF WISE INTERVENTIONS: How Social Psychology Can Help People Change*.
- Snyder, D. K., & Balderrama-Durbin, C. (2012). Integrative Approaches to Couple Therapy: Implications for Clinical Practice and Research. *Behavior Therapy*, 43(1), 13–24. <https://doi.org/10.1016/J.BETH.2011.03.004>
- Soliman, A., Abdel-Salam, A. S. G., & Ahmed, M. (2022). A diagnostic tool for family and marriage counseling with Muslim couples. *Humanities and Social Sciences Communications* 2022 9:1, 9(1), 1–9.
<https://doi.org/10.1057/s41599-022-01201-9>
- Sommers-Flanagan, J., & Sommers-Flanagan, R. (2018). *Counseling and psychotherapy theories in context and practice* (3rd ed.). Wiley.
- Stafford, L. (2017). Social exchange theory: A cost-benefit approach to relationships. In *Engaging Theories in Family Communication: Multiple Perspectives*. <https://doi.org/10.4324/9781315204321>
- Stafford, L., & Kuiper, K. (2021). Social Exchange Theories: Calculating the Rewards and Costs of Personal Relationships. In *Engaging Theories in Interpersonal Communication: Multiple Perspectives, 3rd Edition*.
<https://doi.org/10.4324/9781003195511-33>
- Stewart-Sicking, J. A., Deal, P. J., & Fox, J. (2017). The Ways Paradigm: A Transtheoretical Model for Integrating Spirituality Into Counseling. *Journal of Counseling and Development*, 95(2), 234–241.
<https://doi.org/10.1002/JCAD.12135>
- Su, L. P., Miller, R. B., Canlas, J. M., Li, T. S., Hsiao, Y. L., & Willoughby, B. J. (2015). A Cross-Cultural Study of Perceived Marital Problems in Taiwan and the United States. *Contemporary Family Therapy*, 37(2), 165–175.
<https://doi.org/10.1007/S10591-015-9337-7>
- Subandi. (2019). *Psikologi agama dan kesehatan mental*. Pustaka Pelajar.
- Subandi, M. A. (2002). *Psikoterapi: Pendekatan Konvensional dan Kontemporer*. Pustaka Pelajar.
- Sumasniar, E., Julizun Azwar, A., & Fikri Rani, Y. (2020). *Tauhid dalam Pemikiran Ismail Raji Al-Faruqi dan Implementasinya dalam Humanisme Islam* (Vol. 21, Issue 2).
- Sunanto, J., Takeuchi, K., & Tsukuba, U. (2005). *Pengantar Penelitian Dengan Subyek Tunggal*.

- Syahril, N. C. (2018). *Konsep tasawuf sebagai psikoterapi bagi problematika masyarakat modern (Study terhadap kitab lhya' 'Ulumuddin Karya Imam Al-Ghazali)*.
- Tahan, M., Saleem, T., Moshtagh, M., Fattahi, P., & Rahimi, R. (2020). Psychoeducational Group Therapy for sexual function and marital satisfaction in Iranian couples with sexual dysfunction disorder. *Heliyon*, 6(7). <https://doi.org/10.1016/j.heliyon.2020.e04586>
- Tajiri, H. (2012). Konseling Islam: studi terhadap posisi dan peta keilmuan. *Ilmu Dakwah: Academic Journal for Homiletic Studies*, 6(2).
- Tanhan, A. (2019). Acceptance and Commitment Therapy with Ecological Systems Theory: Addressing Muslim Mental Health Issues and Wellbeing. *Journal of Positive School Psychology*, 3(2), 197–219. <https://doi.org/10.47602/jpsp.v3i2.172>
- Tanhan, A., & Francisco, V. T. (2019). Muslims and mental health concerns: A social ecological model perspective. *Journal of Community Psychology*, 47(4), 964–978. <https://doi.org/10.1002/jcop.22166>
- Tanhan, A., & Strack, R. W. (2020). Online photovoice to explore and advocate for Muslim biopsychosocial spiritual wellbeing and issues: Ecological systems theory and ally development. *Current Psychology*, 39(6), 2010–2025. <https://doi.org/10.1007/s12144-020-00692-6>
- Tanhan, A., Yavuz, K. F., Young, J. S., Nalbant, A., Arslan, G., Yıldırım, M., Ulusoy, S., Genç, E., Uğur, E., & Çiçek, İ. (2020). A Proposed Framework Based on Literature Review of Online Contextual Mental Health Services to Enhance Wellbeing and Address Psychopathology During COVID-19. *Electronic Journal of General Medicine*, 17(6), em254. <https://doi.org/10.29333/ejgm/8316>
- Thompson, C. L. et, al. (2004). *Counseling Children*. Thompson Brooks/Cole.
- Toosi, F. M., Sharbaf, H. A., Fathi, M., & Kareshki, H. (2022). The effectiveness of cognitive developmental hypnotherapy on differentiation of self, meaning in life and marital conflicts in married women. *AMERICAN JOURNAL OF CLINICAL HYPNOSIS*, 64(3), 248–262. <https://doi.org/10.1080/00029157.2021.1964425>
- Tricco, A. C. , Erin Lillie, Wasifa Zarin, Kelly K. O'Brien, Heather Colquhoun, Danielle Levac, David Moher, Micah D. J. Peters, Tanya Horsley, Laura Weeks, & et al. (2018). PRISMA Extension for Scoping Reviews (PRISMA-ScR): Checklist and Explanation. *Annals of Internal Medicine*.
- Trimulyaningsih, N. (2017). Qualitative Research on Islamic Psychotherapy: A Metasynthesis Study in Indonesia. *COUNS-EDU: The International Journal of Counseling and Education*, 2(3). <https://doi.org/10.23916/002017025630>
- Umubyeyi, B., Mtapuri, O., & Naidu, M. (2020). The Role of Religion and Religious Leaders in Marital Conflict Resolution: A Perspective of Congolese Migrants' Families Living in Durban, South Africa. *Family Journal*, 28(4), 413–419. <https://doi.org/10.1177/1066480720904023>



- Utz, A. (2011). *Psychology from the Islamic Perspective*. International Islamic Publishing House.
- Uzun, G., & Deniz, M. E. (2021). Investigation of the effectiveness of the mindfulness-based group psychological counseling program in couples. *Turkish Psychological Counseling and Guidance Journal*, 11(62), 419–432. <https://doi.org/10.17066/tpdrd.1001726>
- van der Watt, A. S. J., van de Water, T., Nortje, G., Oladeji, B. D., Seedat, S., Gureje, O., Kola, L., Appiah-Poku, J., Othieno, C., Harris, B., Esan, O., Makanjuola, V., & Price, L. N. (2018). The perceived effectiveness of traditional and faith healing in the treatment of mental illness: a systematic review of qualitative studies. In *Social Psychiatry and Psychiatric Epidemiology* (Vol. 53, Issue 6, pp. 555–566). Dr. Dietrich Steinkopff Verlag GmbH and Co. KG. <https://doi.org/10.1007/s00127-018-1519-9>
- VandenBos, G. R. (2007). *APA Dictionary of Psychology*. American Psychological Association. <https://dictionary.apa.org/family>
- VanKatwyk, P. (2006). *Spiritual Care and Therapy*. Wilfrid Laurier University Press.
- Wagner, D., & Hurst, S. M. (2018). Couples Dance/Movement Therapy: Bringing a Theoretical Framework into Practice. *AMERICAN JOURNAL OF DANCE THERAPY*, 40(1), 18–43. <https://doi.org/10.1007/s10465-018-9271-y>
- Walker, D. F., Gorsuch, R. L., & Tan, S. Y. (2004). Therapists' integration of religion and spirituality in counseling: A meta-analysis. *Counseling and Values*, 49(1), 69–80. <https://doi.org/10.1002/J.2161-007X.2004.TB00254.X>
- Walsh, F. (2016a). Applying a Family Resilience Framework in Training, Practice, and Research: Mastering the Art of the Possible. *Family Process*, 55(4), 616–632. <https://doi.org/10.1111/famp.12260>
- Walsh, F. (2016b). *Normal family processes: Growing Diversity and Complexity* (4th ed.). The Guilford Press.
- Wasik, A. (2024). Strategy for Islamic Religious Counselors in Minimizing the Occurrence of Divorce in Society. *International Journal of Islamic Social Studies*, 2(1), 14–24. <https://doi.org/10.62039/ijiss.v2i1.35>
- Weiss, R. L., & Heyman, R. E. (1997). *A clinical-research overview of couples interactions*. John Wiley & Sons, Inc.
- White, T. J. E., Duncan, S. F., Yorgason, J. B., James, S. L., & Holmes, E. K. (2020). Marital Interventions: Participation, Helpfulness, and Change in a Nationally Representative Sample. *Family Relations*, 69(1), 125–137. <https://doi.org/10.1111/fare.12403>
- Williams, M., & Kabat-Zinn, J. (2013). *Mindfulness* (1st ed.). Taylor and Francis.
- Wiramihardja, S. A. (2017). *Pengantar psikologi klinis* (A. Gunarsa, Ed.; 8th ed.). Refika Aditama.
- Wirdhana, I. (2012). *Komunikasi efektif orang tua dengan remaja*. BKKBN.



- Worthington, E. L., Brown, E. M., & McConnell, J. M. (2019). Forgiveness in committed couples: Its synergy with humility, justice, and reconciliation. *Religions, 10*(1). <https://doi.org/10.3390/rel10010013>
- Worthington, E. L., Hook, J. N., Davis, D. E., & McDaniel, M. A. (2011). Religion and spirituality. *Journal of Clinical Psychology, 67*(2), 204–214. <https://doi.org/10.1002/jclp.20760>
- Yasmin, N., & Riley, G. A. (2020). Psychological intervention for partners post-stroke: A case report. *NeuroRehabilitation, 47*(2), 237–245. <https://doi.org/10.3233/NRE-203173>
- Yıldırım, M., Kızılgöçit, M., Seçer, İ., Karabulut, F., Angın, Y., Dağcı, A., Vural, M. E., Bayram, N. N., & Çinici, M. (2021). Meaning in Life, Religious Coping, and Loneliness During the Coronavirus Health Crisis in Turkey. *Journal of Religion and Health, 60*(4), 2371–2385. <https://doi.org/10.1007/s10943-020-01173-7>
- Yoneda, A. C., & Davila, J. (2007). Marriage. *Encyclopedia of Stress, 660–666*. <https://doi.org/10.1016/B978-012373947-6.00249-X>
- Zaharuddin, Z. (2015). TELAAH KRITIS TERHADAP PEMIKIRAN PSIKOLOGI ISLAM MUHAMMAD UTSMAN NAJATI. *Psikis : Jurnal Psikologi Islami, 1*(2), 95–114. <https://doi.org/10.19109/PSIKIS.V1I2.571>
- Zubaidah, I. S., & Zahiri, A. M. M. (2016). Konsep Sakinah, Mawaddah dan Rahmah Sebagai Asas Kebahagiaan Rumahtangga Menurut al-Quran: Suatu Analisis Berdasarkan Ayat 21, Surah al-Rum. *AlBayan, 14*(2), 206–222. <https://doi.org/10.1163/22321969-12340039>