

ABSTRACT

The Urgency of Family Counseling in Preventing Divorce Using Cognitive Behavior Therapy (CBT) Approach in the Community of West Gadu Village, Ganding. Romdaniatin Nayyiroh

Keywords: Divorce, Family Counseling, Cognitive Behavior Therapy (CBT)

This research discusses the urgency of family counseling using the Cognitive Behavior Therapy (CBT) approach in preventing divorce in West Gadu Village, Ganding. This study employs qualitative research with a case study approach. Data collection procedures involved in-depth interview techniques, observation, and documentation. The subjects of this research were married couples experiencing problems in their households. Data analysis used included data collection, data reduction, data presentation, and conclusion drawing. The findings of this research reveal that the causes of divorce are predominantly economic issues, while other problems include disharmony in the household and third-party interference. The results of the researcher's study indicate that family counseling with Cognitive Behavior Therapy (CBT) is effective in improving communication between couples, increasing understanding and empathy, as well as changing negative thought patterns and behaviors that often cause conflicts in households. This intervention also succeeded in improving the quality of relationships and marital satisfaction, which ultimately contributed to a decrease in divorce rates. These findings emphasize the importance of psychological support and education in maintaining family integrity within the community environment.