



Premarital Counseling Based on Islamic Values to Strengthen Marital Resilience in the Modern Era

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Abstract

Premarital counseling based on Islamic values is a preventive approach that aims to comprehensively prepare individuals before entering married life. This study aims to analyze the concept of premarital counseling from an Islamic perspective, identify the core values that underlie it, and examine its relevance in strengthening marital resilience in the modern era. The study used a qualitative approach with a literature review through a search for credible and relevant scientific sources. The results of the study indicate that internalizing the values of sakinah (love), mawaddah (love), rahmah (mercy), responsibility, and effective communication contribute to increasing couple readiness, preventing conflict, and strengthening marital stability. An integrative counseling approach between spiritual and psychological dimensions has proven more adaptive to contemporary social dynamics. Therefore, premarital counseling based on Islamic values plays a strategic role in building family resilience and reducing the potential for divorce in modern society.

Keywords: *Premarital Counseling, Islamic Values, Strengthening Marital Resilience, Modern Era*

Introduction

Marriage in Islam is understood as a sacred institution that integrates spiritual, social, and psychological dimensions into a unified whole ¹. In the Indonesian context, data from the Central Statistics Agency (BPS) from 2025

¹ Rahmani, A., Pelu, IEA, & Helim, A. (2025). Understanding and Perception of East Kotawaringin Community Towards Mitsaqan Ghalizan in Marriage. *At-Taklim: Journal of Multidisciplinary Education*, 2 (6), 755-766

shows a significant fluctuation in divorce rates over the past decade, primarily driven by gambling, adultery, economic conflicts, and marital communication ². Modern dynamics, such as digital interactions, changes in family structure and values, also complicate relationships. This underscores the urgency of systematic preventive interventions to prepare individuals before marriage.

The main problem that arises is the couple's lack of preparedness to manage conflict and understand their roles in marriage appropriately ³. Inadequate preparedness often leads to relational tensions that lead to family dysfunction. In this context, premarital counseling is a strategic approach that serves as both an educational tool and a means of developing psychological and spiritual readiness ⁴. Therefore, premarital counseling based on Islamic values significantly contributes to increasing marital resilience by strengthening relational values and skills.

Previous research has shown that premarital education programs have a positive impact on marital quality and stability ⁵. Other studies emphasize the importance of effective communication and emotional regulation as key predictors of marital satisfaction ⁶. However, most of these studies are based on Western psychology, which has not fully integrated religious values as the basis for intervention. This highlights the need to develop a contextual counseling approach based on Islamic values as a normative and applicable framework.

Islamic values, such as *sakinah* (peace and blessings), *mawaddah* (love), *rahmah* (mercy), responsibility, and deliberation (*musyawarah*) are strongly relevant in building harmonious and sustainable relationships ⁷. Integrating these values into premarital counseling not only strengthens the spiritual dimension but also

² Tirta, EBE (2026). The Number of Divorces in Indonesia Soars, Many Caused by Gambling and Adultery. Accessed March 2, 2026, from <https://www.cnbcindonesia.com/research/20260326143904-128-721609/jumlah-perceraian-di-ri-melonjak-banyak-disebabkan-judi--zina>

³ Zialdi, Z., Suni, B., & Mukhlis, M. (2013). Dysfunction of Young Married Couples and the Impacts It Causes (A Study in Tebas District, Sambas Regency. *Journal of the Social Sciences Masters Program, Tanjungpura University*, 1 (1), 1-14

⁴ Zahri, ZCP (2025). Premarital Education: A Strong Foundation for a Harmonious Family. *National Conference on Islamic Law*, 3 (1), 16-29

⁵ Carolyn, F., Sumarni, N., Zahara, Z., & Parhan, M. (2024). Premarital Education as an Effort to Prevent Divorce: A Practical and Islamic Approach. *Journal on Education*, 6(3), 16244-16251

⁶ Gottman, J., & Silver, N. (2015). *The Seven Principles For Making Marriage Work: A Practical Guide From The Country's Foremost Relationship Expert*. Harmony

⁷ Juwita, DR (2017). The Concept of Sakinah Mawaddah Warrahmah According to Islam. An-Nuha: *Journal of Islamic Studies, Education, Culture and Social Studies*, 4 (2), 203-221.

provides an ethical framework for family decision-making. This approach is crucial because Muslim communities have a strong religious orientation in their social life. Therefore, developing a premarital counseling model based on Islamic values has both theoretical and practical significance in the context of guidance and counseling.

Based on the above description, this study aims to analyze the concept of premarital counseling from an Islamic perspective and examine the role of Islamic values in strengthening the resilience of marriages in the modern era. This analysis also aims to identify the relationship between premarital counseling theory and practice in preventing conflict and divorce. Furthermore, this study seeks to provide a conceptual contribution to the development of more contextual Islamic guidance and counseling services. Therefore, this research is expected to serve as an academic reference and a basis for developing more effective premarital counseling programs.

Research methods

This study employed a qualitative approach with a literature review aimed at in-depth analysis of the concept of premarital counseling based on Islamic values in strengthening marital resilience ⁸. The study was conducted from January to April 2026 through a search of digital data sources accessible online. The research targets were scientific works relevant to the topic, including international journals, accredited national journals, and highly credible academic books. The research subjects were scientific documents selected based on their thematic relevance, publication quality, and theoretical contributions to the field of Islamic guidance and counseling.

The research procedure begins with problem identification and keyword selection, such as premarital counseling, Islamic values, and marital resilience. The next stage is a literature search through databases such as Google Scholar, followed by selection based on established inclusion and exclusion criteria. The selected data is then classified based on key themes to facilitate analysis. All

⁸ Rhamdan, D., Kule, A., & Al Wahid, SM (2021). Analysis of E-Learning Utilization During the Pandemic (Literature Study: Learning Loss in Students). *Journal of Education and Entrepreneurship*, 9 (2), 432-446

stages are conducted systematically so that the research can be replicated by other researchers using similar procedures.⁹

The research data consists of secondary data sourced from relevant scientific publications and has gone through a peer-reviewed process¹⁰. The research instrument uses documentation sheets and literature analysis guidelines designed to identify key concepts, variables, and findings from each source¹¹. Data collection techniques are carried out through documentation studies by reading, recording, and grouping information that is in accordance with the research focus¹². Data validity is maintained through source triangulation by comparing various references that have topical relevance and academic quality.¹³

The data analysis technique uses a descriptive-analytical approach with systematic data reduction, data presentation, and conclusion drawing. The analysis process is carried out by interpreting findings from various sources to identify patterns, relationships, and research gaps. Next, a synthesis is performed to integrate relevant concepts into a coherent framework¹⁴. Thus, this method enables researchers to produce a comprehensive and scientifically sound analysis.

Results and Discussion

1. Draft Counseling Premarital In Islamic Perspective

Premarital counseling from an Islamic perspective emphasizes the importance of developing spiritual awareness and moral responsibility as the

⁹ Mukhibin, A., & Nafidhoh, B. (2023). Obstacles for Mathematics Teachers in Implementing the Independent Curriculum: A Systematic Literature Review. *Al Qalasadi Scientific Journal of Mathematics Education*, 7 (2), 127-137

¹⁰ Wibowo, A., & Putri, S. (2021). *Practical Guidelines for Compiling Scientific Manuscripts Using the Systematic Review Method*. Depok: Department of Health Administration and Policy, Faculty of Public Health, University of Indonesia

¹¹ Rozikin, K., & Anam, S. (2026). Research Data Collection Techniques and Qualitative Research Instrument Development. *Journal of Social and Humanities Education*, 5 (2), 1612-1629

¹² Saádi, A. (2025). Efficient Data Collection in Classroom Action Research: Techniques, Tools, and Challenges. *Al-Amin: Journal of Educational Sciences and Social Humanities*, 2 (2), 90-108

¹³ Muthmainnah, R., & Ak, M. (2025). *Qualitative, Quantitative, and R&D Research Methodologies*. Yogyakarta: Tujuh Pustaka Publisher

¹⁴ Qomaruddin, Q., & Sa'diyah, H. (2024). A Theoretical Study of Data Analysis Techniques in Qualitative Research: The Perspectives of Spradley, Miles, and Huberman. *Journal of Management, Accounting, and Administration*, 1 (2), 77-84

primary foundation for building a married life ¹⁵. Marriage is not viewed simply as a social bond, but as a form of worship with a sacred dimension. Therefore, preparation for marriage must include a comprehensive understanding of Islamic values, enabling couples to internalize the goals of marriage, which are oriented toward tranquility, compassion, and blessings.

In this context, research findings indicate that premarital counseling plays a significant role in enhancing the physical, social, psychological, and spiritual readiness of prospective couples ¹⁶. The counseling process not only provides normative information but also fosters reflective awareness of each individual's roles and responsibilities. This is crucial because many marital conflicts stem from a lack of initial understanding of marriage itself.

The Islamic premarital counseling approach is educational, providing knowledge, skills, and understanding of family life ¹⁷. However, this approach extends beyond the cognitive aspect and includes affective and spiritual dimensions. Therefore, integrating these three aspects allows individuals to be more fully prepared for the dynamics of marriage.

Furthermore, a reflective approach to counseling helps prospective couples conduct in-depth self-evaluation, such as by exploring each other's character, emotional needs, and expectations for marriage. This process creates a space for constructive dialogue, allowing potential conflicts to be identified early.

Itriyah & Choirunnisa explained that counselors play a strategic role as facilitators in the premarital counseling process. Counselors don't preach, but rather guide couples to find understanding independently. This approach makes the counseling process more participatory and contextual, tailored to the couple's needs ¹⁸. Premarital counseling in Islam emphasizes the importance of understanding the meaning of marriage as an act of worship. This perspective encourages couples to view every dynamic of the household as part of a spiritual

¹⁵ Ramadhan, N., Ali, B., Shabarullah, S. (2026). The Effectiveness of Premarital Guidance in Upholding the Maqashid of Marriage: A Study at the KUA of Kute Panang District. *Abkam: Journal of Islamic Law and Humanities*, 5 (1), 273-290

¹⁶ Ezadany, A. (2025). Pre-Marital Readiness Reviewed from the Perspective of Family Guidance and Counseling: A Literature Review. *KSS: Journal of Healthy and Prosperous Families*, 23 (2), 407-419

¹⁷ Kusairi, A., & Nadia, H. (2022). Premarital Guidance Efforts in Forming a Sakinah Family. *An-Nawazil: Journal of Contemporary Law and Sharia*, 4 (1), 62-82

¹⁸ Itriyah, I., & Choirunnisa, P. (2023). Premarital Counseling to Improve Psychological Maturity for Prospective Brides and Grooms of the Indonesian National Police at the South Sumatra Regional Police. *Community Development Journal: Journal of Community Service*, 4 (4), 7436-7441

process. Thus, couples focus not only on worldly happiness but also on achieving eternal values.

In practice, premarital counseling serves as a means to develop interpersonal communication skills. Effective communication skills are key to maintaining marital harmony. Through counseling, couples are trained to manage differences wisely and resolve conflicts with a constructive approach. Ezadany explained that premarital counseling can strengthen a couple's commitment to the continuation of their marriage. This commitment is formed through a deep understanding of each other's rights and obligations. With this awareness, couples tend to be better prepared to face the challenges of married life ¹⁹.

On the other hand, premarital counseling can contribute to building family resilience. This resilience is reflected in the couple's ability to cope with social, economic, and emotional pressures. Counseling based on Islamic values provides a strong ethical foundation for maintaining family stability.

Thus, it can be concluded that premarital counseling from an Islamic perspective is a holistic and ongoing process that serves not only as a means of conveying information but also as a means of internalizing values, strengthening readiness, and establishing commitment. This makes premarital counseling a strategic instrument in creating harmonious and resilient families in the modern era.

2. Islamic Values as the Foundation for a Resilient Marriage

Islamic values, such as *sakinah* (compassion), *mawaddah* (love), and *rahmah* (mercy), are the main foundation for building a harmonious and sustainable marriage. *Sakinah* reflects inner peace, the primary goal of marriage, while *mawaddah* emphasizes active love, and *rahmah* reflects caring affection ²⁰. Thus, these three values complement each other in forming a balanced relationship between husband and wife.

Mahasin & Rizka explained that internalizing the values of *sakinah* (love), *mawaddah* (love), and *rahmah* (mercy) in premarital counseling significantly

¹⁹ Ezadany, A. (2025). Pre-Marital Readiness Reviewed from the Perspective of Family Guidance and Counseling: A Literature Review. *KSS: Journal of Healthy and Prosperous Families*, 23 (2), 407-419

²⁰ Samheri, S., & Febrian, H. (2020). The Meaning of a Sakinah, Mawaddah, and Rahmah Family in the Qur'an (Analysis of Surah al-Rum Verse 21). *An-Nawazil: Journal of Contemporary Law and Sharia*, 2 (1), 17-35

contributes to a couple's emotional readiness. Couples who understand these three values tend to have more realistic expectations for married life. This is crucial for preventing conflict caused by mismatched expectations ²¹.

The value of responsibility is the most crucial aspect in building a resilient marriage. Responsibility extends beyond meeting material needs to encompass emotional and spiritual aspects. In this context, husband and wife play complementary roles in optimally functioning families.

Mukarromah, Mintarsih, Hidayanti, & Riyadi explain that integrating Islamic values into premarital counseling provides clear normative direction for couples. These values serve as guidelines for behavior and decision-making in married life. This way, couples don't rely solely on personal experience but instead have a strong foundation of values ²².

Effective communication is one of the key values developed in premarital counseling, such as the ability to express feelings openly, empathetic listening, healthy conflict resolution, and improving relationship quality. Therefore, good communication enables couples to resolve conflicts constructively without causing a rift in the relationship.

The value of deliberation plays a very strategic role in maintaining family harmony. Through deliberation, couples can make decisions together, considering the interests of both parties. This reflects the principles of justice and openness in marital relations. Nuruddin & Sumiran explain that Islamic values are not only theological but also applicable in everyday life. These Islamic values can be implemented in various aspects, from communication and conflict management to the division of roles within the family. This makes Islamic values highly relevant in dealing with the dynamics of modern households ²³.

Premarital counseling plays a strategic role in transforming these values into practical understanding for couples. The counseling process helps individuals

²¹ Mahasin, A., & Rikza, MN (2025). The Urgency of Premarital Education in Internalizing the Values of Obedience and Preventing Nusyuz as an Effort to Realize Family Resilience. *Journal of Community Development and Disaster Management*, 7 (1), 493-506

²² Mukarromah, WRI., Mintarsih, W., Hidayanti, E., & Riyadi, A. (2025). The Values of Premarital Counseling Guidance in the Book Wonderful Journeys for a Marriage by Cahyadi Takariawan. *Gusjigang Counseling Journal*, 11 (1), 50-66

²³ Nuruddin, N., & Sumiran, S. (2025). The Concept of Religion and the Meaning of Islam (Islam as the True and Final Revelation, and Islam as Thought and Civilization). *Tsaqofah: Indonesian Teacher Research Journal*, 5 (5), 4370+4378

not only understand values but also implement them in real life. Thus, counseling serves as a bridge between concept and practice.

Islamic values, such as *sakinah* (love), *mawaddah* (love), *rahmah* (mercy), responsibility, communication, and deliberation, are key elements in building a resilient marriage. Integrating these Islamic values into premarital counseling has been proven to strengthen a couple's overall readiness, resulting in a harmonious, stable, and resilient family.

3. The Relevance of Premarital Counseling in Facing the Challenges of the Modern Era

Social changes in the modern era have significant implications for the dynamics of marital relationships. Technological transformation, particularly the presence of digital media, has changed the way individuals interact and communicate. In this context, marital relationships no longer only take place directly, but are mediated by virtual spaces that have different characteristics. Setiawan & Suparman explain that the use of digital media can trigger misunderstandings in couple communication, because messages conveyed through text often lose emotional nuances, potentially leading to misinterpretations ²⁴. Therefore, the communication challenges in modern marriages are increasingly complex compared to previous eras.

Premarital counseling needs to incorporate digital literacy as part of the training materials. Digital literacy encompasses not only technical skills but also an understanding of the ethics of communicating in the digital space. This way, couples can use technology wisely without damaging the quality of their interpersonal relationships. In addition to digital literacy, communication ethics is a crucial focus in premarital counseling. Couples need to be equipped with the ability to convey messages clearly, honestly, and empathetically, both in direct and indirect communication. This aims to minimize the potential for conflict caused by miscommunication. Financial pressure is a significant challenge in modern marriage, and economic instability is often a major trigger for marital conflict ²⁵. In this context, premarital counseling plays a role in helping couples plan their family finances realistically and responsibly.

²⁴ Setiawan, AC, & Suparman, MY (2026). Qualitative Study: Communication Strategies of Married Couples in Maintaining Long-Distance Relationships. *Paedagogy: Journal of Educational Sciences and Psychology*, 6 (1), 174-186

²⁵ Al Gina, NR (2024). Overcoming Family Problems: The Impact of External Factors on Domestic Life. *Multidisciplinary Knowledge*, 2 (2), 1-16

Changing gender roles also impact family structure and dynamics. The increasingly flexible roles of husband and wife require a strong understanding between partners ²⁶. In this regard, premarital counseling provides a dialogue space to discuss a fair division of roles that is appropriate to each individual's circumstances.

Nyfhodora & Soetjningsih explain that mismatched expectations are a dominant source of conflict in marriage. Therefore, premarital counseling is important as a means to align a couple's expectations from the outset, as this process allows couples to understand their shared vision and goals in building a family. A dialogic and participatory counseling approach helps couples identify potential problems early on. With this awareness, couples can formulate constructive conflict resolution strategies. This strengthens the couple's adaptive capacity in facing social change. Premarital counseling serves as a preventive strategy to maintain marital stability by equipping couples with skills such as communication, conflict management, and role management to minimize the potential for conflict ²⁷. Thus, this approach emphasizes the importance of preparedness before entering married life.

Premarital counseling is highly relevant in addressing modern challenges, such as the integration of digital literacy, economic awareness, and understanding of gender roles. This makes premarital counseling a strategic tool through an adaptive and contextual approach. This allows premarital counseling to help couples build harmonious, stable, and sustainable relationships amidst the complexities of modern life.

4. Implications of Premarital Counseling for Conflict and Divorce Prevention

Islamic-based premarital counseling significantly improves couples' readiness to face the dynamics of married life. A structured counseling process can help individuals understand the realities of marriage more comprehensively, from an emotional, social, and spiritual perspective ²⁸. This ensures couples do not enter marriage with erroneous assumptions or unrealistic expectations.

²⁶ Damanik, FHS (2025). Gender Role Dynamics in Modern Families: A Study of Couples Who Choose the Role of Father as Primary Caregiver. *Padaringan: Journal of Sociology and Anthropology Education*, 7 (2), 161-170

²⁷ Halim, A. (2026). Premarital Counseling as a Preventive Effort for Family Conflict from a Family Counseling Perspective. *Global Research and Innovation Journal (GREAT)*, 2 (1), 222-228

²⁸ Subhi, MR, & Sunyoto, S. (2025). The Role of Islamic Guidance and Counseling in Building Household Harmony. *Journal of Islamic Guidance and Counseling*, 7(1), 71-81

Halim explained that premarital counseling plays a role in identifying potential conflicts early on, encouraging couples to recognize differences in character, background, and communication patterns that could potentially trigger tension. This is an important first step in preventing larger conflicts in the future ²⁹.

Premarital counseling provides strategies for constructive conflict resolution. Couples are trained to approach differences rationally and empathetically, rather than with destructive emotional reactions. This allows any conflicts that arise to be managed healthily without damaging the relationship. Developing conflict resolution skills is a key focus of premarital counseling, including the ability to actively listen, express feelings assertively, and seek mutually beneficial solutions ³⁰. This way, couples are better equipped to maintain a harmonious relationship.

Islamic-based premarital counseling emphasizes the importance of effective communication as a key factor in conflict prevention. Open and honest communication allows couples to understand each other's needs and expectations. This contributes to a more stable and harmonious relationship. These findings align with research by Stanley, Amato, Johnson, & Markman, which found that premarital education has a positive impact on the quality and sustainability of marriage. Premarital counseling has been shown to increase couple commitment and reduce the risk of divorce. Therefore, with thorough preparation, couples are better prepared to face the challenges of married life ³¹.

An Islamic values-based approach provides an additional dimension in the form of spiritual and moral strengthening, such as the values of patience, responsibility, and commitment, which serve as foundations for dealing with conflict. Therefore, the integration of psychological and religious aspects makes premarital counseling more comprehensive and relevant to the needs of Muslim couples.

²⁹ Halim, A. (2026). Premarital Counseling as a Preventive Effort for Family Conflict from a Family Counseling Perspective. *Global Research and Innovation Journal (GREAT)*, 2 (1), 222-228

³⁰ Chandra, D., & Suhendri, S. (2025). Literature Review: Perceptions and Practices of Assertive Communication as a Conflict Resolution Strategy. *Bashirah: Journal of Islamic Communication and Broadcasting*, 6 (1), 80-93

³¹ Stanley, S. M., Amato, P. R., Johnson, C. A., & Markman, H. J. (2006). Premarital Education, Marital Quality, and Marital Stability: Findings From A Large, Random Household Survey. *Journal Of family Psychology*, 20 (1), 117

Premarital counseling has strategic implications for preventing conflict and divorce by providing couples with knowledge, skills, and strong values to help them build healthier and more sustainable relationships. Therefore, premarital counseling is not only preventative but also a long-term investment in maintaining family unity.

5. Implementation Practical Counseling Premarital Based Islamic Values

Implementation counseling premarital based Islamic values can be done through various formal institutions, such as the Office of Religious Affairs and institutions education³². Institutions This own role strategic in give provisioning beginning to candidate partner before enter life wedding. With Thus, the existence of structured programs in formal institutions can help For ensure that counseling done in a way systematic And sustainable.

Counseling program premarital need designed in a way comprehensive with covers aspect theological, psychological, and social. Aspect theological give runway mark And meaning wedding in Islam, while aspect psychological help understand dynamics emotion And personality partner. As for aspect social give description about role And not quite enough answer in life socialize.

Approach participatory become very element important in implementation counseling premarital. Participant No only play a role as recipient information, but involved active in the learning process. This allows the occurrence of the reflection process a better self deep so that understanding gained become more meaningful. Besides that, approach participatory Also push creation atmosphere dialogic between counselor And participant. In this atmosphere, participants can share their experiences, hopes, and concerns regarding marriage. Therefore, this process helps broaden perspectives and creates a space for mutual learning among participants.

The counselor's role is a key factor in determining the success of premarital counseling. Counselors are required not only to possess professional competence in the field of counseling, but also to possess a deep understanding of Islamic values. This combination enables counselors to provide relevant and contextual guidance tailored to the needs of the participants.

³² Hakim, MS (2016). Premarital Schools of Islamic Religious Institutions and the Prospects of Reducing Divorce Rates in Yogyakarta City. Sunan Kalijaga State Islamic University of Yogyakarta

The use of a variety of methods, such as discussion, simulation, and reflection, has been proven to increase the effectiveness of the counseling process. Discussion methods allow for an open exchange of ideas, while simulations help participants understand real-life situations in marriage. Reflection, on the other hand, provides space for participants to evaluate themselves personally. Effective implementation of premarital counseling focuses not only on delivering material but also on changing participants' attitudes and behaviors. This process requires a sustainable approach to ensure the values conveyed are properly internalized. Thus, premarital counseling functions as a character-building process, not simply a transfer of knowledge.

The practical implementation of Islamic-based premarital counseling has great potential to foster marital resilience. Through a systematic program, a participatory approach, and the support of competent counselors, premarital counseling can be a transformative tool. This makes premarital counseling a strategic step in preparing couples to build a harmonious, stable, and sustainable family.

Conclusion

Premarital counseling based on Islamic values is a strategic approach to preparing individuals for a quality and sustainable married life. This approach integrates spiritual, emotional, and social dimensions through the internalization of the values of *sakinah* (love), *mawaddah* (compassion), *rahmah* (mercy), responsibility, and effective communication, providing both a normative and practical foundation for building a harmonious marital relationship. Thus, premarital counseling serves not only as an educational tool but also as a process for developing a couple's holistic readiness. Premarital counseling has strong relevance in addressing the challenges of the complex and dynamic modern era. Adaptability to social change, including aspects of digital communication and family roles, is a crucial component of the counseling material. This approach can enhance conflict resolution skills and strengthen the quality of couple interactions. Therefore, premarital counseling contributes to reducing the potential for conflict that could lead to divorce.

The implications of this research emphasize the importance of developing a systematic and contextual premarital counseling program based on Islamic values. Institutions need to integrate a participatory approach and comprehensive materials to ensure more effective services. Furthermore,

improving counselor competency is crucial for program success. Therefore, this research provides conceptual and practical contributions to strengthening Islamic guidance and counseling services in the modern era.

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