

SOLUTION TO STUNTING PREVENTION THROUGH PREMARITAL COUNSELING: A MAŞLAHAH-BASED APPROACH IN KAMPUNG RAKYAT, LABUHANBATU SELATAN

Aldi Kasanova^{1*}, Heri Firmansyah²

¹E-mail: aldi0201202042@uinsu.ac.id

²E-mail: herifirmansyah@uinsu.ac.id

¹²Universitas Islam Negeri Sumatera Utara

*corresponding author

Abstract

This study investigates the implementation of premarital counseling for engaged couples as a preventive measure against stunting from the perspective of *masalah* (public interest). The research focuses on the efforts made by the Office of Religious Affairs (KUA) in Kampung Rakyat Subdistrict, Labuhanbatu Selatan Regency, in educating future spouses about stunting prevention. The research employs a qualitative approach, using a case study method to analyze the various strategies implemented by KUA in identifying, preventing, and addressing stunting cases among children in the region. Data were collected through interviews, observations, and document analysis to capture the role of KUA and its collaboration with health agencies. The findings highlight the pivotal role of KUA in providing essential education and guidance to prospective couples on stunting prevention. The strategies include offering premarital counseling, disseminating health information, and fostering partnerships with relevant health sectors to ensure adherence to applicable laws and regulations. The study also explores the positive outcomes and challenges of these initiatives in Desa Tanjung Medan, Kampung Rakyat. This research is novel in its integration of the *masalah* principle into the evaluation of stunting prevention efforts within premarital counseling, offering a unique Islamic legal perspective on addressing public health concerns through religious guidance. The study suggests that strengthening KUA's role in stunting prevention through collaborative efforts with healthcare institutions can significantly enhance the effectiveness of premarital counseling programs. It also underscores the importance of aligning religious and public health initiatives to ensure better outcomes for future generations.

Keywords: Marriage Guidance; Stunting.

INTRODUCTION

Marriage plays a crucial role in shaping both personal and social lives.¹ As a reflection of being both individuals and social beings, humans cannot escape the dynamics of their inner personal lives and external relationships with others.² In this context, marriage is viewed as a sacred event in Islam, where thorough preparation, strong intentions, and sufficient knowledge are vital for building a successful family.³ According to the Ministry of Religion's regulations, premarital courses have been introduced to help prepare couples for marriage, although not all couples are required to participate.⁴ The importance of these courses lies in providing foundational knowledge to those who may lack expertise in certain areas, ensuring that marriage leads to personal and social welfare.⁵

Previous studies highlight the significant connection between premarital guidance and stunting prevention. Research by Ariza Diansari et al. examined how the Ministry of Religion in Bengkulu utilized certified facilitators to deliver premarital guidance aimed at preventing stunting.⁶ Another study by Viona Elsyia et al. focused on the role of health workers in communicating stunting prevention strategies during premarital courses in Temanggung.⁷ Yulianti et al. further explored family mentoring services for prospective parents, which provide information on health risks associated with stunting.⁸ These studies emphasize the need for comprehensive premarital education to address stunting, offering valuable insights for ongoing and future programs.

¹ Muhammad Syukri Albani, *Ilmu Sosial Budaya Dasar* (Jakarta: Pt. Rajagrafindo Perada, 2015).

² Muhammad Andri, "Dari Upaya Membangun Keluarga Muslim Yang Ideal", *Adil Indonesia Jurnal*, 2.2 (2020).

³ H Rozaq, Isrohin Miftahur dan Muhammad, *Implementasi Bimbingan Perkawinan Dalam Upaya Meminimalisir Terjadinya Pereraian Perspektif Masalah Mursalah*, (Studi Kasus KUA Kecamatan Diwék Kabupaten Jombang)', 2.4 (2023), 45-55.

⁴ Zuhrah, "Efektivitas Revisi UU Nomor 1 Tahun 1974 ke UU Nomor 16 Tahun 2019 Tentang Perkawinan", *Mahkamah Agung Republik Indonesia*, (Jakarta : Maret, 2021).

⁵ Femmy Eka Kartika Putri, "Cegah Stunting Melalui Revitalisasi KUA", *Kementrian Koordinator Bidang Pembangunan Manusia dan Kebudayaan Republik Indonesia (KEMENKO PMK)*, Jakarta: Februari, 2022.

⁶ Ariza Diansari, "Strategi Komunikasi Kementerian Agama Kota Bengkulu Mencegah Stunting Melalui Bimbingan Perkawinan Kepada Calon Pengantin", *Religion Education Social Laa Roiba Journal*, Vol. 06, No. 04 (2024), 1681-94.

⁷ Iona Elsyia and others, "Strategi Komunikasi Bimbingan Perkawinan Dalam Pencegahan Kasus Stunting Di Kabupaten Temanggung", Vol. 9, No. 02 (2023).

⁸ Yulianti, "Gambaran Peran Pendamping Keluarga Bagi Calon Pengantin Untuk Mencegah Stunting Di Desa Delik Kabupaten Semarang", Vol. 05, No. 02 (2023), 357-67.

This study aims to investigate the implementation of premarital guidance programs as a strategy for preventing stunting through the lens of *maslahah* (public interest). Specifically, it seeks to explore how the Kampung Rakyat District's Religious Affairs Office (KUA) applies premarital guidance to prepare couples for responsible parenting.⁹ By examining the strategies, implementation, and effectiveness of these programs, this research will contribute to understanding how Islamic guidance can help prevent stunting. The focus is on promoting family welfare through physical and emotional support for children, ensuring a balanced upbringing that prevents health issues such as stunting.

Preventing stunting requires a holistic approach that integrates both material and emotional care for children.¹⁰ Islamic teachings emphasize the importance of providing adequate nutrition, love, and supervision during the child's growth. Furthermore, under Indonesian law, the legal marriage age has been raised to 19 to promote maturity in decision-making and responsibility in raising children. The combination of Islamic principles and national policies supports the argument that premarital guidance is essential for preparing couples to create a healthy family environment, ultimately reducing the risk of stunting. This framework sets the foundation for analyzing the effectiveness of premarital courses from the perspective of *maslahah*.

METHOD

The research employs a qualitative descriptive design, focusing on understanding social phenomena through detailed analysis. This method seeks to analyze and describe the collected data in a comprehensive manner. Additionally, the study adopts a case study approach, which allows for an in-depth investigation of a specific issue, in this case, the role of religious affairs offices (KUA) in preventing stunting through pre-marital counseling programs (BIMWIN). By combining qualitative analysis with case studies, the research aims to provide insights into the societal and legal implications of these

⁹Nur Khosiah and others, "Edukasi Pernikahan Dini Dalam Upaya Pencegahan Stunting Pada Jamaiah Muslimat Al-Barokah", Vol.4. No. 02 (2022), 436–41.

¹⁰M. Cholil Nafis, "Pencegahan Stunting dan Konsep Keluarga Maslahah Menurut Kiai Cholil", *Mirror MUI*, (Jakarta: 09 Oktober, 2022).

programs. Data collection was conducted using two primary methods: interviews and documentation. Interviews were held with staff members from KUA Kampung Rakyat to gather first-hand insights into the functioning of the BIMWIN program and its impact on reducing stunting among children. The documentation method was used to collect written materials, reports, and data relevant to the research topic, ensuring a comprehensive understanding of both theoretical and practical perspectives. The combination of these two techniques ensures a robust data set for analysis. For data analysis, the study applied a qualitative descriptive approach, where the collected data is systematically categorized, interpreted, and presented. The analysis aims to explore the relationship between law and society, particularly in the context of how the KUA's legal and social roles interact with practical community needs. The goal is to identify effective strategies and practices within the KUA's programs that contribute to stunting prevention and provide an empirical understanding of the legal framework at play.

RESULT AND DISCUSSION

1. Strategy for Implementing Marriage Guidance for Prospective Couples as a Stunting Prevention Effort from the Perspective of Maslahah in Tanjung Medan Village, Kampung Rakyat Subdistrict

Implementation is the key to a strategy process and is generally considered one of the decisive stages in the performance of a strategy. Strategy implementation is defined as the communication, interpretation, and enforcement of a strategic plan. Furthermore, strategy implementation can be understood as a process through which policies, programs, and action plans are applied by an organization.¹¹

Marriage cases have increased in Kampung Rakyat Subdistrict over the past few years, accompanied by various impacts such as high stunting rates, health risks for mothers and newborns, issues with school dropouts, employment problems, domestic violence, and even divorce. Therefore, there must be a holistic and integrative effort involving the role of various stakeholders, including state institutions, the business

¹¹ Lilin dkk Ismawati, " Analisis Strategi Percepatan Pencegahan Pernikahan Usia Dini Kabupaten Malang", *Journal Respon Publik*, Vol. 11, 2023, 19-28.

sector, and civil society. To prevent stunting among future children, the Ministry of Religious Affairs of Kampung Rakyat Subdistrict has implemented various strategies. Additionally, in examining these strategies, this study employs Kotten's consultative activity concept, which categorises strategies into three types.

1. Organisational Strategy

The Ministry of Religious Affairs of Kampung Rakyat Subdistrict has a vision and mission for the future, determining where and how it should operate to consistently serve the community. A vision is simply an inspiring depiction of the future, representing the ideals the government aims to achieve. The vision of the Ministry of Religious Affairs in Kampung Rakyat is: "To make religion a moral compass, promoting ethics and hard work for the creation of excellent service and the development of a civilised society." The mission includes: 1) Enhancing the quality of administration and documentation at KUA Kampung Rakyat; 2) Improving human resources; 3) Enhancing service quality in the implementation of KUA's duties; and 4) Promoting religious understanding in the community. As confirmed by H. Zulraini Rifai, S.Ag, the head of KUA Kampung Rakyat, the second mission reflects the goal of creating a healthy future generation through marriage guidance programs.¹²

2. Program Strategy

This strategy focuses on the strategic implications of a program. It assesses whether the strategy implemented by local governments or related institutions has a positive or negative impact on the government, the institution itself, the public, and the environment. In the case of the stunting prevention program, the Ministry of Religious Affairs in Kampung Rakyat Subdistrict is responsible for executing and overseeing marriage guidance duties, thereby reducing the negative outcomes of marriages for both the public and the government. According to Kotten, the strategic impact can be measured by how well the program helps achieve the organisation's vision. Regarding stunting prevention, the Ministry of Religious Affairs in Labuhanbatu Selatan Regency has launched the School-Age Youth Guidance (BRUS) and Marriage-Age Youth Guidance (BRUN) programs, delivering socialisation through Islamic counsellors in

¹² Zulraini Rifai, *Visi Misi KUA Kecamatan Kampung Rakyat* (Kampung Rakyat, 2024).

collaboration with village officials, religious leaders, and community figures. The aim is to convey the importance of mature-age marriage. Additionally, BRUS programs are supported through socialisation, guidance, and Focus Group Discussions (FGDs) in local schools.

According to an interview conducted by the researcher with Mr Dedek Irawan, a KUA service officer in Kampung Rakyat, on 15 May 2024, he stated: "Before the marriage guidance program was implemented in Kampung Rakyat Subdistrict, the number of stunted children ranged between 5-10 in the last five years. However, since the program's introduction, the number has reduced to 1-4 children in the same timeframe."¹³

This data is corroborated by Mr Surya Darma, the KUA's operator in Kampung Rakyat, who provided statistics showing a 50% reduction in stunting rates since the program began.

Table 1.1 Number of stunted children in 2013-2017

No	Year	Sum
1	2013	2
2	2014	1
3	2015	3
4	2016	2
5	2017	2
Sum		10

Table 1.2 Number of Stunted children in 2019-2023

NO	Year	Sum
1	2019	3
2	2020	0
3	2021	1
4	2022	1
5	2023	0
Sum		5

¹³ Dedek Irawan, *Angkat Stunting Di Kecamatan Kampung Rakyat, 2024.*

3. Resource Strategy

This strategy utilises all available local government resources. These resources include:

a. Facilities and Infrastructur

Mr Abdul Rajab Hasibuan, an Islamic counsellor at KUA Kampung Rakyat, explained on 15 May 2024 that “facilities and infrastructure were planned for the stunting prevention program to address the welfare disparity in the community. The Ministry of Religious Affairs of Labuhanbatu Selatan Regency has provided tools such as visual aids, LCDs, laptops, modules, and stationery for guidance sessions. Furthermore, the head of KUA has facilitated a room capable of accommodating all the guidance participants.”¹⁴

b. Human Resources (HR)

Mr Reza Pahlevi, another Islamic counsellor, stated that “the KUA Kampung Rakyat employees involved in the stunting prevention program possess relevant education and expertise. Collaborations with other sectors, such as the Health Office, DPRD, DP3A, and BKKBN, provide additional HR support to address the health and social impacts of stunting.”¹⁵

c. Financial Resources

According to Mrs Siti Masitoh Pohan, the KUA’s treasurer, “the stunting prevention program receives financial support through the Ministry of Religious Affairs’ budget allocation (DIPA) from the central government. However, the funds are still insufficient to meet the needs, covering only 62 couples out of 404 potential participants in 12 sessions.”¹⁶

Thus, it can be concluded that facilities, human resources, and financial resources form the support strategy in the marriage guidance program to prevent stunting in Kampung Rakyat.

¹⁴ Abdul Hasibuan Rajab, “Faktor Pendukung Bimbingan Perkawinan” (Kampung Rakyat, 2024).

¹⁵ Reza Pahlevi, “Faktor Pendukung Program Bimbingan Pernikahan Di Kampung Rakyat” (Kampung Rakyat, 2024).

¹⁶ Siti Phan Masitoh, “Faktor Pendukung Dalam Bimbingan Perkawinan Di KUA Kampung Rakyat” (Kampung Rakyat, 2024).

2. Factors Hindering Marriage Guidance for Prospective Brides in Tanjung Medan Village, Kampung Rakyat District

The study revealed several key factors hindering the effectiveness of premarital counseling (BIMWIN) for prospective brides and grooms in Tanjung Medan Village, Kampung Rakyat Subdistrict. First, the full-day format was deemed ineffective by participants, leading to loss of concentration due to the overwhelming amount of material. Second, many participants missed sessions when one partner was unavailable, especially if they were out of town. Although an alternative of independent counseling post-marriage was offered, it was less effective. Third, the teaching methods employed leaned more toward a pedagogical approach, which limited interactive discussions, an aspect crucial in adult learning. Lastly, there were limitations in the availability of teaching media, affecting the quality of face-to-face learning sessions. Additionally, the study highlighted that stunting, a prevalent issue in Indonesia, has multidimensional causes including inadequate nutrition, poor health services, and limited access to high-quality early childhood education. Factors such as improper feeding practices, lack of maternal knowledge on nutrition, and chronic energy deficiency (CED) among women of childbearing age contribute to the high prevalence of stunting.

Table: Data Presentation

Factor Code	Issue Description	Category
F1	Ineffective full-day material delivery	Program Schedule
F2	Absenteeism due to out-of-town participants	Participant Availability
F3	Pedagogical instead of andragogical teaching methods	Methodology
F4	Limited learning media	Resource Limitation
S1	Poor maternal nutrition knowledge	Stunting Cause
S2	Chronic energy deficiency in women	Health Factor
S3	Lack of access to high-quality early education	Educational Limitation
S4	Prevalence of smoking in households	Environmental Impact

The data demonstrate that the main obstacles to effective premarital counseling stem from structural and resource-based challenges, such as insufficient time for material

presentation and inadequate learning methods.¹⁷ These hinder the participants' engagement, particularly in a rural setting where access to resources is limited. Furthermore, stunting, a critical health issue, is influenced by factors like chronic maternal malnutrition, insufficient health services during pregnancy and early childhood, and the lack of access to nutritious food. These conditions are exacerbated by cultural practices, such as smoking, which further impact children's growth and development, contributing to intergenerational cycles of stunted growth.¹⁸

It becomes clear that the Marriage Guidance Program (Bimbingan Perkawinan) aims to equip participants with the knowledge and skills needed for a successful marriage.¹⁹ This includes managing family health, financial stability, and maintaining moral values within the family. However, various challenges were identified in the program's implementation, such as ineffective teaching methods and limited resources.²⁰ The findings also highlight broader social issues like malnutrition, particularly stunting, as a pressing concern for Indonesian families, emphasizing the need for targeted interventions, especially during the critical early years of childhood.²¹

That enhancing the quality of the Marriage Guidance Program could have significant social and health benefits. Improving the program's structure, particularly in addressing issues like stunting, could contribute to reducing long-term health problems that affect not only children but also future generations. By educating participants on proper nutrition, healthcare access, and family planning, the program could foster healthier families and, in turn, alleviate some of the economic and social burdens associated with malnutrition in Indonesia.

Despite the positive intentions, the study has several limitations. First, the program's current structure, which attempts to deliver an overwhelming amount of information in

¹⁷ Rumadani Sagala, dkk. "Pencegahan Stunting Pada Anak Dalam Perspektif Islam di Kota Bandar Lampung", *Jurnal Pengabdian Kepada Masyarakat*, Vol. 04, No. 01, (Lampung, 2023), 113-114.

¹⁸ Diana Mayasari and others, "Stunting, Faktor Resiko Dan Pencegahannya Stunting, Risk Factors and Prevention", 5 (2018), 540-45.

¹⁹ Saskia Nisa Setiaatmitha, "Implementasi Program BIMWIN Catin Untuk Mewujudkan Keluarga Berkualitas di Kecamatan Sukolilo Kota Surabaya", *Jurnal Media Administrasi*, Vol. 08, No. 02, (Surabaya: Oktober, 2023), 14-15

²⁰ Muhammad Yunus Sanad, "Hukum Pernikahan Dalam Islam", *Jurnal Istiqra*, Vol. 05, No. 01, (Sulawesi Selatan, 2017), 74.

²¹ Eko M Siregar Nanda, 'No Title' (Kampung Rakyat, 2024).

a single day, limits its effectiveness. Second, the lack of interactive and practical approaches in delivering the content, as well as the insufficient resources and facilities, also hinder the program's potential impact. These limitations point to the need for a more participant-centered and resource-supported program to achieve the desired outcomes.

Future research should explore ways to optimize the delivery of the Marriage Guidance Program, focusing on improving participant engagement and retention. Studies could investigate the effectiveness of extending the program over multiple sessions, incorporating digital tools for remote learning, and assessing the long-term impact of such guidance on family health and economic well-being. Additionally, further research is needed to examine the specific relationship between parental habits, such as smoking, and childhood stunting, which could inform future public health interventions.

3. Implementation of Marriage Guidance for Prospective Brides as an Effort to Prevent Stunting from the Maslahah Perspective in Tanjung Medan Village, Kampung Rakyat District

The implementation of marriage counseling for prospective couples in Kampung Rakyat subdistrict plays a crucial role in addressing issues related to stunting prevention. Marriage counseling, as defined linguistically and terminologically, involves providing psychological support to individuals or groups to help them understand their abilities and overcome difficulties in life. In the context of marriage, the counseling aims to equip individuals with knowledge about Islamic principles of marriage, the rights and duties within a marriage, and how to build a strong, healthy family unit. This process helps individuals stay on the right path, preventing potential marital issues before they arise.²²

According to the head of the Office of Religious Affairs (KUA) in Kampung Rakyat, marriage counseling helps prospective couples understand the Islamic guidelines for marriage, including its purposes, requirements, and how to establish a harmonious family life. The primary goal of the counseling is to provide couples with the necessary knowledge to prevent issues that may lead to divorce or conflict. This includes understanding the importance of a healthy family, especially in preventing stunting,

²² Arditya Prayogi, "Bimbingan Perkawinan Calon Pengantin: Upaya Mewujudkan Ketahanan Keluarga Nasional", 5.2 (2021), 223-42.

which is addressed by involving health professionals during the counseling sessions. Although challenges such as absenteeism of prospective husbands due to work commitments exist, the overall implementation is considered effective.²³

From the findings, it is clear that the marriage counseling program at KUA Kampung Rakyat has been effective in providing couples with valuable knowledge about marriage and family life. The inclusion of health professionals in the counseling sessions specifically to address stunting prevention shows a comprehensive approach to ensuring the well-being of future generations. However, the effectiveness of the program is limited by logistical challenges, such as the absence of prospective grooms due to work commitments in other cities. This suggests that while the program is effective in theory, its practical implementation still faces obstacles that need to be addressed.

From the perspective of *maṣlahah* (public interest), the marriage counseling program can be seen as fulfilling the principles of *daruriyyah* (necessity) by addressing critical issues such as family stability and child health,²⁴ which are essential for the well-being of society. The program aligns with the higher objectives of Islamic law (*maqasid al-shariah*), particularly the preservation of life and family, by educating couples on how to build a family that prevents harm, such as stunting, and promotes health and prosperity. This proactive approach reflects the preventive aspect of *maṣlahah*, where potential issues are addressed before they escalate into major problems.²⁵

The marriage counseling program also adheres to the principles of *maṣlahah* by emphasizing the collective benefit to the community. By preventing stunting and promoting strong family structures, the program contributes to the overall well-being of society. Imam al-Ghazali's concept of *maṣlahah*, which includes considerations of public welfare, is evident in the program's focus on ensuring the health and stability of future generations. Even though the program faces challenges, its alignment with *maqasid al-*

²³ Zulraini Rifai, "Implementasi Bimbingan Pernikahan Sebagai Pencegahan Stunting Di Kampung Rakyat" (KampungRakyat, 2024).

²⁴ Nur Asiih, "Maslahah Menurut Konsep Imam Al-Ghazali", *Jurnal Syariah dan Hukum*, Vol.18 No.1 (2020), 123-124.

²⁵ Hermawan Hendri, Mashudi, "Al-Maslahah Al-Mursalah dalam Penentuan Hukum Islam", *Jurnal Ilmiah Ekonomi Islam*, Vol.4 No.1 (2018), 65.

shariah, particularly in safeguarding the family unit and health, illustrates its significance in promoting communal benefit.

The counseling program's *maṣlahah* orientation can be further evaluated through its practical outcomes. Although logistical issues such as absenteeism exist, the program's success in raising awareness about family life and health aligns with the broader objectives of public interest in Islamic law. The ability of the counseling to prevent marital discord and health issues, such as stunting, reflects its role in protecting the family, a core element of *maṣlahah daruriyyah*. Thus, despite its imperfections, the program has the potential to achieve long-term societal benefits.

The program also demonstrates *maṣlahah* by addressing the challenge of absenteeism among prospective grooms. From a *maṣlahah mursalah* (considering public interest) perspective,²⁶ accommodating these logistical challenges through flexible scheduling or remote participation could further enhance the program's effectiveness. By considering these alternative solutions, the program can continue to fulfill the essential criteria of *maṣlahah* in ensuring the welfare of both individuals and the broader community.

In conclusion, the marriage counseling program in Kampung Rakyat, from a *maṣlahah* perspective, effectively contributes to the public good by promoting family health and stability. It aligns with the *maqasid al-shariah* in its efforts to prevent harm and promote benefits for society. However, addressing logistical challenges would enhance the program's effectiveness and ensure that it fully realizes its potential in supporting the community's well-being. Through continuous improvement, the program can serve as a model for integrating *maṣlahah* into practical public policies.

CONCLUSION

The findings of this study highlight several key factors that influence the effectiveness of the marriage guidance program (BIMWIN) in Kecamatan Kampung Rakyat. The primary objective of the program is to equip participants with the knowledge and skills needed to manage marriage successfully while addressing issues such as

²⁶ Fawad Khaleel, "Redefining Poverty and Its Measurement: An Islamic Political Economy Perspectives," *Global Review of Islamic Economics and Business* 4, no. 02 (2016), <https://doi.org/10.14421/grieb.2016.042-01>.

reproductive health, family planning, and economic management. However, challenges were identified, including the inefficiency of a one-day, full-day material delivery, participants' absences due to external commitments, lack of interactive teaching methods, and limited learning facilities. Additionally, the study identified stunting as a critical issue influenced by poor childcare practices, limited healthcare services, and restricted access to nutritious food. The strengths of this research lie in its comprehensive analysis of both the BIMWIN program's implementation and its link to stunting prevention. By addressing multifaceted aspects such as health education, family planning, and economic management, the study offers a holistic perspective on marriage preparation. Furthermore, it underscores the importance of timely and effective interventions during the critical early stages of life (1,000 days), as well as the role of public education in mitigating long-term issues such as stunting. The detailed exploration of how stunting is influenced by socio-economic factors adds depth to the findings, making the research relevant for policymakers and public health professionals. The study has some limitations that should be acknowledged. The research primarily focuses on one geographic area, limiting its generalizability to other regions. Additionally, the reliance on a one-day marriage guidance session may not fully capture the complexities of marriage preparation, as the data collection was based on participants' feedback from a single event. Future research should consider a more extended and interactive program evaluation, as well as a broader geographical scope to assess whether similar challenges and successes are experienced elsewhere.

REFERENCES

- Andri, Muhammad, 'Dari Upaya Membangun Keluarga Muslim Yang Ideal', Adil Indonesia Jurnal, 2.2 (2020)
- Albani, S. 2015. "Ilmu Sosial Budaya Dasar", Jakarta, PT. Raja Grafindo Perada.
- Asnawi. 2014. " Koseptualisasi Teori Maslahah", Jurnal Filsafat dan Budaya Islam.
- Cholil, M. 2022. "Pencegahan Stunting dan Konsep Keluarga Maslahah Menurut Kiai Cholil", Jakarta: Miror MUI.
- Diansari, Ariza. 2024. "Strategi Komunikasi Kementerian Agama Kota Bengkulu Mencegah Stunting Melalui Bimbingan Perkawinan Kepada Calon Pengantin", Religion Education Social Laa Roiba Journal.

- Eka, F. 2022. "Cegah Stunting Melalui Revitalisasi KUA", Jakarta: Kementerian Koordinator Bidang Pembangunan Manusia dan Kebudayaan Republik Indonesia (KEMENKO PMK).
- Elsya, I. 2023. "Strategi Komunikasi Bimbingan Perkawinan Dalam Pencegahan Kasus Stunting di Kabupaten Temanggung", Temanggung .
- Giok, Eka Nilasari. 2024. "Penyebab Dan Dampak Stunting Bagi Anak", Kampung Rakyat.
- Hafni, Syafrida. 2022. "Metodologi Penelitian", Medan: Penerbit KBM Indonesia.
- Hermawan H. 2018. "Al-Maslahah Al-Mursalah dalam Penentuan Hukum Islam", Jurnal Ilmiah Ekonomi Islam.
- Irawan, Dedek. 2024. "Angkat Stunting Di Kecamatan Kampung Rakyat".
- Ismawati, Lilin dkk. 2023. "Analisis Strategi Percepatan Pencegahan Pernikahan Usia Dini Kabupaten Malang", Journal Respon Publik
- Khosiah, Nur, Aries Dirgayunita, Imro Atus Soliha, and Robiatul Adawiyah. 2022. "Edukasi Pernikahan Dini Dalam Upaya Pencegahan Stunting pada Jam 'Iyah Muslimat Al - Barokah."
- Masitoh, Siti Phan. 2024. "Faktor Pendukung Dalam Bimbingan Perkawinan Di KUA Kampung Rakyat, Kampung Rakyat.
- Mayasari, Diana, Reni Indriyani, Bagian Ikkom, Fakultas Kedokteran, Universitas Lampung, Poltekkes Kemenkes Tanjungkarang, and others. 2024. "Stunting , Faktor Resiko Dan Pencegahannya Stunting ", Risk Factors and Prevention.
- Nanda, Eko M Siregar. 2024. "'No Title", Kampung Rakyat.
- Nisa, S. 2023. "Implementasi Program BIMWIN Catin Untuk Mewujudkan Keluarga Berkualitas di Kecamatan Sukolilo Kota Surabaya", Jurnal Media Administrasi.
- Nur Asiih. 2020. "Maslahah Menurut Konsep Imam Al-Ghazali", Jurnal Syariah dan Hukum,
- Pahlevi, Reza. 2024. "Faktor Pendukung Program Bimbingan Pernikahan Di Kampung Rakyat", Kampung Rakyat.
- Prayogi, Arditya. 2021. "Bimbingan Perkawinan Calon Pengantin : Upaya Mewujudkan Ketahanan Keluarga Nasional.
- Rifai, Z. 2024. "Visi Misi KUA Kecamatan Kampung Rakyat".
- Rozaq, R, dkk. 2023. "Implementasi Bimbingan Perkawinan Dalam Upaya Meminimalisir Terjadinya Perceraian Perspektif Masalah", Jombang.
- Sagala, R. dkk. 2023. "Pencegahan Stunting Pada Anak Dalam Perspektif Islam di Kota Bandar Lampung", Lampung: Jurnal Pengabdian Kepada Masyarakat.

- Suryani, L. 2023. "Dasar Hukum and Dampak Bimbingan Perkawinan, Efektivitas Bimbingan Perkawinan Terhadap Calon Pengantin Sebagai Upaya Pencegahan Perceraian di KUA Kecamatan Cibaliung".
- Syaripudin, A. dkk. 2024. "Hubungan Antara Pencegahan Stunting dan Pemahaman Fiqih Parenting", *At-Tarbiyah: Jurnal Ilmu Pendidikan Islam*.
- Yulianti, (2023). "Gambaran Peran Pendamping Keluarga Bagi Calon Pengantin Untuk Mencegah Stunting di Desa Delik Kabupaten Semarang", Semarang.
- Yunus, M. 2017. "Hukum Pernikahan Dalam Islam", Sulawesi Selatan: *Jurnal Istiqra*.
- Zuhrah. 2021. "Efektivitas Revisi UU Nomor 1 Tahun 1974 ke UU Nomor 16 Tahun 2019 Tentang Perkawinan", Jakarta: Mahkamah Agung Republik Indonesia.