

Abstrak

Penelitian ini bertujuan untuk mengkaji hadits Ummu Dzar'in secara komprehensif melalui pendekatan integratif-interdisipliner yang menggabungkan metodologi ilmu hadits tradisional dengan analisis psikologi pernikahan kontemporer. Hadits Ummu Dzar'in, yang diriwayatkan oleh Aisyah r.a. dan termuat dalam Shahih Bukhari dan Muslim, menawarkan narasi unik tentang dinamika relasi suami-istri dari perspektif perempuan, yang relevan dengan tantangan pernikahan modern. Penelitian ini menggunakan metode kualitatif dengan triangulasi metode, meliputi analisis konten untuk teks hadits, pendekatan fenomenologis untuk memahami persepsi pasangan Muslim, dan studi kasus terhadap program bimbingan pernikahan di Kota Bandung. Data dikumpulkan melalui studi dokumentasi teks hadits, wawancara mendalam dengan 20 pasangan Muslim dan 10 praktisi bimbingan pernikahan, Focus Group Discussion (FGD), serta observasi partisipatif. Analisis data dilakukan dengan pendekatan integratif, mencakup takhrij al-hadits, dirasah al-asanid, fiqh al-hadits, analisis tematik, hermeneutis, dan fenomenologis. Hasil penelitian menunjukkan bahwa hadits Ummu Dzar'in memiliki validitas tinggi sebagai hadits shahih dan mengandung wawasan psikologis yang selaras dengan teori-teori modern seperti Teori Sistem Keluarga, Teori Kelekatan, dan pendekatan Gottman. Hadits ini menggambarkan pola komunikasi, dinamika relasi, dan ekspektasi pernikahan yang relevan dengan konteks kontemporer. Namun, pemahaman dan aplikasi hadits ini di kalangan Muslim masih terbatas, dengan program bimbingan pernikahan lebih berfokus pada aspek fikih. Penelitian ini mengusulkan model psikologis pernikahan berbasis hadits yang mencakup komunikasi efektif, pengembangan karakter, pemenuhan kebutuhan psikologis, resolusi konflik konstruktif, dan penguatan dimensi spiritual. Model ini dapat diterapkan dalam program bimbingan pernikahan untuk meningkatkan keharmonisan pasangan Muslim di era modern, sejalan dengan prinsip sakinah, mawaddah, dan rahmah. Penelitian ini berkontribusi pada pengembangan kajian hadits interdisipliner dan penguatan institusi pernikahan di tengah meningkatnya angka perceraian.

Kata Kunci: Hadits Ummu Dzar'in, Psikologi Pernikahan, Integrasi Interdisipliner, Komunikasi Efektif, Keharmonisan Pernikahan, Bimbingan Pernikahan.

Abstract

This study aims to comprehensively examine the Hadith of Ummu Zar'in through an integrative-interdisciplinary approach that combines traditional hadith methodology with contemporary marital psychology analysis. The Hadith of Ummu Zar'in, narrated by Aisha (r.a.) and recorded in Sahih Bukhari and Muslim, presents a unique narrative about husband-wife relationship dynamics from a female perspective, which is relevant to the challenges of modern marriages. This research employs a qualitative method with methodological triangulation, including content analysis of the hadith text, a phenomenological approach to understand the perceptions of Muslim couples, and case studies on premarital counseling programs in Bandung City. Data were collected through documentation studies of hadith texts, in-depth interviews with 20 Muslim couples and 10 marriage counseling practitioners, Focus Group Discussions (FGDs), and participatory observations. Data analysis was conducted using an integrative approach, encompassing takhrij al-hadith, dirasah al-asanid, fiqh al-hadith, as well as thematic, hermeneutic, and phenomenological analyses. The findings show that the Hadith of Ummu Zar'in holds high authenticity as a sahih hadith and contains psychological insights aligned with modern theories such as Family Systems Theory, Attachment Theory, and the Gottman approach. This hadith illustrates communication patterns, relationship dynamics, and marital expectations relevant to contemporary contexts. However, the understanding and application of this hadith among Muslims remain limited, as marriage counseling programs tend to focus more on jurisprudential aspects. This study proposes a hadith-based psychological marriage model that includes effective communication, character development, fulfillment of psychological needs, constructive conflict resolution, and the strengthening of spiritual dimensions. This model can be applied in marriage counseling programs to enhance the harmony of Muslim couples in the modern era, in line with the principles of sakinah, mawaddah, and rahmah. This research contributes to the development of interdisciplinary hadith studies and the strengthening of marital institutions amid rising divorce rates.

Keywords: *Hadith of Ummu Zar'in, Marital Psychology, Interdisciplinary Integration, Effective Communication, Marital Harmony, Marriage Counseling.*