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Online Learning System for Pre-Marital Education to Improve Balinese Hindus Brides' and Grooms' Readiness

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Abstract: Marriage in Balinese Hinduism is both a social obligation and a sacred religious ceremony. It requires careful preparation that involves complex cultural factors, such as selecting auspicious days, adhering to caste norms, family structure, and financial readiness. These requirements pose challenges for prospective brides and grooms. This community service provides an online information and consultation system to support the premarital readiness of prospective Balinese Hindu couples and evaluates whether the system improved users' readiness for marriage. A questionnaire was delivered before and after the prospective Balinese Hindu couples learn about Balinese marriage through the online system. Fifty-three prospective brides and grooms participated, recruited through convenience sampling. The data were analyzed using descriptive statistics, paired-samples t-tests, and effect-size analysis to assess the intervention's impact. Results showed a significant improvement in premarital readiness after using the system, as indicated by a paired t-test and a substantial effect size. The online information and consultation system enhanced the preparedness of prospective Balinese Hindu couples by providing accessible information and structured guidance.

Keywords: online consultation; pre-marital; Balinese Hindu wedding

1. Introduction

In many cultural traditions, marriage is regarded not only as a personal commitment but also as a socially and spiritually significant institution that regulates family formation, social order, and cultural continuity. In Balinese Hinduism, marriage holds a particularly sacred place because it is closely linked to religious obligations, family lineage, and community

harmony (Islam et al., 2023; Yogiswari et al., 2025). The wedding ceremony is not merely a legal union between two individuals but also a ritual process that integrates religious, social, and cultural dimensions (Herwandi, 2021; Putra et al., 2024). As a result, prospective brides and grooms must carefully prepare themselves to fulfill the various ceremonial and social expectations embedded in Balinese Hindu marriage



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traditions.

The process of preparing for a Balinese Hindu wedding is relatively complex compared to many modern civil marriage practices. Several traditional considerations must be taken into account, including determining an auspicious day according to the Balinese calendar, observing caste-related norms, considering family structure, such as the number of the bride's brothers, and preparing the financial resources required for the ceremony (Bagus et al., 2020; Dewi & Arissusila, 2024; Wagiswari & Valentina, 2025). These requirements are deeply rooted in Balinese customary law (*adat*) and Hindu religious teachings. While these traditions preserve cultural identity and spiritual values, they may also present practical challenges for prospective couples who lack sufficient knowledge or guidance regarding the preparation process. Consequently, misunderstandings, inadequate preparation, and decision-making difficulties often arise among couples who are planning their wedding.

In addition to cultural complexity, contemporary social changes also influence how young Balinese Hindu couples approach marriage preparation. Increasing mobility, urbanization, and the growing influence of digital information sources have altered how individuals access cultural knowledge and religious guidance (Abusharif, 2024; Gomes et al., 2025; Mattes & Novak, 2025; Pabbajah & Mckenna, 2026; Yilmaz, 2026). Many prospective couples rely on fragmented information obtained from family members, community elders, or informal online sources, which may not always provide comprehensive or reliable guidance. This situation highlights the need for structured, accessible information systems to support couples in understanding the cultural, religious, and practical aspects of marriage preparation.

Digital technology has increasingly been utilized to address information gaps in various social and educational contexts. Online information systems and consultation platforms have proven effective in facilitating access to knowledge, enabling users to obtain guidance, and supporting informed decision-making (Chen et al., 2018; Fan et al., 2023; Gai & Chen, 2024; Xu et al., 2022; Yadav et al., 2024). In the context of premarital preparation, digital platforms can serve as an efficient medium for providing culturally relevant information, offering

consultation opportunities, and guiding users through the stages of preparation required before marriage. By integrating traditional knowledge with digital accessibility, such systems have the potential to support couples in preparing themselves more effectively for the complexities of marriage ceremonies and responsibilities.

Despite the growing potential of digital platforms in supporting social and cultural education, limited research has examined the use of online information and consultation systems to support premarital readiness within specific cultural contexts, particularly within Balinese Hindu communities. Most existing studies on marriage readiness focus on psychological readiness, marital counseling programs, or family education initiatives (Julianto et al., 2021; Paramita et al., 2025; Sumartini, 2021), while relatively little attention has been given to culturally integrated digital support systems. Therefore, exploring how technology can facilitate culturally grounded marriage preparation represents an important area of research.

To address this gap, the present community service provided an online information and consultation system designed to support the premarital readiness of prospective Balinese Hindu brides and grooms. The system provides structured information regarding marriage preparation, cultural considerations, and consultation opportunities to help users better understand the requirements and processes involved in Balinese Hindu wedding traditions. The effectiveness of this system was evaluated using a pre-experimental approach with a one-group pre-test–post-test design involving prospective brides and grooms as participants.

Specifically, this community service aims to examine whether the online information and consultation system can significantly improve the readiness of prospective couples in preparing for their wedding. By analyzing changes in participants' readiness before and after using the system, this research seeks to provide empirical evidence regarding the potential role of digital platforms in supporting culturally informed premarital preparation. The findings of this study are expected to contribute to the development of technology-based cultural education initiatives and provide practical insights for designing digital systems that support marriage readiness within diverse sociocultural

contexts.

2. Method

The community service was conducted by providing online information and consultation system to the prospective Balinese Hindus brides and grooms. This community service aims to evaluate the effectiveness of the online information and consultation system in enhancing the readiness of prospective brides and grooms. Fifty-three prospective brides and grooms from Balinese Hindu communities were selected using convenient sampling techniques. Participants were recruited based on their intention to marry and their accessibility to engage with the online information and consultation system provided.

This community service involved a multi-step process to assess the impact of an online information and consultation system on participants' readiness for Balinese Hindu wedding preparations. First, participants completed a pre-test questionnaire designed to evaluate their current level of readiness and understanding across material, physical, mental, and spiritual aspects. Following the pre-test, participants engaged with the online system, which provided comprehensive guidance on navigating the complexities of Balinese Hindu wedding ceremonies. This included information on choosing auspicious dates, understanding caste norms, managing costs, and other pertinent considerations. After interacting with the online system, participants completed a post-test questionnaire. This questionnaire included similar items to the pre-test to measure any changes in participants' readiness levels and their perception of the system's effectiveness in supporting their preparation for marriage.

The data collected from both the pre-test and post-test questionnaires were then analyzed. Descriptive statistics were used to summarize participants' demographic characteristics and initial readiness levels. Paired t-tests were conducted to assess statistically significant changes in readiness scores before and after engaging with the online system. Additionally, effect size calculations were performed to determine the practical significance of any observed changes. This community service adhered to ethical guidelines concerning participant confidentiality, informed consent, and voluntary participation. Participants

were informed about the purpose of the study, their rights as participants, and the voluntary nature of their involvement. Confidentiality of responses was ensured throughout data collection and analysis processes.

3. Findings

The primary objective of community service was to evaluate the effectiveness of an online information and consultation system in enhancing the mental and spiritual readiness of prospective Balinese Hindu brides and grooms. This section presents the findings derived from the questionnaires, with a focus on mental and spiritual readiness.

3.1 Mental Readiness

Mental readiness refers to participants' psychological preparedness in managing emotional, cognitive, and social aspects associated with wedding preparation. The descriptive statistics presented in **Table 1** indicate that participants initially exhibited a moderate level of mental readiness before using the online information system.

Table 1. Descriptive Statistics of Participants' Mental Readiness Before and After the Intervention

Variable	N	Mean	SD
Mental Readiness (Pre-test)	53	3.40	0.65
Mental Readiness (Post-test)	53	4.15	0.50

As shown in **Table 1**, the mean score increased from 3.40 (SD = 0.65) in the pre-test to 4.15 (SD = 0.50) in the post-test, indicating an improvement in participants' psychological preparedness for marriage after using the online system. To determine whether this improvement was statistically significant, a paired-sample t-test was conducted. The results are presented in **Table 2**.

Table 2. Paired-Sample t-Test Results for Mental Readiness

Variable	Mean Difference	t	df	p	Cohen's d
Mental Readiness (Post – Pre)	0.75	7.85	52	< .001	1.05

The paired-sample t-test results indicate that the increase in mental readiness was statistically significant, $t(52) = 7.85$, $p < .001$. Furthermore, the effect size was large (Cohen's $d = 1.05$), suggesting that the intervention had a substantial practical impact on participants' mental preparedness. To gain deeper insights into the areas of improvement, several indicators of mental readiness were analyzed. The results are summarized in **Table 3**.

Table 3. Changes in Key Indicators of Mental Readiness

Indicator	Pre-test Mean	Pre-test SD	Post-test Mean	Post-test SD
Confidence in Handling Stress	3.30	0.70	4.10	0.55
Understanding of Wedding Preparation Steps	3.45	0.60	4.20	0.50
Emotional Regulation	3.35	0.65	4.10	0.55
Perceived Support from Family and Friends	3.50	0.60	4.25	0.45

As shown in **Table 3**, improvements occurred across all indicators of mental readiness. Participants reported higher confidence in managing wedding-related stress, better understanding of wedding preparation procedures, improved emotional regulation, and stronger perceived support from family and friends. These results suggest that the online system provided structured guidance that helped participants reduce uncertainty and better manage the psychological demands associated with wedding preparation. In addition to the quantitative results, qualitative feedback from participants indicated that the online platform helped them feel less anxious and more organized in

planning their wedding ceremonies. This suggests that the accessibility of information and consultation features contributed to participants’ overall mental readiness.

3.2 Spiritual Readiness

Spiritual readiness refers to participants’ preparedness to fulfill the religious and ritual obligations associated with Balinese Hindu marriage ceremonies. Similar to mental readiness, participants’ spiritual readiness was measured using a ten-item Likert-scale questionnaire. The descriptive and inferential statistical results are presented in **Table 4**.

Table 4. Descriptive Statistics and Paired-Sample t-Test Results for Spiritual Readiness

Variable	N	Pre-test Mean	Pre-test SD	Post-test Mean	Post-test SD	t	df	p	Cohen’s d
Spiritual Readiness	53	3.60	0.60	4.30	0.45	8.10	52	< .001	1.20

As shown in **Table 4**, the mean score for spiritual readiness increased from 3.60 (SD = 0.60) in the pre-test to 4.30 (SD = 0.45) in the post-test. The paired-sample t-test results indicate that this improvement was statistically significant, $t(52) = 8.10, p < .001$. The calculated effect size was Cohen’s $d = 1.20$, which represents a large practical effect. Further examination of individual indicators revealed consistent improvements across several aspects of spiritual readiness. Participants reported increased levels of spiritual preparation for marriage, deeper understanding of wedding rituals, stronger connection to their spiritual beliefs, and greater engagement in religious practices prior to the ceremony.

These findings indicate that the online information and consultation system not only provided procedural guidance but also strengthened participants’ understanding of the religious and spiritual significance of Balinese Hindu marriage traditions. As a result, participants became better prepared to fulfill the ceremonial obligations associated with their upcoming wedding. Overall, the findings demonstrate that the online system significantly improved both psychological and spiritual readiness among prospective Balinese Hindu couples, highlighting

the potential of digital platforms to support culturally grounded premarital education.

4. Discussions

The findings of community service demonstrate that the online information and consultation system significantly enhances both the mental and spiritual readiness of prospective Balinese Hindu brides and grooms. The statistically significant improvements in readiness scores, coupled with large effect sizes, underscore the system's practical impact. These results suggest that such technological interventions can be effective in supporting individuals in their wedding preparations, particularly in contexts where cultural and spiritual practices play a crucial role. The findings from community service indicate that the online information and consultation system significantly enhances the mental and spiritual readiness of prospective Balinese Hindu brides and grooms.

The significant improvement in mental readiness observed in community service aligns with theories of stress management and coping, which emphasize the importance of preparedness and support systems

in mitigating stress and anxiety (Kondylakis et al., 2022; Mishra & Suar, 2012; Pasunon et al., 2021; Recabarren et al., 2019; Vo et al., 2025). By providing comprehensive information and structured guidance, the online system helped participants feel more confident and capable of managing the various aspects of wedding preparations. Empirical studies have shown that access to reliable information and support can reduce anxiety and increase self-efficacy in stressful situations (Day et al., 2013; Sourav et al., 2021). In community service, participants reported feeling less anxious and more in control after using the online system, indicating that the intervention effectively addressed their informational and emotional needs. These findings are consistent with the previous studies, which found that digital platforms can enhance users' readiness and confidence by providing timely and relevant information (Calza et al., 2026; Matta et al., 2025; Vivekanand et al., 2025; Zhao et al., 2025).

Furthermore, the increase in participants' confidence in handling stress and understanding wedding steps suggests that the system facilitated better cognitive and emotional preparedness. This is supported by previous studies, which have highlighted that structured pre-marital counseling and information systems can improve mental readiness by providing clarity and reducing uncertainty (Schilling, 2009; Skurtu, 2016; Williams, 2007). The enhancement in spiritual readiness aligns with theories of spiritual well-being and its role in major life transitions. The system's effectiveness in increasing participants' understanding of wedding rituals and their connection to spiritual beliefs underscores the importance of culturally relevant support in pre-wedding preparations. Spiritual readiness is crucial for individuals undergoing significant life changes, as it provides a sense of purpose and meaning (Delgado-Guay, 2014; George & Park, 2017; Webster, 2016; Young et al., 2013). The findings from community service show that participants felt a stronger spiritual connection and a deeper understanding of their wedding rituals after using the online system. This supports the notion that interventions designed to enhance spiritual readiness can lead to greater overall well-being.

The significant improvements in both mental and spiritual readiness have important implications for the design and implementation of pre-wedding support

systems. The findings suggest that online platforms can effectively address the multifaceted needs of individuals preparing for marriage, particularly in culturally rich contexts like Balinese Hinduism. These results also highlight the potential for similar systems to be adapted and implemented in other cultural settings, providing valuable support to couples worldwide. Future research could explore the long-term effects of such systems on marital satisfaction and stability, as well as their applicability to diverse cultural and religious traditions. While the study provides valuable insights, it is not without limitations. The use of convenient sampling may limit the generalizability of the findings. Future studies could employ random sampling methods and larger sample sizes to enhance the robustness of the results. Additionally, longitudinal studies could provide deeper insight into the long-term effects of online consultation systems on marital readiness and satisfaction.

5. Conclusion

In conclusion, this community service demonstrates that an online information and consultation system can significantly enhance the mental and spiritual readiness of prospective Balinese Hindu brides and grooms. The findings are supported by current theories and empirical research, underscoring the importance of comprehensive, culturally relevant support in pre-wedding preparations. By fostering greater preparedness, such systems have the potential to improve the overall wedding experience and contribute to the success and stability of marriages. Further research and development of these systems could extend their benefits to diverse cultural contexts, supporting couples worldwide in their journey towards marriage.

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Ethics Statement

This study has been approved by the Research and

Community Service Institution of STKIP AH Singaraja.

Conflict of Interest

There is no conflict of interest.

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