

# Pedagogi Keluarga

*by* Universitas Ahmad Dahlan

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Dody Hartanto

# Pedagogi Keluarga

Membentuk Fondasi  
Resiliensi dalam  
Keluarga Indonesia



# **Pedagogi Keluarga:**

## **Membentuk Fondasi Resiliensi dalam Keluarga Indonesia**

**Dody Hartanto**



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# **Pedagogi Keluarga: Membentuk Fondasi Resiliensi dalam Keluarga Indonesia**

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Dody Hartanto

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## KATA PENGANTAR

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*Dalam kehidupan keluarga, cinta adalah minyak yang meredakan gesekan, semen yang mengikat erat satu sama lain, dan musik yang membawa harmoni*

-Friedrich Nietzsche -

Kutipan dari Nietzsche –salah seorang filsuf eksistensial yang eksentrik sekaligus kontroversial—ini dapat menjadi pintu gerbang untuk masuk kedalam percakapan tentang keluarga. Pertanyaan seputar hakikat, syarat, dan dinamika keluarga tentu dapat dijawab dengan berbagai perspektif, satu sama lain saling melengkapi. Jika menggunakan lensa kesadaran terdalam, makna keluarga melampaui pengertian sebatas penyatuan sepasang suami-istri yang dilengkapi dengan anak (*tidak punya anak juga tidak apa-apa*). Keluarga bertransformasi menjadi tempat berteduh seperti tercermin melalui ungkapan ‘keluargaku adalah surgaku’, melampau sekedar *house*. Dimana-mana manusia mencari tempat berteduh, tempat kerja yang melelahkan, sekolah dan kampus yang menguras energi, bisnis yang penuh ketidakpastian, pertemanan yang rapuh seakan mengundang orang untuk mencari tempat berteduh yang hakiki. Teduh karena penerimaan tanpa syarat, semua mengalir bersama dalam kejernihan niat, terampil mengolah kelebihan-kekurangan pasangan secara harmoni. Salah satu pilihan bijaknya adalah ajakan untuk kembali ke keluarga.

Bayangan awal keluarga indah terlukiskan melalui fragmen seorang istri ditemani anak laki-laki meniti pematang sawah mengantar makan siang untuk suaminya seorang petani yang sedang membajak sawah yang kita lihat pada televisi hitam-putih pada akhir tahun 1970an. Makanan dalam rantang jauh dari kesan mewah, lahap disantap bersama-sama tanpa dihantui kolesterol karena bahannya diambil dari kebun dekat rumah. Senja menjelang, mereka pun pulang ke rumah, berjalan santai tanpa bergandengan tangan (*tapi jangan ragukan*

*kesetiaannya*), dihiasi percakapan ringan tentang hari ini diiringi derap langkah tanpa alas kaki untuk sampai di rumah sebagai tempat berteduh dari kepenatan sambil merenda hari esok, tanpa khawatir besok makan apa. Gambaran itu *sekarang* sirna, roda jaman menjadikannya berbeda, keluarga sekedar tempat singgah, semacam *guest house*, hati dan jiwa tidak benar-benar hadir. Tatapan kosong, kebisuan, berjalan tanpa arah, menjadi potret lumrah keluarga yang dibangun atas nama modernitas. Melelahkan, menguras energi, meredupkan cahaya, menggapai banyak hal namun kosong makna. Ujungnya dapat ditebak, saling menyalahkan, bertengkar, tidak cocok lagi dan begitu mudah mengakhiri semua dengan kata 'kita pisah'.

Betul kata para bijak, kalau ingin menghancurkan suatu bangsa, rusak keluarganya. Sejatinya keluarga merupakan episentrum ketangguhan dengan landasan ketulusan untuk saling menerima. Teringat ungkap ijab-qabul pernikahan '*saya terima nikahnya*', sepertinya kehilangan nuansa dan magnet. Tidak banyak yang mencoba menyelami makna 'rumah tangga', apa hakikat 'rumah' dan 'tangga', lebih dalam lagi 'tangga menuju apa'. Tidak berbilang masa, benih-benih perbedaan, pertengkaran mengemuka karena merasa tidak saling mengerti. Capek harus mengalah terus, merasa berjuang sendiri dan berbagai ungkapan frustrasi sudah lazim terdengar di media sosial, sebagai upaya mencari jalan keluar, atau sekedar meringankan rasa. Mereka lupa, untuk menyelesaikan masalah keluarga, jangan cari 'jalan keluar'. Tanpa berniat menggurui, kembalilah ke keluarga karena semuanya sudah sempurna. Dalam keluarga yang disinari cahaya pengertian, pergantian senang-susah, bahagia-derita, sukses-gagal sebagai romantika keluarga, selayaknya dipeluk sama mesranya karena semuanya sebagai ajakan untuk menyatu<sup>102</sup> ngan semesta. Patut dihayati pesan Jallaludin Rum bahwa '*hidup serupa tinggal di losmen. Tiap hari tamunya berganti. Dan siapapun tamunya jangan lelah untuk tersenyum*'. Ini adalah seni hidup berkeluarga yang sudah tertulis rapi sebagai kearifan sejarah, namun perjalanan waktu membuatkan seakan 'aneh' bagi pasangan muda-mudia yang

bersiap menikah. Mereka sudah dibanjiri oleh berbagai nasihat perkawinan yang tidak jelas asal usulnya, bahkan keluar dari mulut orang yang belum atau tidak pernah menikah.

Buku “Pedagogi Keluarga” yang ditulis Mas Dody seakan mengundang kita untuk kembali pada kesejatan keluarga. Semesta sepertinya mengerakkan tangan beliau untuk menggoreskan pena, menuliskan aksara tentang keluarga meskipun ada yang curiga ‘*Mas Dody sudah berapa lama berkeluarga*’, *belum banyak makan asam-garam berumah tangga*. Ijin tanpa bermaksud membela, pengalaman berkeluarga tidak sebatas hitungan kalender, kesediaan untuk menggali lebih dalam untuk sampai pada kejernihan makna pada setiap fragmen keluarga sepertinya menjadi parameter untuk jawaban indah terhadap pertanyaannya ‘*menjadi bagaimana setelah berkeluarga*’, untuk menggantikan pertanyaan klasik ‘*sudah berapa lama berkeluarga*’. Saya menangkap niat tulus Mas Dody atas keterpanggilannya untuk menulis buku ini, bukan sema-mata karena merasa memiliki bakat menulis, mengumpulkan angka kredit, atau menggapai jabatan akademik lebih tinggi, namun ‘suara dari dalam’ yang dibimbing oleh guru-guru sejati dan guru simbolik sepertinya membisiki beliau untuk berani bercakap-cakap tentang bagaimana semestinya keluarga tumbuh menjadi taman kebahagiaan. Mungkin ini pilihan tidak populer memang, ditengah banyak anak muda yang lebih tertarik untuk ikut wacana arus utama.

Buku ini sarat dengan nuansa sains dengan berfokus pada telaah pergaulan dan tindakan dalam keluarga dalam ragam perspektif, lengkap dengan sudut pandang historis untuk membelajarkan kita bagaimana membangun keluarga harmonis. Di tangan beliau, diksi ‘pedagogi’ yang sepintas terkesan eksklusif, menjadi lebih cair dan kontekstual dengan kesederhaan ekspresi. Namun di atas semua cerita tentang keluarga, ijin kan menghadirkan satu sudut pandang untuk menegaskan cinta sebagai kekuatan utama untuk membangun keluarga bahagia. Jika meminjam istilah Plato tentang cinta platonik lah yang mampu mengolah teriakan anak atau istri

sebagai pelajaran akan arti kelembutan, keinginan belanja istri yang sulit dikontrol adalah genta kesadaran akan pentingnya menahan diri, kemarahan yang meletup merupakan ajakan untuk lebih belajar toleran. Pesannya sederhana<sup>275</sup> apapun yang terjadi dalam keluarga semuanya berguna, tidak ada yang perlu dibuang, tidak ada yang perlu dinilai sebagai sampah, semua berguna jika kita rajin mengolahnya sebagai bahan untuk tumbuh. Rasanya kita tapi perlu lagi mengungkapkan kata ‘semoga’ dalam doa untuk mencapai keluarga bahagia dan sejahtera ketika kita sudah berjalan seirama dengan hukum semesta. Perkawinan sempurna antara kajian ilmiah dalam buku ini dengan dengan kearifan purba akan menjadi cahaya terang menuju surga yang nyata, disini dan sekarang dalam rumah kita.

Sebagai sahabat, saya menyambut gembira kehadiran buku ini dan berharap mendapat respon dari pembaca, orang tua, guru, mahasiswa, pimpinan, maupun sejoli yang mau berumah tangga. Semoga pesan dalam buku ini menjadi vitamin bagi setiap jiwa untuk terbang tinggi, kembali pada makna asasi dari ‘rumah tangga’ karena apapun yang dilakukan dengan penulis dengan cinta pasti menyentuh, meninggalkan kesan mendalam setelah membaca buku ini. Moral dalam buku ini mengajak kita sebagai penghuni rumah tangga melalui berkeluarga untuk mencapai keabadian, menyatu dengan Sang Khaliq, dan menjadikan keluarga sebagai rumah ibadah.

Pada bagian terakhir kata pengantar, ijinan saya menawarkan satu sudut pandang yang lebih *fluid* tentang keluarga. Pada zaman dahulu, keluarga identik dengan orang-orang yang memiliki hubungan darah. Seiring berjalannya waktu, makna keluarga pun berubah ketika wacana tentang vibrasi dan energi mengemuka. Secara implisit keluarga sejati adalah mereka yang memiliki energi yang sama dengan kita. Keluarga adalah ia yang hatinya indah yang bisa diajak tumbuh bersama-sama secara indah. Keluarga lebih direkatkan oleh persaudaraan sebagai satu darah, melintas batas dinding rumah dan personalitas, sehingga sekolah, rumah, kantor, atau ruang apapun ketika di dalamnya tumbuh mekar cinta, sejatinya

merupakan bentuk lain dari keluarga. Bagaimana mewujudkannya, layak kita cermati cerita Nasruddin “*Pada suatu malam di musim dingin, Nasrudin dan sang istri sedang tidur di sebuah kamar, kemudian secara tiba-tiba ia mendengar suara gaduh di jalanan yang sepi. Karena penasaran Ia berniat melihat keributan tersebut, kemudian Ia mengambil selimut untuk menutupi tubuhnya dari udara malam yang dingin, tetapi secara tiba-tiba ada pencuri masuk dan dengan cepat mengambil selimut yang dipakai Nasruddin kemudian lari. Karena selimutnya diambil pencuri, Nasruddin kembali kerumah tanpa selimut. Setelah sampai didalam istrinya bertanya penyebab suara gaduh tersebut, Nasruddin berkata, “Semua pertengkaran di luar tadi itu adalah mengenai selimutku”*”. Jawaban jenaka yang mampu menghadirkan jannah, bukan kah ini juga pedagogi.

Bandung, 24 Maret 2025

Ilfiandra

**Buku ini hadiah kecil untuk semua orang baik dalam  
keluarga, dan terkhusus untuk**

**Nur Widiyanti Eko Yuniarti**  
*(terima kasih sudah terus bersabar dan belajar)*

**dan**

**Muhammad Lintang Rafif H**  
*(selamat menjemput 17 tahunmu ya mas)*

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## PROFIL PENULIS

**Dody Hartanto**,<sup>191</sup> lahir di Yogyakarta pada tanggal 19 November 1983 merupakan anak kedua dari tiga bersaudara pasangan Ibu Sardjilah dan Bapak Murdiyana. Penulis menikah dengan Nur Widiyanti Eko Yuniarti, S.Pd. dan dikaruniai seorang anak yang diberi nama Muhammad Lintang Rafif Hibatullah. Saat ini menjalani keseharian sebagai suami, ayah dan juga akademisi serta praktisi dibidang Bimbingan dan Konseling. Mengabdikan diri di kampus Universitas Ahmad Dahlan sejak tahun 2009. Studi pendidikan Sarjana diselesaikan di Universitas Negeri Yogyakarta, kemudian melanjutkan pendidikan Magister dan Doktor di Universitas Pendidikan Indonesia, keduanya dalam bidang Bimbingan dan Konseling.

Dalam karir profesionalnya, Dr. Dody Hartanto memegang beberapa jabatan strategis, di antaranya pernah menjabat sebagai Kepala Laboratorium Bimbingan dan Konseling, Ketua Program Studi Bimbingan dan Konseling (Sarjana) dan Ketua Program Studi Bimbingan dan Konseling (Magister) di Universitas Ahmad Dahlan. Saat ini menjabat sebagai kepala Kantor Universitas Ahmad Dahlan. Selain itu juga pernah menjabat sebagai Sekretaris Asosiasi Bimbingan dan Konseling Indonesia (ABKIN) Daerah Istimewa Yogyakarta (2019-2023), dan Ketua Divisi Ikatan Bimbingan dan Konseling Perguruan Tinggi PB ABKIN.

Pengembangan keilmuan Bimbingan dan Konseling tercermin dalam publikasi ilmiahnya selama lima tahun terakhir. Ranting kepakaran yang dikembangkan saat ini terarah pada Bimbingan dan Konseling Keluarga. Berbagai artikel di jurnal nasional terakreditasi dan jurnal internasional dengan fokus pada topik bimbingan dan konseling keluarga, Kesehatan mental remaja, dan berbagai pendekatan konseling telah dipublikasikan.

Selain publikasi jurnal, satu buah buku terbaru berjudul Bimbingan dan Konseling Keluarga (2024) telah diterbitkan. Buku lain yang telah diterbitkan diantaranya: Buku Monograf Aisyiyah Peduli Kekerasan dalam Rumah Tangga (2023), Menggapai Kebahagiaan di Usia Senja (2024). Berbagai penelitian dan pengabdian kepada masyarakat juga didanai Kemenristekdikti dan Dana Penelitian Internal Universitas Ahmad Dahlan. Diantaranya adalah Model Virtual Art Therapy (VirATy) dalam Mengembangkan Ketahanan Kesehatan Mental Remaja (2023 dan 2024), dan pengabdian Masyarakat dengan judul PRO-SIMBAH: Program Sekolah Lansia Integrasi untuk Optimalisasi Kualitas Hidup Berbantuan Virtual Art Therapy (2024) dan telah berhasil mendirikan sekolah khusus lansia bersama tim dosen di daerah Sedayu, Bantul DIY.



# Pedagogi Keluarga

Membentuk Fondasi  
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Buku "Pedagogi Keluarga: Membentuk Fondasi Resiliensi dalam Keluarga Indonesia" membahas pentingnya peran keluarga sebagai lingkungan pertama dan utama dalam membentuk karakter serta ketahanan mental anak. Melalui pendekatan pedagogi atau ilmu pendidikan, buku ini menekankan bagaimana pola asuh yang sehat, komunikasi yang efektif, serta nilai-nilai budaya Indonesia dapat memperkuat fondasi resiliensi dalam menghadapi tantangan zaman.

Penulis menjelaskan bahwa resiliensi bukanlah kemampuan yang muncul secara instan, melainkan hasil dari proses pendidikan yang berlangsung dalam lingkungan keluarga. Dengan membangun hubungan yang harmonis, memberi dukungan emosional, serta menanamkan nilai-nilai moral, orang tua dapat membantu anak mengembangkan kemampuan untuk menghadapi tekanan, mengatasi kegagalan, dan beradaptasi dengan perubahan.

Buku ini juga memberikan panduan praktis bagi orang tua dalam menghadapi berbagai tantangan seperti era digital, krisis sosial, dan perubahan budaya. Melalui buku ini, pembaca diajak untuk memahami bahwa keluarga yang kuat dan harmonis adalah kunci utama dalam menciptakan generasi yang tangguh dan berdaya saing. Dengan fondasi resiliensi yang kokoh, anak-anak tidak hanya mampu menghadapi tantangan hidup, tetapi juga tumbuh menjadi individu yang berkarakter, mandiri, dan berkontribusi positif bagi masyarakat.

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