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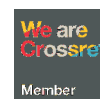
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Marital interaction value-based counseling as a strategy to build muslim family resilience



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ABSTRACT

This research was conducted to evaluate Marital Interaction Value-Based Counseling as A Strategy To Build Muslim Family Resilience (Case Study In Palopo City). Using a descriptive qualitative approach, in-depth interviews were conducted with five married couples aged 25–45 years to explore their experiences and perceptions related to relational values that support resilient family functioning. Thematic analysis identified six main dimensions, namely: commitment, empathy, effective communication, trust, emotional support, and acceptance. These themes reflect key processes in the Family Resilience Framework and are in line with the principles of constructive marital communication. These findings indicate that the integration of marital values into structured counseling is relevant and effective in increasing the adaptive capacity of couples. In addition, it is perceived as an acceptable, applicable, and beneficial intervention. This study contributes to the development of contextual and family resilience-based counseling interventions, and offers practical implications for counselors in Family and Marriage Counseling Service settings.

Keywords:

Marital commitment
Effective communication
Emotional support

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Introduction

The family is the main foundation in building a healthy and empowered society (Feinberg et al., 2022). However, amidst increasingly complex social, economic, and technological dynamics, family resilience faces significant pressure. Changes in family structure, increasing divorce rates, and communication crises between family members are real challenges in maintaining the stability and functioning of the family as a whole (Wijayanti, 2021). In this context, family resilience refers not only to the ability to survive in the face of stress, but also to the adaptive and transformational capacity to respond to change in a positive and planned manner (Ehsani et al., 2023).

Several studies show that families with high resilience tend to be able to create a safe emotional climate, maintain healthy relationships, and maintain social functioning despite facing various pressures (Kurock et al., 2022). This resilience, according to the systemic approach, is built through patterns of interaction, communication, and shared values upheld by family members. In this case, the quality of marital interaction (interaction between husband and wife) plays an important role as the focal point of stability and resilience of the family as a whole (Ma et al., 2022).

Healthy marital interactions are characterized not only by open and assertive communication, but also by clarity of values, emotional commitment, and constructive patterns of conflict resolution (Williamson, 2021). Values such as empathy, appreciation, responsibility, and cooperation become the ethical basis that guides the behavior of couples in managing household dynamics (Van Der Wal

et al., 2024). Unfortunately, the counseling approach applied in the family context often does not explicitly integrate the value dimension in marital relations, even though this aspect is the foundation of the emotional and social resilience of the family.

The role of Family Guidance and Counseling Services is becoming increasingly important in responding to these needs. Counseling interventions are no longer sufficient to focus only on solving momentary problems, but need to be directed at strengthening the foundation of values in couple relationships as a preventive and promotive effort against family crises (Chimpén-López et al., 2022). Therefore, counseling services are needed that systematically integrate the values of marital interaction in an effort to build and strengthen family resilience.

Despite increasing awareness of the importance of family resilience, many modern families face difficulties in building strong relational foundations, especially in the aspect of marital interactions (Yang et al., 2023). Tensions in husband-wife relationships, dysfunctional communication, and low capacity of couples to manage differences in values and expectations are the main triggers for family vulnerability (Haase et al., 2022). These problems not only impact the quality of relationships, but also spread to broader dimensions such as parenting patterns, children's mental health, and the integrity of the family structure as a whole (Westrupp et al., 2023).

Various studies show that unresolved marital conflicts contribute directly to high divorce rates and family disintegration (Cao et al., 2022). Non-assertive communication, problem avoidance patterns, and blaming tendencies in partner relationships are often exacerbated by the absence of shared values that serve as a foundation for interaction (Van Der Wal et al., 2024b). In such situations, couples tend to fail to manage conflict adaptively and constructively, which ultimately weakens the family's capacity to survive and thrive amidst life's challenges (Kopystynska et al., 2020).

On the other hand, the available Family Counseling approaches are not fully responsive to the specific needs of couples in building relationships based on shared values. Most counseling models applied are still generic, focusing on communication skills or cognitive reconstruction alone, without delving into the depth of the value aspects that guide husband-wife interactions. In fact, values are not only conceptual elements, but also the operational basis for decision-making, emotional management, and involvement in interpersonal relationships (Luque-Lora et al., 2022).

This problem is compounded by the limited practical guidance for family counselors in helping couples build and maintain healthy marital interaction values (Markman et al., 2022). As a result, many family counseling programs run normatively and intuitively without a strong and structured model foundation. This condition emphasizes the need for the development of intervention models that are not only based on theories of family resilience, but also rooted in concrete and applicable value counseling practices (Prendeville & Kinsella, 2022).

Theoretical studies and empirical findings in the field of Family Guidance and Counseling show significant progress in understanding the dynamics of couple relationships and family resilience (Wong et al., 2022). However, there are a number of important gaps in the literature that have not been comprehensively addressed by existing intervention models. These gaps indicate the need for conceptual and methodological innovation in the Guidance and Counseling approach that is not only oriented towards short-term problem-solving, but also towards strengthening the values and foundations of long-term relationships (Urhahne, 2021).

First, various couples counseling approaches such as Cognitive Behavioral Couple Therapy (CBCT) and Emotionally Focused Therapy (EFT) have been shown to be effective in managing conflict and improving emotional attachment (Decarli et al., 2022). However, these models are still limited in integrating exploration and strengthening of values as the core of marital interaction. In fact, shared values are the cognitive-affective foundation that influences how couples deal with external and internal pressures. The absence of a value dimension in the intervention structure has the potential to cause changes in the relationship to be pseudo or unsustainable.

Second, the theoretical framework regarding family resilience developed by Walsh (2003) and confirmed by further studies (Basu et al., 2022) have mapped important protective factors in families, such as shared meaning, flexibility, and open communication. However, the application of the framework in the context of couple interventions is still minimal. Most applications of the resilience framework are still descriptive or used in the context of parenting and child interventions, not at the level of the husband-wife relationship which is the center of the family system.

Third, value-based counseling approaches such as Value Clarification (Rocque et al., 2020) and Acceptance and Commitment Therapy (McKone et al., 2024) successfully demonstrated effectiveness in forming personal commitment and emotional regulation, but was applied more in individual settings. Studies on its application in relationships, especially to strengthen the quality of couple interactions within the framework of family resilience are still very limited. This opens up space for exploration and integration across theoretical and practical approaches.

The consequence of these three gaps is the absence of a family counseling model that explicitly and systematically incorporates marital interaction values into the framework of increasing family resilience. Therefore, this study is directed to fill this gap through counseling based on marital interaction values that are not only theoretically relevant, but also practically and contextually applicable in family counseling settings (Cuznetsov, 2024).

In the context of the need for a more holistic and value-based approach to family counseling, this study offers valuable conceptual and practical contributions. The marital interaction value-based counseling developed in this study presents an approach that not only targets improving communication or reducing conflict, but also relies on exploring and internalizing interaction values as the foundation of the husband-wife relationship. These values include commitment, empathy, effective communication, trust, emotional support, and acceptance, all of which play an important role in building family resilience.

In the context of Indonesian Muslim families, socio-cultural challenges such as modernization of relations, shifting gender roles, and economic demands often complicate the dynamics of husband-wife interactions. Values that previously held the household together, such as loyalty, responsibility, and respect, are now experiencing complex reinterpretation pressures (Zulkarnaen et al., 2025). Therefore, a counseling approach rooted in an understanding of marital values is very relevant to maintaining family cohesion and protective functions in this context.

The uniqueness of this model lies in the multidisciplinary synthesis between family resilience framework theory, family systems theory, and value-based counseling approaches (Walsh, 2021). This integration creates an intervention framework that is not only theoretical, but also has a measurable and contextual practical dimension. In addition, this approach offers a long-term orientation in strengthening the foundation of family relations, different from conventional models that tend to focus on solving problems in the short term (Damopolii et al., 2018). The urgency and relevance of this research are further strengthened by the increasing complexity of the challenges faced by Muslim families, both in terms of social, economic, and cultural pressures, taking into account the interrelated psychological, relational, and value dimensions. This is very important considering that effective family counseling is not only based on techniques but must also be built on a deep understanding of the meaning and values experienced by couples in their lives together (Hansson et al., 2023).

In response to the need for a family counseling approach that is more rooted in the values of couple interaction, this study was designed to test a marital interaction value-based counseling. This counseling is expected to function as an effective intervention strategy in building and strengthening the resilience of Muslim families. The main objective of this study is to produce a conceptual and practical framework that can guide counselors in facilitating couples to form more adaptive, cooperative, and valuable relationships. These objectives are designed to provide theoretical contributions through conceptual strengthening of the role of values in marital interactions, as well as practical contributions in the form of applicable intervention tools. Thus, the results of this study

are expected to enrich the repertoire of family counseling approaches that are more contextual, valuable, and have a long-term impact on the relational well-being of couples and the structure of family resilience as a whole.

Methods

This study uses a descriptive qualitative approach to deeply understand the process and effectiveness of counseling based on marital interaction values in building the resilience of Muslim families (Soliman et al., 2022). This approach was chosen to explore the perceptions, experiences, and meanings constructed by participants in the context of counseling interventions. The population in this study were married couples who participated in a family counseling program at a family counseling service center in Palopo City. The sample was selected using a purposive sampling technique, with the criteria of couples who had been married for at least 10 years, aged 25–45 years, had experience in dealing with complex family dynamics, and were willing to actively participate in the entire series of research interventions and interviews. The total number of participants involved was 5 couples, considered sufficient to achieve data depth according to the principle of thematic saturation.

The study began with a socialization stage to participants regarding the objectives and procedures of the study, followed by the implementation of the Counseling intervention based on marital interaction values. The intervention was given in six face-to-face sessions, each lasting 90 minutes, facilitated by trained counselors. After all sessions were completed, data collection was conducted through in-depth interviews and participant observation to explore the experiences and changes felt by the participants.

Counseling Session Structure and Stages

Each session is designed using an integrative approach that combines principles from Value-Based Counseling, Family Systems Theory, and the Family Resilience Framework (Walsh, 2003; Rocque et al., 2020). Here are the session details on Table 1.

Data were collected through semi-structured interviews with open-ended questions, observations during the counseling process, and narrative documentation from the counselor. Interviews were recorded with the consent of the participants and then transcribed verbatim for analysis purposes. The data was analyzed using thematic analysis techniques based on the Braun and Clarke (2006) model, which includes the stages of data familiarization, initial coding, theme search, theme review, defining and naming themes, and compiling a report of the results (Lainson et al., 2021). Data validity was maintained through source triangulation, method triangulation, and member checking with participants to ensure the accuracy of the interpretation of the findings.

To ensure the credibility and reliability of the data, this study not only uses source triangulation, method triangulation, and member checking, but is also equipped with additional validation strategies to strengthen the accuracy of interpretation and avoid subjective bias of researchers.

First, a peer debriefing was conducted with two colleagues who have scientific backgrounds in family counseling and qualitative methodology. They were asked to review the anonymized interview transcripts, as well as analyze several open code quotes and initial result themes. Peer input was used to review the match between the raw data and the interpretations made by the researchers.

Second, a presentation of the initial results was conducted to a panel of experts consisting of two senior lecturers in the field of Family Guidance and Counseling and one certified family counselor practitioner. This forum was used to obtain feedback regarding the clarity, accuracy, and connection between the findings and the theoretical framework used. This conceptual and applicative validation is important to ensure that the interpretation of the findings has strong contextual and practical meaning.

Table1. The session details

Session	Theme	Session Goals	Counseling Methods	Relational Material / Values
1	Introduction and Clarification of Values	Recognizing and exploring core values in husband and wife relationships	Open discussion, reflection exercises on personal and partner values	Commitment, empathy, openness
2	Commitment and Loyalty in Marriage	Raising awareness of the importance of long-term loyalty and responsibility	Case studies, role plays, symbolic contracts of couples	Commitment, responsibility, loyalty
3	Empathy and Effective Communication	Developing active listening skills and emotional empathy	Empathetic dialogue exercises, simulation of couple communication	Empathy, open communication, recognition of emotions
4	Trust and Transparency	Increase the sense of security, mutual trust and openness	Guided dialogue, writing a letter of trust between couples	Trust, consistency, transparency
5	Emotional Support and Solidarity	Encourage emotional involvement and mutual support in the face of stress	Exercises in expressing affection, validating emotions, storytelling of personal experiences	Emotional support, couple solidarity
6	Acceptance and Integration of Values	Develop sustainability plans and internalize values into relationships	Final reflection, joint evaluation, post-counseling action planning	Acceptance, spirituality, internalization of values

Third, as a form of audit trail, the entire analysis process was systematically recorded in an analytical log, including coding decisions, theme formation, and interpretation revisions. This documentation allows for the process of re-tracking and replication by other researchers if necessary.

Through a combination of the validation strategies above which include member checking, peer debriefing, expert judgment, and audit trail, this study seeks to ensure that the results obtained are credible, transparent, and can be accounted for academically and practically.

Results and Discussion

Based on the thematic analysis of Braun & Clarke (2006), the interview data produced six main themes that reflect the perceptions of married couples about marital interaction based on Marital Interaction values. These themes are Commitment, Empathy, Effective Communication, Trust, Emotional Support, and Acceptance. Each theme is explained in depth with verbatim quotes from participants as illustrations. In general, couples associated the six dimensions of marital interaction values (commitment, empathy, communication, trust, emotional support and acceptance) with efforts to build Muslim family resilience.

Commitment as the Foundation of Family Resilience

Most respondents affirmed that marital commitment is a solid foundation in facing family challenges. They stated that through value-based counseling, they increasingly realized the importance of keeping promises and responsibilities in marriage.

This finding is in line with the results of other studies that show that marital commitment is directly related to family resilience (Supriatna, 2017). As an illustration, a husband (Respondent 2) said:

"Saya dan istri jadi sering saling menegaskan janji setia kami. Misalnya setiap kami bertengkar ringan, saya akan ingatkan 'Aku memilihmu selamanya'. Ini membuat kami semakin paham bahwa kami berkomitmen untuk bersama hingga akhir."

"My wife and I often reaffirm our vows of loyalty to each other. For example, every time we have a small fight, I will remind you 'I choose you forever'. This makes us understand more that we are committed to being together until the end." (Respondent 2, Husband, 35 years old)

The quote above illustrates how couples routinely repeat commitment as a reminder mechanism for the value of loyalty. A wife (Respondent 4) also agreed on the importance of commitment after counseling:

"Setelah menjalani sesi konseling ini, kami sadar betapa pentingnya komitmen; kami berdua jadi makin mengutamakan menjaga janji pernikahan. Saya merasa komitmen kami sekarang lebih dalam dan teguh."

"After going through this counseling session, we realized how important commitment is; we both prioritize keeping our marriage vows even more. I feel like our commitment is now deeper and stronger." (Respondent 4, Wife, 29 years old)

Narrative analysis shows that commitment fosters strong attitudes of responsibility and loyalty. Couples report more frequent prioritization of common interests and reminding each other not to neglect their marriage vows. This continually renewed commitment strengthens the family bond: couples feel more "together" even when facing problems. The literature suggests that a couple's commitment to staying together and maintaining trust between partners can predict family resilience (Ehsani et al., 2023b). In other words, this finding confirms that the stronger the commitment of husband and wife, the greater their ability to maintain family stability and harmony.

Empathy in Husband-Wife Relationships

The second theme is empathy, which is the ability to understand the feelings and perspectives of a partner. Respondents generally stated that after counseling, they tried to listen more and feel each other's emotional conditions. The findings emphasize empathy as a bridge connecting couples and strengthening the quality of communication. As explained by one husband (Respondent 3):

"Dulu saya suka marah saat istri sedih, tapi kini saya mencoba benar-benar memahami perasaannya. Saya banyak belajar untuk mendengar, bukan hanya menasihati."

"I used to get angry when my wife was sad, but now I try to really understand her feelings. I have learned a lot to listen, not just give advice." (Respondent 3, Husband, 39 years old)

Likewise, a wife (Respondent 5) felt a change in attitude:

"Saya diajarkan untuk menempatkan diri di posisi suami; sejak itu, saya bisa lebih merasakan beban dan kebutuhan suami saya."

"I was taught to put myself in my husband's shoes; since then, I can feel my husband's burdens and needs more." (Respondent 5, Wife, 33 years old)

Both quotes show increased emotional engagement: the husband-respondent learned to suppress anger and listen more, while the wife-respondent learned to assume the husband's perspective. The narrative results show that growing empathy makes couples more responsive to each other's sadness or joy. For example, when one partner is sad, the other partner responds by being emotionally present, rather than simply giving advice. This is in line with findings that empathy strengthens emotional bonds and builds trust between partners. Overall, increased empathy helps manage conflict more healthily and creates a sense of deep caring within the family.

Effective Communication in Home Life

Respondents also highlighted the importance of effective communication in building family resilience. They reported that counseling taught them to communicate more openly, honestly, and listen to each other. Good communication is the mainstay of family resilience. Here is a husband (Respondent 1) who stated:

"Kami jadi belajar mengomunikasikan kebutuhan satu sama lain dengan lebih jelas, misalnya membicarakan perasaan ketika tidak nyaman daripada diam saja."

"We have learned to communicate each other's needs more clearly, such as talking about feelings when we are uncomfortable rather than staying silent." (Respondent 1, Husband, 29 years old)

A wife (Respondent 6) added practical experience:

"Hal kecil seperti menyediakan waktu khusus untuk bicara ternyata besar artinya. Sekarang kami rutin berbicara empat mata setiap malam."

"Small things like setting aside time to talk can make a big difference. We now have a regular one-on-one talk every night." (Respondent 6, Wife, 31 years old)

This thematic analysis found that open and honest communication reduced misunderstandings and tension in the family. Couples reported more frequent "listening without judgment" and giving each other a chance to talk. Clients reported no longer hiding minor issues that could cause estrangement; this is in line with the warning that "dishonesty will only lead to problems that will not be resolved." By practicing effective communication for example, expressing concerns and needs clearly couples experienced more harmonious relationships. These findings confirm, in line with the literature, that effective communication along with mutual commitment predicts family resilience (Ehsani et al., 2023).

Trust between Husband and Wife

Trust was another important theme. Couples in this study described trust as the belief that their partner is reliable, loyal, and keeps commitments. Value-based counseling encourages openness and consistency of behavior, which increases trust between them. Respondents' narratives are in line with the definition of trust, which states that trust grows from past positive experiences and the belief that a partner "can be relied on in any situation, is a loyal person, and will always maintain feelings and ethics in married life." One wife (Respondent 8) said:

"Komunikasi terbuka membuat kepercayaan kami tumbuh. Sebelum mengikuti model ini, saya sering ragu tentang niat suami, tapi sekarang saya yakin dia bisa diandalkan."

"Open communication has helped us grow in trust. Before following this model, I often had doubts about my husband's intentions, but now I am confident that he is reliable." (Respondent 8, Wife, 35 years old)

Likewise, the husband (Respondent 7) compared the conditions before and after:

"Saya belajar untuk lebih percaya pada janji istri saya. Misalnya ketika dia pergi sendiri, saya tidak lagi curiga karena ia selalu memberi tahu sebelumnya."

"I learned to trust my wife's promises more. For example, when she goes out alone, I am no longer suspicious because she always tells me beforehand." (Respondent 7, Husband, 30 years old)

These two quotes emphasize that trust is a reciprocal aspect built through openness and daily demonstration of commitment. The narratives show that couples trust each other more in both small and large matters, resulting in less conflict. Strengthened trust allows them to face difficult situations with synergy, and couples feel secure that the family's needs and secrets are shared. These findings support the concept that trust maintains communication and commitment within the family.

Emotional Support and Solidarity of Couples

The next theme is emotional support. Couples consider support to give each other strength when facing problems. This is in the form of attention, words of encouragement, or being physically present during times of trouble. As shown in the literature, good communication and emotional support are key to family resilience (Zulkarnaen et al., 2025). A husband (Respondent 9) shared his experience:

"Ketika saya stres di kantor, saya tahu istri saya akan menemani dan mendengarkan saya. Ini benar-benar memberi saya kekuatan."

"When I am stressed at work, I know my wife will be there to listen to me. This really gives me strength." (Respondent 9, Husband, 32 years old)

A wife (Respondent 10) also described the changes:

"Kami jadi sering memberikan dukungan emosional satu sama lain, seperti pelukan atau kata-kata semangat di saat sulit. Sekarang kami merasa saling menguatkan."

"We often give each other emotional support, like a hug or a word of encouragement during difficult times. Now we feel like we strengthen each other." (Respondent 10, Wife, 28 years old)

Thematic narratives show that counseling encourages couples to be more expressive in their affection. Simple actions such as active attention and verbal empathy become more routine. Couples give each other space to share sadness and happiness, showing emotional solidarity. This kind of support makes respondents feel that they are not alone in facing pressure, so that family stress can be reduced together. This finding is in line with the expert view that love and emotional support from parents (in this case husband and wife) strengthen family resilience (Zulkarnaen et al., 2025).

Acceptance and Impact of Values-Based Counseling

Finally, the theme of acceptance and impact of the counseling model highlights the couple's attitude towards the intervention program and the changes felt afterward. Almost all participants expressed high acceptance of the marital interaction value-based counseling model. They felt that the method used was in accordance with their cultural norms and context, making it easy to follow. For example, a wife (Respondent 8) stated:

"Model ini sesuai dengan nilai-nilai kami; mudah diterima karena materi disampaikan dengan bahasa yang sederhana."

"This model is in line with our values; it is easy to accept because the material is presented in simple language." (Respondent 8, Wife, 35 years old)

Husband (Respondent 1) expressed a similar experience:

"Saya puas dengan metode konseling ini; kami merasa didengarkan, dan banyak berdiskusi satu sama lain."

"I am satisfied with this counseling method; we feel heard and have a lot of discussions with each other." (Respondent 1, Husband, 29 years old)

Both indicated that the family values-based approach and marital interaction were relevant to their backgrounds, and that motivation to implement them was high. Participants reported that the contextual delivery of the materials (e.g., case studies and group discussions) made them more comfortable and enthusiastic.

Regarding the impact, respondents reported positive changes in the husband-wife relationship and the family's ability to cope with problems. For example, a wife (Respondent 10) said:

"Setelah mengikuti konseling ini, kami merasakan hubungan jadi lebih harmonis dan tangguh dalam menghadapi masalah."

"After attending this counseling, we feel that our relationship has become more harmonious and resilient in facing problems." (Respondent 10, Wife, 28 years old)

The quotes illustrate the outcomes of counseling as perceived by couples. Analytical narratives indicate that couples felt that everyday conflicts were better resolved, and that their sense of empowerment as a family increased. Many attributed these changes to the application of the values they had learned; for example, they were more willing to compromise and to support each other when facing shared difficulties. These findings are consistent with the principle that counseling programs tailored to the family context can enhance family cohesion and resilience. Overall, the marital interaction value-based counseling model was well received by respondents and had a positive impact on household stability and happiness.

The thematic summary above illustrates that commitment, empathy, effective communication, trust, and emotional support play an important role in building family resilience. Couples felt that counseling interventions that emphasized these five values strengthened their bonds and increased their ability to cope with family stress. The verbatim quotes presented reinforce the conclusion that understanding and implementing these marital interaction values are effective strategies for building more resilient families.

Table 2. Summary of Thematic Findings

Theme	Description	Representative Verbatim
Commitment as the Foundation of Family Resilience	Couples strengthen their commitment to maintaining the relationship in various situations.	"We realize that marriage is not just about love, but about continuing to choose each other every day." (P3)
Empathy in Husband-Wife Relationships	Increased ability to understand emotions and partner's point of view, facilitating relationships.	"Now I try to understand more about what my wife feels, even before she says it." (P1)
Effective Communication in Home Life	There was an improvement in openness, clarity, and depth of communication between partners.	"We talk more heart to heart, not immediately emotional like before." (P4)
Trust between Husband and Wife	Increased trust through consistency, openness, and transparency in relationships.	"I feel more confident because he is now always open about everything." (P2)
Emotional Support and Solidarity of Couples	There is an increase in the provision of emotional support when facing life stress.	"When I was stressed because of work, he was there for me, not only listening but also strengthening me." (P5)
Acceptance and Impact of Values-Based Counseling	The model was received enthusiastically and was deemed effective in improving relationships and building family resilience.	"This program made us feel like we were rediscovering the reason why we got married in the first place." (P1)

Although the main results of the study indicate that the marriage values-based counseling approach makes a positive contribution to strengthening family resilience, the implementation process in the field is not free from a number of challenges. During the implementation of counseling, researchers noted several important dynamics and obstacles that should be noted as a reflection of the complexity of counseling practices in real contexts.

First, there was initial resistance from some participants, especially husbands, in exploring emotional aspects such as empathy and expressions of affection. Some participants expressed skepticism about the effectiveness of counseling, especially in the early stages of the sessions which were considered too introspective or personal. This reflects a mismatch between participants' expectations and the values-based counseling approach that emphasizes self-reflection and emotional communication.

Second, although most couples successfully completed the entire counseling process, there was variation in the level of engagement and openness between couples. In some meetings, counselors noted that communication tended to be dominated by one partner, while the other partner was

passive or reluctant to discuss sensitive issues. This imbalance poses a challenge in creating an equal and supportive counseling dynamic.

Third, in the implementation of a value-based approach, not all values can be absorbed equally by each couple. Values such as acceptance and trust, for example, take longer to truly internalize, especially for couples who have a history of complex emotional conflicts. Strengthening values in this group requires a gradual process that goes beyond the standard six counseling sessions.

Fourth, there are also technical obstacles such as delays in session schedules due to family or work commitments, as well as limited counseling space that impacts privacy. This shows the importance of systemic support and the availability of a supportive environment so that the value-based counseling process can take place optimally.

Fifth, the approach applied is not fully sensitive to gender aspects and power structures within the family. In a society with a patriarchal culture, the idea of open communication and equal relations often clashes with deeply rooted traditional role norms. This condition creates its own obstacles in creating sustainable relational change.

By highlighting these dynamics, this study not only highlights the success of the intervention but also illustrates the contextual complexity in the implementation of value-based counseling. This experience emphasizes that the implementation of counseling programs requires a flexible, culturally sensitive, and adaptive approach to the various relationship dynamics that arise in real life.

Conclusion

This study shows that strengthening core values in marital interaction contributes significantly to increasing family resilience. Six main themes identified through the thematic analysis approach, namely commitment, empathy, effective communication, trust, emotional support, and acceptance of the intervention model are crucial dimensions in forming an adaptive, cohesive, and resilient family. These findings confirm that counseling strategies based on marital interaction values are not only conceptually relevant, but also accepted and felt to be practically beneficial by productive-age couples.

Theoretical support from the Family Resilience Framework (Walsh) and the principles of constructive marital communication (Gottman) strengthen the interpretation that healthy interaction processes in husband-wife relationships play a central role in building family resilience in facing challenges. This study shows the potential to be implemented systematically in the practice of family counseling services, both as a preventive approach and a corrective intervention. Thus, the results of this study contribute to the enrichment of value-based family counseling strategies, which are contextual and relevant to the dynamics of modern couples.

However, the results of this study should be interpreted with a number of methodological limitations in mind. First, the small sample size (only 5 couples) limits the generalizability of the findings and makes the results more exploratory than representative. Second, the use of a single qualitative approach without quantitative or longitudinal data limits the evaluation of the long-term effectiveness of the intervention. Third, the lack of formal pre- and post-intervention measures (pre-test and post-test) makes it difficult to objectively assess the changes that occurred. Fourth, the diverse cultural and relational contexts within Muslim families may also affect the broader applicability of the model.

However, these limitations open up space for further research with more comprehensive designs, such as mixed methods approaches, expanding the number of participants, and quantitative effectiveness tests. Thus, the main contribution of this study is as an initial foundation for the development of a contextual and transformational value-based counseling model, as well as an encouragement to expand family counseling practices that are more rooted in the relational strengths and cultural values of couples.

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