

The Effect of Metacognition and Scientific Attitude on the Success in Forming Sakinah Mawaddah Warahmah Families in Career and Non-Career Women

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Abstract

This study aims to determine the effect of metacognition and scientific attitudes of family partners in forming a *sakinah* family. The approach used in this research is descriptive quantitative, which is done by measuring each research variable, then analyzing and describing it so that it is easy to understand. The technique of collecting data is done by survey. Surveys were carried out on all samples in the study to measure metacognition, scientific attitude, and success in forming a *sakinah mawaddah warahmah* family. The population of this study is women who are grouped into two categories: 1) career women (who work in offices/employees), 2) unemployed women (especially those taking care of the family) in the city of Jambi with a total sample of 100 (50 people in each sample group) taken at random. The instrument used in this study was a set of 30 questions. The answers were measured by respondents using a Likert scale. Data analysis was carried out using SPSS 16 software. The results showed that metacognition ability significantly affects the ability to form a *sakinah mawaddah warahmah* family with a sig. 0.012 (career women group) and 0.000 (non-career women group). As for the scientific attitude test, career women obtained $0.031 > 0.05$, and non-career women obtained $0.019 > 0.05$. It shows that scientific attitude significantly affects their ability to form a *sakinah mawaddah warahmah* family. The F test also shows that the two variables jointly affect the ability to form a *sakinah mawaddah warahmah* family

Keywords: metacognition, scientific attitude, *sakinah mawaddah warahmah* family

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Introduction

The family is the smallest unit of social organization. One's happiness is greatly affected and determined by the atmosphere of family. The more peaceful a family is, the happier the family members will be. Empirically, it is proven by experts such as North et al. (2008), Wu (2014), Verrastro et al. (2020), and Fantazilu and Nurchayati (2022), who stated that family is one source of happiness. Even elders will be happier living with their community, such as family (Andriani and Sugiharto, 2022). Harumi and Bachtiar (2022) found that rural people are generally happier than urban people. The reason is that rural communities generally live in a closer social kinship situation than urban communities. Therefore, it can be understood that family is an essential factor in determining happiness.

Forming a harmonious family is necessary since it is a source of happiness. A harmonious and happy household or family is the pillar of the family or smallest environment for the growth and development of children and other family members (Harahap et al., 2020; Fabiana, 2022). According to Maya (2022), a harmonious and happy family is a *sakinah mawaddah warahmah* family, which is peaceful and full of love. According to Sevón et al. (2014) and Sainul (2018), a harmonious family is a household with serenity, peace, affection, offspring, compassion, and sacrifice, while complementing, perfecting, helping, and working together. More thoroughly, Fauzan and Amroni (2020), Sunan and Email (2021), and Maya (2022) explain that the *sakinah* family has several indicators: 1) applying the principles of pairing and interdependence/*zawaj*, 2) having a strong *mawaddah warahmah* bond, 2) having a sense of mutual care, 3) having closeness to God, 4) getting used to consulting together or deliberation and behavior of giving each other comfort or willingness/*tarâd bin*, 5) committing to a firm bond of promise/*mitsâqan ghalîzhan*. The following are indicators of a *sakinah mawaddah warahmah* family by Hanan (2019) and Susanti et al. (2022): 1) being open to each other and understanding partners, 2) being responsible for children and wife, 3) giving complete trust to each other and not being selfish, 4) communicating regularly, 5) Building family on mutual forgiveness. Meanwhile, according to Sainul (2018) and Musyafaah et al. (2022), the characteristics

of a harmonious and *sakinah* family are peace, tranquility, and prosperity from an external perspective, such as avoiding poverty, having inner prosperity, and avoiding a decline in faith. Therefore, religious values are important to learn and practice daily (Prasanti & El Karimah, 2018), including forming a *sakinah mawaddah warahmah* family. Education and application of religious values also provide opportunities to increase religious literacy for women (Jafar, 2021; Karim, 2017) as the main support for the family.

According to the previous description, forming a *sakinah mawaddah warahmah* family will make people happier and create a harmonious society. In addition, family harmony will also reduce juvenile delinquency rates (Oktaviani & Lukmawati, 2018; Maqhfirah & Rasidah, 2019; Putri et al., 2019) and decrease children's deviant behavior (Algazali et al., 2019). Apart from reducing negative things, family harmony also increases positive things, for example, increasing children's moral development (Fauzi, 2014), learning motivation (Tosin, 2020; Mukmina et al., 2021), and social skills (Safitri & Haryati, 2022). Therefore, the *sakinah mawaddah warahmah* family will create a conducive environment and quality children.

Efforts to improve family harmony or create a *sakinah mawaddah warahmah* family can be made by considering the related factors. Several studies have stated that some factors affect family harmony or security, including love and spirituality (Aziz & Mangestuti, 2021) and sources of income or family economy (Nursafitri, 2022). In addition, other factors are related to the behavior of family members. As stated by Maksymova et al. (2021) and Mardhiyah and Hasan (2022), a harmonious family can be realized if family members have the attitude of keeping promises, sharing roles, prioritizing honesty, mutual openness, emotional and spiritual intimacy, and always being committed to a partner. It can be understood that several factors must be considered in forming a harmonious family or *sakinah mawaddah warahmah* family.

Internal and external factors affect a person's success in forming a harmonious family or a *sakinah mawaddah warahmah* family. Intermediate internal factors related to a person's character include

love, spirituality, honesty, openness, and commitment. The external factors are related to the family economy and the surrounding environment. Therefore, internal factors are more dominant than external factors in creating a harmonious or *sakinah mawaddah warahmah* family. Both factors need to be known optimally to increase or measure family harmony. Thus, the information from research results is needed by the community. However, unfortunately, there is still little research related to this.

From a scientific point of view, honesty, openness, and commitment are part of a scientific attitude called a tendency to behave and take action based on scientific thinking (Artaga, 2021; Oluwa & Cenderawasih, 2022). A scientific attitude includes thorough, honest, objective, non-biased, rational, and critical thinking (Prachagool & Arsaiboon, 2021; Oluwa & Cenderawasih, 2022). It is also reinforced by Ataha and Ogumogu (2013) and Hendracipta (2016) that scientific attitudes are reflected in honest and objective attitudes in gathering facts and presenting results of analysis of natural phenomena. Ulfa (2018) and Sundaravalli et al. (2022) also said that a scientific attitude is accepting other people's opinions properly and correctly and solving a problem systematically through scientific steps that are perseverant, persistent, and open. It can be understood that the scientific attitude is closely related to a person's character or behavior and ability to think, behave, and act. It also aligns with Siregar (2019) that scientific attitude affects the character concerned. It can affect a person's ability to form a harmonious or *sakinah mawaddah warahmah* family.

Related to the urgency of other scientific attitudes, Candrasekaran (2014), Oktarian (2019), and Rampean et al. (2021) state that a scientific attitude is essential in life because it can shape the human person who always uses ratios in considering a decision. Scientific attitudes affect problem-solving abilities (Wijaya et al., 2018; Ocak et al., 2021; Borah et al., 2022), enthusiasm for learning (Hidayati et al., 2020), and courage in taking risks (Küçükaydın, 2021). Therefore, a person who has an excellent scientific attitude will have careful consideration in solving and deciding on a problem in his family. It is believed that people with an excellent scientific attitude will tend to have a harmonious or a *sakinah mawaddah warahmah* family,

although this still needs to be proven empirically. This research is to prove how scientific attitude affects family harmony.

In addition to the scientific attitude, metacognition is another factor that affects one's success in forming a *sakinah mawaddah warahmah* family. Metacognition is closely related to awareness and thinking ability. As explained by Murti (2011), Anthonysamy (2021), and Wirzal et al. (2022), metacognition is a person's self-reflection on his ability to think. Andriyani (2018) and Al-Gaseem et al. (2020) state that metacognition is a person's ability to manage thoughts through designing, monitoring, and evaluating every action. Supriatna and Alawiyah (2019) state that metacognition is the ability to reflect, control thinking processes, and understand, which will ultimately have implications for the ability to control learning behavior. Ainun et al. (2019) also explained that metacognition is individual awareness of using their thoughts to plan, control, and assess cognitive processes and strategies. It can be understood that metacognition is closely related to a person's ability to organize his thoughts. The better a person's metacognitive, the better his ability to plan, implement and evaluate his actions as a manifestation of thought results.

Some research results show that metacognition ability has a positive effect on a person's ability to solve problems (Baskoro, 2015; Syam et al., 2016; Rohman et al., 2018; Omar, 2021), learning independence (Humairah, 2020) and increase learning outcomes (Abdullah, 2018; Ulichusna et al., 2019; Sukarno & Widdah, 2020). It can be understood that cognitively positively affects a person's ability to solve problems. It means that people with good metacognitive abilities will be able to solve various problems in the family, either directly or indirectly. However, research on metacognition's effect on a person's ability to form a harmonious or *sakinah mawaddah warahmah* family has not been done much. This research aims to determine the effect of a person's metacognitive abilities in forming a *sakinah mawaddah warahmah* family.

Efforts to form a *sakinah mawaddah warahmah* family are not easy. There are many challenges and obstacles. Therefore, to form a family, it is necessary to have people with the ability to

think (metacognition) and good scientific attitudes, as previously described. However, empirical evidence related to the effect of metacognition abilities and scientific attitudes on one's success in forming a *sakinah mawaddah warahmah* family is still relatively small. Thus, this study aims to determine how metacognition and scientific attitude affect one's success in forming a *sakinah mawaddah warahmah* family. This research is hoped to positively contribute to the formation of better family resilience for the world community.

Method

This study uses a descriptive quantitative approach, in which the data collected is in the form of numbers which are then described narratively. The data is collected by survey. Surveys were carried out on all samples in the study to measure metacognition, scientific attitude, and success in forming a *sakinah mawaddah warahmah* family. The population of this study is women who are grouped into two categories: 1) career women (who work in offices/employees) and 2) non-career women (especially those taking care of the family) in Jambi city with a total sample of 100 (50 people in each sample group) people taken at random. The sample criteria in this study are 1) have been married for more than five years, and 2) are willing to fill out the test instrument. The indicators for the *sakinah mawaddah warahmah* family measured in this study refer to Hanan (2019) and Susanti et al. (2022): 1) being open to and understanding each other, 2) being responsible for children and wife, 3) giving full trust to each other and not being selfish, 4) communicating frequently, 5) building family with mutual forgiveness. The scientific attitude measured in this study refers to Prachagool and Arsaiboon (2021) and Olua and Cenderawasih (2022), which include conscientious, honest, objective, non-biased, rational, and critical thinking. The instrument used in this study was a set of 30 questions for each variable. The answers were measured using a Likert scale. The metacognition indicators measured in this study refer to Ainun et al. (2019), Andriyani (2018), and Al-Gaseem et al. (2020): 1) individual awareness in using their thinking to plan, 2) control himself, and 3) evaluate cognitive processes and strategies, 4) manage thoughts, 5) evaluate every action taken. The measurement instruments in

this study were validated by experts (expert validation) consisting of science experts and *sharia* experts (family law) from the UIN Sulthan Thaha Saifuddin Jambi.

The respondents' answers were measured using a Likert scale with the provisions that the answers were: a score (4) if they strongly agree, (3) if they agree, (2) if they do not agree, and a score (1) if they strongly disagree. According to this pattern, the maximum score is 120 points, and the minimum score is 30 points. The analysis is carried out in several stages. The stages of data analysis are presented in Table 1.

Table 1. Stages of Data Analysis

No	Stages of Data Analysis	Analysis Process	Analysis Result
1	Stage I Categorization	Career woman group	Career woman group Non-Career woman group
2	Stage II Categorization	Questionnaire score group	1. High category: 91-120 2. Medium category: 61-90 3. Low category: 30-60
3	R and R ² test	SPSS	Model Summary
4	F Test	SPSS	ANOVA
5	T Test	SPSS	Coefficients

Result and Discussion

The data is analyzed deeply based on the respondents' measurements or questionnaires. The results of the measurements and analysis are shown in Table 2. Based on Table 2, career women in Jambi are generally dominated by those with the "medium" category of metacognition ability (48%), followed by the "high" category (37%), and the remaining 15% was in the "low" category. As for the scientific attitude, it is also dominated by the "medium" category (42%). The "high" category is 39%, and the remaining 19% is the "low" category. In the ability to form a *sakinah mawaddah warahmah* family, in general, it is dominated by career women with the "medium" category (51%), followed by the "high" category (29%) and 20% in the "low" category. It can be said that each variable measured in the career women group (metacognition, scientific attitude, and

ability to form a *sakinah mawaddah warahmah* family) is relatively varied.

Table 2. Description of Respondent Group Data and Measurement Result Scores

Respondents Group	Variables	Range Score	Category	Number of respondents	Percentage	
Career woman	Metacognition	91-120	High	37	37	
		61-90	Medium	48	48	
		30-60	Low	15	15	
	Total			100	100	
	Scientific attitude	91-120	High	39	39	
		61-90	Medium	42	42	
		30-60	Low	19	19	
	Total			100	100	
	<i>Sakinah</i> Family	91-120	High	29	29	
		61-90	Medium	51	51	
		30-60	Low	20	20	
	Total			100	100	
	Non-career women	Metacognition	91-120	High	38	38
			61-90	Medium	48	48
			30-60	Low	14	14
Total				100	100	
Scientific attitude		91-120	High	32	32	
		61-90	Medium	39	39	
		30-60	Low	19	19	
Total				100	100	
<i>Sakinah</i> Family		91-120	High	39	39	
		61-90	Medium	41	41	
		30-60	Low	20	20	
Total				100	100	

In the group of non-career women, metacognition abilities were dominated by the “medium” category (48%), then the “high” category (38%), and the “low” category (14%). In the scientific

attitude variable, the “medium” category reached 39%, the “high” category was 32%, and the “low” category was 19%. As for the ability to form a *sakinah mawaddah warahmah* family, in general, it is still dominated by the “medium” category (41%), the “high” category 39%, and the other 20% is the “low” category. Based on the analysis results, the variables of metacognition, scientific attitude, and ability to form a *sakinah mawaddah warahmah* family for non-career women are also relatively varied.

Further data analysis aims to determine the correlation between metacognition and scientific attitudes on the ability to form a *sakinah mawaddah warahmah* family. The analysis is carried out with the R test (correlation) assisted by SPSS software. The test results are shown in Table 3.

Table 3. Model Summary

Model	R	R Square	Adjusted R Square	Std. The error in the Estimate
1	.713 ^a	.508	.498	16.336
2	.890 ^a	.792	.788	10.350

- a. Predictors: (Constant), Scientific Attitude, Metacognition
 1. Career Woman
 2. Non-career woman

Table 3 shows the correlation value between cognitive variables and scientific attitudes on the ability to form a *sakinah mawaddah warahmah* family is 0.713 for career women and 0.890 for non-career women in the significant category. Furthermore, based on the R square value of 0.508, the X1 and X2 contribute to Y, respectively 50.8% and 79.2%. It can be said that metacognition ability and scientific attitude affect the ability to form a *sakinah mawaddah warahmah* family, both in career and non-career women groups.

Furthermore, an F test is carried out to find out whether the variables X1 and X2 together affect Y. The test results with SPSS 16 are presented in Table 4.

Table 4. ANOVA^b

Model		Sum of Squares	df	Mean Square	F	Sig.
1	Regression	26738.630	2	13369.315	50.098	.000 ^a
	Residual	25885.960	97	266.866		
	Total	52624.590	99			
2	Regression	39592.881	2	19796.441	184.787	.000 ^a
	Residual	10391.709	97	107.131		
	Total	49984.590	99			

a. Predictors: (Constant), Scientific Attitude, Metacognition

b. Dependent Variable: SWW

1. Career Woman

2. Non-Career woman

Table 4 shows that the significance of the two groups of women tested obtained a value of $0.000 < 0.05$, indicating that X1 and X2 jointly affected Y. However, each had a different contribution.

Furthermore, a significance test is carried out to find out how significant the effect of variables X1 and X2 is on Y. This study was carried out with the T-test assisted by SPSS 16 software. The test results are presented in Table 5.

Tabel 5 Coefficients^a

Model		Unstandardized Coefficients	Standardized Coefficients	t	Sig.
		Std. Error	Beta		
1	(Constant)	18.217	6.461	2.820	.006
	Metacognition	.538	.209	.523	.012
	Scientific Attitude	.219	.224	.199	.031
2	(Constant)	7.062	4.146	1.703	.092
	Metacognition	.628	.152	.628	.000
	Scientific Attitude	.293	.165	.271	.019

a. Dependent Variable: *Sakinah mawaddah Warahmah*

1. Career woman

2. non-Career woman

Table 5 shows the significant value of the effect of metacognition abilities and scientific attitudes in groups of career and non-career women. In the metacognitive ability test for career women, the sig. $0.012 < 0.05$, and it is $0.000 < 0.05$ in non-career women. Therefore, there is a significant effect between metacognition ability on the ability to form a *sakinah mawaddah warahmah* family. The effect was significant for both groups

of women. As for the scientific attitude test, career women obtained $0.031 < 0.05$, while non-career women obtained $0.019 < 0.05$. It shows that the scientific attitude significantly affects the two groups' ability to form a *sakinah mawaddah warahmah* family.

Based on the study results, there is a significant effect between metacognition and scientific attitude on the ability to form a *sakinah mawaddah warahmah* family. It shows that the three variables are closely related and affect each other individually and together. In addition, these findings are also in line with Usman et al. (2018), Siqueira et al. (2020), and Teng and Yang (2022) that metacognition has a close relationship with a person's motivation and mental readiness in carrying out activities (study). It is understandable because metacognition recognizes one's ability to think (Asy'ari, et al., 2018), including awareness of one's thinking processes and control oneself (Supriatna & Alawiyah, 2019). It is based on the idea that forming a *sakinah mawaddah warahmah* family requires the ability to think and control oneself. Therefore, this ability is strongly suspected of contributing to the results of this study.

Everyone's hope and desire is a harmonious family full of peace and tranquility or a *sakinah mawaddah warahmah* family. However, making it happen is not easy. There will be many problems and obstacles. It was also conveyed by Arifin (2020) that creating a *sakinah* family is not easy. Many obstacles arise and disrupt the family ark and even destroy the family. Theoretically, those with good metacognitive abilities can overcome the various problems that arise in forming a *sakinah mawaddah warahmah* family. People with good metacognition skills will tend to be able to overcome the problems they face (Rohman et al., 2018; Rachmady et al., 2019; Zulfikar, 2019; Safitri et al., 2020). It can be said that the study results have strengthened previous research, where people with good metacognitive abilities will solve problems better, including problems in forming a *sakinah mawaddah warahmah* family.

The results of further research are related to the effect of a scientific attitude on a woman's ability to form a *sakinah mawaddah warahmah* family. The concept of a scientific attitude is an attitude needed to solve problems scientifically (Selamet, 2022). Pandu (2021) states that a scientific attitude is a person's habit of doing and behaving to solve existing problems regularly through the flow or stages of scientific work. Scientific attitudes

include curiosity, critical attitude, openness, objectivity, respect for others, and courage to defend the truth and think ahead (Ulfa, 2018). Therefore, conceptually, a scientific attitude is an attitude that is closely related to problem-solving-oriented behavior or character. As in this study, the various scientific attitudes mentioned are theoretically needed in forming a *sakinah mawaddah warahmah* family.

As previously mentioned, scientific attitude is closely related to a person's character or behavior in solving problems. Scientific attitude is also closely related to one's character. Siregar (2019) states that a scientific attitude will directly affect the character concerned. This is also in line with Oktarian (2019) that the scientific attitude is critical in life because it can shape the person who always uses ratios to make decisions. The various considerations given by people with an excellent scientific attitude will tend to save rather than those given by those with a bad scientific attitude.

As previously mentioned, the indicators of a *sakinah mawaddah warahmah* family in this study are: 1) being open to each other and understanding partners, 2) being responsible for children and wife, 3) giving full trust to each other and not being selfish, 4) communicating frequently, 5) families are built with a sense of mutual forgiveness (Hanan, 2019; Susanti et al., 2022). In detail, how each of these indicators is affected by scientific attitudes and metacognition abilities cannot be ascertained in this study. Therefore, further and detailed research is still needed to determine which indicators have a strong effect and which have a weak one. In research, the discussion is still general.

Although the discussion is still general, the effect of the cognitive and scientific attitude variables can be understood from the interrelationships between the indicators of forming the *sakinah mawaddah warahmah* family and the other two variables. For example, indicators open to each other and understand the partner. This indicator is closely related to an open attitude to scientific attitudes (Prachagool & Arsaiboon, 2021; Olua & Cenderawasih, 2022) and the ability to control oneself in metacognition variables (Andriyani, 2018; Al-Gaseem et al., 2020). It can be understood that an open attitude and mutual understanding can only be done if a person has an objective attitude and controls himself in thinking, behaving, and acting.

As for the second indicator, being responsible for children and wife

can also be understood in the context of a scientific attitude. According to Küçükaydın (2021), one of the essential points in a scientific attitude is having the courage to take risks. One's courage in taking risks can also be interpreted as courage in taking responsibility. Meanwhile, it is associated with metacognition abilities, such as the ability to reflect, control thinking processes, and understand, ultimately affecting the ability to control behavior (Supriatna & Alawiyah, 2019). Therefore, people with good scientific attitudes and metacognition skills tend to have the courage to take responsibility, control themselves in thinking and acting, and, consequently, take responsibility for the family. It is not determined whether they are career or non-career women.

The third indicator for a *sakinah mawaddah warahmah* family is trusting their partner completely and not being selfish. It means all family members must control themselves to think positively and act objectively towards their partner. Complete trust will be obtained if each family member acts or behaves according to agreed rules or norms. As for "not selfish," in this case, it can also be interpreted as an attitude that is open to accepting differences of opinion from partners. If this is understood from the context of a scientific attitude, the "unselfish" attitude also means part of a scientific attitude. Positive thinking and trusting completely are part of metacognition, the ability to control oneself in thinking.

Related to the fourth indicator, namely frequent communication, and the fifth indicator, namely forgiving each other (Hanan, 2019; Susanti et al., 2022), it can also be understood that this is inseparable from scientific attitudes and metacognition abilities. This is as mentioned by Rampean et al. (2021), Wijaya et al. (2018), Ocak et al. (2021), and Borah et al. (2022), that scientific attitude is closely related to decision-making. If someone decides to build communication with someone or forgive someone for their mistake, that is part of their scientific attitude. This is, of course, also related to the ability to think, behave and act (Ainun et al., (2019)

Based on the research results and scientific evidence described above, the formation of a *sakinah mawaddah warahmah* family, in theory, can be done by increasing metacognition and scientific attitude. While on the other hand, metacognition abilities and scientific attitudes can be developed in educational institutions, both formal and non-formal. Thus, establishing a *sakinah mawaddah warahmah* family can be carried out

in these educational institutions. It is necessary to have a curriculum that systematically regulates the development of metacognition and scientific attitudes.

Conclusion

Based on the data collected and tested for each variable in this study, it can be concluded that: (a) there is a significant effect of metacognition ability on the ability to form a *sakinah mawaddah warahmah* family, both in groups of career women and non-career women. This is evidenced by testing the effect of metacognitive abilities on groups of career and non-career women with a sig. value, respectively, 0.012 and 0.000, which means <0.05 , (b) there is a significant effect between scientific attitudes on the ability to form a *sakinah mawaddah warahmah* family in both career and non-career women groups. This is evidenced by the results of the test of the effect of scientific attitude on the ability to form a *sakinah mawaddah warahmah* family with respective values of 0.031 and 0.019, which means <0.05 , and (c) it is known that metacognition and scientific attitudes jointly affect the ability to form a *sakinah mawaddah warahmah* family, both in career and non-career women groups.

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