

PRE-MARITAL HEALTH SCREENING: AN ISLAMIC LEGAL PERSPECTIVE IN IMPROVING THE QUALITY OF FAMILY LIFE (SOCIO-LEGAL AND EDUCATIONAL APPROACH)

Arisman ¹, Maryah ²

¹ Pascasarjana UIN Sultan Syarif Kasim

² Pascasarjana UIN Sultan Syarif Kasim

¹ arisman@uin-suska.ac.id , ² maryah.elhakim@gmail.com

ABSTRACT

*Health is a crucial factor in human life, including building a quality married life. Premarital health checks are a strategic preventive measure to ensure the health of prospective brides and grooms and identify potential disease risks, including infectious diseases, hereditary diseases, and genetic disorders that can affect fertility and the health of offspring. This study aims to analyze the urgency of premarital health checks from an Islamic legal perspective and examine their implications for improving the quality of family life through socio-legal and educational approaches. The method used is a qualitative literature study analyzing various relevant scientific sources related to premarital health checks. The results indicate that premarital health checks play a crucial role in preventing the spread of disease, maintaining reproductive health, and preparing a healthy and quality generation. From an Islamic legal perspective, although not explicitly regulated, the principles of *ḥifẓ al-nafs* (protecting the soul) and *ḥifẓ al-nasl* (protecting offspring) provide a strong normative foundation for the importance of this preventive effort. In a socio-legal context, the practice of premarital health checks reflects the interaction between religious norms, health policies, and social awareness. Meanwhile, from an educational perspective, this examination is part of premarital education, which is crucial for developing the couple's physical, mental, and social readiness. Therefore, premarital health screenings can be viewed as an integral part of responsible, healthy marriage preparation, oriented toward improving the family's quality of life.*

Keywords: Islamic Law; Health; Premarital Check-Up; Premarital Health Examination

A. Introduction

Health is a very important aspect of human life. With good health, a person can carry out activities and worship Allah SWT perfectly. Likewise, in married life, husband and

wife can perform their obligations optimally if both are in good health. The future of married life is often determined from the very beginning (starting point). The success or failure of a marriage greatly depends on how

one chooses a life partner. According to Martanti and Mulyono (2010: 5-6), health is one of the five important things that need to be carefully prepared by every person who is going to get married. Therefore, every couple who intends to marry should undergo a health examination commonly known as a premarital check-up.

Premarital check-up is very important to undertake. Health examination before marriage is a form of prevention aimed at maintaining health, including its impact on future offspring. In addition to protecting prospective couples from deadly viruses and diseases, premarital check-up also has many benefits, including identifying the reproductive health of both prospective bridegroom and bride, as well as ensuring their readiness to have children (physically, psychologically, and in terms of related knowledge). This examination also functions to change unhealthy lifestyle behaviors and determine appropriate actions to address certain diseases that may be discovered during the examination. The knowledge obtained by prospective couples regarding their potential health conditions will facilitate future

planning for married life, especially those related to biological offspring.

In Islam, there is no explicit explanation regarding the law of premarital check-up. However, Islam generally regulates all aspects of life, including health matters. In fiqh principles, it is stated that maintaining health through prevention is better than seeking treatment after illness. Prevention is more important than cure (Thohir HS, 2012: 27). Islam pays great attention to the health of its people, even in minor matters such as cleanliness, which is regulated in detail. By maintaining cleanliness, Muslims can achieve purity in carrying out worship.

Seeing this phenomenon, the author is interested in raising this theme because if we refer to the time of the Prophet Muhammad SAW, it is clear that the conditions at that time were very different from the present era. At that time, a person who intended to marry did not require health examinations as conducted today, because medical science had not yet developed as advanced as it is now. However, in the present era, health examinations are very necessary to create quality offspring

and to prevent certain diseases that can be treated from an early stage.

B. Research Method

This study uses a qualitative approach with a literature study type of research. This approach was chosen to examine the urgency and benefits of premarital check-up from both health and Islamic law perspectives. This method aims to analyze various relevant sources, including books, journals, articles, and legislation related to premarital health examinations. The research steps include:

1. Data Collection: Data were collected through a literature review covering various sources discussing the importance of premarital check-up, both from the medical perspective and the perspective of Islamic law. The sources used include textbooks, journal articles, and legal sources relevant to the topic of this research.
2. Data Analysis: The collected data were analyzed descriptively to identify the urgency and benefits of premarital health examinations.

Analysis was also conducted to examine the relationship between premarital check-up and disease prevention, reproductive health, as well as its impact on offspring and the quality of life of couples.

3. Drawing Conclusions: Based on the analysis results, conclusions were drawn regarding the importance of premarital check-up in preparing prospective couples for a healthy and harmonious married life. This study also explores the Islamic perspective on health and the importance of disease prevention.

C. Result and Discussion

1. Definition of Premarital Check-Up (Premarital Health Examination)

Premarital check-up or health examination consists of two words, namely examination and health. Examination originates from the word examine which, according to the Indonesian Dictionary (Kamus Besar Bahasa Indonesia), means: 1) a process, method, or act of examining; 2) the result (finding) of an

examination; examination result; 3) investigation; inquiry (of cases and so on). Meanwhile, health is a form of the word that receives the affixes ke- and -an derived from the word healthy. Healthy means that the whole body and all its parts are in good condition (free from illness), while health according to KBBI is a healthy condition or state; a good condition (of the body and so on). Health according to Law Number 23 of 1992 concerning Health is a state of well-being of body, soul, and social life that enables every person to live productively both socially and economically. Premarital is a combination of two syllables, namely pre and marriage, which means a condition where a person does not yet have a legally recognized partner.

From the definitions above, it can be concluded that a premarital health examination is a series of processes carried out by prospective husband and wife couples or individuals who are going to marry in order to determine their health condition by undergoing examinations at clinics or hospitals.

2. Legal Basis of Health Examination

a. Legal Basis According to the Qur'an and Sunnah

Islam is a religion that regulates all aspects of human life, including the arrangement of life on earth in order to achieve happiness in this world and the hereafter. One of the supports for such happiness is having a healthy body, so that humans can worship Allah better. Islam highly prioritizes health (physical and spiritual) and places it as the second blessing after faith.

A specific legal basis commanding premarital health examinations cannot be found, but there are arguments that command people to maintain health. One of them is as follows:

قُلْ لَا أَجِدُ فِي مَا أُوحِيَ إِلَيَّ مُحَرَّمًا عَلَى طَاعِمٍ
يُطْعَمُهُ إِلَّا أَنْ يَكُونَ مَيْتَةً أَوْ دَمًا مَسْفُوحًا أَوْ لَحْمَ
خِنْزِيرٍ فَإِنَّهُ رِجْسٌ أَوْ فِسْقًا أُهْلًا لِغَيْرِ اللَّهِ بِهِ فَمَنْ
أَضْطَرَّ غَيْرَ بَاغٍ وَلَا عَادٍ فَإِنَّ رَبَّكَ غَفُورٌ رَحِيمٌ
١٤٥

Say: "I do not find within what has been revealed to me anything forbidden for anyone to eat except carrion, flowing blood, the flesh of swine for indeed, it is impure or an animal slaughtered in the name of other than Allah. But whoever is compelled by necessity, neither desiring it nor transgressing the limit,

then indeed, your Lord is Most Forgiving, Most Merciful.” (Q.S. Al-An'am (6): 145)

This verse commands humans to maintain the health that has been granted by avoiding foods that are forbidden such as carrion, flowing blood, pork, and animals slaughtered in the name of other than Allah. These prohibitions contain benefits for humans. In emergency conditions, such foods may be consumed only to survive, not to satisfy oneself.

وَنُزِّلُ مِنَ الْقُرْآنِ مَا هُوَ شِفَاءٌ وَرَحْمَةٌ لِّلْمُؤْمِنِينَ وَلَا يَزِيدُ الظَّالِمِينَ إِلَّا خَسَارًا ٨٢

And We send down of the Qur'an that which is healing and mercy for the believers, but it does not increase the wrongdoers except in loss (Q.S. Al-Isra' (17): 82).

This verse explains that the Qur'an is a cure and mercy regarding health. By following the guidance contained in the Qur'an, a person will attain success. Islam pays great attention to health by encouraging people to maintain and preserve their health. Recommendations to maintain health can be carried out through preventive measures and curative treatment. Preventively, Islam's attention to health can be seen from its

serious encouragement to maintain cleanliness.

٦٤١٢ – حَدَّثَنَا الْمَكِّيُّ بْنُ إِبْرَاهِيمَ: أَخْبَرَنَا عَبْدُ اللَّهِ بْنُ سَعِيدٍ، هُوَ ابْنُ أَبِي هِنْدٍ، عَنْ أَبِيهِ، عَنْ ابْنِ عَبَّاسٍ رَضِيَ اللَّهُ عَنْهُمَا قَالَ: قَالَ النَّبِيُّ ﷺ: نِعْمَتَانِ مَغْبُورٌ فِيهِمَا كَثِيرٌ مِنَ النَّاسِ: الصَّحَّةُ وَالْفَرَاغُ. (قَالَ عَبَّاسٌ الْعَنْبَرِيُّ: حَدَّثَنَا صَفْوَانُ بْنُ عَيْسَى، عَنْ عَبْدِ اللَّهِ بْنِ سَعِيدِ بْنِ أَبِي هِنْدٍ، عَنْ أَبِيهِ: سَمِعْتُ ابْنَ عَبَّاسٍ، عَنْ النَّبِيِّ ﷺ: مِثْلَهُ.

6412. Al-Makki bin Ibrahim narrated to us: Abdullah bin Sa'id informed us, he was the son of Abu Hind, from his father, from Ibn Abbas رضي الله عنهما, who said: The Prophet ﷺ said, "There are two blessings that many people waste: health and free time." Abbas Al-'Anbari said: Shafwan bin 'Isa narrated to us, from Abdullah bin Sa'id bin Abu Hind, from his father: I heard Ibn Abbas from the Prophet ﷺ narrating a similar hadith.

The hadith clearly states that many people suffer losses because they neglect the blessings of health and free time. Health is an extraordinary blessing; with health, humans can enjoy the beauty of life, the taste of food, and the happiness of gathering with others. The blessing of health is truly felt when a person

becomes ill. Therefore, as long as one is healthy, one should make good use of it. Meanwhile, free time is also a blessing that many people fail to realize, even though within twenty-four hours of a day there is much spare time that is not utilized properly. Therefore, free time should be used to remember Allah so that the heart becomes calm and the time granted by Him is not wasted.

The Qur'an and Sunnah do not specifically regulate the law regarding premarital health examinations, and there are no arguments either permitting or prohibiting them. The use of qiyas is difficult because no equivalent ruling is found in the Qur'an, hadith, or ijma'. Therefore, the use of maslahah mursalah is considered appropriate to address this issue.

b. Legal Basis in Legislation

According to existing laws, there are no direct regulations governing premarital check-up (premarital health examination). However, since 1989 the government has regulated the mandatory tetanus toxoid (TT) immunization for prospective brides because at that time tetanus disease was widespread and caused many deaths.

Joint Instruction of the Director General of Islamic Community Guidance and Hajj Affairs of the Ministry of Religious Affairs and the Director General of Communicable Disease Eradication and Environmental Health of the Ministry of Health Number: 02 of 1989 162-I/PD.03.04.EL concerning Tetanus Toxoid Immunization for Prospective Brides. The regulation instructs all Heads of Regional Offices of the Ministry of Religious Affairs and Heads of Offices of the Ministry of Health throughout Indonesia to:

1. Order all subordinate ranks to carry out guidance and TT Immunization services for prospective brides according to the attached implementation guidelines;
2. Monitor the implementation of guidance and TT Immunization services for prospective brides in their respective regions;
3. Periodically report the implementation results of the Joint Instruction according to their respective duties. This Joint Instruction came into effect from the date it was stipulated to be implemented

as properly as possible with full responsibility.

These are the regulations related to premarital health examinations in Indonesia. Although the regulations are not in the form of laws, this should not become a reason to avoid undergoing premarital health examinations.

3. Stages of Premarital Health Examination

a. Complete Physical Examination

The first premarital examination consists of a general examination, namely a complete physical examination test. This is carried out because generally health status can be seen through blood pressure. High blood pressure can endanger pregnancy because it can inhibit fetal growth and development in the womb. In addition, premarital examinations can determine whether the couple has a history of diseases such as diabetes. Examination of hereditary diseases is also important. Hereditary diseases are usually inherited from both parents, such as blood disorders that make sufferers unable to produce hemoglobin (red blood cells) normally.

Basic physical examinations are very important if couples plan to

become pregnant, either in the near future or later. Examples include:

1. Routine hematological examinations aimed at determining whether there is a risk of producing offspring with anemia, leukemia, thalassemia, or hemophilia.
2. Blood type examinations to determine the compatibility of the mother's and baby's rhesus factors. If the prospective couple has different rhesus factors, the mother may carry a child with a different rhesus factor, which can endanger the baby's health in the womb because it can damage blood cells and cause anemia and organ damage in the baby.
3. Blood sugar level and blood pressure examinations. Women with high blood pressure before pregnancy planning have an increased risk of preeclampsia and premature birth.

In addition, physical examinations in premarital check-ups can determine the presence or absence of diabetes symptoms in one or both parties. Diabetes can not only hinder productivity but also affect

sexual life in marriage and the chances of having offspring.

b. Examination of Hereditary Diseases and Genetic Disorders

Knowing the history of hereditary diseases related to genetics or genetic disorders can help couples plan family life. Examinations that can be obtained during premarital check-up include hereditary diabetes, hypertension, various types of cancer, heart disease, genetic blood disorders such as thalassemia, and others. By knowing both partners' risks regarding hereditary diseases, treatment can begin earlier to prevent worsening conditions in the future while also preventing health problems or limitations in future children.

c. Examination of Infectious Diseases

Knowing the history of hereditary diseases related to genetics or genetic disorders can also help in planning family life. Examinations include hereditary diabetes, hypertension, various cancers, heart disease, and genetic blood disorders such as thalassemia.

By knowing the risks of hereditary diseases, couples can begin treatment earlier to prevent disease progression and future health

problems in their children. Further examinations include tests for infectious diseases such as hepatitis B, hepatitis C, and HIV/AIDS. These examinations are very important because such infectious diseases are dangerous and life-threatening.

d. Reproductive Organ Examination

This examination relates to fertility and reproductive organs for both men and women. It aims to examine the health condition of one's own reproductive organs and those of the partner.

e. Allergy Examination

Although often considered trivial, allergy examinations are very important because allergies that are not recognized early and not handled properly can be fatal. Allergy tests in the premarital check-up series aim to determine whether there are tendencies toward allergies in foods, substances touched, or substances inhaled by the couple. If both partners have allergies, future children may have a greater possibility of suffering from the same condition. However, allergy tests alone are generally insufficient.

It is important to conduct a doctor's examination and review

medical history first to help diagnose allergies. These are some types of health tests before marriage that are generally recommended for prospective husband and wife couples. It is better to undergo premarital check-up several months before marriage so that couples can make better decisions and family planning after understanding possible health risks.

4. The Urgency of Premarital Check-Up (Health Examination for Prospective Brides and Grooms)

In the current industrial era, many technologies have emerged that facilitate human activities in daily life, including food processing factories, transportation, and increasingly modern telecommunication tools. However, behind these conveniences, human lifestyles have changed and the environment has become damaged. As a result, various new diseases have emerged that previously did not exist. To protect against diseases, a healthy lifestyle is needed, such as exercising, maintaining a healthy diet, getting enough rest, and controlling stress levels. In addition, medical check-ups at hospitals are necessary to determine one's health condition. This

is especially important for individuals who are about to marry, particularly women.

Premarital health examinations are very important to determine the risks faced by each partner and the risks for future generations. Many things can be anticipated through premarital health examinations, including the risk of disease transmission, infertility, maternal and infant mortality, and the birth of disabled babies. Another risk that can be anticipated is infertility. Through screening, prospective couples can determine the condition of their reproductive systems. For example, women with obesity have a high risk of infertility, so they should reduce their weight to near ideal levels if they wish to become pregnant successfully. Likewise, if there are reproductive system disorders, treatment can be undertaken beforehand.

Although premarital check-up may not yet be common in Indonesia, it is highly recommended. Not everyone knows their own health status; therefore, premarital check-up aims to identify the health conditions, risks, and medical histories of each partner. In addition, there may be conditions that do not cause

complaints but, if inherited by children, could result in dangerous conditions.

The best time for prospective couples to undergo premarital check-up is actually at any time, but ideally six months before marriage. If health problems are found, treatment can immediately be undertaken so that risks to the couple or future children can be minimized. Premarital health tests are preventive actions to protect offspring from undesirable conditions. These actions include checking for hereditary or infectious diseases with the aim of avoiding risks to future generations. Nowadays, these measures are highly needed as a solution and means to minimize the number of children born with hereditary and infectious diseases.

Premarital check-up has urgency and positive values if conducted. Health examinations before marriage pay great attention to the health of future offspring so that the descendants born are healthy both physically and spiritually. This is one of the objectives of "protecting offspring." In addition, health tests before marriage are very effective preventive measures to minimize the spread of genetic or dangerous infectious diseases. Premarital health

examinations also provide health guidance for husband and wife that can lead to a happy marriage free from threatening health dangers.

In the Indonesian context, Indonesia can learn from countries that have already implemented such regulations, such as Kuwait and Jordan. These countries adopted premarital health check-up regulations with several objectives, including preventing genetic diseases, especially thalassemia. This can be identified by examining whether prospective couples are carriers of the disease. If so, health consultations are provided regarding possible hereditary risks if pregnancy occurs.

Premarital health examination (premarital check-up) is a set of examinations conducted to ensure the health status of prospective brides and grooms who intend to marry, especially to detect infectious, chronic, or hereditary diseases that may affect fertility or fetal health. By undergoing premarital health examinations, prospective couples can take preventive actions regarding fertility problems and genetically inherited diseases.

Considering the enormous influence of family life on human life,

thorough preparation before marriage is necessary, including physical and mental preparation. Premarital health examinations are explicitly and implicitly recommended in Islam and even become obligatory for those who have the ability. Even if there is no family history or indication of hereditary disease or disorder, based on sharia principles standard examinations including blood and urine tests are still recommended.

The urgency of health examinations for prospective brides and grooms is considered one of the requirements in the marriage process. Research findings conclude the importance of maintaining harmony and integrity in household life in order to realize Islamic objectives in preserving a strong and healthy generation.

D. Conclusion

Based on the results of the research and discussion that have been presented, several conclusions can be drawn as follows:

1. Health is very important for human life. We can carry out daily activities fully and worship Allah SWT perfectly if our bodies are healthy. Likewise, in

married life, health is also one of the factors that determines harmony within the household.

2. Premarital health examination is a series of processes carried out by prospective husband and wife couples or individuals who are going to marry in order to determine their health condition by undergoing examinations at clinics or hospitals. This premarital check-up is very necessary because it is a form of prevention to maintain health. Premarital health examinations, in addition to protecting prospective couples from deadly viruses and diseases, also have many benefits, including identifying the reproductive health of both prospective bridegroom and bride, changing unhealthy lifestyle behaviors, and determining appropriate actions to overcome certain diseases that may be discovered during the examination.
3. The Qur'an and Sunnah do not specifically regulate the law regarding premarital health

examinations, and there are no arguments either permitting or prohibiting them. The use of the qiyas method is also difficult because no equivalent ruling is found in the Qur'an, hadith, or ijma'. Therefore, the use of the maslahah mursalah method is considered appropriate to address this issue.

4. Premarital check-up has urgency and positive values if conducted, including that health examinations before marriage pay great attention to the health of future offspring so that the descendants born are healthy both physically and spiritually. This is one of the objectives of "protecting offspring." In addition, health tests before marriage are very effective preventive measures to minimize the spread of genetic or dangerous infectious diseases. During premarital health examinations, health guidance will also be provided for husband and wife that can lead to a happy marriage free from threatening health dangers.

REFERENCES

- Ahmad Syauqi Al-Fanjari, 1993 *Nilai Kesehatan Dalam Syariat Islam* (Jakarta : Bumi Aksara,)
- Aiman Muhammad Ali Hatmal, 2016 *Al-Fahsu Al-Tibby Qobla Al-Zawaj Tibbiyan Wa Shar"iyyan Wa Qanuniyyan* (Jurnal Majallah Al-Quds Al-Maftuhah Vol 41 (2))
- Departemen Pendidikan Nasional, Kamus Besar Bahasa Indonesia
- Direktur Bimbingan Masyarakat Islam Dan Urusan Haji Departemen Agama bersama Direktur Jenderal Pemberantasan Penyakit Menular Dan Penyehatan Lingkungan Pemukiman Departemen Kesehatan tentang Imunisasi Tetanus Toxoid Calon Pengantin, Tahun 1989
- Fuadi Husin, *Islam dan Kesehatan*, 2014 (Jurnal Islamuna : Volume 1 Nomor 2,)
- <https://promkes.kemkes.go.id/pentingnya-pemeriksaan-kesehatan-pra-nikah>
- <https://www.mitrakeluarga.com/artikel/artikel-kesehatan/premarital-check-up>
- <https://id.theasianparent.com/tes-kesehatan-pra-nikah>
- <https://www.siloamhospitals.com/Contents/NewsEvents/Advertorial/2019/07/23/00/57/Pentingnya-Melakukan-Medical-Check-Up-Pranikah>
- <https://core.ac.uk/download/pdf/295324357.pdf>
- Kaelany H.D, *Islam Dan Aspek-Aspek Kemasyarakatan* (Jakarta : Bumi Aksara)

- Lathifah Munawaroh, Tes Kesehatan
Sebagai Syarat Pra Nikah 2019
(Studi UU Pernikahan Di Kuwait),
Jurnal Pemikiran Hukum dan
Hukum Islam Vol 10 Nomor 1
- Muhammad Al-Jauhari dan Hakim
Khayyal, 2013 Membangun
Keluarga Qur"ani (Jakarta: Amzah)
- Rahman MM, dkk. 2014 Premarital
Health Screening - A Review And
Update Jurnal JAFMC Banglades,
Vol 10 (1).
- Shar"iyyan Wa Qanuniyyan 2016
(Jurnal Majallah Al-Quds Al-
Maftuhah Vol 41 (2))
- Undang-Undang Nomor 23 Tahun
1992 Tentang Kesehatan Pasal 1
Ayat 1