

STRATEGIES FOR REALIZING A SAKINAH FAMILY IN THE CONTEXT OF FAMILIES WITH CAREERS: CHALLENGES AND SOLUTIONS

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Abstract : This study examines effective strategies in achieving a sakinah family in the midst of increasingly complex career demands. The main problems faced by It could be more specific, families where both partners have demanding careers include limited time for family, role conflict between work and family responsibilities, and lack of social support. The purpose of this study is to identify these challenges and formulate solutions that can be applied to achieve a balance between professional and family life. The research method used was a combination of in-depth interviews and a survey of 25 career-oriented families in various major cities in Indonesia. The data obtained was analyzed to understand the dynamics of career families and find strategies that have been successfully applied in everyday life. The results showed that efficient time management, open communication, and fair division of roles in the household are key elements in maintaining family harmony. The use of technology has also emerged as an innovative solution that helps career families manage domestic tasks and stay connected effectively. In addition, religious and cultural values, such as spirituality and mutual cooperation, play an important role in strengthening family bonds and creating a harmonious environment.

Keywords: Sakinah family, Career family, challenges and solutions

INTRODUCTION

The family is the smallest social unit that has a fundamental role in shaping the character and well-being of its members. In Indonesian culture, the concept of a *sakinah* family, which describes a harmonious, loving and prosperous family within married life in Indonesia (Chadijah, 2018). However, along with the times, the challenges faced by families, especially families with career members, are increasingly complex. Families with careers, where both partners work, often face a dilemma between professional demands and family responsibilities (Rossalia et al., 2020). This condition creates various dynamics that can affect the quality of family life, including the achievement of a *sakinah* family status.

This research is important due to the increasing number of families where both spouses pursue careers to meet economic needs or professional ambitions. The challenges faced by such families include issues of time allocation, childcare, and maintaining household harmony (Tamara, 2022). Without appropriate strategies, career families risk experiencing imbalances that can disrupt emotional and spiritual stability, which in turn can hinder the realization of a *sakinah* family (Manurung, 2019). This study aims to identify and analyze strategies that can be used by families with careers to create a *sakinah* family. Thus, it is hoped that this research can make a practical contribution to career families in facing the challenges that exist, as well as offer effective solutions to maintain a balance between professional and family life.

To provide a deeper understanding of this topic, the following are presented some previous studies that are relevant and support this research. First by Puspa Ariyanti in 2018 with the title *Islamic Law Perspective on the Concept of Sakinah Family in Career Families (Case Study in Bumi Jawa Village, Batanghari Nuban District, East Lampung Regency)* discusses the conception of a *sakinah* family in career families in Bumi Jawa Village, Batanghari Nuban District is based on religion, mutual respect, honesty, and mutual openness. This conclusion is based on examples such as that many families apply religious teachings to all family members especially to their children and teach them to always be honest and always respect all family members especially their parents (Apriyanti, 2018).

Second, a study by Mesta Wahyu Nita in 2022 shows that a *sakinah* family is defined as a harmonious family where the values of Islamic teachings are always upheld and respect and love each other. In a *sakinah* family, family members are able

to carry out their obligations and always help each other. However, due to economic factors, a wife works to help the family economy (Nita, 2022). The third study conducted by Elva Imeldatur Rohmah highlights the role of women as wives, mothers, and career women. In the view of classical scholars, women play a dominant role in domestic affairs, while the husband is responsible for providing for the family. Wives are obliged to serve the needs of their husbands and manage the household. However, contemporary scholars emphasize equality between men and women, which allows women to take part in the public sector. Women, whether they focus on the domestic sector or take on multiple roles, still have a great opportunity to realize a *sakinah* family through straight intentions, good communication, and a fair and patient attitude (Rohmah & Malik, 2022).

The novelty of this research lies in its comprehensive approach that not only explores the challenges faced by working families but also offers practical solutions based on a strategic approach. This research combines the analysis of work-life balance, parenting, and communication in one strategic framework to realize a *sakinah* family. This approach is expected to provide more holistic guidance for families in maintaining household harmony and welfare amidst high career demands.

Based on the previous studies that have been presented, this research seeks to develop a holistic strategy that integrates previous findings with relevant contemporary approaches, with the aim of helping career families in Indonesia realize a *sakinah* family through a harmonious balance between the demands of career and family life.

RESEARCH METHODS

This research uses a literature study approach to understand the role of the family in children's education from the perspective of Islamic law. Data collection techniques with a literature study approach involve collecting and analyzing information obtained from existing written sources. Using primary and secondary sources, primary sources can be scientific journals, original books, research reports, or official documents (Ridwan et al., 2021). Classification and: Categorize data based on themes, topics, or research questions to facilitate analysis (Zainuddin, 2020). Utilize academic databases such as Google Scholar and others to find relevant journal articles, books and theses. Classify data based on themes, topics, or research questions to facilitate analysis. Data analysis is carried out including several stages of identifying

themes and categories, evaluating sources, synthesizing information, drawing conclusions (Kurniawan et al., 2023).

PEMBAHASAN

Based on research conducted through in-depth interviews and surveys of 25 families with careers in various major cities in Indonesia, important findings were obtained regarding the challenges and solutions in realizing a *sakinah* family. The results of this study are described in three main sections, namely the main challenges faced by career families, the solutions that have been implemented by these families, and the role of religious and cultural values proposed to achieve a balance between career and family life.

Top Challenges in Career Families

1. Limited time, most informants stated that limited time for family was the biggest challenge. Busy work often reduces the quality time that can be spent with family, which ultimately affects household harmony (Mernisa Hilman, 2017).
2. Role conflict, where work demands often clash with responsibilities as a spouse or parent (Dewi & Adnyani, 2020). This creates stress and tension in family relationships.
3. Lack of social support, informants revealed that they felt they lacked social support, both from the work environment and from extended family, which could help them overcome the challenges of maintaining a balance between career and family life (Rahmayati, 2021).

Solutions Applied by Career Families

1. Open and effective communication, emphasizing the importance of open and effective communication between spouses to discuss the problems faced, including the division of household tasks and setting joint priorities (Masruroh, 2020).
2. Efficient time management, many families have implemented more efficient time management techniques, such as scheduling family activities, delegating tasks, and utilizing technology to facilitate coordination between family members (Pohan, 2020).
3. Fair division of roles, informants stated that a fair and flexible division of roles between husband and wife in managing the household and caring for

children is very important in realizing a harmonious family (Khoirunisa, 2024).

The Role of Religious and Cultural Values

1. Spiritual engagement, in spiritual activities, such as praying together and attending religious events, helps in maintaining harmony and emotional stability in the family (Manuputty, F., Afdhal, A., & Makaruku, 2024)
2. Both the value of gotong royong in community activities and the support from extended family were reported to lower stress levels and contribute to more harmonious relationships (Mulyatno & Yosafat, 2022).

This study revealed that although the challenges of creating a sakinah family amidst career demands are very real, there are effective strategies to overcome them. Time management and communication have proven to be key elements in maintaining a balance between professional life and family life (Nurrachmah, 2024). Families who successfully implement these strategies are generally able to plan their time well, prioritize togetherness, and ensure each family member feels valued.

In addition, a fair division of tasks in the household plays an important role in reducing individual burdens, reducing the potential for conflict, and increasing mutual respect (Widyasari & Suyanto, 2023). The utilization of technology is also emerging as an innovative solution that eases communication and management of domestic tasks, so that career families can stay connected and function effectively.

The holistic approach proposed in this research not only includes practical day-to-day aspects, but also considers technological factors and social support as key elements. In the Indonesian cultural context, family values and spirituality are still highly valued, and this strategy model integrates these aspects to create a more inclusive and adaptive solution.

CONCLUSIONS

This study concludes that realizing a sakinah family in the context of Indonesian working families faces complex challenges, especially in terms of time constraints, role conflicts and lack of social support. However, through effective strategies, these challenges can be overcome. Efficient time management, open and effective communication, and equitable division of roles within the household are key elements in maintaining a balance between professional and family life. The use of technology has also proven to support career families in managing domestic tasks and maintaining

family harmony. In addition, religious and cultural values, such as spirituality and gotong royong, play an important role in strengthening family bonds and creating a harmonious environment. A holistic approach that integrates these factors, coupled with support from family-friendly work policies, provides adaptive and inclusive solutions for families in Indonesia.

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