

Effectiveness Of Family Counseling Based Problem Solving To Improve Marriage Quality And Emotional Relationships (Intimacy)

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Abstract

This study aims to examine the effectiveness of problem solving family counseling in improving the quality of married couples and their emotional relationships. This research is motivated by the number of young couples who end up in divorce. This research examines the role of family counseling in improving the quality of marriage and the emotional relationship of married couples. This study uses an experimental method with family counseling as a pilot. The designs used are pretest and posttest. This study took a sample of 50 family couples using purposive sampling. The samples in this study were 25 pairs each in each group. The researcher used a quality index and a marital questionnaire. The results showed that problem solving-based family counseling had a significant effect on the quality of marriage and the couple's emotional relationship. The increase in these two variables can be seen from the analysis results which show that the components of the two variables show a significant increase. The quality of marriage is strengthened by increasing the components of satisfaction, agreement, cohesiveness, and reducing or resolving the problems faced. Improving the quality of emotional relationships (intimacy) is indicated by the intimacy component. Emotional quality is mutual understanding of couples from different cultures, good emotional connection. Family counseling can be used to maintain quality and solve problems experienced by married couples. The implication of this research is problem solving-based family counseling can be used as an alternative in maintaining marriage.

Keywords: family counseling, problem solving, quality of marriage and the emotional relationship

Introduction

Family is a community group consisting of two or more people who have interpersonal, blood, and marital interactions. The definition shows that the family requires a marriage relationship, blood relationship, or adoption as a binder. The family has a very important role in the order of the social system. Problems caused by a less harmonious family have an impact on the psychology of family members and their roles

in community groups (Dehingia et al., 2019; E. Pearson et al., 2020). The family must be a place that is able to create a safe and peaceful atmosphere for its members, not the other way around. However, in living life there are often problems caused by various factors that make the family uncomfortable and even separated. As a couple in marriage, they definitely want an intimate relationship so that the family can create good psychology and improve the quality of family functions. Creating a good emotional

connection is the first thing couples do to create the expected family. This good emotional connection or intimacy can facilitate families to complement each other. This intimacy is one of the sources of happiness in the family. This intimacy has a component of attention and response that is given between partners. This intimacy becomes a strong foundation that is the main factor in family harmony. Intimacy is a close, romantic relationship, good emotions, acceptance, understanding of each other, feelings of love, and acceptance of each other (Charny, 2014; Epstein et al., 2012).

A good emotional relationship or intimacy is a dynamic and communicative relationship that creates mutual trust and respect. The closeness or intimacy of a partner can be built by a commitment to a relationship and continuous adaptation to each other. Intimate relationships can also be built by self-disclosure and self-awareness. Mutual trust between partners that can unite couples despite different cultures. The intimacy of this couple can be judged by how much the partner is interested in disclosing themselves to their partner. If you are a partner, avoiding intimate relationships will result in isolation and loss of your partner. Intimacy in this family couple relationship is formed by complex components. There are six dimensions contained in intimacy, including social, emotional, sexual, pleasure, intellectual, and conventional dimensions. Other experts argue that partner intimacy is built by nine of them social, pleasure, emotional, psychological, physical, religious, aesthetic, sexual, and temporal dimensions (Epstein et al., 2012; Rochat, 2018). The emotional dimension in couples is the fulfillment of feelings for each other with positive emotions such as happiness and satisfaction and being able to control negative emotions. A good relationship in this couple is the result of mutual acceptance of cultural differences, gender, individuality, and plurality. Gender differences in couples result in the formation of character in the family according to their function and nature so that they grow and develop according to the value

system, personality, communication, function, role, and sexuality (Abate, 2013; Piercy et al., 2013). Previous research has proven that a couple's relationship with good intimacy will affect the quality of marriage (Kaiser et al., 2012; Sackett & Cook, 2022). Quality marriage is a multidimensional phenomenon that includes satisfaction, happiness, compatibility, commitment, and comfort. This component describes the quality of marriage.

There are three types of approaches to explain the quality of marriage. The first approach is a combination of comfort and happiness. The second approach is an assessment of the overall life between couples during marriage. The third approach is a view related to individuals, relationships with partners, and relationships with other people (Alaem et al., 2019; Donarelli et al., 2019). Couples in marriage must have three points of view, namely the mind, the partner, and the other person. Inner point of view is all the emotional feelings that have been experienced during marriage, such as sacrifice, struggle, motivation, pleasure, and so on. A quality marriage is characterized by a sense of mutual love, maintaining commitment, good communication, love, feeling attached to each other, supporting each other. However, an unqualified marriage is characterized by quarrels, conflicts, differences, dissatisfaction, and eventually the couple will separate (Gaff & Hodgson, 2014; Goodyear et al., 2016). This quality marriage affects the psychology of family members, such as maintaining the physical and mental health of spouses, children, and the community in their environment. This good husband and wife relationship is able to facilitate them to communicate and solve problems together. However, if the relationship between husband and wife is not good, it will lead to dissatisfaction, arguments against, criticism, loneliness, lack of good communication, so that in the end the couple is unable to solve the problems they face.

One of the approaches used in family counseling is a problem solving approach. This approach is considered effective in improving

and enhancing the quality of marriage by promoting effective communication and interaction between couples (Gregory & Gellis, 2020; McAdams et al., 2015). Family counseling with a focus on problem solving is one of the counseling that emphasizes the cognitive and affective processes of individuals in solving problems in marriage. This problem-based counseling method uses four steps, namely explanation and formulation of the problem, setting goals, formulating alternative solutions, and implementing solutions. This type of family counseling can be done directly to the individual concerned or through family intermediaries. This method is proven to be effective in anticipating and reducing negative actions, solving problems, and improving individual functioning in marriage (Abate, 2013; Nasr Isfahani et al., 2018; Piercy et al., 2013). Based on this method, problem identification, management, control, and problem solving are steps that must be taken so that problems that arise in marriage do not last too long and become bigger. This problem-solving-based counseling method is believed to reduce the rate of separation. Understanding problems in family counseling methods not only helps couples recognize, but can also strengthen and modify factors to achieve satisfaction in marriage. This study aims to determine the effectiveness of problem-solving-based counseling methods in improving the quality of marriage

Problem solving based family counseling

The problems experienced by the family have an impact on the psychology and behavior of children because children will get their first education in the family. If the family is not in a conducive, safe, peaceful, and comfortable condition, the child will not get the teaching of social values as it should. Family counseling is an intervention that emphasizes interaction and communication within the family to improve family functioning (Al-Darmaki, 2005; Goodyear et al., 2016). This family counseling seeks to create flexible communication patterns

and change the rigidity that causes disharmony between families. This counseling is one type of group counseling and individual counseling. Group counseling is given to married couples, while individual counseling is given to all family members. Family counseling aims to reduce and resolve conflicts and worries within the family. Family counseling is done by identifying family background, goals, opinions, and concerns, and family weaknesses. Furthermore, counseling is carried out to increase the empathy and tolerance of family members. In this way, the deviant behavior of spouses and family members is analyzed for causes and solutions are sought. Problem solving based family counseling method emphasizes the cognitive-affective process of family members in finding solutions that are considered effective to overcome the problems they face. The main factor in marriage is that the couple should always feel connected to each other. Problem solving is a cognitive process to change the conditions that make the family not harmonious, become harmonious again or have intimacy in the family (Hunsley et al., 2014; Vossler & Moller, 2014).

The family counseling intervention process is carried out by analyzing the situation that occurs in the family first, determining the root of the problem that causes disharmony, making concrete solutions, implementing solutions, and confirming (Gregory & Gellis, 2020; Grove et al., 2013; Wehrman & Field, 2013). If the first solution can't solve the problem, look for other alternative solutions until the right solution is found. Cognitive intervention in family counseling is to increase the ability of family members to understand each other's partners. This type of counseling works by changing a person's view of his partner by conducting meetings, evaluations, reactivity, and ideal changes. Asking questions in counseling is done by asking questions and guiding married couples to times when they have not faced problems. Family counseling helps family couples to change attitudes and behavior to not always discuss the problem or make it big but

to have more intensive dialogue in finding solutions to problems (Gaff & Hodgson, 2014; Janusz et al., 2020). This method of asking questions in family counseling can encourage family couples to focus on solutions, shared decisions, and the ability to understand each other, rather than on selfishness. The solution criteria chosen by the partners are realistic, descriptive, and can be implemented. In carrying out their duties, a counselor must pay attention to key principles to solve problems faced by couples, including not every time a problem arises, there is always a solution for every problem, every family member wants good conditions, using the ability of family members to adapt to conditions or problems. in order to find a solution, even though the solution used is not always successful, the solution regenerates good hopes for family members, each solution has its own or unique way (Azari-Barzandig et al., 2020; Goodyear et al., 2016). In addition, there are three principles used in keeping the pair intact, namely, if nothing is broken, there is no need to repair it; if the intervention is judged to be useful, it is a success; if the intervention is not able to solve the problem, do not use it again and look for another solution. These three principles form a fundamental approach by emphasizing teaching to married couples. Some of the methods used for family counseling based on problem solving include fishbone diagrams, force field methods, delphi methods, swapping techniques and so on. The purpose of these counseling methods

and techniques is determined by the root cause, the counselor's abilities, and the counselor's and partner's views on the methods and techniques.

Research methodology

Participants

This study uses an experimental method to pilot family counseling. The designs used are pretest and posttest. Research participants were divided into two groups, namely experimental and control. By using a quasi-experiment, the first researcher conducted a pretest in the experimental group, gave an intervention to the experimental group, and saw the effect of the intervention with a posttest. The independent variable in this study is a problem-based family counseling intervention and the dependent variable is the quality of marriage and the couple's emotional relationship. The research method used is depicted in table 1. The population in this study were all married couples while the sample selected in this study was 100 family couples with 50 pairs of experimental and control groups each. Determination of the sample using the Cochran formula and purposive technique Both groups of samples were examined using diagnostic criteria regarding psychological disorders due to marital problems. Characteristics of the couple were analyzed starting from age, age of marriage, number of children, psychological health.

Table 1. Research Method Design.

Experiment group	Purposive sampling	Pretest	Intervensi	Posttest
Control group	Purposive sampling	Pretest	-	Posttest

Research Instruments

Researchers used an index instrument to assess the quality of marriage and a questionnaire to assess emotional relationships or family intimacy. The marriage quality index is used to

measure the level of quality during a relationship which includes agreement, coherence, and satisfaction between partners. The questionnaire was used to see whether the emotional relationship between the couple was

dominated by positive or negative emotions. This initial data is used to determine the right counseling to overcome the problems he faces.

Measurement of the quality of marriage

To see the quality of marriage, the researcher used an adapted marriage quality scale. This scale is used in the form of a questionnaire consisting of 17 items with a composition of 7 questions to measure agreement, 6 questions to measure satisfaction, and 4 questions to measure partner coherence. The overall score of these components is to see the quality of marriage. In addition, this study was also strengthened by using a main scale containing 35 questions based on Lewis and Spanier's (2005) marriage quality theory. Scoring uses a Likert scale with a range (0-5 points). The questionnaire consists of components of agreement (1-6 points), satisfaction (7-12 points) and coherence (12-15 points). Analysis of the data on the quality of marriage questionnaire using the analysis of differences, the cut-off point is given a value of 2.95 using this questionnaire. This means that if the couple scores above 2.95, the couple is considered to have a fairly good quality of marriage. However, if the value obtained is below the standard, the quality of the marriage is not good or bad. The questionnaire used has a sensitivity of 75.25% and a specificity value of 79.15%. The reliability value of the questionnaire was calculated on the components of agreement, satisfaction, and coherence, with values of 79%, 80%, and 90%, respectively. Cronbach's alpha coefficient on the questionnaire meets the criteria with a correlation value of about 0.50-0.75, which means that the value is significant ($P > 0:001$).

Marriage emotional relationship (intimacy) questionnaire

The questionnaire used to assess the quality of intimacy was 18 questions. The validity and reliability of the questionnaire were tested by using expert judgment tests and empirical tests. The validity test involved 10 experts in the field

of family counseling with PhD qualifications. And empirical tests were carried out on 20 family couples. The results of the validity and empirical tests meet the criteria for use with a correlation coefficient value of 85% at the 0.01 level and a reliability coefficient of 96% alpha Cronbach, which means that reliability meets the criteria.

Research procedure

The study was conducted with the permission of the counseling agency in the Kutai area, Indonesia and the participating family couples. The participating couples were 50 pairs of experimental and control groups with different cultural backgrounds for each pair. The problems faced by each family become privacy between the couple and the counselor (researcher). This study involved 10 counselors from private counseling institutions including researchers. In the first stage, the researcher conducted a pretest to identify the problems faced by the couples in the experimental and control groups. After that, each couple received 10 family counseling sessions. Counseling sessions were carried out for 4 months, each session lasting about 2 hours. Intervention sessions were not carried out in the control group. At the end of the study, the researchers conducted a posttest to assess the quality of marriage and the couple's emotional relationship after receiving the intervention. Data processing is done by using the SPSS application. The description of problem-solving-based family counseling interventions is listed in table 2. Researchers used SPSS to analyze the data presented in two parts. First, the researcher presents the demographic characteristics of the family sample using descriptive statistics which include the distribution of frequency, mean, and standard deviation. Second, the researcher uses inferential statistics to answer the problem formulation. To check the homogeneity of the sample, the Levene test was used, while the Kolmogorov test was used to test the normality of the paired samples.

Table 2. Problem solving-based family counseling

Session	Purpose	Content	Assignment
1	Introduce group members, know the principles and impact of family counseling based on problem solving	Participants express their wishes about problem solving: 1. State goals and principles that are impossible and unattainable. 2. determine the goals and objectives of behavior clearly and positively.	Individual tasks are checked and write down positive behaviors seen from partners until the next session
2	Know problem solving skills and methods	Understand partner feelings, seek solutions, and identify consequences	Play a short film video about a couple facing problems
3	Controlling emotions and feelings	explain the importance of conveying feelings and emotions in real life well	presents a moment that has an emotional situation
4	Participate by active listening	Learning to listen as a component of problem solving and its application in interactions with partners	Playing videos to test the ability to listen to emotional moments
5	Understanding motivation	Understand the regulation of various expressions and behaviors during conflict	Play videos to improve motivation comprehension skills
6	Solving problem	find alternative solutions without forcing the partner to think about the consequences and provide some examples	Playing videos containing various solutions
7	Analyze results and consequences	explain how to dialogue to solve problems in artificial and real life situations	Provide a result-based thinking tutorial
8	Overcoming inhibitions	consider planning steps, setting goals, anticipating potential obstacles, planning activities, and integrating steps	provide examples of planning to provide alternative solutions to solve problems
9	Knowing the combination of problem solving skills and review counseling questions	Evaluating the skills of participants through a question and answer session between participants	In the exercise, each pair is given a story about a partner who faces a problem, then participants are asked to provide a solution
10	Reviewing content and evaluating it	Evaluation on problem solving dialogue, summarizing, and overall evaluation	Evaluate problem solving through the chosen method

Results

The presentation of the data is done by using two types of data presentation, namely the presentation of descriptive data and inferential statistical data. The mean age of the participating partners was 40.5 (SD: 0.96). The sample ages were 20 couples (20%) aged 22-35 years, 40 couples (40%) aged 40-50 years, 40 couples (40%) aged over 51 years. The composition of the sample by category of education level is 10% with a diploma, 30% with a vocational degree, 40% with a bachelor's degree, and 20% with a degree above bachelor's. Descriptive statistics are presented in table 3. The difference in scores in the

experimental and control groups in the pretest was not very significant with a P value > 0.05 , while the difference in scores in the posttest in the two groups was significant. The quality of the couple's emotional relationship or intimacy is presented in table 4. Descriptive statistics are presented on the variables of the quality of the couple's emotional relationship in the pretest and posttest phases. At the pretest stage there was no significant difference in the quality of emotional relationships or intimacy in the experimental and control groups. At the posttest stage there was a significant difference between the experimental and control groups with the experimental value higher than $P > 0.05$.

Table 3. Descriptive statistics of marital quality components

Variables	Group	Mean	Pre-test	Post-test	
			Standard deviation	Mean	Standard deviation
Wedding quality	Control	75.42	7.20	85.30	7.40
	Experiment	84.43	7.90	98.20	4.64
Deal	Control	30.90	3.87	30.80	4.30
	Experiment	34.21	4.42	35.30	3.21
Satisfaction	Control	25.12	3.60	25.90	2.30
	Experiment	32.30	3.80	30.56	1.53
Compactness (coherence)	Control	24.40	1.70	25.70	1.60
	Experiment	32.20	3.72	31.80	1.82

Table 4. Descriptive statistics of emotional relationship components

		Pre-test		Post-test	
		Mean	Standard deviation	Mean	Standard deviation
Emotional intimacy	Control	56.50	7.570	62.12	7.321
	Experimental	64.14	8.245	72.50	4.632

Table 5. Normality test of research variables

		Kolmogorov-Smirnov Test	
		Statistics	Significance level

Wedding quality	Pre-test	0.941	0.564
	Post-test	0.674	0.897
Deal	Pre-test	0.846	0.647
	Post-test	0.680	0.964
Satisfaction	Pre-test	2.243	0.342
	Post-test	0.742	0.965
Coherence	Pre-test	0.846	0.647
	Post-test	0.945	0.578
Emotional intimacy	Pre-test	0.856	0.784
	Post-test	0.675	0.896

The normality test was tested using the Kolmogorov-Smirnov test which resulted in the value of all variables meeting the normality test criteria. All variables show a greater value with a value of 0.05. With these results, the variables examined in this study met the normality test criteria. By fulfilling the normality test, the next researcher conducted an inferential statistical analysis on the variables using regression

analysis, variance equations, and covariance analysis. The results of inferential statistical analysis of the regression equation are presented in table 6, the equation of variance of the precondition with Levene's test is presented in table 7 in the experimental and control groups. The results of the analysis show that the interaction between the experimental group and the covariate variables is not very significant.

Table 6. The results of the experimental and control regression equation test

Variables	Source of changes	Sum of the squares	Freedom degrees	F	Significance level
Emotional Relationship and Quality of Marriage with Different Cultures	Pretest-group	163.235	1	1.292	0.412
Emotional intimacy		1630.564	1	3.342	0.250
The quality of the marriage of different cultures		1478.930	1	0.252	0.856
Deal		564.878	49	0.032	0.990
Satisfaction		254.320	49	3.960	0.256
Compactness (coherence)		467.870	49	0.034	0.890

Table 7. Equation of variance on precondition

Variables	F	Df1	Df2	Significance level
Emotional connection and quality of intercultural marriage	3.489	1	49	0.245
Emotional connection (intimacy)	0.657	1	49	0.576
Quality of marriage with different cultures (components)	0.150	1	49	0.930
Agreement	1.265	1	49	0.398
Satisfaction	1.032	1	49	0.990

Cohesiveness (cohenrence)	1.285	1	49	0.378
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To analyze the effectiveness of problem-solving-based family counseling on the quality of marriage and emotional relationships, the results of ANKOVA analysis (analysis of covariance) are presented. The results of the multivariable ANKOVA analysis of the quality of marriage and its components are presented in table 9. From the results of the ANKOVA analysis, problem solving-based family counseling has a significant effect on the value that indicates the quality of good emotional relationships (intimacy) in the posttest phase.

The value shows that the difference in the quality of emotional relationships (intimacy) in the experimental and control groups reaches a 95% confidence level, so it can be concluded that this family counseling intervention contributes significantly to the quality of intimacy. The impact of problem-based family counseling on the quality of marriage is also the same, which has a special significant effect on each component of marriage quality, namely the agreement component (0.698), satisfaction (0.990), and coherence (0.678).

Table 8. Results of ANKOVA analysis.

Variables	Change of resources	Mean of the squares	Freedom degree	F	Significance level	Effectiveness
Emotional connection (intimacy) of couples with different cultures	Variable pretest value	834.510	1	13.465	0.002	0.851
	Group influence (control test)	6254.821	1	91.765	0.000	
	Error	1789.568	48			
	Amount of modified data	8215.630	50			
Proximity	Variable pretest value	160.256	1	8.675	0.012	0.683
	Group influence (control test)	912.523	1	40.521	0.001	
	Error	712.856	48			
	Amount of modified data	1652.324	50			
Wedding quality	Variable pretest value	340.176	1	12.821	0.003	0.861
	Group influence (control test)	2764.187	1	13.897	0.001	
	Error	680.482	48			

Amount of modified data	3684.820	50
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To answer the research problem formulation, the researcher analyzed the data using ANKOVA on the quality of emotional relationships (intimacy) and the quality of marriage. The quality of emotional relationships is presented in table 8. In table 8 of a sample of 50 family couples, the significance of all aspects of measuring the quality of emotional relationships is shown. Emotional relationship (intimacy) of couples with different cultures, closeness, quality of marriage, with each showing a significance value of 0.851, 0.683, and 0.861. Significance

was also shown in the marriage quality variable. Each component variable which is the measurement of marriage quality shows a significant increase after being given an intervention through problem-solving-based family counseling. Each component of the quality of marriage gets a significant effectiveness value, namely agreement (0.720), satisfaction (0.842), and cohesiveness (0.370). So, it can be concluded that problem-based family counseling has a significant effect on the quality of emotional relationships and the quality of marriage.

Table 9. Results of multivariable ANKOVA analysis on marriage quality

Variables	Change of resources	Mean of the squares	Freedom degree	F	Significance level	Effectiveness
Agreement	Variable pretest value	72.423	1	11.820	0.004	0.720
	Group influence (control test)	326.182	1	43.542	0.000	
	Error	176.674	48			
	Amount of modified data	560.766	50			
Satisfaction	Variable pretest value	40.915	1	15.751	0.002	0.842
	Group influence (control test)	214.594	1	90.714	0.000	
	Error	70.878	48			
	Amount of modified data	380.587	50			
Coherence The variable with pretest scores	Variable pretest value	224.879	1	10.851	0.005	0.370
	Group influence (control test)	50.750	1	10.572	0.052	
	Error	391.782	48			
	Amount of modified data	592.875	50			

Discussion

Based on the results of the analysis, the effect of problem solving-based family counseling on the quality of marriage and emotional relationships (intimacy) was significant in the posttest phase. From the table of ANKOVA analysis results, there is a significant difference between two groups with ($P < 0.05$). Family counseling can improve the emotional relationship and quality of a couple's marriage. The results of this study are in accordance with previous studies. Problem solving training in families has proven to be effective in improving parent-child communication so that a good emotional relationship is established (Bianchi et al., 2020; Källström & Thunberg, 2019). In addition, this problem solving contributes to the ability of cognition and emotional connection between partners so that they are able to understand each other. Problem solving-based family counseling is also effective in improving the social competence of family members. Marriage is the first stage in building a family. In the family there is a process of internalizing values carried out by parents to their children to achieve shared goals or ideals, so that in the family a good emotional relationship is needed (Dehingia et al., 2019; E. Pearson et al., 2020). Individuals involved in the family system need loyalty and strong emotional connections. Individuals who live life must be able to adapt to their family life including differences in partner's cultural background, character, and others. This adaptability greatly affects the quality of marriage and the continuity of the marriage. This adaptability is also able to resolve conflicts or problems they face. In addition, emotional relationships or intimacy are also considered effective in solving problems because when the family has good intimacy, communication within the family is not hampered so that it can express feelings of worry, fear, and so on (Alaem et al., 2019; Azari-Barzandig et al., 2020). Through good intimacy, couples can understand each other's feelings. Conversely, if the family does not have a good emotional or intimate relationship,

the couple will not openly communicate which causes protracted problems that lead to divorce.

This problem-solving-based family counseling has proven to be effective in improving the quality of good emotional relationships and solving problems. This can be seen from the intensity of communication made by the couple after the intervention through the family counseling method. The quality of emotional relationship (intimacy) and the quality of marriage seem to show a significant change towards a better change which can be seen from the effectiveness based on the results of ANKOVA analysis. This problem-solving-based family counseling applies the theory of guidance and control from several devices and systems. This family counseling uses a pramatism approach in solving problems and motivates couples to create changes for the better in their families (Charny, 2014; Goodyear et al., 2016). This type of counseling optimizes the counselor's performance and the client's ability to adapt to problems and find solutions. Through therapeutic and consultative communication, counselors spend considerable time analyzing the problems and shortcomings of partners in dealing with problems. In addition, family counseling also involves communication for treatment with the aim of finding solutions based on the ability of the partner. The partner's ability to deal with problems is often neglected by the partner alone because they are focused on the problem so that the ability to solve the problem is not revealed. Through the guidance of counselors, married couples can be guided to improve their abilities and potentials in overcoming problems (Gregory & Gellis, 2020; Janusz et al., 2020). This ability of married couples is used by family counseling in directing the affective of couples and family members to foster mutual understanding and create a good emotional relationship.

In answering the problem formulation proposed by the researcher, this problem-solving-based family counseling has proven to be effective in improving the quality of marriage and good

emotional relationships. This family counseling works by exploring family communication patterns to find deficiencies and causes of the problem, then based on the findings, the counselor and partner find solutions. The discovery of this solution uses several techniques in this study, namely by filling out questionnaires, questions, mentoring, and control. With this technique, counselors can strengthen the role of each partner in carrying out their functions and eliminate non-functional boundaries in the family. Through family counseling, several efforts have been made including creating good interaction patterns, eliminating complaints, eliminating rigid boundaries, strengthening the role of partners in the family, increasing a sense of solidarity, modifying power, improving the quality of intimacy and family life, eliminating illogical beliefs, and replace it with a logical one. So, through problem-based family counseling these components can make a positive contribution to the intimacy and quality of marriage (McAdams et al., 2015; Nasr Isfahani et al., 2018; Patterson, 2014). The counselor asks several questions to uncover the problem until it finds a solution. In this way, couples' family counseling is guided to focus on positive aspects and other dimensions that can evoke a sense of happiness. Through family counseling, married couples can not only explore the daily activities of marriage, but also increase opportunities to create fun family activities. In the end, the conflicts faced by couples are reduced, furthermore the pleasure caused by agreement, satisfaction, and cohesion increases, so the quality of the marriage increases. One of the components that determine the quality of marriage is cohesion. Cohesion is a very important factor in maintaining physical and psychological health and is more effective in achieving family goals. Cohesion or cohesiveness can build an atmosphere of mutual support, understanding, and mutual understanding of the needs of family members. So, a family that has a cohesive nature is a family that is able to understand and protect each other (J. C. Pearson et al., 2008; Sackett &

Cook, 2022; Smith et al., 2017). Good communication skills make families less rigid in expressing their needs, concerns, and can build a more cohesive family. On the other hand, if communication skills are not good, it can cause marriage partners to not be free to express their needs, fears, and others. Through family counseling, marriage partners are facilitated to focus on the potential and ability of the couple not to focus on negative things to overcome problems. This approach brings the couple closer and promotes a good emotional relationship. An approach that focuses on the partner's ability to reduce misunderstandings, eliminate resentment, and highlight the positives of a partner can create a quality emotional intimacy relationship (Donarelli et al., 2019; Hunsley et al., 2014; Vossler & Moller, 2014). Treatment and care in family counseling focuses on the small to big things that bring changes for the better in maintaining family couple relationships. Behavior to a partner who changes for the better is not enough to improve the relationship, but it also requires a change in the partner's mindset in viewing a problem. This change in mindset can look at big problems as small or even strengthen emotional relationships (family intimacy).

Conclusions, Limitations, And Recommendations

Based on the results of the study, family counseling based on problem solving is effective in improving the quality of marriage and improving emotional relationships (partner intimacy). The increase in these two variables can be seen from the analysis results which show that the components of the two variables show a significant increase. The quality of marriage is strengthened by increased components of satisfaction, agreement, cohesion, and reduced or resolved problems at hand. Improving the quality of emotional relationships (intimacy) is indicated by the component of Emotional Intimacy, the quality of mutual understanding of couples from different cultures, good emotional

relationships. So, it can be concluded that problem-based family counseling has a significant effect on the quality of emotional relationships and the quality of marriage. This family counseling emphasizes the physical and psychological health of the family and focuses on the competence of the couple to achieve common goals. In this way, this research has implications for couples to be able to reflect on attitudes and behavior in family life, so that by doing this reflection the couple can find the best solution to the problem. In addition, this family counseling can also give the partner confidence and self-efficacy abilities. Through learning to solve problems, married couples can avoid, reduce disputes, and reduce negative behavior in living the next life. Family couples become trained to discuss or exchange ideas to find the right solution. This study has several limitations, including a limited sample with a sample of 50 pairs of experimental groups, limitations in the assessment that only relies on quantitative data, a sample involving couples with less diverse cultural backgrounds, and lack of association with other variables, such as socioeconomic status, or the number of children. Based on these limitations, the researcher recommends future research by paying attention to a larger number of samples, needs to be strengthened with qualitative data for example by interviews, involving a sample of couples with more diverse cultures, and the need to add other variables, such as income variables, socioeconomic status, and number of children and other variables that can affect the quality of marriage.

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