

The Concept of Keluarga Sakinah (Tranquil Family) in the Perspective of the Qur'an (A Literature Review)

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ABSTRACT

The concept of keluarga sakinah (tranquil family) in Islam represents an ideal family life characterized by peace, love, and mercy, as depicted in the Qur'an. This study aims to explore the understanding and application of keluarga sakinah in both classical and contemporary Qur'anic exegeses and its relevance to modern family life. Through a literature review, the research examines key Qur'anic verses related to family life, such as Surah Ar-Rum (30:21), Surah At-Tahrim (66:6), and Surah Al-Baqarah (2:233), highlighting the significance of love, affection, mutual responsibility, and religious education within the family. The study also discusses the complementary roles of husband and wife in achieving family harmony, with the husband as the protector and the wife as the nurturer. Findings suggest that the values of keluarga sakinah, such as love, shared responsibility, and justice, remain highly applicable in contemporary society to promote a harmonious family life. The research concludes by emphasizing the importance of implementing these Qur'anic teachings to strengthen family bonds and foster a spiritually and socially balanced household.

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INTRODUCTION

The concept of keluarga sakinah (tranquil family) is an ideal in Islam that portrays a harmonious family filled with peace, love, and the mercy of Allah. Such families are often associated with the values exemplified by the family of the Prophet Muhammad (peace be upon him), characterized by adherence to religious teachings and noble norms in daily life (Sholehudin, 2020). A sakinah, mawaddah, and rahmah family is the ultimate goal desired by every Muslim, where marriage is regarded as a sacred path to achieve it. Allah SWT has ordained marriage as a noble bond between a man and a woman, not merely as a worldly relationship but also as a spiritual covenant to build a happy and blessed family (Hukumah, 2021).

However, the realities of modern life reveal that many families face various challenges in achieving harmony within their households. Issues such as domestic violence, divorce, and family dysfunction have become increasingly complex social problems (Islam et al., 2022). Data from the Directorate General of Religious Courts of the Supreme Court indicate a significant rise in divorce cases in Indonesia, from 344,237 cases in 2014 to 365,633 cases in 2016, with an average annual increase of 3% (Kunci, 2018). This phenomenon reflects that marriage, which should be a sacred bond, often struggles to withstand the pressures of modern social and economic conditions.

In Islamic perspective, marriage is not merely a legal or social relationship but also an act of worship with profound spiritual dimensions. Its purpose is to establish a family that is not only materially prosperous but also morally and spiritually strong. A marriage founded on sincere intentions to seek Allah's pleasure has a great potential to become the foundation of a *sakinah*, *mawaddah*, and *rahmah* family (Zuhaili et al., 2017). Furthermore, marriage serves as an educational platform, where moral, spiritual, and loving values are instilled in family members, especially children, to nurture a better future generation (Bahauddin et al., n.d.).

Nevertheless, modern social and cultural developments have influenced family values in society. In religious communities, marriage is seen as a reflection of religious values that serve as a guide for life. In contrast, in modern or industrial societies, material values and social status often dominate perceptions of marriage (Rajafi, n.d.). These differences highlight the need to strengthen religious values in family life so that marriage remains a strong institution in building a harmonious society.

As the smallest unit of society, the family plays a crucial role in shaping a well-ordered social structure. Therefore, a deep understanding of the concept of *keluarga sakinah*, from both religious and legal perspectives, is essential. In this context, a literature review on the concept of *keluarga sakinah* from the perspective of the Qur'an can provide comprehensive insights into how Islamic values can be implemented in family life, ensuring that the noble goals of marriage are achieved effectively.

Various studies have examined the concept of *keluarga sakinah* (tranquil family) in the interpretation of the Qur'an. For instance, Sholehudin (2020) highlights that *keluarga sakinah* in Islam is closely tied to the family life exemplified by the Prophet Muhammad (peace be upon him), emphasizing values of faith, compassion, and household well-being. Similarly, Hukumah (2021) underscores the significance of marriage as a sacred bond with the noble purpose of achieving a life filled with Allah's mercy and tranquility.

Although numerous studies have explored the concept of *keluarga sakinah* in the Qur'an, there remains a research gap, particularly concerning a more comprehensive understanding of the application of *keluarga sakinah* values in the social and cultural contexts of contemporary society. This study aims to delve deeper into how the concept of *keluarga sakinah* is understood in the Qur'anic exegesis of both classical and contemporary scholars and how such interpretations can be implemented in modern family life.

This study offers novelty by examining the differences in the interpretation of *keluarga sakinah* between classical and contemporary scholars. While many previous studies focus on theoretical or jurisprudential perspectives on marriage and *keluarga sakinah*, this research explores the exegetical understanding of Qur'anic verses related to this concept. It also investigates how these values can be applied to address family issues in a modern era characterized by challenges and social changes.

Based on this background, the research addresses the following questions:

1. How is the concept of *keluarga sakinah* understood in the Qur'anic exegesis of classical and contemporary scholars?
2. What are the implications of the understanding of *keluarga sakinah* for household life in the current social context?

The objectives of this research are to:

1. Analyze the differences in understanding of *keluarga sakinah* according to classical and contemporary Qur'anic scholars.
2. Identify and examine the implementation of *keluarga sakinah* values in modern family life.

This research is expected to make significant contributions to the study of family in Islam, particularly by revisiting the essence of *keluarga sakinah* as embedded in the Qur'an. By analyzing the interpretation of relevant Qur'anic verses, this study will provide new insights into ways to implement these values in modern household life. Furthermore, the findings can serve as a reference for Islamic legal practitioners, educators, and the general public in fostering harmonious and prosperous families in accordance with Islamic teachings.

METHOD

1. Research Approach

This study adopts a textual approach to the Qur'anic verses related to the concept of *keluarga sakinah* (tranquil family). This approach is chosen to deeply understand the meaning, values, and principles contained in the Qur'an concerning the establishment of a *keluarga sakinah*—a family characterized by peace, serenity, and happiness. The research also focuses on interpreting Qur'anic texts through classical and contemporary exegeses to provide a comprehensive understanding of the concept in the context of today's social and cultural dynamics.

2. Research Design

The study employs a literature review design, examining Qur'anic interpretations, classical and contemporary exegeses, and relevant academic journals. The data include Qur'anic verses directly or indirectly associated with the formation of a *keluarga sakinah* in contexts such as spousal relationships, parental roles, child education, and family social life. Additionally, scientific journals discussing the *keluarga sakinah* concept in the Qur'an are analyzed to gain broader perspectives. The research aims to offer a theoretical understanding of the concept from the Qur'anic perspective and its relevance to modern Muslim family life.

3. Research Samples

The research sample consists of Qur'anic verses related to family life, including those addressing spousal relationships, child education, family rights and obligations, and foundational principles of family life. It also includes interpretations from classical and contemporary exegeses, such as the works of Ibn Kathir, Al-Qurtubi, and modern tafsir scholars relevant to the current context of Muslim families.

4. Research Instruments

The primary instruments used in this study are textual documents, including:

- a. Qur'anic verses related to the concept of *keluarga sakinah*.
- b. Qur'anic exegeses, both classical and contemporary, which explain the meaning and application of these verses.
- c. Articles and scientific journals discussing the theme of *keluarga sakinah* from theological, social, and psychological perspectives.
- d. These instruments facilitate the analysis of *keluarga sakinah* principles in the Qur'an using authoritative sources.

5. Data Collection Procedures

Data were collected through a literature review, following these steps:

- a. Identifying Qur'anic verses related to *keluarga sakinah*, explicitly or implicitly discussing spousal relationships, parental roles, children's rights, and family principles.
- b. Conducting exegesis studies on selected verses to gain a deeper understanding of the *keluarga sakinah* concept.

- c. Gathering scientific journals and articles related to *keluarga sakinah* from the Qur'anic perspective, encompassing theoretical and practical aspects of Islamic teachings in Muslim family life.
- d. Critically analyzing all collected sources to understand how Qur'anic interpretations and applications guide the formation of a *keluarga sakinah*.

6. Data Analysis Techniques

Data were analyzed using content analysis methods, which involved the following steps:

- a. Verse Classification: Identifying and categorizing Qur'anic verses related to the *keluarga sakinah* concept, directly or indirectly.
- b. Exegesis Analysis: Examining relevant exegeses to understand how scholars interpret these verses historically and their relevance today.
- c. Contextualization: Relating the exegeses to the socio-cultural contexts of contemporary Muslim families, referencing scientific literature on Islamic teachings in family life.
- d. Synthesis: Integrating the results of exegesis and scientific literature analyses to develop a holistic understanding of the *keluarga sakinah* concept in the Qur'an and its application in real life.

RESULTS

This study aims to analyze the concept of *keluarga sakinah* (tranquil family) from the Qur'anic perspective, and how the principles of the Qur'an related to family life can be applied in contemporary Muslim families. Based on the literature review, exegesis, and academic journals, the following are the main findings obtained from the research.

1. Qur'anic Verses about *Keluarga Sakinah*

This study identifies several Qur'anic verses related to the concept of *keluarga sakinah*, covering spousal relationships, child education, and parental roles within the family. Key verses found in this study include:

- a. **Surah Ar-Rum (30:21):** "And among His signs is that He created for you from among yourselves mates that you may find tranquility in them, and He placed between you affection and mercy." This verse emphasizes that the purpose of marriage is to create tranquility, affection, and mercy between spouses, which forms part of the *keluarga sakinah* concept.
- b. **Surah At-Tahrim (66:6):** "O you who have believed, protect yourselves and your families from a Fire..." This verse highlights the importance of religious education within the family to ensure the spiritual safety of its members, a crucial aspect of a *keluarga sakinah*.
- c. **Surah Al-Baqarah (2:233):** "Mothers may nurse their children for two whole years..." This verse governs the rights and duties of parents in nurturing and caring for their children, including breastfeeding as an expression of maternal love, which contributes to family harmony.

2. Values of *Keluarga Sakinah* in the Qur'anic Perspective

The study also reveals that the Qur'an teaches several fundamental values essential for creating a *keluarga sakinah*, such as:

- a. **Love and Affection:** Verses like Surah Ar-Rum (30:21) and Surah At-Tahrim (66:6) show that love and affection are the foundation of harmonious relationships between spouses. A *keluarga sakinah* is built on a deep sense of love and sincere affection.

- b. **Shared Responsibility:** The Qur'an emphasizes the importance of mutual responsibility between husband and wife in managing family life. The husband, as the head of the family, and the wife, as a partner, play complementary roles in creating balance within the family.
- c. **Child Education:** The Qur'an stresses the significance of early child education, both physically and spiritually. Verses like Surah Al-Baqarah (2:233) and Surah At-Tahrim (66:6) guide parents on raising their children with love, while paying attention to their well-being and religious education.

3. The Roles of Husband and Wife in Creating a *Keluarga Sakinah*

The study also highlights the complementary roles of husband and wife in establishing a *keluarga sakinah*. Key findings regarding the roles of husband and wife in the Qur'an are:

- a. **Husband as the Leader and Protector of the Family:** In Surah An-Nisa' (4:34), the husband is described as the family leader, responsible for guarding and protecting his wife and children. A family leader must provide safety and stability in the household.
- b. **Wife as the Guardian of Family Harmony:** The wife plays a significant role in maintaining family harmony through her role as a mother, child educator, and partner in household life. In Surah At-Tahrim (66:6), the wife is also seen as the protector and caretaker of the family, playing a role in raising children and preserving the well-being of the household.

4. Principles of Equality and Justice in *Keluarga Sakinah*

The study also found that while the Qur'an acknowledges the different roles of husband and wife, the principles of justice and equality are emphasized in family life. This justice is reflected in the distribution of rights and responsibilities between husband and wife, as well as in the fair treatment of children.

- a. **Balanced Rights and Responsibilities:** The Qur'an affirms the balanced rights and responsibilities between husband and wife, as stated in Surah Al-Baqarah (2:228), which explains that a wife's rights are proportionate to the husband's duties, and vice versa.
- b. **Importance of Consultation and Cooperation:** Various verses, including Surah Ash-Shura (42:38), stress the importance of consultation in making family decisions, reinforcing the principles of cooperation and mutual respect between husband and wife.

5. Application of *Keluarga Sakinah* in Contemporary Life

Based on the analysis of academic journals and exegesis interpretations, it can be concluded that the concept of *keluarga sakinah* in the Qur'an is still highly relevant for application in modern Muslim family life. Key aspects that can be applied include:

- a. **Religious Education Approach within the Family:** Strong religious education will provide a solid foundation for a *keluarga sakinah*, where every family member supports one another in leading a blessed life.
- b. **Application of Love and Affection in Daily Life:** The concept of love in a *keluarga sakinah* can be implemented by strengthening communication, respecting each other's feelings, and nurturing harmonious relationships in household life.

Table of Key Findings on Qur'anic Verses Related to *Keluarga Sakinah*

No.	Verse	Main Theme	Key Message
1	Ar-Rum (30:21)	Love in Marriage	Creating tranquility and affection between husband and wife.
2	At-Tahrim (66:6)	Religious Education in Family	Teaching parents to protect their family from the Fire.
3	Al-Baqarah	Parental Responsibility	The mother's role in breastfeeding and nurturing

No.	Verse	Main Theme	Key Message
	(2:233)		children with love.
4	An-Nisa' (4:34)	Husband's Role in Family	The husband as leader and protector of the family.
5	Ash-Shura (42:38)	Consultation in Family	The importance of consultation in family decision-making.

DISCUSSION

This study analyzes the concept of a *keluarga sakinah* based on the values found in the Qur'an. The main findings reveal that the Qur'an describes marriage as a sacred relationship with noble objectives aimed at achieving peace, love, and blessings within family life. This concept is reflected in several verses that emphasize the importance of affection, religious education, and shared responsibility between husband and wife in creating a harmonious and quality family.

Surah Ar-Rum (30:21) serves as the main foundation for understanding the concept of *keluarga sakinah*, emphasizing that marriage is a means to create tranquility, love, and affection between partners. This verse illustrates the primary goal of marriage in Islam as a means to create harmony and happiness, including inner peace experienced by both husband and wife.

Surah At-Tahrim (66:6) and Al-Baqarah (2:233) highlight the importance of religious education in the family. This education serves not only as a moral guide but also as a spiritual protector for the family, safeguarding them from both spiritual and worldly destruction. These verses remind parents, especially mothers, of their great responsibility to educate and care for their children with love, as part of the effort to create a *keluarga sakinah*.

Surah An-Nisa' (4:34) describes the role of the husband as the leader of the family, responsible for maintaining family harmony, while Surah Ash-Shura (42:38) emphasizes the importance of consultation and cooperation in family decision-making. This indicates that in a *keluarga sakinah*, there is equality in roles but with each partner maintaining their respective responsibilities, which underpins the balance in the husband-wife relationship.

These findings align with various previous studies on the concept of *keluarga sakinah* in the Islamic perspective. For instance, studies by Sholehudin (2020) and Hukumah (2021) also emphasize that a *keluarga sakinah*, *mawaddah*, and *rahmah* are the ultimate goals of marriage in Islamic teachings. Love, religious education, and the shared roles of husband and wife in building a harmonious family are elements reinforced by these findings, consistent with existing literature.

However, there are differences in the emphasis on family dynamics in modern society, as described by Kunci (2018), regarding the increasing divorce rates in Indonesia. This suggests that although the principles of *keluarga sakinah* remain relevant, the challenges in applying them in contemporary society are complex, especially with the influence of modernity and social changes affecting views on marriage.

The findings have significant implications for understanding and practicing Islamic teachings in the lives of contemporary Muslim families. The principles of *keluarga sakinah* outlined in the Qur'an should serve as a guide for creating a blessed household. One of the implications is the importance of religious education within the family. This education should begin early, not only to shape individual character but also to maintain family harmony, as emphasized in the Qur'anic verses.

Furthermore, the application of love in daily life is crucial. In a *keluarga sakinah*, good communication between husband and wife and attention to each partner's emotional and spiritual

needs can strengthen family relationships. In this context, a religious approach, combined with a deep understanding of rights and responsibilities within the family, can foster a peaceful and happy family life.

Although this study provides an in-depth understanding of the concept of *keluarga sakinah* from the perspective of the Qur'an, there are some limitations to note. One limitation is that the research focuses solely on the study of Qur'anic texts without incorporating empirical experience or interviews with real-life husband-wife couples. Therefore, the findings may not fully capture the complexities of family dynamics in the modern world.

Additionally, while the Qur'an provides clear guidelines regarding roles and responsibilities within the family, the application of these values in societies with diverse cultural backgrounds may present challenges. Further research that involves qualitative data and in-depth interviews with Muslim families in broader contexts will provide a more comprehensive picture.

The findings of this study show that the concept of *keluarga sakinah* in the Qur'an is highly relevant for application in the lives of contemporary Muslim families. The Qur'anic verses related to marriage and family life offer clear guidance on how to create a harmonious, loving, and blessed household. Although there are challenges in implementing these values in modern life, particularly with the influence of evolving social and cultural factors, a deep understanding of Islamic teachings and their application in daily life can help form a *keluarga sakinah*, *mawaddah*, and *rahmah*.

Emphasis on religious education, healthy communication, and cooperation between husband and wife are key elements in creating a happy and quality family. By continually strengthening religious values within family life, it is hoped that a generation can be nurtured that is not only materially prosperous but also spiritually fulfilled. A *keluarga sakinah*, as the foundation for a better society, will bring positive impacts on creating a more harmonious social order.

CONCLUSION

This study comprehensively analyzed the concept of *keluarga sakinah* (tranquil family) from the perspective of the Qur'an, revealing essential values such as love, affection, shared responsibility, and religious education as foundational elements for creating a harmonious family life. The Qur'an illustrates that marriage is not only a social contract but a sacred bond meant to foster tranquility, affection, and mercy, as seen in key verses like Surah Ar-Rum (30:21) and Surah At-Tahrim (66:6). The complementary roles of husband and wife, as highlighted in Surah An-Nisa' (4:34), emphasize the importance of mutual respect and shared responsibility in maintaining a peaceful family environment.

The findings indicate that the concept of *keluarga sakinah* remains relevant in addressing contemporary challenges faced by families today, such as domestic issues and the pressures of modern life. The application of these Qur'anic principles, particularly the emphasis on love, shared responsibility, and religious education, can significantly contribute to fostering stronger and more harmonious Muslim families. Future research could explore the practical implementation of these principles in diverse cultural contexts, examining how Islamic teachings can be integrated into the daily practices of modern Muslim families. Ultimately, this study contributes to the broader understanding of how *keluarga sakinah* can serve as a foundation for building resilient, spiritually rich, and socially balanced families in the contemporary world.

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