

# The Implementation of Counseling Guidance Values in Households Based on the Story of Umar Bin Khattab RA in the Book Uqudulijain

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## ABSTRACT

This article explores the values of domestic counseling reflected in the story of Umar bin Khattab in Kitab Uqudulijain. Umar bin Khattab, one of the outstanding caliphs, is known for his decisive leadership, progressive legal and administrative reforms, and dedication in expanding the territory of Islam while upholding the principles of justice and the welfare of the people. In the context of the household, Umar set an example through the application of values such as fairness, responsibility, and honest communication. These values are in line with the principles of counseling guidance that prioritize emotional balance, wise decision-making, and maintenance of harmonious relationships. As a leader, Umar always listened to the aspirations of his people fairly, an attitude that can be applied in the family to create respectful relationships. Umar bin Khattab's example shows the importance of building a solid household foundation based on Islamic values. By integrating these principles, families can achieve harmony and happiness, while instilling strong moral values to the next generation.

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## INTRODUCTION

Marriage is one of the commandments that has been established by Allah and applies to all His creations, including humans, animals and plants. Allah SWT says, which means: "And everything We have created in pairs that you may remember the greatness of Allah" (Q.S. al-Dzâriyat, 51:49) (Taufik, 2017).

Marriage in Islamic teachings has a very important and sacred position, as a form of a strong covenant bond (mitsaqan ghalidza) between a man and a woman. Islam recommends marriage as a means to maintain chastity, protect honor, and create tranquility and peace (sakinah) through relationships built on love (mawaddah) and compassion (rahmah). Marriage also plays a role in fulfilling human nature, continuing offspring, and forming a family based on the values of faith and piety.

Islam establishes marriage as a means to build a family that aims to achieve happiness in life. Islam also emphasizes that marriage is an important moment that should be welcomed with gratitude and joy. Islam has provided clear guidelines regarding the procedures and process of marriage in accordance with the Qur'an and authentic As-Sunnah. Therefore, in this article, the author discusses in depth the meaning of marriage, the legal basis, conditions, pillars, and wisdom behind the ordinance of marriage. (Atabik & Mudhiiah, 2014)

Marriage in Islam is a sacred institution that aims to form a family based on love, affection, and piety, where these values are reflected in the household life of Umar bin Khattab r.a. who was known for his justice, firmness, and responsibility in fostering a harmonious family, making him an example in maintaining a balance between worldly and spiritual demands, in line with the principles of Islamic marriage.

Umar bin Khattab was an Islamic leader who was nurtured directly by the Prophet, who had noble values in character, morals, firmness, and justice, and showed strong commitment and extraordinary courage in fighting for the truth. He is also known for his sharp insight in understanding the conditions of his people, handling government problems with firmness, and playing an important role in controlling and overcoming the tendency of the Arabs to lean towards destructive things.(Umar et al., 2014)

The reality of domestic life indicates that people need information and training on sakinah household education for unmarried couples. In addition, married couples need advice and services to help solve their household problems. In this context, Islamic counseling guidance with a marriage perspective can be an appropriate solution.(Lubis, Abdurrahman, Saleh, & Ali, 2022)

In the book *Uquduljain*, the narrative surrounding Caliph Umar bin Khattab highlights essential counseling principles, such as justice, decisiveness, and empathy, in navigating the dynamics of family life. Umar exemplified the practice of open communication and a profound sense of responsibility toward his family, embodying values that remain highly relevant for fostering harmony within households today. These timeless principles underscore the significance of offering guidance and formulating solutions rooted in justice and compassion, providing an enduring example for contemporary families as they address various challenges in their relationships.

The contributions and exemplary qualities of Caliph Umar bin Khattab have been explored in multiple academic works. One such study is Rafid Abbas's research titled "Ijtihad Umar Bin Khattab About Marriage Law in the Perspective of the Compilation of Islamic Law". In this study, the researcher delves into the values underpinning marriage law as derived from Umar's ijtihad, analyzed through the lens of Islamic jurisprudence. Another noteworthy article is authored by Muhammad Ridwan, titled "Implementation of Islamic Sharia: An Examination of the Practice of Ijtihad Umar bin Khattab." This work focuses on Umar's application of Islamic principles in his legislative and policy-making endeavors.

Both studies emphasize the remarkable legacy of Umar bin Khattab as a caliph who epitomized fairness and wisdom in governance. While Rafid Abbas's research focuses on Umar's contributions to marriage law, Muhammad Ridwan's article explores the broader spectrum of his ijtihad practices. Together, these works highlight Umar's unparalleled ability to enact policies and laws that upheld justice and equity, cementing his reputation as one of the greatest and most influential leaders in Islamic history.

## METHOD

From several articles that have been discussed in previous studies, most of them explore the values of the role model in Umar bin Khattab for personal development. While in this article, the author tries to analyze and elaborate the values of the role model of the caliph Umar bin Khattab contained in the book of *Uquduljain* and its implementation of Islamic counseling guidance.

In order to examine the problems of the previously conducted research studies, researchers applied a text-based research method, which is often referred to as qualitative research with a library research approach, which is a type of research that focuses on analyzing, studying, and discussing both classic and contemporary literature.

Kitab *Uquduljain* is one of the works that provides a comprehensive explanation of the values of marital life, accompanied by illustrations in the form of stories of the Prophet, the previous Companions. This book presents a deep understanding of the rights and obligations of husband and wife in building a harmonious home life. One of the advantages of this book is its ease of access, not only in printed form but also in digital format, which is equipped with translations in various applications and is available on the Play Store with more than ten application options.(Afni, 2022)

This condition encouraged the author to research further, considering the importance of increasing the understanding and insight of married couples about their roles and responsibilities in the household. This research is conducted in the context of marriage counseling to prevent potential conflicts that can lead to divorce. The focus of this research is to analyze and apply the thoughts of Umar bin Khattab related to the values of marriage counseling as contained in the book with the title "Implementation of Islamic Counseling Values in Households Based on the Story of Umar Bin Khattab Ra in the Book of *Uquduljain*."

## RESULTS

### Umar bin Khattab the Caliph

The life of Al-Khulafâ' Al-Râshidîn is a clear application of the practice of Islamic teachings. his long life journey as an honest, sincere, just person, and gives the impression that a leader is actually a servant for his people, who does not feel good sleeping at night because he is concerned about the condition of his people. In addition, we learn from 'Umar the fear of Allah Swt., zuhud and not loving the world, and the belief that indeed what is with Allah is the best and eternal. Umar bin Khattab was born in the 13th year after the Year of the Elephant, at a time when the Arabs still practiced the dynamism belief of worshipping gods they called Latta and Uzza. However, other religions such as Christianity, Magi and Judaism had also flourished in the region. (Ummah, 2019)

At that time, the Arabs were considered to be in an era of ignorance, but this term does not mean they were devoid of knowledge. On the contrary, the Arabs had shown progress in trade and literature, reflecting a fairly high level of intellect. Umar bin Khattab, whose full name is Umar bin Khattab bin Nufail bin Abd al-Uzza bin Ribaah bin Abdillah bin Qart bin Razail bin Adi bin Ka'ab bin Lu'ay, was the second caliph after Abu Bakr Ash-Shiddiq. He was one of the most influential companions of the Prophet Muhammad, along with Abu Bakr, Uthman bin Affan, and Ali bin Abi Talib. As one of the greatest leaders in Islamic history after the Prophet Muhammad. Umar was recognized for his success both as a wise statesman and as an adept mujtahid in building a great state based on the principles of justice, equity, and brotherhood as taught by the Prophet. With his intelligence, creativity and wisdom, Umar bin Khattab is recognized as one of the most influential and visionary figures in Islamic history.(Ummah, 2019)

Umar bin Khattab spent most of his youth in the era of jahiliyyah, just like other children of Quraysh. However, he stood out from his peers for his willingness to learn and his ability to read and write, which at the time was a rare skill. From childhood, Umar was accustomed to shouldering responsibilities and living a hard life, far from luxury and rah-rah. His father, Al-Khattab, had him engaged in the work of herding the family's camels, an experience tempered by his father's harsh treatment, leaving a deep mark in his memory throughout life. Born in Mecca to a distinguished Quraysh family, Umar was born four years before the Battle of Fijar, or as Muhammad Al-Khudari Bek puts it, thirteen years younger than the Prophet Muhammad. Before embracing Islam, Umar was known as a highly respected figure among the Quraysh.(Justan, Margiono, Aziz, & Rama, 2024)

### Household values of Caliph Khalifah Umar bin Khattab

In marriage, every married couple must understand that they have their own rights and obligations. In Islamic teachings, a husband is obliged to treat his wife well, while a wife must also obey and serve her husband to the best of her ability. Islam, as the perfect religion, establishes rules that not only favor men, but also provide protection and justice to wives and all parties involved. Islam requires every husband to be responsible for building and leading the household, fulfilling his wife's rights, and being gentle with their spouse, as exemplified by the Prophet Muhammad.

In Kitab Uquduljain by Sheikh Nawawi Al Bantani, it is narrated that a man came to Umar bin Khattab with the intention of complaining about his wife's bad behavior. While waiting in front of Umar's house, he heard Umar's wife speaking in a harsh tone to her husband, while Umar remained silent and did not reply. Upon seeing this, the man felt ashamed and decided to leave, saying to himself, "If Amirul Mukminin is facing something like this, how much more will I." Umar, who saw the man turn around, called him and asked about his need. The man explained the purpose of his visit, which was to complain about his wife's bad manners that often hurt him, but he was surprised to find Umar's wife doing the same. Umar replied wisely, "O my brother, I am patient with what my wife says because she has rights that I must fulfill. She cooks for me, bakes my bread, washes my clothes, breastfeeds my children, and by her presence I am kept from committing haram. Hence, I accept her graciously." Hearing Umar's explanation, the man calmed down and understood that patience is key in dealing with such situations. A hadith states that a person who is patient with his or her spouse's bad behavior will be rewarded as much as Asiyah, the wife of Fir'aun.(An-Nawawi, 2004)

Umar bin Khattab entered into a marital union with Zainab bint Maz'un, a woman for whom he held the highest regard and profound respect. Zainab was widely recognized as a loyal and devoted wife, consistently standing by Umar's side, even during critical and transformative moments in his life, such as the time he embraced Islam. Their relationship was marked by mutual respect and a deep sense of appreciation, with Umar exemplifying an unwavering commitment to fulfilling the rights and responsibilities owed to his wife. He approached their marriage with sincerity, striving to maintain a harmonious and equitable bond by acknowledging Zainab's contributions and ensuring her well-being. This dynamic serves as a testament to the values of respect, partnership, and dedication that characterized Umar's approach to his household and personal relationships.(Zainab binti Jahsh, n.d.)

### **Islamic Counseling Values in the household of Umar Bin Khattab**

The family acts as the first and main educational institution in society, because it is in the family environment that individuals are born and grow to maturity. According to Rosmaniah Hamid, the form, content and methods of education in the family greatly influence the development of character, morals and personality of each individual. This statement emphasizes that educational guidance in the family has a crucial role in creating a *sakinah, mawaddah, wa rahmah* family. The role of both parents determines the realization of a *sakinah* family, because without an adequate understanding of household management, a marriage is prone to cracks. This will hinder the formation of a harmonious relationship and a strong family, as ideally a *sakinah, mawaddah, wa rahmah* family. (Lubis et al., 2022)

As demonstrated by Caliph Umar bin Khattab, he stands as an exemplary figure of justice, freedom, courage, humility, gentleness, and kindness. These qualities were deeply rooted in his noble upbringing, refined education, and exemplary moral character, which extended into every aspect of his life, including his role as a husband and leader of his household. Umar's ability to embody these values made him a role model for maintaining harmony and balance in the domestic sphere while upholding the principles of Islamic teachings.

One illustrative story about Umar bin Khattab, as narrated in the book *Uquduljain*, recounts a man who approached Umar with the intention of voicing his frustrations about his wife's unpleasant behavior. As the man stood outside Umar's house waiting to speak with him, he overheard a surprising exchange: Umar's wife was speaking to him in a harsh and scolding tone, yet Umar remained silent and refrained from responding to her harshness. Observing this, the man became overwhelmed with a sense of embarrassment and self-reflection. He thought to himself, "If Amirul Mukminin himself endures such situations within his household, how much more should I?"

Before the man could leave, Umar noticed him turning away and called him back, inquiring about the reason for his visit. The man candidly explained that he had intended to complain about his wife's behavior, which he found challenging and hurtful. However, he expressed his astonishment upon witnessing that even Umar, the leader of the believers, faced similar challenges within his own home. Umar's calm demeanor and patience in handling such situations provided the man with valuable insight into the importance of endurance and understanding within a marriage. This story underscores Umar's exemplary character as a husband and his ability to lead by example, showing that even in the face of personal difficulty, patience and empathy are key to fostering harmony in the household. (An-Nawawi, 2004)

The response of Umar bin Khattab as a Caliph highlights his exceptional wisdom and sense of justice as a leader. When addressing the concerns of a man troubled by his wife's unpleasant behavior, Umar replied with remarkable insight, "O my brother, I endure what my wife says with patience because she has rights over me that I am obligated to fulfill. She prepares meals for me, bakes bread, washes my clothes, breastfeeds my children, and through her companionship, I am safeguarded from committing actions that are prohibited." Umar further elaborated, stating, "For these reasons, I accept her actions with a gracious heart and a sense of gratitude."

This profound explanation from Umar offered the man a new perspective, calming his heart and helping him realize the virtue of patience in marital relationships. Umar's words illuminated the principle that marriage is not only about rights but also about mutual responsibilities and understanding, which require endurance and empathy. The man left with a deeper appreciation for his situation, learning that enduring challenges with patience can lead to greater rewards both in this life and the hereafter.

As supported by a prophetic hadith, those who exercise patience in the face of a partner's difficult behavior are promised a reward that parallels the reward given to Asiyah, the righteous and steadfast wife of Fir'aun. This teaching underscores the spiritual and emotional value of patience as an essential virtue in building harmonious and resilient family relationships. Umar's wise and compassionate response serves as a timeless reminder of the balance between justice, compassion, and responsibility in maintaining the sanctity of marriage.

### **Kitab Uquduljain**

Kitab *Uqudul Lujain* is a *syarah* by Shaykh Nawawi Al-Bantani, written at the request of a number of his students and fans to explain a treatise that discusses in depth the life of a husband and wife. Sheikh Nawawi Al-Bantani, a prominent scholar from Banten, Indonesia, who settled in Mecca, is widely recognized for his contributions in various scientific fields through his written works. The book consists of four chapters: The first chapter discusses the husband's obligation to fulfill his wife's rights, the second chapter explains the wife's obligation to the husband's rights, the third chapter outlines the virtue of women praying at home which is better than praying in the mosque with the Prophet Muhammad, and the fourth chapter contains a prohibition for men and women to see the opposite sex who are not their mahrams (Wahyudi, 2022).

Kitab *Uqudul Lujain* written by Sheikh Nawawi al-Bantani is one of the classic works in Islamic literature that comprehensively reviews the relationship between husband and wife in marriage, including the rights and obligations of each. With a structured language style, this book outlines the fundamental concepts

of marriage in Islam, such as the husband's responsibility to fulfill the rights of his wife with a gentle and responsible attitude, as well as the wife's obligation to obey and serve her husband in accordance with the provisions of Islamic law (Al-Halwani, 1993).

From the perspective of marital counseling, this book offers a foundational framework rooted in normative principles, serving as a valuable resource for guiding couples in fostering a harmonious and balanced household. The teachings and insights presented within Uqudul Lujain emphasize the critical role of effective communication, reciprocal respect, and the diligent fulfillment of mutual responsibilities. These aspects are portrayed as essential pathways to cultivating a family environment imbued with *sakinah* (peace), *mawaddah* (love), and *rahmah* (compassion). Such ideals align seamlessly with the ethical and spiritual directives outlined in Islamic teachings. By integrating these principles into their daily lives, couples can work towards establishing a nurturing and supportive household dynamic, overcoming challenges with wisdom and empathy, and building a foundation for enduring marital harmony.

## CONCLUSION

The life of Umar bin Khattab, as one of the Al-Khulafâ' Al-Râshidîn, reflects a clean and deep implementation of Islamic teachings. As the second caliph, Umar exemplified leadership values that were oriented towards serving the people, courage, justice, and piety to Allah SWT. His *zuhud* attitude, accompanied by the belief that what is with Allah is more eternal and good, made him a figure who was not only respected as a leader, but also as a model for Muslims in building a dignified personal and social life. Umar showed that justice, responsibility and example are the main pillars of family and social life.

In the context of the household, Umar bin Khattab provides valuable lessons on the importance of patience, sacrifice, and respect for one's spouse. The story in Kitab Uqudulijain emphasizes how Umar remained patient with his wife, understanding the rights and responsibilities he had to fulfill as a husband. This attitude not only illustrates Umar's wisdom, but also serves as a clear example of how Islamic principles can be applied in managing a harmonious household. The Islamic counseling values contained in this story emphasize the importance of communication, mutual understanding, and sincerity in dealing with family dynamics.

Kitab Uqudulijain by Sheikh Nawawi Al-Bantani offers a comprehensive guide to the rights and obligations of husband and wife in Islam. The book emphasizes the importance of fulfilling rights, respecting spouses, and protecting the family as the smallest unit of society. In the perspective of counseling guidance, the values taught in this book can help couples build a family that is *sakinah*, *mawaddah*, and *rahmah*. By understanding and applying these teachings, each individual can create a household that is not only harmonious, but also based on the principles of justice and blessings taught by Islam.

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