

Volume 10 Number 2 (June 2026) | Pages 640 – 657

Doi: <https://doi.org/10.33650/jhi.v10i2.14953>

Submitted: April 7, 2026 | Revised: June 7, 2026 | Accepted: June 7, 2026 | Published: June 14, 2026

SINGLE PARENTING AND THE CONSTRUCTION OF SAKINAH FAMILIES: INTEGRATING ISLAMIC FAMILY LAW AND ROLE STRAIN THEORY

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ABSTRACT

This study examines the challenges of single parenting in realizing a *sakinah* family from the perspectives of Islamic family law and Role Strain Theory. The increasing prevalence of single-parent households has raised concerns regarding the sustainability of family harmony and parental responsibilities, while existing studies tend to separate normative Islamic teachings from sociological analysis. This study aims to analyze the relevance of Qur'an Surah An-Nisa verse 9 in guiding parental responsibilities and to explain the role strain experienced by single parents in maintaining family stability. Employing a qualitative library research approach, the study analyzes Qur'anic exegesis, scholarly literature, and sociological theories related to family dynamics and parenting. The findings indicate that single parents experience multiple role demands as economic providers, caregivers, educators, and emotional supporters, resulting in role strain. However, these pressures do not necessarily undermine family harmony, as adaptive coping strategies, religious values, and social support can strengthen parental resilience. Qur'an Surah An-Nisa verse 9 provides a normative framework emphasizing the protection of future generations through responsibility, compassion, and moral commitment. The study further demonstrates that the realization of a *sakinah* family depends more on the quality of parenting and value internalization than on the completeness of family structure. The novelty of this research lies in integrating Islamic family law with Role Strain Theory to provide a comprehensive framework for understanding single parenting in contemporary Muslim societies. The findings contribute to the development of Islamic family law and family sociology while offering practical insights for strengthening family resilience through religious and social support systems.

Keywords: *Single-parent families; Sakinah family; Islamic parenting; Role Strain Theory; Family resilience.*

ABSTRAK

Penelitian ini mengkaji tantangan orang tua tunggal dalam mewujudkan keluarga *sakinah* dari perspektif hukum keluarga Islam dan Teori Role Train. Meningkatnya prevalensi rumah tangga orang tua tunggal telah menimbulkan kekhawatiran mengenai keberlanjutan harmoni keluarga dan tanggung jawab orang tua, sementara penelitian yang ada cenderung memisahkan ajaran Islam normatif dari analisis sosiologis. Penelitian ini bertujuan untuk menganalisis relevansi Qur'an Surah An-Nisa ayat 9 dalam membimbing tanggung jawab orang tua dan menjelaskan peran yang dialami oleh orang tua tunggal dalam menjaga stabilitas keluarga. Menggunakan pendekatan penelitian perpustakaan kualitatif, penelitian ini menganalisis penafsiran Al-Qur'an, literatur ilmiah, dan teori sosiologis yang terkait dengan dinamika keluarga dan pengasuhan anak. Temuan menunjukkan bahwa orang tua tunggal mengalami banyak tuntutan peran sebagai penyedia ekonomi, pengasuh, pendidik, dan pendukung emosional, yang mengakibatkan ketegangan peran. Namun, tekanan ini tidak serta merta merusak keharmonisan keluarga, karena strategi koping adaptif, nilai-nilai agama, dan dukungan sosial dapat memperkuat ketahanan orang tua. Qur'an Surah An-Nisa ayat 9 memberikan kerangka normatif yang menekankan perlindungan generasi mendatang melalui tanggung jawab, welas asih, dan komitmen moral. Penelitian ini lebih lanjut menunjukkan bahwa realisasi keluarga *sakinah* lebih bergantung pada kualitas pengasuhan dan internalisasi nilai daripada pada kelengkapan struktur keluarga. Kebaruan dari penelitian ini terletak pada pengintegrasian hukum keluarga Islam dengan Role Strain Theory untuk memberikan kerangka kerja yang komprehensif untuk memahami pengasuhan tunggal dalam masyarakat Muslim kontemporer. Temuan ini berkontribusi pada pengembangan hukum keluarga Islam dan sosiologi keluarga sambil menawarkan wawasan praktis untuk memperkuat ketahanan keluarga melalui sistem dukungan agama dan sosial.

Kata kunci: *Keluarga orang tua tunggal; keluarga Sakinah; pengasuhan Islam; Teori Regangan Peran; Ketahanan keluarga.*

INTRODUCTION

The family is the most fundamental social institution that plays an important role in shaping character, moral values, and the psychological well-being of its members (Abbasi et al., 2021). In Islamic perspective, the ideal family is described as a *sakinah* family, namely a family built upon tranquility, love (*mawaddah*), and compassion (*rahmah*). The concept of a *sakinah* family emphasizes harmonious relationships among family members and the fulfillment of parental responsibilities in educating and nurturing children. (Ulfatmi et al., 2025) However, contemporary social dynamics show that family structures do not always function ideally due to the increasing phenomenon of single-parent families (*single parenting*), which arise from divorce, the death of a spouse, or other social factors (Istiani, Islamy, & Handayani, 2020).

The phenomenon of single parenting has become a growing social reality in many societies. Single parents must perform dual roles as breadwinners and primary caregivers for their children (Gading, 2019). This condition often creates psychological pressure, time constraints, and difficulties in performing family functions effectively. From the perspective of family sociology, this condition can be explained through *Role Strain Theory*, which states that individuals may experience role tension when they must perform multiple roles simultaneously with limited resources (Committee et al., 2018). Such conditions may affect parenting quality and the stability of relationships within the family (McLanahan & Beck, 2010).

On the other hand, Islam gives significant attention to the protection of future generations and parental responsibility toward children (Arfat, 2013) (Jamil & Nur, 2022). This is reflected in **Qur'an Surah An-Nisa verse 9**, which warns parents not to leave behind weak generations, whether economically, socially, or spiritually. This verse emphasizes the importance of piety and responsibility in child-rearing (Owusu, 2025). However, academic studies that connect the normative message of QS. An-Nisa verse 9 with the social reality of single parenting through modern social theories such as *Role Strain Theory* are still relatively limited (Issues, 2025). Therefore, research is needed to bridge the normative Islamic perspective with sociological analysis of family dynamics (Ismail et al., 2025).

Several previous studies have examined the phenomenon of single parenting from different perspectives. Research conducted by Rohana, Marzuki, and Wahid (2025) in *Al-Qadau: Journal of Islamic Family Law* shows that single parents face significant challenges in carrying out dual roles as breadwinners and caregivers (Hehsan et al., 2024). The study found

that limited time, economic pressure, and psychological burdens are the main factors influencing parenting quality in single-parent families (kiran sahu, 2016). However, the study primarily focuses on socio-economic aspects and does not relate the discussion to the concept of a *sakinah* family within the Qur'anic perspective (Mannan et al., 2025).

Another study conducted by Istiani, Islamy, and Handayani (2020) in *An-Nisa': Journal of Islamic and Educational Studies* examines parenting patterns in single-parent families (Istiani et al., 2020). The findings indicate that the internalization of Islamic values in parenting can help shape children's character and emotional stability (Ikhwan et al., 2019). Nevertheless, the study mainly focuses on children's psychological development and does not analyze single parenting through sociological frameworks such as *Role Strain Theory* (VARGA, 2021).

Furthermore, research by Mustaqimah and Rizik (2024) in *Mikraf: Journal of Education* analyzes Islamic parenting values in QS. An-Nisa verse 9 based on the interpretation of *Tafsir Al-Misbah* by M. Quraish Shihab. The study reveals that the verse contains parenting principles such as role modeling, responsibility, and the protection of children to prevent them from becoming weak generations (Burta, 2018). However, this research is mainly normative and does not link the Qur'anic message to the social reality of single-parent families (Rifka Alkhilyatul Ma'rifat, I Made Suraharta, 2024).

Based on these previous studies, it can be observed that research on single parenting generally focuses on social, psychological, or educational aspects, while Qur'anic studies mostly discuss normative parenting values (Abdi et al., 2020). Therefore, the novelty of this research lies in integrating the normative Islamic perspective through the analysis of QS. An-Nisa verse 9 with sociological analysis through *Role Strain Theory* to understand the dynamics of single parents in realizing a *sakinah* family (Putri et al., 2024).

This study aims to analyze the concept of parental responsibility in QS. An-Nisa verse 9 and examine how role pressures experienced by single parents, viewed through the perspective of *Role Strain Theory*, influence efforts to realize a *sakinah* family. Thus, this research is expected to provide a more comprehensive understanding of the role of single parenting in building harmonious families based on Islamic values.

This study is based on the argument that the success of realizing a *sakinah* family is not solely determined by the completeness of family structure but rather by the quality of responsibility, parenting practices, and spiritual values applied within the family. QS. An-Nisa verse 9 provides a normative foundation that parents are responsible for safeguarding

the well-being of their children so that they do not become a weak generation. Meanwhile, *Role Strain Theory* empirically explains the challenges faced by single parents in managing multiple roles simultaneously. The integration of these two perspectives enables a more comprehensive understanding of the dynamics of single parenting in achieving a *sakinah* family.

This research is important because the phenomenon of single parenting is increasingly prevalent in modern society. This study is expected to contribute academically to the development of Islamic family law studies and family sociology by integrating the normative teachings of the Qur'an with modern social theory. In addition, this research is expected to provide practical insights for society, particularly for single parents, demonstrating that a *sakinah* family can still be realized through effective role management, moral responsibility, and the strengthening of spiritual values within family life.

RESEARCH METHOD

This study employs a qualitative research methodology with a library research design aimed at examining the concept of single parenting in realizing a *sakinah* family through (Buto et al., 2025) the analysis of Qur'an Surah An-Nisa verse 9 and the sociological framework of Role Strain Theory. Qualitative research is appropriate for this study because it focuses on interpreting meanings, values, and social phenomena through textual and theoretical analysis rather than numerical measurement (Fossey et al., 2002). Library research is used to explore various scholarly sources such as books, scientific journal articles (Meho & Spurgin, 2005), Qur'anic commentaries, and other relevant academic documents that discuss family studies, Islamic perspectives on parenting, and sociological theories related to role strain (Zed, 2014).

The research approach used in this study combines normative and conceptual approaches (Taekema, 2018). The normative approach is applied to analyze the ethical and moral values contained in QS. An-Nisa verse 9, particularly concerning parental responsibility toward children and the obligation to prevent future generations from becoming weak. This approach is commonly used in Islamic studies to examine normative teachings derived from the Qur'an and classical Islamic scholarship. Meanwhile, the conceptual approach is used to examine the phenomenon of single parenting through Role Strain Theory, which explains the pressures experienced by individuals who must simultaneously perform multiple social roles with limited resources (Braithwaite, John, n.d.).

Through the integration of these approaches, the study attempts to connect Islamic normative principles with sociological explanations of family dynamics (Ismail et al., 2025).

The implementation procedure of the research is conducted through several stages. Initially, the researcher identifies and collects relevant literature related to the themes of single parenting, family harmony in Islam (Abdulraheem & Al, 2025), Qur'anic parenting values, and role strain theory. The collected sources are then categorized into primary and secondary data. After the classification process, the researcher interprets the content of the literature, particularly focusing on the interpretation (Cox et al., 2009) of QS. An-Nisa verse 9 and theoretical discussions related to role strain. The next stage involves analyzing the relationship between the Qur'anic principles of parenting and the social challenges experienced by single parents (Erwanto & Fuadiyatin, 2025). Finally, the findings from the normative analysis and sociological theory are integrated to produce a comprehensive explanation of how single parents can maintain family harmony and achieve a *sakinah* family (Widiantini & Fahmudin, 2024).

The time and location of the research are not limited to a specific field setting because this study is conducted through literature analysis (Anderson & Lemken, 2023). The research was carried out during the academic writing period in 2025–2026 by examining scholarly literature obtained from academic databases, university libraries, and scientific journals related to Islamic family studies and sociology of the family (The, 2026).

The research was carried out during the academic writing period in 2025–2026 by examining scholarly literature obtained (Sanz-Tejeda et al., 2026) from academic databases, university libraries, and scientific journals related to Islamic family studies and sociology of the family. The research was carried out during the academic writing period in 2025–2026 by examining scholarly literature obtained from academic databases, university libraries, and scientific journals related to Islamic family studies and sociology of the family. Supporting instruments include literature review matrices, reference management tools, and note-taking systems used to organize and analyze the collected data (Wulandari, 2024).

Data collection techniques in this study are conducted through documentation and literature review. The researcher collects data by examining books, Qur'anic commentaries, journal articles, and previous research discussing the topics of single parenting, Islamic parenting values, family harmony, and role strain theory (Wulandari, 2024). The collected data are then classified based on relevance to the research objectives and analyzed to identify theoretical and normative patterns relevant to the topic of study (Taekema, 2018).

Since this research is a conceptual and literature-based study, the concept of population and sample is interpreted in terms of sources of literature (Schöpfel, 2011). The population of the study includes all scholarly literature related to single parenting, family psychology, Qur'anic parenting values, and role strain theory (Sufian et al., 2024). From this population, a sample of relevant literature sources is selected purposively based on their academic credibility, relevance to the research topic, and contribution to the theoretical framework of the study (Heale & Noble, 2019).

The validity and reliability of the research instruments are ensured through source triangulation and critical evaluation of literature. The researcher examines multiple scholarly sources to ensure the consistency of concepts and interpretations used in the analysis (Patton, 1999). Reliable sources such as peer-reviewed journal articles, recognized academic books, and authoritative Qur'anic commentaries are prioritized to ensure the credibility of the research findings (Miles, Huberman, & Saldaña, 2014).

The data analysis method employed in this research is descriptive-analytical analysis. This method is used to describe and interpret the concepts related to single parenting and the *sakinah* family in Islam, followed by analyzing the phenomenon through the framework of role strain theory (Buto et al., 2025). The analysis begins with identifying key concepts from the literature, interpreting relevant Qur'anic verses and scholarly interpretations, and examining sociological theories explaining role conflict and role overload (Farhana, 2025). The results of the analysis are then synthesized to explain how single parents experience role strain and how Islamic values can guide them in maintaining family harmony.

To ensure data credibility, the study applies data credibility testing through triangulation of sources and theoretical validation. The researcher compares interpretations from various Qur'anic scholars and sociological perspectives to ensure balanced and objective conclusions. This process strengthens the reliability of the analysis and ensures that the research findings are supported by credible academic references.

FINDINGS AND DISCUSSION

Findings

The findings of this study reveal that the phenomenon of single parenting has become increasingly prevalent as a result of various social factors such as divorce, the death of a spouse, and other structural changes within the family (Chavda & Nisarga, 2023). This condition reflects a transformation in family patterns where the traditional two-parent structure is no longer the only dominant form (Powell et al., 2016). Previous studies have similarly indicated that the rise of single-parent families is closely related to socio-economic pressures and shifting social value (Varga, 2021) (Rohana, Marzuki, & Wahid, 2025). However, this study emphasizes that beyond being a social phenomenon, single parenting also represents a complex moral and functional responsibility that must still fulfill the essential roles of the family, particularly in nurturing and protecting children (Wajim, 2020).

The analysis further demonstrates that single parents experience significant challenges due to the dual roles they must perform simultaneously (Nieuwenhuis & Maldonado, 2018). These roles include being the primary breadwinner, caregiver, educator, and emotional support system for their children. This finding is consistent with *Role Strain Theory*, which explains that individuals who occupy multiple roles are likely to experience role overload and role conflict when available resources such as time, energy, and emotional capacity are limited. The study finds that such pressures can affect the stability of family relationships, reduce the quality of parenting, and create emotional stress for both parents and children (McLanahan & Beck, 2010). Nevertheless, unlike some previous research that primarily highlights the negative impacts, this study identifies that role strain can also become a motivating factor that strengthens resilience and responsibility among single parents when managed effectively (Miller, 2022).

From a normative Islamic perspective, the findings confirm that **QS. An-Nisa verse 9** provides a strong ethical foundation for understanding parental responsibility in the context of single parenting. The verse emphasizes the importance of safeguarding future generations from becoming weak, whether economically, socially, or spiritually. This study interprets the concept of “weakness” not only in material terms but also in emotional and moral dimensions (Putri et al., 2024). Compared to earlier studies that focus on textual interpretation alone (Mustaqimah & Rizik, 2024), this research expands the analysis by contextualizing the verse within contemporary family dynamics. The findings show that the Qur’anic message remains highly relevant in guiding single parents to maintain responsibility,

fairness, and moral integrity in raising their children despite structural limitations within the family (Tan, 2022).

Furthermore, the study finds that the realization of a *sakinah* family within single-parent households is not impossible (Ikhwan et al., 2019), but rather depends on the ability of the parent to internalize and implement key Islamic values such as responsibility, compassion, and spiritual awareness. These values are reflected in parenting practices that prioritize emotional closeness, consistent communication, and the integration of religious teachings in daily life (Dwinandita, 2024). This finding aligns with previous research indicating that the quality of parenting and emotional bonds plays a more significant role in child development than the completeness of family structure (Istiani, Islamy, & Handayani, 2020). However, this study contributes a new perspective by demonstrating that the integration of Qur'anic values with sociological theory provides a more holistic framework for understanding how single parents can achieve family harmony.

In comparing these findings with existing research, it becomes evident that most prior studies tend to separate normative Islamic teachings from empirical social analysis. This study, however, integrates both dimensions by combining **QS. An-Nisa verse 9** with *Role Strain Theory*. This integrative approach reveals that while single parents face structural and psychological challenges, the application of Islamic ethical principles can function as a coping mechanism that mitigates the negative effects of role strain (Abdulraheem & Al, 2025). Thus, the findings suggest that family harmony is not solely determined by structural completeness but by the effectiveness of role management and value internalization (Ikhwan et al., 2019).

Despite these contributions, this study has several limitations. As library-based research, it relies heavily on secondary data and does not include empirical field data that could provide more concrete insights into the lived experiences of single parents. Additionally, the study focuses primarily on theoretical and normative analysis, which may not fully capture the diversity of social contexts in different communities. Future research is therefore recommended to employ empirical methods such as interviews or case studies to explore how single parents implement these values in real-life situations. Further studies may also examine the role of social support systems, community institutions, and government policies in assisting single parents in achieving a *sakinah* family (Buto et al., 2025).

No	Research Focus	Description of Findings	Theoretical Analysis	Relevance to QS. An-Nisa Verse 9	Implications
1	Increase in Single Parenting	There is a growing number of single-parent families due to divorce, death of a spouse, and other social factors	This reflects changes in family structure in modern society	Emphasizes parental responsibility to ensure children's welfare despite incomplete family structure	Families must continue to fulfill their parenting functions effectively
2	Dual Roles of Single Parents	Single parents perform multiple roles as breadwinners, caregivers, educators, and emotional supporters	Explained through <i>Role Strain Theory</i> , which highlights role overload and role conflict	Reinforces parental obligation to remain responsible for children's well-being	Role pressure may affect parenting quality if not properly managed
3	Relevance of Qur'anic Values	QS. An-Nisa verse 9 emphasizes the importance of not leaving future generations in a weak condition	Serves as a normative foundation for parenting responsibilities	Provides moral guidance for single parents in fulfilling their duties	Values of piety, honesty, and responsibility guide parenting practices
4	Efforts to Achieve a Sakinah Family	Single parents can build a <i>sakinah</i> family through responsibility, compassion, and religious education	Integration of Islamic values and social theory shows that family harmony depends on relational quality, not structure	QS. An-Nisa verse 9 serves as a foundation for harmonious family life	A <i>sakinah</i> family can be achieved even in single-parent conditions
5	Integration of Theory and Islamic Values	Combines <i>Role Strain Theory</i> with Qur'anic teachings	Provides a new approach linking social theory with Islamic normative values	Demonstrates that role strain can be managed through spiritual values	Contributes to Islamic family law and family sociology studies
6	Research Limitations	The study is based on literature without empirical field data	Analysis remains theoretical and normative	Allows broader interpretation of Qur'anic teachings	Further empirical research is needed

7	Research Recommendations	Future studies should involve field research on single-parent experiences	Empirical approaches will strengthen theoretical findings	Qur'anic values can be tested in real-life contexts	Supports policy development and family assistance programs
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Overall, the findings of this study demonstrate that single parenting, despite its challenges, can still lead to the realization of a *sakinah* family when supported by strong moral values, effective role management, and a deep sense of responsibility. The integration of Islamic teachings and sociological theory provides a comprehensive understanding of this phenomenon and offers a meaningful contribution to the study of Islamic family law and family sociology (Ismail et al., 2025).

Discussion

Dual Role Challenges of Single Parents in the Perspective of Role Strain Theory

The findings of this study indicate that single parents face significant challenges in fulfilling economic, educational, and emotional needs due to their dual roles within the family structure (Stack & Meredith, 2018). Single parents are required to simultaneously function as breadwinners, caregivers, educators, and emotional supporters (Jacobs & Andrews, 2021). This condition reflects what William J. Goode conceptualized as *Role Strain Theory*, where individuals experience tension when multiple role demands exceed available resources such as time, energy, and emotional capacity. Goode explains that such conditions lead to role overload and role conflict, which can reduce effectiveness in performing social roles.

This finding is supported by Amato, who argues that limited parental resources in single-parent families often affect parenting quality and children's psychosocial development (Amato 2000). However, this study offers a more nuanced interpretation by showing that role strain does not always produce negative outcomes. Instead, when supported by adaptive strategies, social support, and religious values, role strain can strengthen resilience and responsibility among single parents (Buto et al., 2025). This aligns with contemporary family studies which emphasize that stress can function as a catalyst for adaptive coping mechanisms rather than merely a source of dysfunction (*Family System Dynamics: A Comprehensive Analysis of Stability, Communication, and Societal Adaptation* Dalila RAHMOUNI

University Center Morsli Abdellah of Tipaza (Algeria), *Dynamique Des Systèmes Familiaux : Analyse Complète de La Stabilité , de La C*, (2025).

Thus, this study extends previous research by positioning *role strain* not only as a structural limitation but also as a dynamic process that can contribute to strengthening parental capacity in single-parent families (Margareta & Paeng, 2025).

Normative Relevance of QS. An-Nisa Verse 9 in Parenting Responsibility

From an Islamic normative perspective, the findings confirm that QS. An-Nisa verse 9 provides a strong ethical foundation regarding parental responsibility. The verse emphasizes the importance of safeguarding future generations from becoming weak (*dzurriyyatan dabi'āfan*), which includes economic, social, and moral dimensions. This highlights that parental responsibility is not limited to material provision but extends to long-term developmental and moral well-being (Willie, 2025).

This interpretation is consistent with the findings of Mustaqimah and Rizik, who argue that QS. An-Nisa verse 9 contains essential Islamic parenting principles such as responsibility, justice, and protection of children (Mustaqimah and Rizik 2024). Furthermore, Quraish Shihab emphasizes that the verse carries a moral imperative for parents to ensure the future welfare of their children through piety and ethical conduct (Shihab 2013).

In relation to sociological theory, this study demonstrates that QS. An-Nisa verse 9 functions as a normative complement to *Role Strain Theory*. While the theory explains empirical realities of role pressure, the Qur'anic perspective provides ethical guidance for managing such pressures. This integration highlights that structural limitations in single parenting do not eliminate parental responsibility, but rather reinforce the need for stronger moral awareness and accountability (Prahars et al., 2025).

Efforts of Single Parents in Realizing a Sakinah Family

The findings further show that single parents are able to build a *sakinah* family through the internalization of values such as responsibility, compassion, and religious education. This indicates that family harmony is not determined by structural completeness but by relational quality and value-based parenting practices. (Coyle, 2016)

This finding aligns with Lestari's argument that family harmony is shaped by effective communication, emotional closeness, and the fulfillment of children's psychological needs (Lestari 2016). In addition, Istiani, Islamy, and Handayani demonstrate that the

internalization of religious values significantly contributes to emotional stability in children from single-parent families (Istiani, Islamy, and Handayani 2020).

This study contributes a new perspective by integrating Islamic values with sociological theory, showing that religious values function as a coping mechanism in managing role strain (Laluddin, 2016). Thus, single parents who successfully internalize these values are able to transform structural limitations into opportunities for building harmonious and resilient family systems.

Despite its contributions, this study has several limitations. As library-based research, the findings rely on secondary data and lack direct empirical validation from field studies. Therefore, the conclusions are primarily theoretical and normative in nature (Pyati, 2007).

Future research is recommended to employ empirical approaches such as interviews, case studies, or mixed methods to explore the lived experiences of single parents in greater depth. (Gabb, 2009). Additionally, further studies may examine the role of social institutions, community support, and government policies in strengthening single-parent families in achieving a *sakinah* family (Hamidah et al., 2024).

CONCLUSION

This study concludes that the realization of a *sakinah* family is not solely determined by the completeness of family structure but by the quality of parental responsibility, value-based parenting practices, and the internalization of Islamic ethical principles. Single parents experience considerable role strain as they simultaneously perform economic, educational, emotional, and caregiving responsibilities. Nevertheless, these multiple role demands do not inevitably hinder the achievement of family harmony. Through adaptive coping strategies, social support, and the strengthening of religious values, single parents can develop resilience and maintain effective family functioning.

From the perspective of Islamic family law, Qur'an Surah An-Nisa verse 9 provides a normative foundation emphasizing the obligation of parents to protect and prepare future generations from economic, social, and moral vulnerability. Meanwhile, Role Strain Theory offers an empirical explanation of the structural and psychological challenges encountered by single parents. The integration of these two perspectives demonstrates that Islamic ethical values can function as an effective mechanism for managing role strain and strengthening family resilience.

The theoretical contribution of this study lies in bridging normative Islamic teachings and sociological theory to provide a more comprehensive understanding of single parenting within contemporary Muslim societies. Practically, the findings suggest the importance of reinforcing religious values, family education, and social support systems to assist single parents in realizing a *sakinah* family. Future research should incorporate empirical approaches, including interviews and case studies, to validate and expand the theoretical framework developed in this study across diverse social and cultural contexts.

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