

The needs of young Afrikaans speaking married couples for marriage enrichment programmes

EV Swart

Dissertation submitted in fulfilment of the requirements for the degree *Master of Social Work* at the Potchefstroom Campus of the North-West University

Research Supervisor: Prof P Rankin
November 2013

PREFACE

This dissertation is presented in article format in accordance with the guidelines as set out in the Manual for Postgraduate Studies 2010. The articles in the document comply with the requirements set by the journal Social Work/Maatskaplike Werk.

ACKNOWLEDGEMENTS

I would like to thank everyone who contributed to make this research possible:

MY HEAVENLY FATHER -

For giving me the ability to live out my passion.

MY RESEARCH SUPERVISOR, PROFESSOR PEDRO RANKIN -

For all the support and valuable guidance. I could not have done it without you.

MY HUSBAND, NORMAN -

For all your patience, understanding and motivation to finish my studies.

MY COLLEAGUE, ANNETTE –

For all your support, encouragement and information sharing.

Everyone who contributed directly and indirectly towards this research – a big thank you.

ABSTRACT

Marriages in South Africa in today's times were found to be in a critical situation. Statistics have proven that most marriages end in divorce within the first five years of marriage.

Although marital preparation and enrichment courses are available in South Africa, no specific course exists that is specifically designed for the needs of young married Afrikaans speaking couples. On the grounds of available information it was decided to determine the needs of young Afrikaans speaking married couples whom are married for 1-5 years. By doing this it will enable us to design a marital enrichment programme that will focus on their specific needs.

Young married couples will be encouraged to attend marital enrichment programmes. It will assist the couple not to be overwhelmed by the difficult adjustments married life brings and will provide for positive growth within their relationship.

It is encouraging to note that all couples who participated in the research previously attended marital enrichment and/or preparation courses and they all acknowledged that it made a positive contribution to their marriage life.

The greatest need that is currently not addressed by marital courses is "The different phases within the marital relationship". Most couples indicated that they had difficult times during the adjustment phase and specifically after the birth of their first child.

Most couples indicated that they are still interested in continuous enrichment to ensure growth and development within their relationship.

Key terms: Marriage, marriage enrichment, marriage relationship, marital challenges, marital partners.

OPSOMMING

Huwelike in Suid-Afrika bevind hulle in die hedendaagse samelewing in 'n kritieke situasie. Statistiek het bewys dat meeste huwelike verbrokkel binne die eerste vyf jaar van getroude lewe.

Alhoewel daar wel huweliksvoorbereidings- en huweliksverrykingskursusse in Suid-Afrika beskikbaar is, is daar nie 'n bestaande kursus wat spesifiek ingestel is om die behoeftes van die jong getroude Afrikaanse egpaar aan te spreek nie. In die lig van die bestaande inligting is besluit om te bepaal wat die behoeftes is van die jong getroude (1-5 jaar) Afrikaanse egliede is. Sodoende kan inligting beskikbaar gestel word om 'n huweliksverrykingsprogram saam te stel om hul spesifieke behoeftes aan te spreek.

Jong getroudes sal sodoende aangemoedig word om huweliksverrykingsprogramme by te woon. Dit kan die egpaar in staat stel om nie deur aanpassingsprobleme oorweldig te raak nie, maar om dit as 'n positiewe groeigeleentheid binne die verhouding te ervaar.

Dit is verblydende om te noem dat al die egpare wat deel gevorm het van die navorsing wel op een of ander manier by huweliksvoorbereiding of -verryking betrokke was en meeste het bevestig dat dit die verhouding verryk het.

Die grootste behoefte wat tans nie in enige huweliksverrykingskursus aangespreek word nie, is "Die verskillende fases binne die huweliksverhouding". Meeste egpare het bevestig dat hulle stormagtige tye beleef het tydens die aanpassingsfase veral na die geboorte van hul eerste kind.

Meeste egpare het ook bevestig dat hulle steeds sou belangstel in voortgesette verryking te einde te bly groei en ontwikkel binne die verhouding.

Sleuteltermes: huwelik, huweliksverryking, huweliksverhouding, huweliksuitdagings, huweliksmaats.

EDITORIAL POLICY

The Journal publishes articles, book reviews and commentary on articles already published from any field of social work. Contributions may be written in English or Afrikaans. All articles should include an abstract in English of not more than 100 words. All contributions will be critically reviewed by at least two referees on whose advice contributions will be accepted or rejected by the editorial committee. All refereeing is strictly confidential. Manuscripts may be returned to the authors if extensive revision is required or if the style or presentation does not conform to the Journal practice. Articles of fewer than 2,000 words or more than 10,000 words are normally not considered for publication. Submit the manuscripts as a Microsoft Word document, in 12 pt Times Roman double-spaced on one side of A4 paper only. Use font Arial in charts and diagrams. The manuscript should be sent electronically to hsu@sun.ac.za. Use the Harvard system for references. Short references in the text: When word-for-word quotations, facts or arguments from other sources are cited, the surname(s) of the author(s), year of publication and page number(s) must appear in parenthesis in the text, e.g. “...” (Berger, 1967:12). More details about sources referred to in the text should appear at the end of the manuscript under the caption “References”. The sources must be arranged alphabetically according to the surnames of the authors.

TABLE OF CONTENTS

PREFACE.....	I
ACKNOWLEDGEMENTS	II
ABSTRACT	III
OPSOMMING	IV
EDITORIAL POLICY.....	V
TABLE OF CONTENTS.....	VI
SECTION A: INTRODUCTION AND ORIENTATION TO THE RESEARCH	1
1. PROBLEM FORMULATION	2
2. AIMS AND OBJECTIVES	4
2.1 AIM	4
2.2 OBJECTIVES	4
3. CENTRAL THEORETICAL ARGUMENT.....	4
4. METHODS OF INVESTIGATION.....	4
4.1 REVIEW OF LITERATURE.....	5
4.2 THE RESEARCH PURPOSE	5
4.3 THE EMPIRICAL STUDY	5
4.3.1 <i>The research approach</i>	5
4.3.2 <i>The research design</i>	5
4.3.3 <i>The research participants</i>	6
4.3.4 <i>Measuring instruments</i>	6
4.3.5 <i>Data processing</i>	6
4.3.6 <i>Procedures</i>	7
4.3.7 <i>Ethical aspects</i>	7
5. CHOICE AND STRUCTURE OF THE RESEARCH REPORT.....	7
6. LIMITATIONS OF THE STUDY.....	8
7. BIBLIOGRAPHY	9
SECTION B: THE JOURNAL ARTICLES	11
ARTICLE 1: THE ELEMENTS AND REQUIREMENTS OF A MARRIAGE ENRICHMENT PROGRAMME: A LITERATURE OVERVIEW	12
1. INTRODUCTION	14
2. MARRIAGE ENRICHMENT CONCEPTUALISED	14
3. DEMANDS ON MARRIAGES IN SOUTH AFRICA.....	18
4. EXPECTATIONS OF MARRIAGES	21
4.1 THE PHASES OF MARRIAGE.....	22
4.1.1 <i>The Attraction Phase</i>	22
4.1.2 <i>Romance and Honeymoon Phase</i>	22
4.1.3 <i>Reality or the Power Struggle Phase</i>	23
4.1.4 <i>Knowledge and Awareness Phase</i>	25
4.1.5 <i>Transformation of Success Phase</i>	26
4.1.6 <i>Real Love Phase</i>	26
5. ENRICHMENT PROGRAMMES IN SOUTH AFRICA	27
5.1 PREPARE/ENRICH PROGRAMME	28

5.2	MARRIAGE ENRICHMENT THROUGH GROWTH-ORIENTATED GROUP WORK.....	29
5.3	IMAGO RELATIONSHIP WORKSHOPS	29
5.4	MARRIAGE ENRICHMENT WORKSHOPS IN THE CHURCHES IN SOUTH AFRICA	32
5.5	MARRIAGE GUIDANCE PROGRAMME.....	33
6.	CHALLENGES FOR YOUNG MARRIED COUPLES	39
6.1	REASONS FOR GETTING MARRIED	39
6.2	ATTITUDINAL TENDENCIES	39
6.3	CHARACTERISTICS OF A HEALTHY MARRIAGE	41
7.	PRINCIPLES OF SUCCESSFUL MARRIAGES	42
7.1	RELATIONSHIP SKILLS AND KNOWLEDGE.....	42
7.2	SUPPORT THROUGH GROUP WORK	45
8.	OTHER ENRICHMENTS PROGRAMMES	46
8.1	DIFFERENT APPROACHES TO MARRIAGE ENRICHMENT.....	46
8.1.1	<i>Systems Marital enrichment approach.....</i>	46
8.1.2	<i>Behavioural Marital approach.....</i>	46
8.1.3	<i>Cognitive behavioural approach.....</i>	47
8.1.4	<i>Adlerian Marriage approach</i>	47
8.2	OTHER THEORIES, MODELS AND PROGRAMMES.....	47
8.2.1	<i>Transaction Analysis theory.....</i>	47
8.2.2	<i>Hope focused programme</i>	48
8.2.3	<i>Prevention and Relationship enhancement approach.....</i>	49
8.2.4	<i>Other intervention programmes.....</i>	49
9.	CONCLUSION.....	51
10.	BIBLIOGRAPHY	53
ARTICLE 2: THE NEEDS AND ATTITUDE OF YOUNG AFRIKAANS SPEAKING MARRIED COUPLES		
REGARDING MARRIAGE ENRICHMENT.....		
		57
1.	INTRODUCTION.....	59
2.	THE RESEARCH PROBLEM	59
3.	AIMS AND OBJECTIVES	60
3.1	AIM	60
3.2	OBJECTIVES	60
4.	RESEARCH METHODOLOGY	61
4.1	THE RESEARCH PURPOSE	61
4.2	THE EMPIRICAL STUDY	61
4.2.1	<i>The research approach</i>	61
4.2.2	<i>The research design</i>	61
4.2.3	<i>The research participants</i>	61
4.2.4	<i>Measuring instruments.....</i>	62
4.2.5	<i>Data processing</i>	63
4.2.6	<i>Pilot Study.....</i>	64
4.2.7	<i>Procedures.....</i>	64
4.2.8	<i>Ethical aspects</i>	64
5.	THE EMPIRICAL DATA	65
5.1	THE PROFILE OF THE RESPONDENTS	65
5.2	THE PRESENTATION OF THE QUALITATIVE DATA	68
5.2.1	<i>The respondents' understanding of marriage enrichment.</i>	68
5.2.2	<i>The respondents' views on marriage enrichment's potential to help couples improve their marital relationship:.....</i>	69

5.2.3	<i>What content of enrichment programmes will encourage you to attend and participate?</i>	70
5.2.4	<i>What would be the ideal situation for you to consider joining a marriage enrichment group?</i>	79
6.	SUMMARY	82
7.	BIBLIOGRAPHY	83
	SECTION C: CONCLUSIONS AND RECOMMENDATIONS	87
1.	INTRODUCTION	88
2.	CONCLUSIONS	88
3.	RECOMMENDATION	89
	SECTION D: APPENDICES	92
	APPENDIX 1: CONTRACT WITH COUPLE	93
	APPENDIX 2: INTERVIEW SCHEDULE	95
	SECTION E: CONSOLIDATED BIBLIOGRAPHY	97
	REFERENCES	98

LIST OF FIGURES

FIGURE 1: A SUMMARY OF THE RESPONDENTS' PROFILE.....	65
FIGURE 2: AGE GROUPS OF THE RESPONDENTS	66
FIGURE 3: RESPONDENTS WHO HAD MARITAL GUIDANCE BEFORE	66
FIGURE 4: RESPONDENTS WHO WERE INVOLVED IN MARRIAGE ENRICHMENT PROGRAMMES BEFORE	66
FIGURE 5: RESPONDENTS' EVALUATION OF THE QUALITY OF THEIR MARITAL RELATIONSHIP	67
FIGURE 6: QUALIFICATIONS OF RESPONDENTS	67

**SECTION A:
INTRODUCTION AND
ORIENTATION TO THE
RESEARCH**

1. PROBLEM FORMULATION

The marital relationship remains one of the core relationships in the fabric of society. From this relationship the nuclear family develops, forming a new but equally important family system. The family is supposed to be an environment in which the needs of the individual family members can be fulfilled. This is encapsulated with the following view: "Having a past as old as the history of mankind, marriage is accepted as one of the most important cornerstones in human life. The social and emotional support brought by marriages contributes to the physical, spiritual and social well-being of spouses" (Kalkan & Ersanli, 2008:978). The expectation is that parents will establish and maintain harmonious family relationships, including their own marital relationship. This unfortunately does not happen all the time, because the family is not protected against the impact of internal and external demands due to its vulnerable nature (Cronje, 2010:1).

The high divorce rate in South Africa serves as witness to the fact that the modern marriage is pressurised because of various demands. Young marital couples especially do not seem to want to work on their differences. It seems much easier to move on to the next relationship to make it work for them (Prinsloo, 2006:56). The latest statistics of South Africa shows that in 2008, 186 522 couples got married, 28 924 were divorced and 1150 couples married for the third time. The median time frame for marriages is nine years (Statistics South Africa, 2008). (Hunt, Hof and De Maria 1998:7) maintain that couples are currently living in a throw-away society where marriages are being thrown away nearly as soon as they begin. Couples enter marriage with the idea that they can get out of it if it does not work. The authors state that sometimes marriages do not work simply because of a lack of effort and commitment. Married couples do not even realise that they give up too quickly. The same authors (Hunt, Hof & De Maria 1998:7) maintain that "Sustaining a happy marriage has become more challenging in the past two generations, especially for newlyweds. Many organisations have sought to support couples by offering or requiring marriage preparation programmes."

Two broad social work approaches to personal and social problems are preventive intervention and rehabilitative or therapeutic intervention.

Preventive social work is "...social work practiced to achieve the goal of enhancing human potential, maintaining and protecting the individual's psychosocial resources, and promoting competencies that enable people to avoid or overcome the predictable and unexpected problems of living" (Barker, 2003:338). Rehabilitation or therapy on the other hand, is regarded as the restoration to a "...healthy condition or useful capacity to the extent possible" (Barker, 2003:365). Applied to marriage, marriage enrichment can be regarded as a preventive programme while marital therapy will be rehabilitative or therapeutic.

Commenting on the value of marriage enrichment programmes, Kalkan & Erganli (2008:977) conclude:

"teaching the ways to overcome conflicts and problems between the spouses, taking measures against problems before they increase, preparing spouses for the possible problems in their future and teaching them how to solve these problems before they become more significant may contribute to the continuance and development of the relationship without encountering negative consequence."

Paraphrasing La 'Abate's views, Everett, Worthington, Beverley, Buston and Hammonds (1989:555) explain that helping couples communicate, negotiate, make decisions, and solve problems is viewed as preventive rather than as therapeutic.

Govender (2008:11) describes marital enrichment as "...a preventative intervention that develops and builds on the couple's own resources and strengths, and teaches couples social and interpersonal skills in order to enhance and improve their marital relationship. Marriage enrichment is about helping make a good marriage better." In contrast, marital therapy is viewed as intervention procedures "...used by social workers, family therapists, and other professionals to help couples resolve their relationship, communications, sexual, economic and other family problems." (Barker, 2003: 263). Everett, Worthington, Beverly and Hammonds (1989:555) citing Mace & Mace stress that marriage enrichment programmes help couples enhance

their relationships by developing their ability to initiate changes in their relationship.

The focus of this research project will be on marriage enrichment, because of its preventive nature. In support of this, Jakubowski, Milne, Brunner and Miller (2004:528) established that numerous experimental studies have found marital enrichment programmes to be effective in their relationship skills and satisfaction. The uniqueness of this research lies in its focus on diversity in the sense that it will focus on young Afrikaans speaking married couples, which is assumed will have culturally determined needs regarding marriage enrichment.

The core research question that needs to be answered is:

What are the needs of young married couples regarding marriage enrichment programmes?

2. AIMS AND OBJECTIVES

2.1 Aim

The overall aim of the research project is to determine the needs and attitude of young Afrikaans speaking married couples regarding marriage enrichment programmes.

2.2 Objectives

The following objectives will be pursued to achieve the aims of the research:

- To describe the essential elements of a marriage enrichment programme.
- To determine the needs of young married couples for a marriage enrichment programme.
- To make recommendations to initiate a marriage enrichment programme.

3. CENTRAL THEORETICAL ARGUMENT

A marriage enrichment programme will be a valuable asset for social workers working with young married couples.

4. METHODS OF INVESTIGATION

The research was done by means of a literature and empirical study.

4.1 Review of literature

The following themes were covered in the literature overview: marriage enrichment, contents of marriage enrichment programmes, demands facing young married couples and successes of marriage enrichment.

Resources consulted:

- NEXUS
- RSAT
- Social Science Index
- Social Work Abstracts
- Psychlit
- ERIC - Educational Resources Information Centre
- Catalogue - Ferdinand Postma Library, North-West University

4.2 The research purpose

The research was a combination of exploration and description (Rubin & Babbie, 2011:133) because not much is known regarding the need for marriage enrichment programmes amongst young Afrikaans speaking couples.

4.3 The Empirical study

4.3.1 The research approach

The dominant research approach used was, in view of the research purposes, qualitative in nature (cf Neuman & Kreuger, 2003:158).

4.3.2 The research design

The phenomenological design (Fouché & De Vos, 2011:316), considered as the most suitable design in view of the planned focus on a group of Afrikaans speaking young married couples, and the depth of information that will be required, was used.

4.3.3 The research participants

The research was conducted among Afrikaans speaking young married couples, married less than five years, within the Heidelberg region.

A non-probability purposive sampling procedure was used to select the participants. This method of sampling involves the researcher choosing participants willing to participate in the study on the basis that those selected will provide the necessary information (Strydom, 2011:232). A name list of young married couples was collected from churches within the Heidelberg region and advertisements were placed in the local newspapers, "The Herald" and "The Record". Two focus groups of five couples each were composed to collect the necessary data from, and two couples were seen individually.

The following criteria were used to select the participants:

Age: Between the age of 23 and 33

Married: Less than five years

Language: Afrikaans

4.3.4 Measuring instruments

An interview schedule (Greeff, 2011:352) was used to provide structure to the focus group discussions and the individual interviews.

The following questions were covered in the interview schedule:

- What is your understanding of a marriage enrichment programme?
- Do you believe it can empower you to improve your marital relationship?
- What would you like to be the content of such an enrichment group in order to encourage your attendance and participation?
- Would you consider joining a marriage enrichment group?

4.3.5 Data processing

The open coding system whereby "the researcher locates themes and assigns initial codes or labels in a first attempt to condense the mass of data into categories" (Neuman & Kreuger, 2003:438) was utilised. This was done with the assistance of a third person to verify the labelling process.

4.3.6 Procedures

- The development and testing of the measuring instrument.
- The selection of research participants.
- The conducting of the focus groups.
- Interpretation of the data.
- Writing the research report.

4.3.7 Ethical aspects

The following relevant ethical aspects were dealt with:

- Voluntary participation and informed consent (Rubin & Babbie, 2001:76). None of the participants were forced in any way to participate in the research. The nature and purposes of the research were explained to them in detail after which they were free to decide whether to participate or not.
- No harm to the participants (Rubin & Babbie, 2011:78). The nature of the research limited the possibility of especially emotional harm to the participants to the absolute minimum in view of the opportunity of the participants to withdraw at any stage. This also took care of the principle of deception of subjects.
- Privacy, anonymity and confidentiality (Neuman & Kreuger, 2003:106). The participants were informed that information given would not be linked to anybody, and that the data would be kept confidential. If they did not want to take part in a focus group, individual interviews were to be conducted with the participating couples.
- The research proposal was submitted to the Ethics committee of the Potchefstroom Campus of the North-West University for approval.

5. CHOICE AND STRUCTURE OF THE RESEARCH REPORT

Section A: Orientation and methodological overview

Section B: The journal articles

- Literature Review: The elements and requirements of a marriage enrichment programme.
- Empirical Study: The needs and attitude of young married couples regarding marriage enrichment programmes.

Section C: Conclusions, guidelines and recommendations

Section D: Appendices

Section E: Consolidated bibliography

6. LIMITATIONS OF THE STUDY

It needs to be mentioned that the couples selected for the study already presented good marital functioning and most of the couples already dealt with challenges during the first two phases of the marital relationship.

Although the focus group discussions and dynamics were good and respondents appeared to have shared openly and honestly their challenges in their marriages, not all the participants did voice their opinions, especially the introverts. More individual couple interviews could have been conducted which would have provided richer information, especially those who did not feel comfortable in sharing personal information.

In general, this study indicated that it is possible for the already healthy marital relationships of the couples to still improve in order to maintain a healthy marriage.

7. BIBLIOGRAPHY

Barker, RL 2003. The social work dictionary. 5th ed. Washington DC: NASW Press.

Babbie, E 2011. Introduction to social research. Belmont: Washington.

Cronje, F 2010. SAIRR Today. The South African family in crisis. [Web:] <http://p10.opennetworks.co.za/sairr.org.za/sairr-today/sairr-today-the-south-african-family-in-crisis-26th-march-2010>

1/?searchterm=state%20of%20the%20South%20African%20family. (Date of access: 20 May 2010)

DEPARTMENT OF STATISTICS. See South Africa.

Everett, L, Worthington, JR, Beverley, GB & Hammonds, TM 1989. A component analysis of marriage enrichment: information and treatment modality. *Journal of counselling and development* 67(1):555 – 560).

Fouche, CB & De Vos, AS 2011. Qualitative research designs. (In De Vos, AS (ed). Research at Grass Roots for the social sciences and human service professions. Pretoria: Van Schaik Publishers. 316-381.)

Govender, V 2008. A description of content for a marriage enrichment programme. Johannesburg, (Thesis - MA) University of Johannesburg.

Greeff, M 2011. Information collection; interviewing. (In De Vos, AS, Strydom, H, Fouché, CB, Delpont, CSL (ed.) Research at Grass Roots. Pretoria: Van Schaik Publishers.)

Hunt, RA, Hof, L & De Maria, R 1998. Marriage enrichment - Preparation, mentoring, and outreach. Philadelphia: Brunner/Mazel.

Jakubowski, S, Milne, EP, Brunner, H & Miller, RB 2004. A review of empirically supported marital enrichment programmes. *Family Relations*. 53 (8): 528-536.

Kalkan, M & Ersanli, E 2008. The effects of the marriage enrichment programme based on the cognitive-behavioural approach on the marital adjustment of couples. *Educational Sciences: Theory & Practice* 8 (3): pp 977-986.

Neuman, L & Kreuger, LW 2003. Social work research methods: qualitative and quantitative applications. Boston: Allyn Bacon.

Prinsloo, CE 2006. Ontwikkeling, toepassing en evaluering van huweliksverrykingsprogramme in die vroeë middeljare dmv 'n groei-georiënteerde maatskaplike groepwerkproses: University of Pretoria. (Thesis PhD - Social Work.)

Rubin, A & Babbie, E 2011. Essential research methods for social work. (2nd ed.) Belmont: Brooks/Cole.

SOUTH AFRICA. DEPARTMENT OF STATISTICS. 2008. South African divorce rates. Pretoria: Government Printers.

Strydom, H 2011. Sampling and sampling methods. (*In* De Vos, AS, Strydom, H, Fouché, CB & Delpont, CSL. Research at grassroots for the social sciences and human service professions. (p 232)

SECTION B: THE JOURNAL ARTICLES

ARTICLE 1

Swart, E, Social worker in the South African Police Service

Rankin, P, Lecturer at the Potchefstroom Campus of the North-West University

THE ELEMENTS AND REQUIREMENTS OF A MARRIAGE ENRICHMENT PROGRAMME: A LITERATURE OVERVIEW

ABSTRACT

This article describes the nature and purposes of marriage enrichment. Marriage enrichment is conceptualised as a preventative measure in assisting and supporting the young married couple. Through marriage enrichment the couples can be provided with skills to improve their relationship and enhance marital satisfaction. Numerous studies found that enrichment programmes have a positive effect on the marital relationship.

The demands that young marriages must cope with were described to highlight the expectations that the young couples may have about marriage. The different phases of marriage were analysed to place the marital relationship in proper context. It was pointed out that the power struggle phase occurs between the first two years of marriage and can be seen as the reason why young married couples do not always meet the demands that exceed their coping capacities.

Reasons why young people get married, their attitudinal tendencies and the characteristics of a healthy marriage were explored in an attempt to establish a basis against which the empirical data of the second article could be interpreted.

Different enrichment programmes by various authors were explored. Western literature as well as programmes in South Africa were studied to get a broad perspective on marriage enrichment programmes. It was discovered that most programmes appear to meet the expectations of the young couples

theoretically, although some seems to lack an empirical basis.

Key terms: Marriage, marriage enrichment, marriage relationship, marital challenges, marital partners.

1. INTRODUCTION

The purpose of this article is to provide an overview of the nature of marriage enrichment, and the intervention processes associated with it. Attention will be given to conceptualising marriage enrichment, the demands placed on marriages, different enrichment programme models, and marriage enrichment programmes in South Africa.

The marital relationship remains one of the core relationships in the fabric of society. The family is supposed to be an environment in which the needs of individual family members can be fulfilled (Kalkan & Ersanli, 2008:978). This is, unfortunately, not always a reality because the family is not protected against the impact of internal and external demands, thereby its vulnerable nature (Cronje 2010:1).

Marriage enrichment is a way of preventing marital differences from becoming problems and couples becoming distressed. The focus of this research project was on marriage enrichment because of its preventative nature. It should be mentioned, in support of this, that Jakubowski, Milne, Brunner and Miller (2004:528) established that numerous experimental studies found marital enrichment programmes to be effective in improving relationship skills and marital satisfaction.

2. MARRIAGE ENRICHMENT CONCEPTUALISED

Marriage is a complex venture of meshing two unique individuals, from unique family backgrounds, into what they hope will become an effective, harmonious unit. This implies that married couples should be aware of what the bonding they entered into entails, and that active, conscious input should come from both partners (Gottman, 2009:2). Couples need to be aware of the importance of the skills and appropriate attitudes necessary to make a marriage work. If they are left on their own to work out their marriages, without the necessary insight into the dynamics of marriage, they may encounter difficulties in coping when they are faced with situations of which the requirements exceed their coping capacities. When a couple experiences problems, the temptation to refer them for marital counselling is often yielded to.

In view of this, the argument can be advanced that marriage enrichment programmes provide an opportunity for marital couples to develop the skills needed to make their marital relationship a more enriching growth experience. This argument can be developed further by stating that it may be assumed that marriage enrichment programmes will have a positive effect on marital relationships. This was, in fact, also presented as the theoretical argument for this thesis. The truth is, marriage takes a commitment that goes beyond romantic idealism. It is not a matter of just doing what comes naturally, but teaching people the necessary skills to keep their marriages vital and effective (Brown and Brown, 2003:3).

According to Hunt, Hof and De Maria (1998:7), man is currently living in a throw-away society where marriages are being thrown away nearly as soon as they begin. Couples enter marriage with the idea that they can get out of it if it does not work. Sometimes marriages simply do not work because of a lack of commitment. Married couples do not even realise that they have given up too soon.

Research by the University of Michigan found that people in happy marriages lead longer, healthier lives than people who are divorced or unhappily married (Gottman, 2009:1).

According to Brown and Brown (2002:3) a marriage represents not only the establishment of a new relationship, but the creation of a new couple identity, as well as a whole set of new social relationships with spouses, parents, relatives and friends. Considering the fact that the two most important ingredients of a marital relationship are the personalities of the parties, it is not strange that the creation of a new identity requires many skills.

The Terminology Committee for Social Work (1995:38) defines 'marriage' as a contract entered into by a man and a woman in the presence of a marriage officer, appointed under legislation, in which they agree to live as husband and wife.

According to Kalakan & Ersanli (2008:279) marriage is the context in which the marital relationship is established, as well as growing, whilst the social and emotional support brought by marriages contributes to the physical,

spiritual and social well-being of the spouses. The expectation is that parents will establish and maintain harmonious family relationships, including that of their own marital relationship.

The Terminology Committee for Social Work (1995:27) defines 'enrichment' as a programme on individual and group level, aimed at promoting the quality of role performance in a marriage.

Garland, as quoted by Prinsloo (1999:27), describes the goal of marriage enrichment as follows:

'...to create a climate between them which enables them to increase self and other-awareness of the growth potential of the marriage; to explore and express their thoughts and feelings with honesty and empathy; and to develop and use the skills needed to relate together effectively, solve their problems and resolve their conflicts. In such a climate, it is believed that the individual and the couple are best able to maximize their potential for relationship satisfaction and personal and couple growth.'

Barker (2003:365) explains marital enrichment programmes as "...group encounters that use techniques to improve communication and understanding for couples whose relationships are not especially dysfunctional."

Everett, Worthington, Beverley, Buston & Hammonds (1998:555), citing Mace and Mace, stress that marriage enrichment programmes help couples enhance their relationships by developing their ability to initiate change in their relationships.

These definitions provide slightly varied perspectives on marriage enrichment as a type of intervention. What is stressed, however, is the fact that it is preventative and its purposes are to improve the quality of marriages. Its purpose is not to repair marriages that are already negatively impacted. This is confirmed by Govender (2006:10), stating that marriage enrichment is not a substitute for marital or other types of therapy, but encourages a paradigm shift from the traditional, medical model of providing remediation or repairing

broken marriages, by making preventative services in this specific area of service delivery available.

Clinebell (1977:4) sees marriage enrichment as an opportunity for each couple to create their own best marriage, a growing relationship that meets their needs and that creates an intimate, open relationship with equality and positive fidelity.

Govender (2006:2) emphasises enrichment as a preventative approach that attempts to reach couples before they become mired in dysfunctional patterns, and while they are still motivated to seek improvement. Marriage enrichment enables couples to gain perspective and discover their strengths and to enhance these before reaching the clinical stage.

Brown, as quoted by Govender (2006:1), stated that all couples need support and the meeting of this need is critical to the well-being of the marriage. Marriage enrichment groups can be an important source with which to provide support to married couples. Such groups can promote self-awareness, empathy, self-disclosure, increased intimacy and the development of communication and problem-solving skills within on-going group activities. The purpose of Marriage Enrichment is therefore to better the marriage relationship (Prinsloo, 2006:196).

Participating in an enrichment programme can be a wonderful experience of personal growth into a new couple identity and the development of a satisfying other-awareness of the partner and their needs and contributions to the marriage.

Before deciding on a specific therapeutic intervention, it is important to know the difference between therapy, counselling and guidance.

Guidance approaches situations from the perspective that the guidance counsellor has more information regarding better ways to reach decisions than the person receiving the service. Guidance provides the client with expert advice, solutions, which the client may or may not follow.

Those who provide guidance counselling services use counselling skill-sets, but their intentions tend to be more focused on helping clients make a decision about specific, important issues in their lives.

Counselling and psychotherapy are processes that seek to help people improve their well-being and increase their ability to solve problems and make decisions for themselves both in and beyond the current situation.

Therefore, counselling and psychotherapy are considered more holistic than guidance. In contrast, guidance focuses on assisting a person to make decisions that are usually time and context limited. Such decisions can, and usually will have longer term effects for a person's life. Both counselling and psychotherapy focus less on the content of a specific decision than guidance does. (Dimirsky, 2011:1).

It is clear from the aforementioned that marriage enrichment and the intervention processes associated with it, is a preventative and not a remedial approach for the addressing of problems and conflicts within a marriage. This process will, however, not be effective if the couple is not committed to their marriage. The couple needs to be motivated to change and willing to learn and apply the skills necessary for a harmonious marriage. The fact of experiencing strain, whether due to external demands of society or the internal demands of their differing personalities, should not affect their committed participation in the programme.

The facilitator that uses both the integrative therapy and an eclectic approach, depending on the group activity, will ensure that the couple's own resources and strengths are enriched and that good marriages are made better.

3. DEMANDS ON MARRIAGES IN SOUTH AFRICA

Marriage does not just happen. It takes a solid set of decisions, a huge amount of skill, and enormous willpower. For most people the demands of marriage are mind-boggling. It requires all the energy you can give, and then asks for more. It involves a continual need for negotiation, compromises and giving of the self. Both partners need to know exactly what they originally promised to each other, and they need to be consistently committed to those promises, in order that their willpower will always be stronger than any opposing force. People in exceptionally healthy marriages made their marriages triumphant because they simply would not settle for less (Cronje, 2010:1).

This view strongly brings home the idea that the developmental tasks and issues for couples in this stage of marriage clearly are a great challenge to them. Becoming a couple is indeed one of the most complex and difficult transition phases of the marriage. However, it is usually romanticised as the easiest and most joyous aspect of being married.

Not many narrative accounts are available on the state of marriages in South Africa. There are two main sources of statistics about marriages in this country, namely those compiled from census data and surveys, and those compiled from vital registration and administrative records. However, not all types of marriages and divorces are registered (Statistics South Africa, 2010). Statistics on marriages in South Africa do not project the variables at play in marital relationships. The statistical releases that are available for 2010 is information based on data from the South Africa National Marriage Registration Systems of the Department of Home Affairs. The data of divorces granted by the Department of Justice and Constitutional Development is of the same calendar year (Statistics South Africa: 2010).

The number of civil marriages ending in divorce in 2010 was 22 936, indicating a drop of 7 827 (25.4%) from the previous number of cases processed in 2009, which was 30 763. The population distribution of couples divorcing, per population group, shows that the highest proportion of divorces between 2001 and 2007 came from the white population group. In the year 2001 43.2% of divorces were from the white population, while 23.1% were represented by the African population group. This pattern changed, however, from 2008 to 2012 in that the African population exhibited the highest proportion of divorces, followed by the white population group. Thus it was that in 2010 a percentage of 35.6% of the divorces came from the African group and 30.5% from the white group. The median age at divorce in 2010 was 41 years for males and 38 years for females. This data reveals that there were fewer divorces amongst those younger than 25 years of age (Statistics South Africa, 2010).

The statistics indicate that, of the divorces granted in 2010, the largest number of the marriages lasted between five and nine years, i.e. 5 989 (27.3%). This group is followed by marriages that lasted less than five years,

i.e. 4 577 (20.9%). Thus almost half of the 22 936 divorces in 2010, 47.7% to be exact, were marriages that lasted just less than 10 years. Furthermore, the duration of marriages in the white population group, of those that divorced before their fifth wedding anniversary, was slightly more than those divorcing after between five and nine years. The distribution of the number of children affected by divorce in 2010 shows that 27.6% was from the white population group (Statistics South Africa, 2012).

Markey (2005:8) refers to Kreider, who found in his research that divorce statistics indicated that most divorces occur when couples are married less than five years, and that the proportion of divorces is highest for couples married less than three years. Clearly, at this stage of marriage, couples find that the developmental tasks and issues demanded of them are a great challenge. Becoming a couple is indeed one of the most complex and difficult transitional phases of the marriage, although it is usually romanticised as the easiest and most joyous aspect of having become married. These statistics project an alarming picture and serve as justification for the development and presentation of programmes that will have a positive influence and effect on marriages and the marriage partners.

Families from an Afrikaans speaking cultural background are currently under serious pressure. Solidarity (Langner, 2011:1) embarked on research regarding the impact of family breakdowns in recent years within the Afrikaans speaking community.

The statistics by Solidarity has revealed that marriages among white South Africans declined from 39.06% to 32.8% between the years 1998 to 2008. The country's divorce statistics was 30 763 per year in 2009, affecting 57% of children. One out of three Afrikaans speaking children reported to have grown up in an unhappy home, which serves as an indication of the state of the Afrikaans speaking families in South Africa, and their need for support.

The only alternative information regarding Afrikaans speaking families and marriage was found in De Kat magazine. The census in the article of this magazine indicated that 60% of white people and 80% of coloured people in

South Africa are Afrikaans speaking. The following narratives, as quoted, are a reflection of the marital situation of Afrikaans speaking couples.

'We are too distracted; we don't make time for family and friends anymore. Money has become all important and we watch too much television and do not attend church regularly anymore' (Groenewald, 2010:1).

Another person mentioned that *'The emotional needs of our children are not being met and there is very little effective communication between parents and children and between husband and wife.'* Reconstituted families are also a major concern in many marriages. It was mentioned that the Afrikaans family is too busy making money to really care about anything other than themselves. Both marriage partners work and less and lesser attention is paid to the marriage and to each other (Groenewald, 2010:1). This thus implies that Afrikaans speaking families have developed materialistic values at the cost of other important values.

Christian Afrikaans speaking couples also mentioned that they went through a very difficult and tough time in their marriages and that this drew them nearer to God. Faith helps you to forge ahead and gives you something to cling to when everything around you seems to fall apart. It seems as if religion still plays an important role in the average marriage.

Another scenario that also needs to be considered according to the author of this article is that of the alternative Afrikaners, who view themselves as individualistic, non-materialist and loving aesthetical items that hold intrinsic value (Groenewald, 2010:2).

These statistics project an alarming picture and serve as justification for the development and presentation of programmes that will have a positive influence and effect on marriages and marriage partners.

4. EXPECTATIONS OF MARRIAGES

Each person brings their own personal set of expectations, certain personality dynamics, a distinct family background and a particular level of physical and emotional health, into the marriage. The marital satisfaction of the couple is determined by the way these sets of factors combine and interrelate within their marriage (Prinsloo, 2006:207).

4.1 The phases of marriage

Building a successful marriage is a lifelong enterprise. Understanding the different phases that a marriage will go through may help to build a better, stronger and more fulfilling relationship. Storkey, as cited in Prinsloo (2001: 207), concentrates on the differentiation of the marital phases and recommends that, although the basic principles of communication, conflict management and interpersonal relations are universal, more research should be done on specific phases and circumstances in the marriage. Most experts agree that marriage tends to evolve in different phases (Prinsloo, 2006; Hendrix, 2001; Olson & Blaine, 1993; Markey, 2005; Fisher, 2000; De Maria, 2009; Kuhlman, 2003). Marriage can be divided into the following phases:

4.1.1 The Attraction Phase

Imago Relationship Therapy holds to a number of principles, of which the choice of a mate being guided by unconscious factors, and that it is the same for everyone, is one of the most important. This stage is referred to as the Attraction phase (Kuhlman, 2003:1).

Our unconscious leads us to our imago match, a person who offers us the greatest opportunity to heal our childhood wounds. Unconsciously though, we choose the psychological dynamics that are most familiar to us from our childhood. The only difference is that we are no longer children. We are adults with greater personal resources and a better chance of standing up for ourselves. If we succeed in working through these problems with our mate, we will achieve a happy relationship and we will heal our childhood wounds in the process (Hendrix, 2001:52).

4.1.2 Romance and Honeymoon Phase

Attraction turns into romance. Lovers live in a state of consciousness that, during this stage, is quite selective. Romantic love is a psychological and spiritual experience, but to be in love, is to also understand that we are also products of our bodies. Unfortunately eye-gazing, obsession, daydreaming and physical desire will change into something else over time. De Maria (2009:11) calls this the Passion phase.

Couples are swept up in the excitement and romance of their relationship. Differences seem relatively unimportant and are even exciting as they focus on discovering each other in the sharing of life together. Sexual attraction is usually strong. 'Getting bonded' brain chemistry prevails. Research has shown that not only is your heart full of love, your brain is also flooded with feel-good neuro-chemicals like dopamine and PEA (phenyl ethylamine). The effect of these neuro-chemicals on behaviour is similar to that of endorphin, although the intensity of it can vary from person to person. PEA increases energy, feelings of well-being, and positive outlook, and diminishes pain. It increases the sexual drive and helps you to feel safe and calm. You hold to the belief that it is the other person that brings out the best in you and that you have, at last, found the one (Fisher, 2000:96; Kuhlman, 2003:1).

In this culture we idolise and idealise romance, but we will learn that the extent to which we are swept away by romantic love is the extent to which we have been wounded (Hendrix, 2001:55).

Many couples assume that their relationship will naturally work itself out over time, with love as sufficient motivation. Sometimes this stage lasts through early marriage, but the next reality stage can quite often set in even before the wedding, and can be a source of cold feet (Hendrix, 2001:56).

4.1.3 Reality, or the Power Struggle Phase

Couples learn more about themselves and each other in situations they have not faced together before. Some of what they encounter may not be congruent with their pre-existing assumptions and expectations, and may in fact be in conflict with what they had assumed and expected. De Maria (2000: 13) refers to it as 'the rose coloured glasses come off now' and differentiation is now a definite factor. Once married, there is a lot more to disagree about than during dating, or even living together. Feelings of disappointment, loneliness and other reactions are normal, as is a feeling of despondency after all the activity and excitement of the wedding preparation period. Because of the challenging nature of this stage, the first two years of marriage do have the highest risk for affairs and divorce.

Many couples misinterpret this normal transition phase as incompatibility, and often worry that they have made a mistake. They do not understand that many significant conflicts, while not resolvable, can be successfully managed and that this is normal in successful, happy marriages. They are often too embarrassed to admit these reactions to their spouse, especially if they do not understand that these reactions are normal. Often sex seems to be more routine as the initial rush of sexual excitement and getting bonded brain chemistries subsides, and partner novelty diminishes. Many people begin to feel that the spark has left their relationship that they are not in love any longer. This is another factor in their marriage that couples often misinterpret (Kuhlman, 2003:2).

Defences come back up as the PEA (Phenyl ethylamine) diminishes, and instead of relating to a person, you are usually relating to a protective pattern. Hendrix (2001:60) sees this as the Power Struggle Phase. This stage is the most productive, despite its being experienced as difficult and negative. After 2-3 years the magic has worn off and your partner begins to annoy you. Things you have not noticed before begin to press themselves upon your awareness, and it is disturbing.

It is now that the consequences of having made an imago match with a partner who shares traits with your most problematic parent, start coming into play. In fact, you chose your partner because he recreated the same difficulties you had in childhood, and vice versa (Hendrix, 2001:80).

This period can be the door to deeper connections and intimacy and a fulfilling relationship if you can learn to use some of the tools to transform it into the pathway to real love. Conflict is growth trying to happen, in order to help you and your partner realise more of your potential as individuals and as a couple. Looking for a new partner does not solve the problem because the journey to healing and growth needs to happen, and having a new partner will, for the most part, recreate the same problems and climate as before.

Often during this phase the childbearing sub-stage influences the relationship. The arrival of children is a particularly critical, new reality for marriages. Kids transform the focus of a family and can dramatically increase the stress level.

There is simply so much more work, distraction, time pressure and potential conflict, inherent in having children. Most marriages are not adequately equipped to fully cope with this new family reality. It is very difficult to keep sufficient focus on the marriage relationship while the children also make demands, but it is essential to do so. The infancy of the second child is one of the most risky periods in a marriage, since all these stress factors are multiplied with two young children requiring intensive attention in the family (Kuhlman, 2003:2).

Couples who do not intentionally strategise and plan to keep their intimacy strong can begin to feel alienated and drift apart. This is why it is so important to have marriage preparation before the wedding, or immediately thereafter before the more demanding phases of married life begins. It is a lot easier to plan to keep up the positive momentums of your relationship during the earliest phases of the marriage, rather than after the problem patterns and habits have emerged. Unfortunately many couples do not understand the need for this until negativity begins to be a major factor (Markey, 2005:10). The multiple adjustments that need to be negotiated in the relationship help explain why marriage satisfaction rates drop significantly for parents with young children (Markey, 2005:10).

4.1.4 Knowledge and Awareness Phase

Couples have to renew their relationship in a very practical way by learning about each other's needs and managing their differences and areas of conflict. In this phase the partners realise that they have the power to make real changes. They become conscious and intentional and begin a completely new chapter in co-creating the relationship they have both dreamed about. The couple acquires new information and insight about themselves and their partner, and about the nature of marriage in general.

The power struggle now turns into acceptance. The couple have learned new ways of interaction and started to learn more about each other, especially where each of them was wounded and needs help to heal (De Maria, 2000:16, Fisher, 2000:99).

Hendrix (2001:88) mentions that the conscious brain is now kicking in. Once you become skilled in this non-defensive approach to criticism, you will make an important discovery. In most interactions with your spouse you are actually safer when you lower your defences than when you keep them engaged, because your partner becomes an ally, not an enemy.

Finally, both partners will now know how to give love to each other, and how to receive the love that has been offered. They have re-romanticised their relationship.

4.1.5 Transformation of Success Phase

Kuhlman (2003:3) mentions that in this phase the couple consciously practices the skills they have learnt, gradually implementing new behaviour patterns, creating emotional safety, et cetera. The couple becomes partners in the healing and growth of the relationship, keeping in mind the vision of the type of relationship they want, and working each day to make it a reality.

The couple therefore needs to change their ideas about marriage, their partner, and ultimately their ideas about themselves.

4.1.6 Real Love Phase

De Maria (2009:17) describes this phase as the cooperation and reunion stage where you need to shift your focus back to your marriage. It is only when we see marriage as a vehicle for change and self-growth that we can begin to satisfy our unconscious yearnings. To become a lover we first need to abandon all self-defeating tactics and beliefs, and replace them with a more constructive approach.

This is the stage of deep respect and the cherishing of one another as separate and unique individuals, without losing the sense of connection and oneness. It is a stage of joy, passion, intimacy, happiness and having fun together. It is a stage of living out the vision of a true partnership, unconditional love and safety, and seeing your partner as your best friend. The couple is moving forward towards fulfilling their spiritual potential and having a totally committed relationship, the journey towards wholeness. It takes time to build a history of love, and facing challenges together. It takes

effort to create a real sense of partnership and a commitment in which both are determined and truly believe that they can get through whatever happens in their relationship and in their lives.

Hendrix (2001:88) describes it as the conscious marriage that fosters maximum psychological and spiritual growth. It is a marriage that has been created by becoming conscious of, and cooperative with the fundamental drives of the unconscious mind: to be safe, healed and whole.

These couples will enjoy the benefits of a marriage that satisfies their needs and provides mutual support. This leads to more profound intimacy over the years, as the couple shares the experience of ups and downs, and they work to keep it that way (Kuhlman, 2003:3).

It is important that a couple understand these normal stages of marriage development because it will enhance their ability to face the challenges of marriage and thereby contribute to the success of their marriage. That is why it is of the utmost importance to begin the process of marriage preparation, regarding the different stages, early in the relationship (Kuhlman, 2003:3).

Marriage is a lifelong enterprise and tends to evolve in different phases. Understanding the different phases will determine a better, stronger and more fulfilling relationship. The ideal for every marriage is to find real love, where marriage will be seen as a vehicle for change and self-growth to live out the vision of true partnership, unconditional love, safety and seeing your partner as your best friend. A close look at the stages of marriage described above, could also serve as an indication of possible issues to be resolved in marriage enrichment programmes.

When concentrating on enrichment with young married couples, it will be necessary to focus on the first three phases of marriage to help the couple learn more about themselves and about acquiring new skills to deal with the difficulties and differences.

5. ENRICHMENT PROGRAMMES IN SOUTH AFRICA

The organisation in South Africa which is most generally known for its programmes that focus on the family and marriage is the Family Life Centre.

This institution presents programmes on preparation for marriage, and marriage enrichment. These programmes are preventative in nature.

5.1 Prepare/Enrich programme

The Family Life Centre has a contract with Life Innovations, Inc to use their 'Prepare/Enrich' programme. This enrichment programme was translated into Afrikaans in early 1990. A prerequisite for this programme is that the participants need to complete a 165-point questionnaire before participation in any aspect of the programme (Family Life Centre, 2002:1; Viljoen, 2008:54).

The aim of the programme is to:

- explore relationship strength and growth areas;
- strengthen communication skills, including assertiveness and active listening (daily dialogue and compliments);
- resolve conflicts using a ten-step procedure;
- explore relationship and family-of-origin issues (closeness and flexibility);
- develop a workable budget and financial plan; and
- develop personal, couple and family goals.

Unfortunately there has been no research to determine the success of the programme. Statistics from the Family Life Centre in Johannesburg showed that 952 English speaking and 268 Afrikaans speaking individuals participated in the programme in 2010, and 942 English speaking individuals and 260 Afrikaans speaking individuals participated in the programme in 2011. In total, 528 Afrikaans speaking couples attended the enrichment programme. No reliable conclusions can, however, be derived from these statistics. English churches in the surrounding areas are also making use of the 'Prepare and Enrichment' programme and it is co-ordinated by the Family life Centre (Stuart, 2011).

The Family and Marriage Society in South Africa offers, amongst others, relationship enrichment counselling, which entails relationship counselling, relationship enrichment counselling and relationship restoration counselling (Family Life Centre, 2002:1). These programmes address the following:

- Building a strong marriage.
- Preparing and enriching your relationship, including communication skills that will increase intimacy, daily dialogue and daily compliments.
- Sharing strength and growth areas.
- Assertiveness and active listening skills.
- Ten steps for resolving couple conflict.
- Overview of couple and family maps, which include: closeness, flexibility, couple and family types, and 'Plot your Couple and Family Type'.
- Financial Management.
- Financial Goals.
- Making your goals a reality.

5.2 Marriage Enrichment through Growth-orientated Group Work

Prinsloo (2006:20) in her research, 'Marriage Enrichment through Growth-orientated Group Work with Afrikaans speaking couples in South Africa,' focused on families-of-origin, communication, conflict management, potential growth areas and sexuality. An improvement of 12.8% was shown regarding marital satisfaction.

Lawson (2008:5) did her research on Imago Therapy at the University of Stellenbosch, and concentrated on effective communication, as it is reported as a key strength in enduring, long-term relationships. It is also the problem most commonly presented in couples seeking help with struggling or dissolving relationships.

5.3 Imago relationship workshops

Luguet (1998:13) encapsulates Imago relationship therapy as follows:

'Imago relationship therapy is a relational paradigm approach that is designed to increase couple communication, correct development arrests, heal wounds from childhood, and promote differentiation of the partners while restoring connection

between them. Many couples who engage in Imago therapy report finding a new purpose for their relationship, as well as a new spiritual life.'

Imago relationship therapy has been practised in South Africa for over a decade. There was approximately one workshop per weekend during the course of one year. The researcher provided evidence that aspects of couple communication and the quality of relationships improved after attendance of a 'Getting the love you want' workshop (GTLYW), and that those improvements were sustained over a three-month period.

The GTLYW workshop is a 20-hour, weekend workshop for couples who are interested in improving the quality of their relationship. During the workshop couples are introduced to the theory, principles and skills of Imago relationship therapy through a number of interpersonal techniques and processes (Hendrix, 1993).

According to Lawson (2008:20), the GTLYW may be attended by couples who, whilst being at various stages in their relationship, near break-up, or divorce, want to decide whether the relationship can be saved (Imago Relationship International, 2005).

Lawson (2008:21) mentioned that, according to Imago Relationship International, participants in this workshop can expect to:

- gain greater compassion for their partners;
- learn new communication skills to break cycles of relating and to channel energy from arguments to create passion and stability in their relationships;
- discover how unconscious forces that attract them to their partners, are also a source of conflict;
- receive more information about themselves and their partners;
- learn new tools for re-romanticising relationships;
- help each other finish childhood; and

- learn how to use their relationships for emotional healing and spiritual evolution.

Imago relationships develop communication skills for a very specific reason, namely to enable and enhance the couple's connection, while creating safety where defences can relax, differentiation can occur, developmental wounds can start healing, and empathy can develop. Couples learn crucial communication skills by means of a structured communication technique called 'Couples Dialogue.' The three steps for dialogue are:

- Mirroring: The partners are taught how to effectively listen to each other.
- Validating: Couples are taught to move beyond listening and reflecting, to communicate genuine validity in order to deepen their connection.
- Empathy: The couples are taught how to communicate an effective, empathic response to each other and so facilitate empathy in the relationship. This deep level of communication attempts to *'recognise, reach into and, on the same level, experience the emotions of the sending partner'* (Hendrix, 1995:23).

Increased understanding and insight, improved talking, safer, more meaningful communication, improved listening, improved conflict resolution, and a deepened connection emerge as the participants experience positive change in aspects of their communication.

Weigle (2005:10) researched the marital satisfaction experienced by participants of the GTLYW at least one year after attendance, called 'Perceived Benefit of Getting the Love You Want Workshop.' She found that participants who attended the workshop at least a year previously, reported increased marital satisfaction, with specific reference to the ability to listen empathically, and ways to understand and gain insight from the past.

Different church ministries also present weekend marriage enrichment programmes, but it is difficult to locate the various denominations and/or congregations presenting it in South Africa.

5.4 Marriage Enrichment Workshops in the Churches in South Africa

In his research on 'Marriage Enrichment Workshops in the Churches in South Africa,' Lapoorta (2003:60) looked at different programmes that were presented. Some Dutch Reformed Churches (DRC) presented the following themes:

'Die huwelik as Godegewe instelling,' 'Die Bybel en die Huwelik,' 'Versoening in die Huwelik,' 'Kommunikasie in die Huwelik,' 'Rolverdeling en Rolverwagting in die Huwelik,' 'Temperamente,' 'Konflik in die Huwelik,' 'Finansies,' 'Ouers en Skoonouers,' 'Tweede Huwelik,' en 'Voorbereiding vir die Plegtigheid en Huwelikskontrakte.' The last two themes were dealt with during pre-marital guidance sessions.

The DRC has, unfortunately, not developed its own programme for its church leaders to use in their ministries. Each minister uses his own initiative when presenting workshops. The workshops are usually presented over a weekend.

The content of marriage enrichment workshops within the Apostolic Faith Mission (AFM) is also based on own initiatives and the following themes were discussed in their presentations:

'Kommunikasie in die Huwelik,' 'Konflikoplossing en -hantering,' 'Geloof en Godsdienst,' 'Finansiële Bestuur en Besteding,' 'Gesin van Herkoms,' 'Selfbeeld,' en 'Skoonouers.' (Lapoorta, 2003:69).

Books and programmes used by the pastors of the AFM Church were those of Tim & Beverley La Haye, Bruce Wilkenson, Nova Shalom, Daniel Louw and Arnold Mol, the latter two authors being from South Africa (Lapoorta, 2003:232).

To summarise, Lapoorta (2003:227) mentions the following proposed guidelines in his research:

- The programme content needs to address the uniqueness and needs of the specific group or individual when doing marriage enrichment.
- The significant difference between couples with tertiary education and those without, as pointed out by the studies, should be taken into account.

- Many couples prefer marriage enrichment a few months after marriage.
- Research has indicated that Marriage Enrichment can be divided into two models, i.e.:

'Die een is die psigo-dinamiese model, of te wel, potensiaalontsluitingsmodel. Die tweede model is die etiese veranderingsmodel of heiligmaking. By eersgenoemde val die klem op die kommunikasietegnieke en gedragmodifikasie. Godsdienstige geloofskomponente is indirekte faktore. By die etiese model daarenteen, val die klem op die godsdienstige komponente van die huwelik. Huweliksgroei is hier gelyk aan heiligmaking.' (Lapoorta, 2003:231).

5.5 Marriage Guidance Programme

The marriage guidance programme written by Alpaslan, 'Hoop en Hulp vir die Huwelik: 1994' is a successful, empirically tested, South African programme. He also presents marriage guidance workshops for practitioners such as social workers, ministers and pastors. Apart from the writings of Daniel Louw and Arnold Mol, (Lapoorta, 2003:232), the researcher is not aware of any other marriage guidance/enrichment programme that has been developed in South Africa, and will therefore give more attention to the content of this programme.

This marriage guidance workshop is a 16-session workshop. The process involves giving guidance to couples regarding the following components of the marital relationship:

- The Family of Origin

Alpaslan 2006:10 confirmed Stahman and Hiebert's statement that *'Marital expectations, marital attitudes and marital behavioural patterns are not born into us. We learn them from parents and family of origin.'*

In his workshop he explores the following concepts: The relationship between the partners and their respective parents, the relationship between the parents, the brother and/or sister relationship (the birth order positions), the

nature of the partners' upbringing and the atmosphere in the home, critical events in the family of origin, unfulfilled needs.

Practical work session:

- During this session the couple has to complete and then discuss a questionnaire, taken and adapted from 'The techniques and guidelines for Social Work Practice,' 4th edition by Sheafor, Horesji & Horseji (1996), regarding the husband-wife relationship.
- Each individual has to write an essay on his or her family of origin, being guided by specific questions. The content of this essay is then shared with the spouse.
- A structured genogram, a diagram of the four-generational system family tree, is then drawn of the family of origin, as used by Sherman and Fredman (1986).
- Self-concept

The most important factor of all in determining your qualification for marriage is the way you feel about being you, the degree to which you feel comfortable in your own skin.

The following aspects are emphasised during marriage guidance, in relation to the concept of the self: The nature of self-image, building blocks of the self-image, the static and dynamic part of the self-concept, the relationship with self which determines the relationship with others, and strategies for self-image building within the marriage.

Practical work sessions:

- Each individual has to complete three documents, two from authors other than Alpaslan's 'The Adapted Rosenberg Self-esteem Scale,' as taken and adapted from 'Society and the Adolescent Self-image,' by Rosenberg (1965).
- The questionnaire on a 'Synoptic Self-esteem Assessment' as compiled by Alpaslan (1997).

- A ‘Temperament Inventory’ as compiled by Arnold Mol (1981) in his book ‘Kom ons wen saam,’ to determine the following temperament styles: Sanguine, Choleric, Melancholic or Phlegmatic Temperament.

- The Choice of a Marital Partner

In this chapter, the partners individually try to answer the question ‘Why did I marry?’

The following factors, playing a role in or influencing the choice of a marriage partner, are discussed: homogeneity, and also the choice of a marriage partner on the grounds of the parental image (the duplication theory and the complementary theory).

Practical work sessions:

A measuring instrument to determine the theory of marriage conclusion, as taken from ‘The Workbook for Marriage Guidance’ by Alpaslan (1994), must also be completed and discussed between marriage partners.

- The Motives for Getting Married

The question ‘What were my motives for getting married?’ must be answered individually. Where partners share the same motives, marital adjustments will be easier. Directions and pointers are provided on how the needs and expectations resulting from the motives should be addressed.

Practical work sessions:

Each individual must complete and then discuss the ‘Schedule to determine the motives for marriage’ by Alpaslan (1994), with his/her partner.

- Communication

Here the following needs are addressed: The nature of communication, the different types of communication, as well as the awareness wheel.

Components of the marital relations are dealt with, using the following categories: The styles of communication, the levels of communication, reasons for ineffective communication, rules for effective communication, rules for active listening, and the value of effective communication.

Practical work sessions:

The couples need to complete and discuss a 'Communication Index' as taken from Alpaslan (1994).

- Conflict and Conflict Resolution

Alpaslan (2006:27) focuses on conflict and conflict resolution and discusses the following information: What conflict is, the reason for marital conflict, negative strategies for conflict resolution, guidelines for constructive conflict resolution, and the value of constructive conflict resolution.

Practical work sessions:

Each individual has to complete and discuss a questionnaire called 'Attitude Schedule on Conflict and Guidelines Regarding Conflict Management' as developed by Alpaslan (1994).

- Growth Potential in Marriage

The meaning of growth potential in marriage, the nature of the marital relationship, and factors that determine the degree of growth potential in marriage, are dealt with in this section.

Practical work sessions:

Different questions are asked and the couple needs to discuss these questions with one another.

- Role division

This category entails the nature of role division and the dynamic nature of role division. The value of the couple exchanging roles within the marriage, the effects of the lack of role exchange on the couple and on the marital relationship, exploring the concepts of dual career families, dual worker families and two-person careers, reasons why both partners are in occupational practices, and factors of the occupational practices that can influence the level of marital satisfaction are discussed.

Practical work sessions:

A questionnaire, 'Role clarification in the Marriage' as developed by Alpaslan (1994), needs to be completed by each individual and discussed with the other.

- Sexuality

Alpaslan (2006:15) addressed the following aspects regarding sexuality in his workshop: What meaning does the word 'sex' have for the marriage partners?

The place of sex within the marital relationship, the sexual response cycle and sexual etiquette within the relationship, the meaning of sexual intercourse for both sexes, and components that influence sexual adjustments within the marriage, are discussed in this session.

Practical work sessions:

- Specific questions are asked for discussion by the individual couples.
- The concept of 'The Love Meal' is discussed and the couples need to decide where they currently fit in and how they can change that.

- Parenthood

The effect of parenthood on the marital relationship and how it will relate to the partners' occupations need to be discussed in depth, using the following pointers: Motives for having or wanting children, the desired number of children, the spacing of the children and family planning, preparation for parenthood in view of the first child and subsequent children, the upbringing of a child/children, and the influence of parenthood on the marital relationship.

Practical work sessions:

Specific discussions between the partners need to take place regarding the point of 'Parenthood' and the fact of 'Practicing an Occupation.'

- Financial Matters

Financial matters are a very important component of the marital relationship and must be discussed during any marital guidance session, ensuring that the following aspects are addressed: The way each individual views money, ways of financial management, and the advantages of doing financial planning according to a budget.

Practical work sessions:

The couple needs to complete a pro forma budget, as developed by Alpaslan (1994).

- In-laws

The following discussions regarding the in-laws and in-law relationships are vital: Reasons for problems and conflict with parents-in-law, and strategies for solving problems with parents-in-law.

Practical work sessions:

Each couple has to draw a relationship diagram to determine their relation with their parents-in-law. Alpaslan (2006) gives possible scenarios or examples of in-law relations, and poses questions regarding these scenarios, which the couple needs to answer.

- Growth in Faith

Growing faith is an important component of the marital relationship because all human beings are more than just body and soul. They also have a spirit that needs nurturing and growth. The following points are discussed:

Factors which promote growth in faith, strategies for the development of the individual relationship with God and strategies for mutual development of the couple's/family's relationship with God.

Practical work sessions:

The 'Caring-Days' technique as taken from Stuart (1980), is introduced to the couples and each partner is requested to answer the following question: 'Exactly what would you like your partner to do as a means of showing that he/she cares for you?'

The last session comprises the completion and evaluation of the workshop.

This programme was recommended by Lapoorta (2003:232) as a guideline in presenting marriage enrichment workshops within the church environment.

The abovementioned programmes do have significant information that is useful in an enrichment programme for young married couples. In the first five years of marriage the partners have to deal with all facets of life that were mentioned by Alpaslan (2006). On the other hand, it needs to be mentioned that attitude, viewpoint and state of mind can have a huge impact on the challenges for married couples.

6. CHALLENGES FOR YOUNG MARRIED COUPLES

The challenges faced by young married couples should be given careful consideration when developing a marriage enrichment programme because it will determine, in part, the contents of the programme.

6.1 Reasons for getting married

Govender (2006:86) cites Hanna's statement that marriage counsellors believe that the answer to the question why they want to marry is one of the best predictors of marital success. The following negative reasons for getting married were discussed:

- Pressure from a lover, family, friends, or society.
- The child ego-state which says, 'Oh, marriage seems like such fun.' 'It'll be like playing house.' 'We can sleep together legally.' 'The wedding and honeymoon will be such fun.' It should be obvious that these perceptions of marriage spell disaster because the realities of marriage will soon affect these fantasies and make them disappear.
- Even love is not a sufficient reason to marry. Although love is certainly of great importance, intimate relationships and successful marriages have proved to require more than that.

6.2 Attitudinal tendencies

Already in 1977, Clinebell made the observation that attitudinal changes were being found with most prominent young adults, which was sure to have an effect on their marital relationships. He pointed out that there was an increasing search for more flexible and creative marriage styles, and listed the following attitudinal tendencies, which are still prevalent today:

- The strongest single trend within the changes of attitude is a rejection of rigidly defined sex roles and a movement toward increasingly egalitarian man-woman relationships.
- Options aside of marriage are increasingly being considered and partners are less hurried to marry. Living together without the commitment of

wedding vows is more common among couples who are not ready for marriage or who do not wish to be bound by legal commitments.

- An increased openness to the possibility of terminating a marriage if it proves not to be mutually fulfilling, and there is less of the 'till death do us part' mind-set.
- Divorces and remarriage are much more common.
- The Pill, equality and freedom of women have changed the scope of marriage dramatically and may even eliminate the male-female standard regarding sex. There is generally much more sexual freedom and variety of choice before and within marriages.
- Nurture and emotional support of the couple by the extended family and neighbourhoods are on the decline and because of that the search for substitute support systems, for example, in communes, family networks, and group marriages, has shown a definite increase (Clinebell, 1977:2).

What is reflected from the above is the reality of attitudinal change regarding marriage in modern times. Commitments to traditional marriage, especially in Western society, have altered drastically. Individuals desire more freedom and more choices regarding various aspects of marriage, and this too should be considered in marital enrichment programmes. It is certain that differences in values regarding marriage will be the cause of conflict and friction in marriage, and therefore it deserves attention in enrichment programmes.

Clinebell (1977:2) cited Compaan and mentioned a study in California of young adult married couples, which reported the following:

- The husband-wife relationship tended to be emotionally intense and this intensity in the relationship, rather than children, dominated the marriages.
- Marriage was understood and valued mainly in terms of communication, personal growth and personal satisfaction.
- The couples preferred small families.
- Play, including playful sex, was a stronger motive in marriage than reproduction, work ethic or marriage as an aid to success.

- Religion was highly valued, but the couples generally lacked interest in the church, even though they were nominally church related.

This is once again a reflection of changing Western values regarding marriage. People expect to get more from marriage regarding their individual needs, yet are less tolerating of their partner's expressions of need for fulfilment.

Research by Govender (2006:87) found that participants from the group of people in society who were brought up in a single parent household, and who felt they had negative feelings and emotions towards the concept of marriage, took note of the need for enrichment. They often were not exposed to positive modelling of marital roles.

6.3 Characteristics of a healthy marriage

These young married couples need to be inspired and mentored in their own marriages by means of a marriage enrichment group, an important resource in this regard.

Gottman (1999:11) spent 16 years studying marriages with the intent of uncovering the reasons why some marriages work and other marriages fail. He has learned to predict which couples will eventually divorce and which will remain married. He makes this prediction based on the way a couple argues, after listening to the couple for just five minutes.

According to Clinebell (1977:5), characteristics of a healthy, liberating marriage include:

- Responsiveness to the meeting of each other's needs.
- Open and caring communication.
- Closeness and respect for the individual's need for privacy.
- Autonomy and interdependency. Commitment to each other's growth.
- No rigid or satellite roles. Continued change and growth over the years.
- The ability to use conflict to deepen intimacy, and to resolve differences by negotiation.

- Deepening sexual pleasure, integrated with love, and increasing intimacy in the areas of meaning and faith.
- Strengthening of the marriage identity (two becoming one).

Many youths and young adults are rejecting the validity or necessity of marriage in the traditional form. The widespread changes in attitudes and practices, taken together, constitute a profound and accelerating social revolution in marriage. This fact calls for rethinking of our approaches to marriage and redesigning of our strategies to meet the developing evolving needs.

It is thus a whole new season for marriages among young adults. The clear changes in marriage practices and attitudes make it imperative to develop a more effective methodology and programme to help couples find what they want and need. Any new endeavour must help couples learn how to keep enriching their marriage, so that they can adjust with greater ease and live an enjoyable, soul-satisfying, creative bond of monogenic closeness.

7. PRINCIPLES OF SUCCESSFUL MARRIAGES

7.1 Relationship skills and knowledge

In his research Kuhlman (2004:1) has identified seven specific areas of relationship skills and knowledge that contribute to a successful marriage:

- Compatibility.
- Expectations.
- Personalities and family of origin.
- Communication.
- Conflict resolution.
- Intimacy and sexuality.
- Long-term goals.

Gottman (1999:11) observed that '*successful conflict resolution is not what makes marriages succeed.*' According to him, successful marriages are based on a committed friendship and the way the couple treats one another when

they are not fighting. This is known as positive sentiment override, which means that the positive thoughts are allowed to supersede the negative thoughts about the other spouse and the marriage.

The following guidelines in this regard are mentioned:

- Enhance your love maps: A love map is a detailed knowledge of one's partner, knowing your partner's physical world, and being known and feeling known as well as regarding '*goals, worries and hopes.*' (Gottman, 1999:161).
- Nurture your fondness and admiration: Believe in and treat your partner with honour and respect, reminding yourself of your partner's positive characteristics.
- Turn toward each other instead of away from each other: Being helpful to one's partner will do more for the marriage in the long term than a romantic getaway. These couples remain emotionally connected. The most effective way of doing this is by reconnecting by means of a short conversation, taking equal turns, at the end of each day.
- Let your partner influence you: A marriage that allows for power that is based on compromises helps the couple to deal with conflict when it arises.
- Solve your solvable problems: Soften the initial flare-up; learn to make and receive attempts at reparation or reconciliation. Soothe yourself and each other. Compromise. Be tolerant of each other's faults.
- Overcoming gridlock: Many problems cannot be solved, e.g. one partner is very clean and the other very messy. What is important is the amount of positive effect surrounding the problem they feel they cannot solve. Gridlock is a sign that the dreams of one partner are not being respected by the other partner. Acknowledging each other's deepest, most personal hopes and dreams is the key to saving and enriching your marriage.
- Create shared meaning: Marriage is about more than sharing a home, a family and a life. It is also about creating an inner life together, appreciation of the roles and goals that link them, and a culture rich with

symbols and rituals that leads them to understand what it means to be a part of the family they have become (Gottman, 1999:224).

He emphasises that couples must make time for each other in the following ways:

- Share a thought about their upcoming day each day before leaving the house.
- The couple needs also to reunite after the day apart.
- They also need to appreciate their spouse in some way or another.
- Give affection by touch, kiss and hugging.
- Spend two hours a week on a marital date.

According to Gottman and Silver (1999:74), happily married couples are not richer or smarter than other less successful couples are. They have learned one skill, however, *'that [they] keep[s] their negative thoughts and feelings about each other from overwhelming their positive ones.'*

One of the most important factors in predicting which couples would eventually divorce was the ratio of positive to negative effect during conflict. Stable couples had a ratio of about five times as much positive as negative effect. These couples have learned to develop an emotionally intelligent marriage. A high measure or degree of emotional intelligence enables a couple to understand and honour each other, which improves their chances of a long-lasting, happy marriage.

Gottman and Silver (1999:74) discovered that wives who notice negativity early on in their marriages, often end up having happier marriages. He refers to this as the 'marital poop detector.' The negativity threshold for couples who have a stable and happy marriage is set lower than that of those leading to divorce. In marriages that end up happy and stable, newly married wives are quick to notice slight levels of negativity. He advises couples, particularly wives, to reset their negativity threshold lower, so that they can make repairs in time when needed.

7.2 Support through group work

Prinsloo (2006:208) mentions in her research on marriage enrichment programmes that a growth orientated group-work method is preferable. Research has proven the value of the group experience and group dynamics. Her focus-group participants also identified the need for marriage enrichment sessions to be conducted in a group setting, so that the discussion of problems presented in marriage can be done within a group-facilitated environment. It provides the opportunity for sharing and the giving of support among the couples, and this will encourage growth within marriages. This is an ideal opportunity and vehicle to enable couples to learn from the experience of others.

Govender (1998:90) mentioned Hunt, Hof & De Maria, who also recommended the group setting for the experience of support and a sense of universality.

The following primary categories of curative factors inherent in group therapy were emphasised: Imparting information, instilling hope, universality (the sense of 'I am not alone with this problem'), altruism (helping other group members through support, reassurance, et cetera), corrective recapitulation of the primary family group, development of socialising techniques (social learning), imitative behaviour (modelling), interpersonal learning, group cohesiveness (sense of solidarity, wellness, experiencing the group as a source of strength and encouragement), and catharsis (ventilation of positive and negative feelings).

Brown and Brown (2002:96) state that all couples need support, and that group meetings are critical to the well-being of the marriage. Marriage enrichment groups can be an important aid to provide support for couple relationships. His research suggests that there is just one set of principles that all happily married couples use to maintain their marriage. Couples with marital troubles can learn the principles that the happily married couples used, to create and maintain their happy, enduring marriages and thereby these couples in distress will gain the ability to apply marriage skills successfully, create stronger, richer relationships and avoid divorce.

Successful marriages are thus based on a committed friendship and the way couples treat one another. Making time for one another and not allowing negative thoughts and feelings overwhelming the positive ones will help develop an emotionally intelligent marriage.

The group-work method, which gives the couples the opportunity for sharing and supporting one another and encourages growth within marriages, is also preferable.

8. OTHER ENRICHMENTS PROGRAMMES

Different approaches to marriage enrichment, based on various underlying principles and assumptions, are found in literature. Weigle (2005:55) gives the following overview:

8.1 Different approaches to marriage enrichment

Weigle (2005:55), in her research on and reviews of marriage enrichment programmes, distinguished the following approaches:

8.1.1 Systems Marital Enrichment approach

The 'Systems Marriage Enrichment' programme, of which the goals are to help the functional part of the relationship to be stronger by focusing on the strengths of the relationship, and to identify patterns that are either problematic or that have the potential to grow in the future.

The programme is based on three concepts. The first concept demonstrates how behaviour affects and is affected by the behaviour of the other person. The second assumption is that these patterns fit together in a predictable pattern, and the third assumption is that this marital system has the ability to change, or to resist change.

8.1.2 Behavioural Marital approach

Early research of the 'Behavioural Marital Programme' suggested that the communication training component of the programme led couples to communicate better and produced more long-term changes in contingencies between the members of the couple. Behavioural therapy is a structured

approach that measures what the person is doing and then seeks to increase changes for a positive experience (Herkov, 2013:1).

8.1.3 Cognitive Behavioural approach

The 'Cognitive Behavioural' approach was researched by Kalkan and Ersanli (2008:978). This approach places emphasis on the A-B-C-D-E model, irrational beliefs, I- and You-language and anger management. A post-test was done nine weeks after the experimental group had attended the nine marriage enrichment sessions. According to the findings of the research, the use of the 'Cognitive Behavioural' approach enhanced the marital adjustment of participating individuals significantly.

Programmes based on cognitive behavioural approaches aim at cognitive and behavioural restructuring through changes in individuals' thoughts and behaviour. It is believed that adopting new behaviour, correcting faulty learning, and replacing irrational beliefs with rational ones, contribute to the increase in the level of marital adjustment of married individuals (Kalkan & Ersanli, 2008:983).

8.1.4 Adlerian Marriage approach

Weigle (2006:57) cited Malcolm and mentioned the 'Adlerian Marriage Enrichment' programme (personal growth in marriage), which had four primary objectives, namely (a) building self-esteem, (b) developing an internal locus of control, (c) developing communication, and (d) conflict resolution skills. This programme presupposes that participants' self-esteem will be enhanced and that this will encourage change. Participants need to realise that they are responsible for their own behaviour, negative patterns and conduct. Skills are imparted and developed to provide tools for positive change in behaviour.

8.2 Other theories, models and programmes

8.2.1 Transaction Analysis theory

'Transactional Analysis' (TA), which is a growth-orientated enrichment therapy, is a fundamental approach. The role of the therapist is that of

enabler, teacher, and coach, whose task it is to help adults to learn to interrupt their own growth-diminishing games and scripts.

- The aim is to help individuals to learn how to recognise and control the parent-child ego states which dominate their transactions with their other. TA therapists aim at relating to their clients on an adult-to-adult basis, thus activating their Adult.
- One of the unique assets of TA is that it provides conceptual tools for discovering the interrelationship between what occurs within an individual and what occurs between that person and the other (Clinebell, 1981:4, Harris, 1995:30).
- It is very helpful to teach structural and transactional analysis to couples in marriage enrichment workshops, as a tool for interrupting their own negative spirals of conflict. A couple can be asked to re-enact a recent, unproductive argument in front of a group. Such a re-enactment usually results in a demonstration of parent-child (P-C) interaction. In using this approach it is essential to thoroughly debrief the feelings stirred up in the participants and then to ask them to suggest and try alternative ways of communication to avoid the mutual-frustrating P-C interaction. Coaching couples in the skills of adult-adult communication enables them to experience more effective ways of resolving conflicts (Harris, 1995:35).
- TA is a useful tool for helping people to put away childish things by de-parentifying their attitudes and beliefs. This process frees them to develop their own adult beliefs based on their own searching and discoveries (Clinebell, 1981:1). As people become aware of their games and scripts and the destructive consequences of being under the control of these games and scripts, the motivation to change increases.

8.2.2 Hope-focused programme

Weigle (2005:56) cites Burchard who evaluated the 'Hope-focused' and FREE ('Forgiveness and Reconciliation through Experiencing Empathy') programmes. The 'Hope-focused' programme focuses on instilling hope in the marriage through teaching the importance of faith in one's partner, and the

willingness to improve the marriage and encourage love by expressing appreciation of one's partner. In the FREE programme the concept of forgiveness and why it is so critical, is taught. Partners are taught to validate hurt feelings and learn to empathise and reconcile by valuing one another.

8.2.3 Prevention and Relationship enhancement approach

Balswick & Balswick (2004:2) evaluated the PREP, 'Prevention and Relationship Enhancement Programme,' which is based on 15 years of research at the University of Denver.

- This material is intended for small groups or couples, covering a four to ten-week period. There are weekly homework assignments, with a study guide. The programme is designed for newly engaged to long-time married Christian couples, wanting to learn communication and conflict resolution skills, aiming to prevent problems in their marriage.
- PREP is based on the framework of no longer two but one. Commitment, forgiveness and spiritual themes are promoted, as couples seek to break old patterns that destroy oneness. Thereafter the focus is on spiritual beliefs and expectations, commitment, forgiveness, friendship, sexual and spiritual intimacy, each of which includes helpful questions for reflection by the couples. Strong emphasis is placed on understanding marital dynamics and developing relational skills. PREP also recognises personality and gender differences.
- PREP is one of the few programmes that has proved its effectiveness. At least seven studies, documenting the effectiveness of PREP, were randomly controlled studies, using experimental designs. It is also the only programme with long-term outcomes after follow-up periods of 12 months. Pre-post analyses showed significant improvement in conflict management skills and marital satisfaction, over a period of time.

8.2.4 Other intervention programmes

Weigle (2005:60) reviewed research, as reported in articles on programme models such as 'Couple Communication,' 'Relationship Enrichment,' 'Pre-marital Relationship,' and 'Enhancement and Prevention' programmes. He

concluded that what is needed is more research to determine the effectiveness of these intervention programmes.

If the statement by Weigle (2005:60) is true, it means that many marriage enrichment programmes lack an empirical basis, which must be regarded as a serious shortcoming. If it has not been tested there is no guarantee if and how it is going to work and what the results will be. It can also be regarded as unethical to use an intervention without an empirical basis.

A review of the above programmes showed that through various approaches and models, they all have the aim of growth in marriage. Most of them in one way or another focus on aspects of the dynamics of the marital relationship. The underlying assumption is that marriage can be enriched through changes in communication, behaviour, attitude and understanding (Govender 2006: 60).

Govender (2006:60) echoes Hendrix's view that very few programmes in marital enrichment/guidance/therapy focus on the baggage that partners bring to the marital relationship. By understanding the childhood wounds, the partners are provided with an intergenerational perspective of the reasons why they behave in certain ways. This view states that there will only be limited growth, unless insights into unconscious behaviours as well as behavioural changes are addressed. Lawson (2008:23) mentioned in her study on enrichment programmes, and suggests that, although there is evidence that skills-based interventions help couples to learn and maintain relationship skills, the limited effectiveness of communication skills training may be due to not adequately addressing existential fears underlying relationship conflict.

The researcher does agree that although couples can have enough knowledge and skills about their relationship, the underlying fears and uncertainties will overpower all gained information and the partners will react from an emotional state of mind. Therefore in the first five years of marriage it is of utmost importance that the partners do understand their own emotional baggage and then deal with it as a couple, strengthening one another.

9. CONCLUSION

This article was developed to serve as the context for the empirical study on the needs of young marital partners. Several issues of importance in consideration of a marriage enrichment programme were discussed and should be contemplated when planning enrichment programmes.

A variety of research findings, by various authors, were explored in order to establish a basis from which an enrichment programme can be launched. The literature overview focuses on Western literature and Western views on marriage, the reason being that the respondents in the empirical survey come from a Western environment. Unfortunately much of the sourced literature is older than eight years and is therefore not up-to-date with the most recent developments regarding viewpoints and value systems in society, with reference to marriage.

The point of departure of this article is that the marital relationship is one of the core relationships in the fabric of society, and that it forms the foundation of the family.

A variety of definitions of marriage enrichment are to be found in the literature. All available definitions have the central message that marriage enrichment intends to make a strong marriage even stronger and that its purpose is to be preventive. It differs from therapy, however, in the sense that an enrichment programme wishes to facilitate an already sound marriage relationship.

Several theories and models regarding marriage enrichment have been mentioned, which are all based on different assumptions, but are focused on adding value to marriages. They are, indeed, emphasising different aspects of the marital relationship. A matter of concern, however, seems to be a lack of evidence on the results of some of the programmes.

It is also clear that people marry for the wrong reasons, based on fantasies that will not withstand the test of time. What also emerged from the literature is that young people in modern society desire more freedom in marriage, and that many have rejected the traditional values regarding marriage. It should therefore be stressed that it is of the utmost importance to keep the different values in mind that possible participants may hold regarding marriage when

planning a marriage enrichment programme, to clearly indicate which values regarding marriage are held, when promoting a programme.

10. BIBLIOGRAPHY

Alpaslan, AH 1994. Hoop en Hulp vir die Huwelik: 'n Werkboek vir Huweliksvoorbereiding en Huweliksbegeleiding. Pretoria: Kagiso.

Alpaslan, AH 2006. Marriage Guidance: A Workshop for Practitioners.

Balswick, J & Balswick, J 2004. Family Ministry: Empowerment through Faith – Marriage Enrichment Programme Evaluation. (mweb)

http://www.fmef.org/pages/printable_page.cfm?PAGE_ID+86. (Date of access: 21 Feb 2007.)

Barker, RL 2003. The social work dictionary. 5th ed. Washington DC: NASW Press.

Brown, JH & Brown, CS 2002. Marital Therapy. Concepts of Skills for Effective Practice. Canada. Brooks/Cole.

Clinebell, HJ Jr. 1977. Contemporary Growth Therapies. Growth Resources in Transactional Analysis. (Web) <http://www.religion-online.org/showchapter.sa?title+496&C+461> (Date of access: 15 Dec 2011.)

Cronje, F 2010. SAIRR Today. The South African family in crisis. [Web] <http://p10.opennetworks.co.za/sairr.org.za/sairr-today/sairr-today-the-south-african-family-in-crisis-26th-march-2010>. (Date of access: 20/05/10.)

De Maria, R 2009. The Seven Stages of Marriage. Council of Relationships. Session 210. Orlando Florida: 9 July 2009. 31 p.

DEPARTMENT OF STATISTICS. See South Africa.

Dimirsky, M 2011. Guidance, Counselling and Psychotherapy tutorial. Psychology 388. *Centre of Psychology, Faculty of Humanities & Social Sciences*. Athabasca University.

Everett, L, Worthington, JR, Beverley, GB, Buston, L & Hammonds, TM 1989. A component analysis of marriage enrichment: information and treatment modality. *Journal of Counselling and Development* 67(1).555 – 560.

Family Life Centre. 2002. Prepare/Enrich Programme. Building a strong marriage workbook. Johannesburg. 24 p.

Fisher, H 2000. Lust, Attraction, Attachment and Evolution of the three Primary Emotions Systems. *Journal of Sex Education and Therapy*, 259(1): 96 - 100.

Gottman, JM & Silver, N 1999. *The Seven Principles for Making Marriage Work*. New York: Three Rivers Press.

Gottman, J 2009. Research on Relationships. (Web)
<http://www.soc.ucsb.edu/sexinfo/article/gottman> : Created May 2005, last update, July 2009. UCSB Sexinfo Copyright: 2010, University of California, Santa Barbara. (Date of access: 14 Dec 2012.)

Govender, V 2006. A description of the content for a Marriage Enrichment programme. University of Johannesburg. (MA - Social Work).

Groenewald, Y 2010. So lyk die Afrikaner. De Kat:
[//www.dekat.co.za/?p=637&lang=af](http://www.dekat.co.za/?p=637&lang=af). (Date of access: 20 April 2012.)

Harris, TA 1995. *I'm OK - You're OK*. Arrow Books Limited.

Hendrix, H 2001. *Getting the love you want. A Guide for Couples*. New York: Henry Holt & company. 298 p.

Hendrix, H 1995. *Keeping the love you find. A Single Person's Guide to Achieving Lasting Love*. Simon & Schuster UK Ltd. 326 p.

Hendrix, H & Hunt, HL 2004. *Receiving Love. Transform your relationship by letting yourself be loved*. Simon & Schuster UK Ltd. 304 p.

Herkov, M 2013. About Behaviour Therapy. PsychCentral. (Web)
<http://psychcentral.com/lib/about-behaviour-therapy>. (Date of access: 29 Oct 2012.)

Hunt, RA, Hof, L & De Maria, R 1998. *Marriage enrichment -- preparation, mentoring, and outreach*. Philadelphia: Brunner/Mazel.

Jakubowski, SF, Milne, EP, Brunner, H & Miller, RB 2004. A review of Empirically Supported Marital Enrichment Programmes. *Family relations* (53):528-536.

Kalkan, M & Ersanli, E 2008. The effects of the marriage enrichment programme based on the cognitive-behavioural approach on the marital

adjustment of couples. *Educational Sciences: Theory & Practice* 8 (3):977-986.

Kuhlman, PS & Kuhlman, GA 2003. Marriage Success Training. Stages of Marriage. (Web) <http://www.stayhitched.cpm/stages.htm>. (Date of access: 9 June 2012.)

Kuhlman, PS & Kuhlman, GA 2004. Marriage Success Training. Seven Keys to Success. (Web) <http://www.stayhitched.cpm/stages.htm>. (Date of access: 12 Nov 2012.)

Lapoorta, PJ 2003. Huweliksvoorbereiding en -verryking in gemeentes van die Apostoliese Geloofsending in die Wes-Kaap. UNISA. (Thesis PhD - Praktiese Teologie.)

Langner, D 2011. Solidariteit Helpende Hand: Nuusbrief. Junie 9 (1) nr 20.

Lawson, WA 2008. Improving Couple Communication Through The Imago Getting The Love You Want Workshop for Couples. Stellenbosch University. (Thesis MA – Psychology.)

Markey, B 2005. Promoting and Sustaining Marriage as a Community of Life and Love. The Lifecycles for a Marriage. *A Colloquium of Social Scientists and Theologians*. Oct 2005. pp 24 – 25.

Olson, DH & Blaine, JF 1993. Five Types of Marriage: An Empirical Typology Based on Enrich. *The Family Journal*. 1 (3):196-207.

Prinsloo, JD 1999. A discourse in narrative pastoral marriage enrichment. University of the Orange Free State. (Thesis PhD – Religion.)

Prinsloo, CE 2006. Ontwikkeling, toepassing en evaluering van huweliksverrykingsprogramme in die vroeë middeljare deur middel van 'n groei-georiënteerde maatskaplike groepwerkproses. Universiteit van Pretoria. (Thesis PhD - Maatskaplike Werk.)

Statistics South Africa. 2010. Marriage and Divorces: Statistical release. P0307 (Web)

http://www.statssa.gov.za/PublicationsHTML/P03072010/html/P03072010_lhtml?ql. (Date of access: 15 Dec 2012.)

Stuart, J 2011. Interview. Family and Marriage Society of South Africa, Johannesburg, Parktown. (In possession of the interview notes and statistics provided.)

Terminology Committee for Social Work. 1995. New dictionary of Social Work: Revised and comprehensive edition. CTP Book printers (Pty) Ltd. Caxton. Parow.

Viljoen, C 2008. Marriage renewal among farm workers. Stellenbosch University.

Weigle, JB 2006. The Effect of Participating in an Imago Workshop on Marital Satisfaction. Walden University. (Thesis PhD – Philosophy.)

Wright, S & Wright, C 2013. Marriage mission International. (Web)
<http://www.marriagemissions.com/marriage-demands-toughness-message-208/>. (Date of access: 1 Dec 2012.)

ARTICLE 2

Swart, E, Social worker in the South African Police Service

Rankin, P, Lecturer at the Potchefstroom Campus of the North-West University

THE NEEDS AND ATTITUDE OF YOUNG AFRIKAANS SPEAKING MARRIED COUPLES REGARDING MARRIAGE ENRICHMENT

ABSTRACT

The primary objective of this article was to determine the needs of young married Afrikaans speaking couples regarding a marriage enrichment programme.

A qualitative approach was used to collect information provided by participants to help young married couples to improve the adjustments in the first five years of their marriages. A combination of explorative and descriptive purposes was pursued to achieve the goals of the research because not much is known about the needs of young married Afrikaans speaking couples.

The phenomenological research design was used and the sample for this study consisted of Afrikaans speaking couples between the ages of 25 – 35 who have been married for at least five years.

All the participants had an understanding of marriage enrichment and they agreed that further marriage enrichment is needed to help sustain young marriages. They also had a positive view of marriage enrichment and could appreciate its value.

All the couples agreed that they had challenges because of different expectations, different backgrounds and past experiences as well as different personalities, in adapting in the marriage.

All the participants agreed that there were misunderstandings between them and their partners, but they seemed to have found a way of dealing with these differences. Communication and conflict will stay an important part of any enrichment programme in teaching skills in making the relationship grow.

Marriage enrichment programmes should be based on the real and expressed needs of the participants; which should result in flexible marriage enrichment programmes.

Key terms: Marriage, marriage enrichment, marriage relationship, marital challenges, marital partners.

1. INTRODUCTION

This is a report on an empirical research project with the purpose of determining the need for a marriage enrichment programme amongst Afrikaans speaking young married couples. The underlying assumption was to determine the needs related to marriage in this particular culture group. The idea was not to generalise the findings to a larger group, but to establish a possible basis for future research, especially considering the rapidly changing values regarding marriage.

2. THE RESEARCH PROBLEM

The high divorce rate in South Africa serves as witness to the fact that the modern marriage is pressurised because of various demands. Young marital couples especially, do not seem to want to work on their differences. It seems much easier to move on to the next relationship in order to make it work for them (Prinsloo, 2006:56). The latest statistics of South Africa shows that in 2008, 186 522 couples got married, 28 924 were divorced and 1150 couples married for the third time. The median time frame for marriages is 9 years (Statistics South Africa, 2008). According to Hunt, Hof and De Maria (1998:7) man is currently living in a throw-away society where marriages are being thrown away nearly as soon as they begin. Couples enter marriage with the idea that they can get out of it if it does not work. The authors state that sometimes marriages do not work simply because of a lack of effort and commitment. Married couples do not even realise that they give up too quickly.

Two broad social work approaches to personal and social problems are preventive intervention and rehabilitative or therapeutic intervention. Preventive social work is "...social work practiced to achieve the goal of enhancing human potential, maintaining and protecting the individual's psychosocial resources, and promoting competencies that enable people to avoid or overcome the predictable and unexpected problems of living" (Barker, 2003:338). Rehabilitation or therapy on the other hand, is regarded as the restoration to a "...healthy condition or useful capacity to the extent possible' (Barker, 2003:365). Applied to marriage, marriage enrichment can

be regarded as a preventive programme while marital therapy will be rehabilitative or therapeutic.

Commenting on the value of marriage enrichment programmes, Kalkan & Ersanli (2008:977) conclude:

“...teaching the ways to overcome conflicts and problems between the spouses, taking measures against problems before they increase, preparing spouses for the possible problems in their future and teaching them how to solve these problems before they become more significant may contribute to the continuance and development of the relationship without encountering negative consequence.”

Paraphrasing La 'Abate's views, Everett, Worthington, Beverley, Buston & Hammonds (1989:555) explain that helping couples communicate, negotiate, make decisions, and solve problems are viewed as preventive rather than therapeutic.

In focusing on marriage enrichment and thus encouraging young married couples through social and emotional support will contribute to the physical, spiritual and social well-being of spouses as stated by Kalkan & Ersanli (2008:978), especially newlyweds, in sustaining a happy marriage.

Given the research problem, the core research question for this study was: “What are the needs of Afrikaans speaking young married couples regarding marriage enrichment programmes?”

3. AIMS AND OBJECTIVES

3.1 Aim

The primary aim of this study was to determine the needs of Afrikaans speaking young married couples for a marriage enrichment programme.

3.2 Objectives

In order to achieve the aim of the study, the following objectives were pursued:

- To describe the essential elements of a marriage enrichment programme;

- To do a survey of the needs of young married couples for a marriage enrichment programme; and
- To make recommendations regarding the development of a marriage enrichment programme.

4. Research Methodology

4.1 The research purpose

The research was a combination of exploration and description (Rubin & Babbie, 2011:133) because not much is known regarding the need for marriage enrichment programmes among young Afrikaans speaking couples.

4.2 The Empirical study

4.2.1 The research approach

The dominant research approach used was qualitative in nature in view of the research purposes (cf Neuman & Kreuger, 2003:158). The researcher's interest is in the experience of needs related to the marriage of young Afrikaans speaking married couples.

4.2.2 The research design

The phenomenological design (Fouché & De Vos, 2011:306) was considered as the most suitable design in view of the planned focus on a group of Afrikaans speaking young married couples, and the depth of information that will be required that is needed. The phenomenological design serves the purposes of the qualitative approach utilised in this research.

4.2.3 The research participants

The research was conducted among Afrikaans speaking young married couples, married less than or five years, within the Heidelberg region.

A non-probability purposive sampling procedure was used to select the participants. This method of sampling involves the researcher choosing participants willing to participate in the study on the basis that those selected can provide the necessary information (Strydom, 2011:232). A name list of young married couples was collected from churches within the Heidelberg

region and an advertisement was placed in the local newspapers, “The Heraut” and the “Record.”

A Pastor from a certain church who is also married less than five years proposed to get five couples from his church, including him and his wife, who meet the criteria, to form one focus group. Another focus group was formed when two brothers, both meeting the criteria, agreed to be seen with their wives. Another ten couples were telephonically contacted. A few couples were not interested and one couple already went through a divorce. Two couples' appointments were cancelled due to sick children. Three couples preferred to be seen individually because of the responsibilities regarding the children. All the couples were only available during weeknights between 7:00 and 10:00.

One focus group of five couples and another focus group of two couples were consulted and three couples were seen individually to collect the necessary data.

The following questions were used to select the participants:

- Age: The couples must have been between the age of 23 and 35.
- Married: The couples must have been married for at least five years.
- Language: The respondents must have been Afrikaans speaking.

4.2.4 Measuring instruments

An interview schedule (Greeff, 2011:352) was developed to provide structure to the focus group discussions and the individual interviews.

The following topics were covered in the interview schedule: (Annexure B)

- What is your understanding of a marriage enrichment programme?
- Do you believe it can empower you to improve your marital relationship?
- What should the content of such an enrichment group be in order to encourage your attendance and participation?

Questions were developed on the following headings to determine how the couples are experiencing their relationships:

- Expectations of marriage

- Influence of family of origin on my marriage
- How past experiences influence my thinking, emotions and behaviour in my marriage
- Communication/conflict
- Sexual relationship
- Role clarification
- Would you consider joining a marriage enrichment group?

As part of the survey, the following biographic information was collected to provide a profile of the respondents: name, gender, age, qualifications, occupation, years married, years in a cohabiting relationship, children, previous attendance of a pre-marital programme and previous attendance of an enrichment programme. Each partner had to evaluate their marital relationship on the following scale: Excellent, Good, Average, Poor. (See appendix A.)

4.2.5 Data processing

The open coding system whereby “the researcher locates themes and assigns initial codes or labels in a first attempt to condense the mass of data into categories” (Neuman & Kreuger, 2003:438), was utilised. This was done with the assistance of a third person to verify the labelling process.

While conducting qualitative research it is imperative to ensure the authenticity and maintenance of ethical principles while gathering information. Principles that were used as guidelines included (Greeff, 2011:352):

- Key questions were designed in advance to enable the researcher to determine the topics for the research.
- The interview was discussion-like and participants were given time to describe their experiences and proceed on their terms.
- The researcher checked her interpretations of what participants said by asking further questions. The participants were encouraged to make additions and corrections of the interviewer’s summaries.
- The interviewer avoided monologue and rhetorical or leading questions.

- A recording of the interviews and group sessions was used to enable further analysis and identification of the participants' views in data gathering.

The researcher had a formulated list of predetermined question and adequate space for making notes. Audio recordings were later transcribed by the researcher.

4.2.6 Pilot Study

A pilot study was done with two couples to determine the effectiveness of the interview schedule and the focus group discussion guideline. Consequently certain adjustments were made.

4.2.7 Procedures

The following procedures were followed in the completion of the research project:

- The development and testing of the measuring instrument.
- The selection of the research participants.
- The testing and finalisation of the measuring instrument.
- The conduct of the focus groups and individual interviews.
- The interpretation of the data.
- The writing of the research report.

4.2.8 Ethical aspects

In the research the following relevant ethical aspects were dealt with: (Appendix 1)

- Voluntary participation and informed consent (Rubin & Babbie, 2011:76). None of the participants were forced in any way to participate in the research. The nature and purposes of the research were explained to them in detail after which they were free to decide whether to participate or not.
- No harm to the participants (Rubin & Babbie, 2011:78). The nature of the research limited the possibility of emotional harm to the participants to the

absolute minimum in view of the opportunity of the participants to withdraw at any stage. This also took care of the principle of deception of subjects.

- Privacy, anonymity and confidentiality (Neuman & Kreuger, 2006:106). The participants were informed that information given would not be linked to anybody, and that the data would be kept confidential. The participating couples who did not want to take part in a focus group were given the chance of individual interviews.

All the recipients received a form to complete their Biographic information and they had to sign a contract after the ethical aspects were discussed with them. The only perceived risk is the potential emotional harm that can be caused when sharing personal information. Therefore participants were informed of their right to voluntary withdraw at any time.

5. THE EMPIRICAL DATA

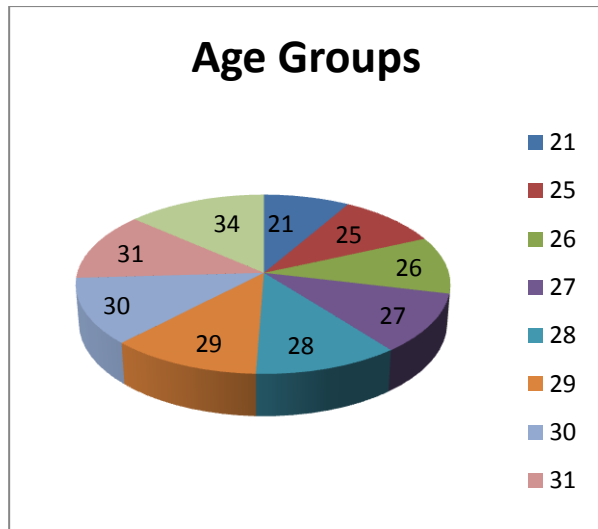
5.1 The profile of the respondents

FIGURE 1: A SUMMARY OF THE RESPONDENTS' PROFILE

RESEARCH SUMMARY										
Couple Nr	Gender	Age	Qualifications	Years in Cohabit relationship	Years Married	Number of Children	Occupation	Pre marital guidance	Enrichment programme	Marital relationship
Couple(1)	M	30	Grd 12	4	1	Expecting first born	ICT Specialist	y	y	Excellent
	F	27	Grd 12				Cooking Schooll owner			Excellent
Couple(2)	M	27	Management Diploma	5	1	Expecting first born	Branch manager	y	n	Excellent
	F	25	Grd 12				Nail technician			Excellent
Couple(3)	M	34	BATheology	0	5	2	Pastor	y	y	Excellent
	F	34	Grd 12			Expecting third child	Owner Coffee Shop			Good
Couple(4)	M	30	Grd 7	0	3	1	Carpenter	y	y	Good
	F	28	Grd 12				Junior bookkeeper		n	Good
Couple(5)	M	25	B.Eng	0	5months	0	Engineer	y	n	Excellent
	F	25	BA				Designer			Excellent
Couple(6)	M	26	Grd 12	2	2	1	Admin clerk	y	n	Excellent
	F	21	Grd 12				Admin clerk			Excellent
Couple(7)	M	30	N2	7	3	1	Manager	n	y	Good
	F	25	Grd 11				Typist			Good
Couple(8)	M	26	BEd	0	3	1	Teacher	y	n	Average
	F	26	BSc(Hons)				Chemist			Average
Couple(9)	M	31	BCom	1month	3	2	Marketing Manager	n	n	Excellent
	F	29	B Com pathology				Audiologist			Excellent
Couple(10)	M	30	Drafts man Diploma	2	2	1	Drafts man	y	n	Excellent
	F	30	Grd 12Beauty therapist				House wife			Excellent

FIGURE 2: AGE GROUPS OF THE RESPONDENTS

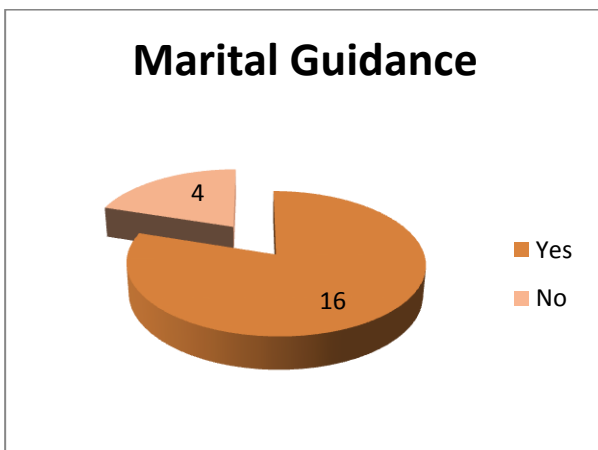
Age Groups	
1	21
4	25
3	26
2	27
1	28
1	29
5	30
1	31
2	34



All the respondents fall in the age group 21 to 35 years.

FIGURE 3: RESPONDENTS WHO HAD MARITAL GUIDANCE BEFORE

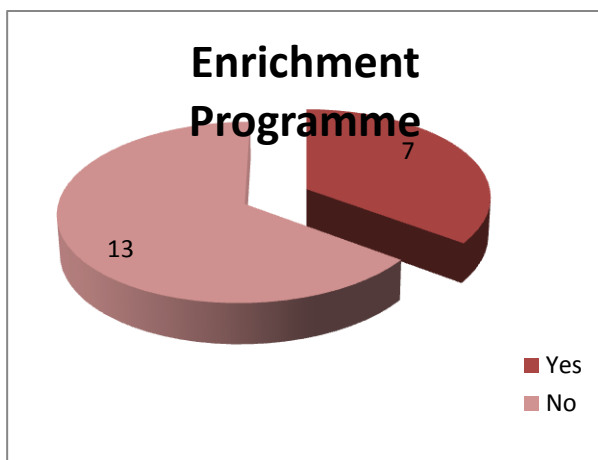
Marital Guidance	
Yes	16
No	4



Sixteen of the respondents did receive marriage guidance.

FIGURE 4: RESPONDENTS WHO WERE INVOLVED IN MARRIAGE ENRICHMENT PROGRAMMES BEFORE

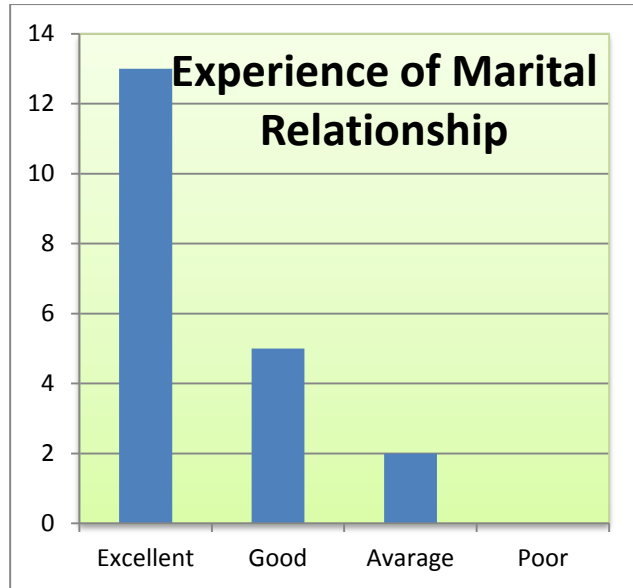
Enrichment Programme	
Yes	7
No	13



Seven of the respondents did receive marriage enrichment while married.

FIGURE 5: RESPONDENTS' EVALUATION OF THE QUALITY OF THEIR MARITAL RELATIONSHIP

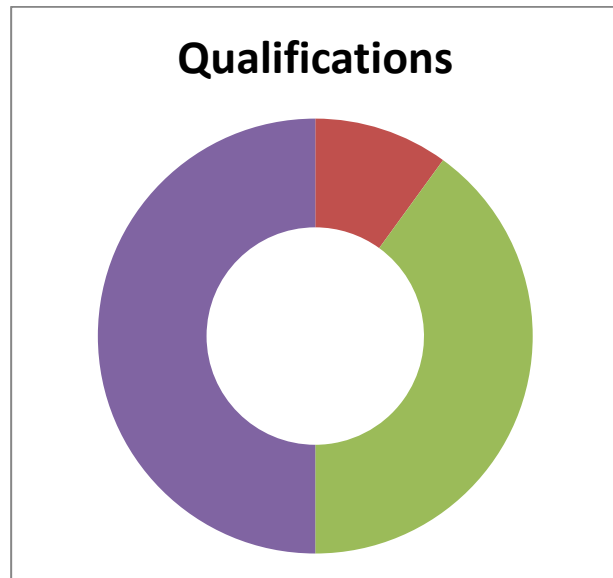
Marital Relationship	
Excellent	13
Good	5
Average	2
Poor	0



Most of the couples regarded their marriage as excellent, while five rated it good and two rated it average.

FIGURE 6: QUALIFICATIONS OF RESPONDENTS

Qualifications	
<Gr 12	2
Gr 12	8
>Gr 12	10



Eight of the respondents' qualifications were grade 12, while one had grade 11. The rest had post-school qualifications.

The age bracket of the respondents was 21-34 with the biggest number (9) in the 25-27 cluster. The other bigger cluster was respondents 30 years of age. This does not represent any representative pattern because of the type of sampling used. Some of the respondents were involved in marital guidance and marriage enrichment programmes. It was significant that they still took

part in the present research. It could be a sign of unfulfilled needs, or that they felt that they could be of service to other married couple by sharing their views.

Eight of the respondents' qualifications were grade 12, while one had grade 11. The rest had post-school qualifications. They all had established careers and the majority regarded their marital relationship as excellent. The others regarded it as good while two regarded it as average. It was not established what the meaning of "excellent", "good" or "average" was. It is assumed, however, that "excellent" meant a high degree of satisfaction with marriage while "good" meant most needs satisfied while "average" implied that some unfulfilled needs exist. This is a highly subjective description. However, how you describe your marriage will determine how you behave in marriage. It is encouraging that people who regarded their marriages as excellent still took part in the research.

5.2 The presentation of the qualitative data

The respondents' feedback will be given according to the structure of the interview guides.

5.2.1 The respondents' understanding of marriage enrichment.

The views of all the couples' understanding of marriage enrichment correspond with the description of Barker (2003:365) that it is a preventative measure before the couple becomes distressed. They all agreed that marriage enrichment helps you to understand and deal with marriage and also helps to understand one another better. Most couples also agreed that marriage enrichment promotes better communication.

Below are some of the reactions from the respondents:

"This is the cornerstone of the relationship"

The following comments reflect the views of participants on marriage enrichment and may possibly be regarded as their expectations of a marriage enrichment experience:

"To deal with frustrations and unsolved issues"

“To better the relationship”

“Om die verhouding te skaaf”

These comments are reflections of the different expectations about marriage enrichment by the participants. This is also an indication of the importance to provide for different needs in a marriage enrichment group, and to give participants the opportunity to express their needs.

5.2.2 The respondents' views on marriage enrichment's potential to help couples improve their marital relationship:

Most of the couples agreed that marriage enrichment could empower the couple by teaching ways to overcome conflicts and problems between the spouses before they become more significant (Kalkan, 2008:907).

The following were individual responses of the partners in this regard:

- “To prevent stagnation of the relationship”
- “To understand each other's characteristics without changing one another”
- “Gives you another perspective of marriage”
- “To help analyse the problem”
- “Helps making you a better person”
- “Helps you to better the relationship”
- “Develops tools in how to deal with issues more effectively”

The husband of one of the couples mentioned that he does not feel enrichment workshops will make an impact because after 1 - 2 months, you forget what you learned and you are falling back into old ways of dealing with issues. The couple did attend a premarital course where emphasis was placed on the different personalities. It seems as if his response was prompted by his experience in relation to their previous workshop and it is an issue to be considered with any educational workshop.

Another couple mentioned that they are still growing in their relationship and it can help them develop tools in how to deal with issues more effectively.

A different couple mentioned that the content of the programme presented will determine the empowerment. This is the reason why the contents of the programme must be closely aligned with the needs of the members.

The information shared by the ten couples does correlate with the Marriage Enrichment Guidance by Alpaslan (2006:6) where he mentioned to address “marital illiteracy” of couples in teaching them skills to enhance their relationships.

5.2.3 What content of enrichment programmes will encourage you to attend and participate?

The following aspects were mentioned:

- Communication;
- Decision making;
- Learn how to fight effectively;
- Fun activities;
- How to identify and deal with danger areas;
- The complexity of a family and to make time for one another;
- Financial planning;
- Expectations of one another in marriage;
- The importance of God in the relationship;
- Respect and commitment in the relationship;
- Dealing with In-laws; what rights do they have in their marriage?

Most of these aspects relate to the marital relationship and interaction in the relationship. The spiritual aspects of the relationship were also mentioned as well as the relationship with the parents-in-law. The information shared by the couples forms part of the components of the marital relationship mentioned by Alpaslan (2006:9-27), Lapoorta (2003:227-232) and the Family Life Centre (2002:1).

Two aspects came out very strongly in the discussion: The first aspect is the complexities of the relationship when starting a family. Most couples with children mentioned the difficulties they went through to adapt to the responsibilities of a baby in the house. One couple is still suffering and is going through a tough time currently. The second aspect is the “having fun factor” which was mentioned by two couples. The fun factor also needs to be considered when presenting a programme and activities need to be incorporated. The views expressed by these participants emphasise the

importance to leave room for individual needs when planning a marriage enrichment programme.

- **Expectations of marriage**

All the couples agreed that they had difficulty and continuous misunderstandings trying to adapt to reality, especially the wives. For most couples it was difficult to adapt when the romance and honeymoon phase disappeared and the reality phase kicked in. Markey (2005:8) concurs when he states that many couples assumed that their relationships will naturally work itself out over time with love as sufficient motivation.

The expectations of marriage mentioned by the participants can be categorised as follow:

- To move into a deeper level with the relationship with my partner.
- We will be sharing everything and be together forever.
- Marriage is a bigger commitment to one another; it is also different from a cohabiting relationship.
- Now he is mine on paper also.
- Life will be easier financially and we will have a family.
- My partner will always love me, support me, be there for me and make me feel special. We will make decisions together and we will always be happy and content.
- To spend quality time together and be there for one another.
- One couple, married for three years with two children, mentioned that they are at a good place currently and that the marriage is more than what he expected.
- One partner mentioned: “I thought we will adapt easily and life will be much easier, but I am experiencing the opposite. I thought we are thinking the same but now I realise how much we differ and I really don’t know how to deal with it;”
- Another couple said: “I thought marriage will be moonshine and roses and we will always feel romantic but after marriage it is a totally different story”.
The wives of four couples feel that unfortunately after marriage reality

kicks in and then it is a totally different story and you try to adapt. According to them, their husbands are not romantic any more.

- The wife of Couple 10 mentioned that she expected her husband to accept her for what she is and therefore she accepted her husband for who he is. You cannot change to keep somebody else happy, you just need to be yourself. She was previously married and her previous husband wanted her to be somebody else. It seems as if the biggest challenge is when the couple has their first baby.

From the above it appears that some couples experience disillusion, which is the result of experiences in marriage which ran counter to their expectations of marriage. This places a question mark over the preparation they did for marriage, if any. It is not clear, however, how the other participants experienced their marriages compared with their expectations. This is an important issue to be addressed in marriage enrichment programmes.

The wife of Couple 6 fell pregnant in grade 11 and left school. She described the seven years before marriage as a disaster while they were off and on in a cohabiting relationship. Before the couple got married, they attended a premarital programme presented by their minister. During this period they also deepened their relationship with God, which influenced their relationship a great deal. Although this is an individual reaction, it serves to indicate the possible positive outcomes of presenting premarital programmes. It also touches on the important role of spirituality in married life, which is a theme for further research.

The expectations of the couples about marriage were confirmed by the phases of marriage the couples are going through as discussed by various authors (Hendrix, 2001; Olson, 1993; Markey, 2005; Fisher, 2000; De Maria, 2009 and Kuhlman & Kuhlman, 2003).

- **Influence of family of origin on my marriage**

All the partners experienced that their family of origin differs from those of their partners and they had trouble in adapting at first. The one partner of Couple 3 mentioned: “Ons verskil wêreld van mekaar”. The most common differences were the closeness of certain families while the other families were more independent and less close to one another. The close families

wanted more contact with their family of origin while the opposite group felt that they need to lead their own lives.

In couple 6's situation, the in-laws did not accept each other's partners and they had a hard time finding a way to deal with it. Now they are living their own lives with no influence of the in-laws, and they seemed to have found a solution to the difficulty.

Couple 9's backgrounds are very different. She comes from a farm and he grew up in Gauteng. The husband is used to go on holiday 3-4 times a year with family and friends, going away over weekends while she enjoys her house and her husband's company at home. They adapted and are meeting one another half way.

Couple 10 mentioned that she comes from a very neat and perfectionist family while her husband's family is laid back and relaxed. Although it was very difficult, she adapted and is now much more relaxed. Her mother-in-law has a big influence on her and she enjoys her company.

The dominant issues emerging from the reaction reported above are relationships with parents-in-law and the differences in backgrounds of marital couples. Some seem to have adapted to this, but there are others who are still struggling to find solutions to these problems. Marriage demands of the marital couple to understand that their union establishes a new system much bigger than themselves that they have to adjust to. This can be quite a challenge, and a lack of understanding and acknowledgement of this new relationship network can be the cause of friction and tension in a marital relationship. It is a topic that should become part of a marriage enrichment programme.

- **Experiences influence my thinking, emotions and behaviour in my marriage**

All agreed that they do sometimes over-react especially if things do not go their way. The wife of couple 8 mentioned that she is over-reacting all the time because she does not understand that her husband's career is more important to him than his wife and child are. She is currently experiencing a great deal of anger because she feels he is neglecting his family. Three

wives mentioned that they experienced rejection on a regular basis; two will over-react while one will withdraw. Three families, Couple 3, 4 and 10 attended enrichment workshops and they realised that their approach would influence their partners' reactions.

They realised that the way you think about a situation would determine your reaction and most of their thinking was triggered by past experiences from their childhood where they experienced rejection.

All the couples do realise that they determine their own happiness, but they agreed that the other partner is also influencing their happiness. Couples with small children also mentioned that the challenges regarding the upbringing also have an influence on their happiness at times.

Couple 9 realised they could become defensive when you feel your partner is attacking you and you are taking it personally, because of insecure feelings from the past that bring back feelings of not being good enough, or rejected. They made a definite decision not to talk bad about one another when with friends.

Couple 10 mentioned that minor issues do not influence their relationship; they deal with it and get it over and done with. If they do not agree, they will think about the situation and act accordingly. The wife mentioned that it is most of the time the wives that need to sort out their own issues of insecurity that stem from their childhood.

- **Personality differences**

All the couples agreed that their personalities differ from their partner, which made it difficult to adapt. Couple 2 mentioned an example of how the husband organised a birthday party for his wife (the way he would like to have it) and how disappointed she was with the outcome.

The biggest differences mentioned were: Introvert – extrovert; impatience – relaxed; outburst – withdrawal; irritable – quiet; impulsive – calm, independent – dependant; privacy – no privacy; soft hearted – harsh, perfectionist – disorganised.

Weigle (2006:39) mentioned in his study that personality traits can impact on marital satisfaction. In regard to marital functioning the researcher found that socially prescribed perfectionism is an important predictor of marital adjustment for both men and women. Socially described perfectionism was strongly negative associated with multiple indices of marital adjustment. When one spouse expects this perfection it may cause the other to be angry and for the relationship to be conflicted.

Very important is the fact that people differ from each other and no amount of getting after them will change them. There is no reason to change them because the differences are probably good and not bad. (Keirsey & Bates 1978:1) had begun to make use of Jung's personality functions in order to explain the differences. Jung held the opinion that people are different in fundamental ways, although they all have the same multitude of instincts, driving them from within.

The one instinct is no more important than the other. However, our preference of how we "function" is important. The specific preference for a given "function" is characteristic and therefore we are "typed" by specific preference (Keirsey & Bates 1978:1). Personal preferences can affect your problem-identification and decision-making process at two critical stages, when perceiving a problem and when judging alternatives.

Although some understanding of marital interaction was picked up from the responses of the participants, there were marital partners expressing their displeasure with some aspects of interaction with their spouses. There were no signs of understanding of the dynamics of marital interaction, although there was some realisation of the mutuality of marital interaction. It is uncertain, however, whether this made a difference in the ways couples coped with challenges in their marital relationship. This is a topic that should be included in an enrichment programme.

- **Communication/Conflict**

Couple 4 agreed that they are able to communicate their emotional needs to one another, especially after they attended an Imago workshop. Couple 10 were in a cohabiting relationship for two years but decided eight months

before marriage not to be involved in a sexual relationship. During that time, they concentrated more on their emotional needs, which have a positive influence on their current relationship.

The husband of Couple 8 mentioned that he is not sure what his own emotional needs are, all he knows is that he wants peace.

Two wives (Couple 1 and 7), both introverts, find it difficult to talk about their emotional needs and will rather withdraw and adapt as far as possible. Eight out of ten wives agreed that their husbands do only at times fulfil their emotional needs.

In dealing with different opinions and conflict in the relationship, Couple 8 mentioned that they are not dealing with their issues at hand; nobody is giving in, and at times they will continue in silence. They will assume different outcomes, which make the situation worse. They are fighting over the same issue repeatedly without reaching a solution.

Two couples, where the wives are very impulsive, agreed that they want to act immediately, which causes tension, while both husbands are more relaxed and want to think about a situation. They agreed that with time they realised that they could trust their husbands' opinion about a situation because they are more realistic. Both couples mentioned that they had a hard time dealing with this in the beginning of the marriage.

In two marriages the wife will withdraw and the husbands will not know what is wrong and if they do not handle this situation very delicately, it will cause an outburst.

Eight couples agreed that in most cases when having difficulties, they do have the ability to make joint decisions, but not without going through a rough time where they learned to accommodate one another.

It is difficult for the individual to change behaviour (for example: reacting) if you do not understand its origin, and this automatically influences your communication with your partner.

As mentioned by Clinebell (1977:1) Transactional Analysis can help the couple to communicate on an Adult-to-Adult level when differences are experienced.

Participants' responses indicate a need for training on communication of all needs, not only emotional needs. It is interesting to note that one couple reported an improved ability to communicate their emotional needs after an Imago relationship therapy workshop.

- **Sexual relationship**

Only three couples are able and comfortable to communicate their sexual needs to one another. The wives of the other couples have trouble in communicating their needs to their husbands while all the husbands have the ability to talk to their wives.

The wife of Couple 8 admits that the couple's sexual relationship is currently not healthy because of the conflict they are experiencing at the moment. She also finds it difficult to communicate her sexual needs to her partner.

All the couples who were in a cohabiting relationship agreed that sex before marriage and after marriage are different. They agree that the sexual relationship is a growing process in which they still have to learn a great deal about themselves and their partner. One husband mentioned that the more you grow in your friendship with your wife the more you grow in trust and in your sexual relationship. He also discussed the issue of sex after the birth of the first child and the challenges thereafter.

Couple 10 is currently also experiencing challenges regarding too little time for one another, especially their sexual relationship, because of the demands of their baby.

The sexual aspect of a marital relationship is known to be often the cause of marital discord. The response of the participants indicates that this is a topic that is often uncomfortable to deal with and should be considered to be included in a marriage enrichment programme.

- **Role clarification**

Couple 8 is still experiencing challenges regarding role clarification specifically after the birth of their first baby. Two other couples (2 and 6) also mentioned that they had to deal with these challenges and made adjustments to accommodate one another. Today they had to realise that they need to change their attitude towards their current situation where the wife is also working. Nine out of ten wives involved in this research are working.

Two husbands and also fathers mentioned that if the father is positively involved in the upbringing of the children, there should not be unhappiness.

Role clarification seems to be an issue for some respondents while others made the necessary adjustments. An interesting view expressed by most couples is that in traditional Afrikaans families children are spoilt where the father works while the mother stays at home. This causes the question to arise whether it refers to the role expectations of the mother who is at home, and whether it is a topic to be discussed between the marital partners and the children. In view of the tension this might cause, it can be added to the list of topics to be included in a marriage enrichment programme.

Role clarification is an aspect to be resolved between marital partners. It depends on constructive communication, which can be learned within a marriage enrichment programme. The beauty of such a programme is that people can also learn from one another.

- **Would you like to add any additional topics or ideas that were not discussed?**

The couples mentioned the following aspects to also be discussed:

- Two couples mentioned **financial planning**.
- Two couples experienced challenges regarding **in-laws** and mentioned the involvement of in-laws regarding the upbringing of the children; respect and discipline were mentioned by two couples.
- It was mentioned that the primary reasons for divorce are: **sex, in-laws and finances**.
- Four couples mentioned **the influence of pregnancy and children in the marriage**.
- Two couples mentioned **the importance of God in the relationship**.

All the above-mentioned topics are already part of Alpaslan's (2006:9) components of the marital relationship.

5.2.4 What would be the ideal situation for you to consider joining a marriage enrichment group?

Couples 1 - 5 agreed that they would like to be part of a marriage enrichment group. It should be structured and an expert needs to facilitate the process. One couple mentioned that they would like couples at different phases in the marriage to be part of one group so as to learn from one another.

Couple 6 is still dealing with challenges in their relationship and they mentioned that they would not consider the idea in the past, but currently they will welcome an enrichment group to share and learn from.

Couple 7 and 8 mentioned that they are not sure if they can trust all the group members because people will always gossip about each other, although they agreed on confidentiality.

Couple 9 mentioned that time is a factor, especially with small children. They would like a weekend away but it must be fun activities.

Couple 10 agreed that they would like to be part of a marriage enrichment group, but time is a great challenge and the wife is still breastfeeding her baby.

All the couples are conditionally in favour of joining a marriage enrichment group. Aspects to be considered when arranging such a group are the time of such group sessions and the nature of the group activities. It should also be entertaining. Important to note is that one couple expressed doubt about confidentiality in a group. This stresses the importance of proper preparation of an enrichment group, especially contracting.

Nine couples who experienced marriage enrichment and premarital preparation programmes experienced it as it was intended, namely to develop skills needed to make marital relationships a more enriching growth experience. One couple who attended a weekend Imago presentation, but not the whole programme as indicated by Lawson (2008:19) and Weigle (2005:14), reported that the presentation changed their attitude towards their

marriage.

This strengthens Gottman and Silver's statements (1999:25) about: "The positive sentiment override", which means that the positive thoughts are allowed to supersede the negative thoughts about the other spouse and the marriage. The partners are thus keeping their negative thoughts and feelings about each other from overwhelming their positive ones. The fact that most couples who formed part of the research had healthy relationships also showed that they believe in continued development. Although they rated their marriages as excellent and good, they still want to learn and grow in their relationships.

Challenges that were faced by young married couples as mentioned by Clinebell (1977:23) were the rigidly defined sex roles and a movement towards increasingly egalitarian man-woman relationships. Nine couples dealt with this attitude and some men in the research project specifically mentioned: "The more the husband is involved in family and children tasks the healthier the couple's relationship."

- Clinebell (1977:24) also mentioned the characteristics of a liberating marriage which was experienced by the researcher when interviewing the couples and during the support group sessions.
- Most couples were responsive in meeting each other's needs.
- Open and caring communication was experienced during the support group sessions.
- They were open for continuous change in the relationship.
- They were committed to each other's growth in strengthening the relationship.
- It was experienced that their intimacy deepened because of their ability to deal with conflict in a constructive manner although it was not without serious concerns. Where they did not manage, they sought help.

It was clearly indicated that the couples wanted to enrich their marriages to adjust with greater ease in having an enjoyable closeness as discussed on p 25.

Kuhlman (2004:1) identified seven specific areas of relationship skills and knowledge that contribute to a successful marriage. The married couples in the research also agreed with these aspects, as they mentioned what content is needed for a marriage enrichment programme (p 10). All these aspects were dealt with in the enrichment programmes in South Africa as mentioned by Viljoen (2008), Family Life Centre (2002), Prinsloo (2006), Lawson (2008), Lapoorta (2003) and Alpaslan (2006). Unfortunately not one programme included the phases of the marital relationships.

When looking at the different phases of the marriage as discussed (Prinsloo, 2006; Hendrix, 2001; Olson, 1993; Markey, 2005; De Maria, 2009 and Kuhlman, 2003), all the couples did agree that they had difficulties working through the first three phases. All the couples shared the difficulties they experienced, especially when starting a family while they were not adequately equipped to fully cope with the new family reality, as described by Kuhlman (2003:3). The couples found it difficult to keep sufficient focus on their marriage while the children also had demands, and how they had to work through this without being prepared. Things they did not notice before began to press themselves upon their awareness and it was very disturbing. During the third phase of the reality and power struggles the couples are usually relating to a protective pattern to defend and protect them as was clearly acknowledged by all the couples, and showed with one couple who was still trying to make sense of their marriage.

Although it is seen as the make or break phase in a relationship, it is also seen as the most productive. This is also seen as the door to deeper connections, intimacy and a fulfilling relationship if you can learn to use the tools to transform it into the pathway to real love (Kuhlman, 2003:2) and proven by nine couples in the research project. They managed to work through all the misunderstandings and struggles and currently do have healthy relationships with each other. One couple is still stuck in the power struggle and is still trying to deal with their difficulties.

Hendrix (1995, 2001, Hendrix & Hunt, 2004) also described the emotional baggage each partner is bringing into the marital relationship. This clearly came out in the support group sessions where partners admitted that they at

times over-reacted when feelings of rejection and insecurity were experienced. When experiencing rejection as a child, it will pop up in the current relationship and if not dealt with personally, it will jeopardise their ability to deal with it effectively.

The researcher is of the opinion that these two aspects need to be part of any enrichment programme in helping the couples understand their own emotional reactions and the phases.

6. SUMMARY

The research attempted to answer the following question: What are the needs of Afrikaans speaking young married couples regarding marriage enrichment programmes?

Within the limitations of the study, the findings provided information on specific themes that need to be part of an enrichment programme which can be used by Social Workers in developing a programme.

All the couples had an understanding of Marriage Enrichment and 80% agreed that it can empower them by teaching ways to develop tools in how to deal with issues more affectively.

New themes which were not covered in the Questionnaire discussed with the couples, like Financial Planning, In-laws and Religion, were also added to the needs of the respondents.

It can be concluded that the results obtained through the research are trustworthy and the objective of the study was reached.

In closing, we cannot underscore enough importance of improving the marital functioning of young married couples through marriage enrichment programmes.

7. BIBLIOGRAPHY

Alpaslan, AH 1994. Hoop en Hulp vir die Huwelik: 'n Werkboek vir Huweliksvoorbereiding en Huweliksbegeleiding. Pretoria: Kagiso.

Alpaslan, AH 2006. Marriage Guidance: A Workshop for Practitioners.

Babbie, E 2011. Introduction to social research. Belmont: Washington.

Balswick, J & Balswick, J 2004. Family Ministry: Empowerment through faith – Marriage Enrichment Programme Evaluation. (Web)

http://www.fmef.org/pages/printable_page.cfm?PAGE_ID+86. (Date of access: 2 July 2012.)

Barker, RL 2003. The social work dictionary. 5th ed. Washington DC: NASW Press.

Clinebell, HJ 1977. Contemporary Growth Therapies: Growth Resources in Transactional Analysis. (Web) <http://www.religion-online.org/showchapter.sa?title+496&C+461>. (Date of access: 15 Dec 2011.)

Clinebell, HJ 1977. Growth Counselling for Marriage Enrichment: Making good marriages better. (Web) <http://www.religion-online.org/showchapter.sa?title+496&C+461>. (Date of access: 15 Dec 2011.)

Cronje, F 2010. SAIRR Today. The South African family in crisis. [Web] <http://p10.opennetworks.co.za/sairr.org.za/sairr-today/sairr-today-the-south-african-family-in-crisis-26th-march-2010>. (Date of access: 20 May 2010.)

De Maria, R 2009. The Seven Stages of Marriage. Council of Relationships. Session 210. Orlando Florida: 9 July 2009. 31 p.

Daniels, LE 1998. Design and evaluation of a psycho-training programme of marriage enrichment. University of the Western Cape. (Thesis MA – Psychology.)

De Kat. 2010. So lyk die Afrikaner. De Kat (Web) <http://www.dekat.co.za/?p=637&lang=af>. (Date of access 20 April 2012.)

DEPARTMENT OF STATISTICS. See South Africa.

De Vos, AS, Strydom, H, Fouche, CB & Delpont, CSL 2011. Research at grass roots: For the social science and human professions. 4th ed. Pretoria: Van Schaik.

Everett, L, Worthington, JR, Beverley, GB, Buston, L & Hammonds, TM 1989. A component analysis of marriage enrichment: information and treatment modality. *Journal of Counselling and Development*, 67(1):555 – 560.

Family Life Centre. 2002. Prepare/Enrich Programme. Building a strong marriage workbook. Johannesburg. 24 p.

Fouche, CB & De Vos, AS 2011. Qualitative research designs. (In De Vos, AS (ed). Research at Grass Roots. 4th ed. Pretoria: Van Schaik Publishers. pp 316-381.)

Gottman, JM & Silver, N 1999. The Seven Principles for Making Marriage Work. New York: Three Rivers Press.

Govender, V 2006. A description of content for a marriage enrichment programme. Johannesburg, University of Johannesburg. (Thesis MA - Social Work.)

Greeff, M 2011. Information collection; interviewing. (In De Vos, AS, Strydom, H, Fouché, CB, Delpont, CSL eds 2011. Research at Grass Roots for the social sciences and human service professions. 4th ed. Pretoria: Van Schaik Publishers. (pp 341-347.)

Hendrix, H 2001. Getting the love you want. A Guide for Couples. New York: Henry Holt & company. 298 p.

Hendrix, H 1995. Keeping the love you find. A Single Person's Guide to Achieving Lasting Love. Simon & Schuster UK Ltd. 326 p.

Hendrix, H & Hunt, HL 2004. Receiving Love. Transform your relationship by letting yourself be loved. Simon & Schuster UK Ltd. 304 p.

Hunt, RA, Hof, L & De Maria, R 1998. Marriage enrichment - preparation, mentoring, and outreach. Philadelphia: Brunner/Mazel.

- Jakubowski, SF, Milne, EP, Brunner, H & Miller, RB 2004. A review of Empirically Supported Marital Enrichment Programmes. *Family relations* (53)528-536.
- Kalkan, M & Ersanli, E 2008. The effects of the marriage enrichment programme based on the cognitive-behavioral approach on the marital adjustment of couples. *Educational Sciences: Theory & Practice* 8 (3): 977-986.
- Keirsey, D & Bates, M 1978. Please understand me. Prometheus Nemesis Book Company.
- Kuhlman, PS & Kuhlman, GA 2003. Marriage Success Training. Stages of Marriage. (Web) <http://www.stayhitched.cpm/stages.htm>. (Date of access: 9 June 2012.)
- Kuhlman, PS & Kuhlman, GA 2004. Marriage Success Training. Seven Keys to Success. (Web) <http://www.stayhitched.cpm/stages.htm>. (Date of access: 12 Nov 2012.)
- Lawson, WA 2008. Improving Couple Communication Through The Imago Getting The Love You Want Workshop for Couples. Stellenbosch University (Thesis MA – Psychology.)
- Langner, D 2011. Solidariteit Helpende Hand: Nuusbrief. Junie 9 (1) nr 20.
- Lapoorta, PJ 2003. Huweliksvoorbereiding en -verryking in gemeentes van die Apostoliese Geloofsending in die Wes-Kaap. UNISA. (Thesis PhD - Praktiese Teologie.)
- Neuman, L & Kreuger, LW 2003. Social work research methods: qualitative and quantitative applications. Boston: Allyn Bacon.
- Markey, B 2005. Promoting and Sustaining Marriage as a Community of Life and Love. The Lifecycles for a Marriage. *A Colloquium of Social Scientists and Theologians*. Oct 2005. pp 24 – 25.
- Olson, DH & Blaine, JF 1993. Five Types of Marriage: An Empirical Typology Based on Enrich. *The Family Journal*. 1(3):196-207.

- Prinsloo, JD 1999. A discourse in narrative pastoral marriage enrichment. University of OFS. (Thesis PhD – Religion.)
- Prinsloo, CE 2006. Ontwikkeling, toepassing en evaluering van huweliksverrykingsprogramme in die vroeë middeljare deur middel van 'n groei-georiënteerde maatskaplike groepwerkproses. University of Pretoria. (Thesis PhD - Social Work.)
- Rubin, A & Babbie, E 2011. Research methods for social work. Perth: Brooks/Cole.
- Statistic South Africa 2010. Marriage and Divorces: Statistical release P0307 (Web)
http://www.statssa.gov.za/PublicationsHTML/P03072010/html/P03072010_Ihtml?ql (Date of access: 15 Dec 2011.)
- Viljoen, C 2008. Marriage renewal among farm workers. Stellenbosch University. (Thesis MA - Social Work.)
- Weigle, JB 2006. The Effect of Participating in an Imago Workshop on Marital Satisfaction. Walden University. (Thesis PhD – Philosophy.)
- STATISTICS SOUTH AFRICA, 2008. See SOUTH AFRICA.
- SOUTH AFRICA. DEPARTMENT OF STATISTICS. 2008. South African divorce rates. Pretoria: Government Printers.
- Strydom, H 2011. Sampling in the quantitative paradigm. (*In* De Vos, AS, Strydom, H, Fouché, CB & Delpont, CSL ed 2011. Research at grassroots for the social sciences and human service professions. 4th ed. pp 222- 234.)

SECTION C: CONCLUSIONS AND RECOMMENDATIONS

1. INTRODUCTION

The aim of the study was to determine the needs of young married Afrikaans speaking couples for an enrichment programme. This aim was achieved in the previous articles of the study. The purpose of this section is to meet the final objective of the study, which is to come to conclusions and make recommendations based on the result of the literature and the empirical study that can be used as guidelines in developing a marriage enrichment programme for young married couples.

2. CONCLUSIONS

- Very little information is available on marriage enrichment needs of Afrikaans speaking marital couples.
- No information could be found comparing the marriage enrichment needs with those of other language or culture groups.
- All participants agreed that marriage enrichment is needed to help sustain young marriages and that it is an important source to support couples wanting to enhance and sustain their marital relationship.
- All the couples had different expectations of marriage and most agreed that they thought it was only going to be moonshine and roses and that their specific relationship would work out automatically. Couples therefore need to understand the different phases of the marriage.
- All the couples agreed that they had challenges adapting to one another's background, thus it shows that this is also an important factor to deal with when looking at the content of enrichment workshops.
- Past experiences do influence the couples in reacting when feeling incompetent or rejected and therefore the couples need to be aware of the 'not okay' feelings or baggage which were not met in the relationship. Another aspect that needs to be looked into is the emotional needs of the wives that are not met in the relationships.
- The differences of the partners also need to be addressed, like a Personality Analysis, for example, Keirsey Personality Styles, for the couples to better understand one another.

- There was reluctance amongst some of the participants to talk about their sexual needs. All the couples agreed that they can still learn more about their sexual relationship.
- All the couples agreed that there were misunderstandings between them and their partners, but they seemed to have found a way of dealing with these differences. Communication and conflict will stay an important part of any enrichment programme in teaching skills in making the relationship grow.
- Clarity on roles in marriage especially when there is a baby in the house, and when both partners are working, was an expressed need. The fulfilment of specific roles in the marriage is linked to the “Power struggle phase” when certain roles need to be clarified in coping with a baby in the house. Most women are working; therefore roles need to be clear, both partners taking responsibility.
- The themes identified from the data were supported by previous literature and reviewed in the literature overview of the research. The results thus confirmed that which was stated in the themes that were discussed. Three components that were not mentioned in the research, but that are part of Alpaslan’s programme are:
 - Self-concept;
 - Motives for getting married;
 - The choice of a marital partner.
- The only component that is not part of this content is the different phases that a couple goes through during their marital relationship.
- New themes were also mentioned, which were not fully covered in the questionnaire discussed with the couples, like Financial Planning, In-laws and Religion.

3. RECOMMENDATION

- In view of the qualitative and explorative nature of the research, representativeness was not a requirement.
- More research should be done on the perceptions of Afrikaans speaking people on marriage and the marital relationship.
- Afrikaans speaking people’s views on marital relationships and marriage

should form the basis of marriage enrichment programmes to this group.

- More research should be done on the differences between cultures regarding marriage enrichment needs.
- The problems caused by the difference between unrealistic expectations regarding marriage and the realities of married life should be an important topic in marriage enrichment to Afrikaans speaking couples.
- Intimacy in marriage should be an important topic with Afrikaans speaking marriage enrichment groups, in view of possible conservatism amongst members of this group.
- The importance of an understanding of the influence of different backgrounds on marriage should be a topic in marriage enrichment groups with Afrikaans speaking couples.
- The changes caused to the marital relationship and family structure with the addition of a baby should be discussed in marriage enrichment programmes with Afrikaans speaking couples.
- Role clarity and division of responsibilities when both partners are working should be discussed in marriage enrichment programmes with Afrikaans speaking couples.
- The different phases, through which a marriage develops, should be discussed in marriage enrichment programmes with Afrikaans speaking couples.
- Enrichment groups should be provided with the opportunity to express needs unique to the particular Afrikaans speaking marriage enrichment group.
- The effect of cultural values regarding marriage and the marital relationship should be discussed with Afrikaans speaking marriage enrichment groups.
- Interventions in the form of marriage enrichment groups should be implemented with Afrikaans speaking groups one year after marriage, especially with couples starting a family.
- Marriage enrichment programmes should be based on the real and expressed needs of the participants.

- A flexible and tentative programme should be designed in a flexible way, providing upon the inputs from participants.

SECTION D: APPENDICES

APPENDIX 1: CONTRACT WITH COUPLE

MARRIAGE ENRICHMENT PROGRAMME

NAME: **AGE:**

LANGUAGE: **GENDER:**

QUALIFICATIONS: **OCCUPATION:**

YEARS MARRIED: **HOW MANY CHILDREN:**

YEARS IN A COHABITING RELATIONSHIP BEFORE MARRIAGE:

YOU RECEIVE ANY MARITAL GUIDANCE:
Before Marriage **After marriage**

How would you describe your marital relationship?	Excellent	Good	Average	Poor
--	------------------	-------------	----------------	-------------

The purpose of this study is to determine the needs of young married couples for a Marriage Enrichment programme.

I will be involved in a focus group discussion/interview to share my needs and ideas regarding young married couples.

Some of the information shared will be very personal, involving own experiences and therefore may cause some discomfort. I will, however, not be forced to provide information that I am not comfortable with. My participation in this study may help researchers in the development of an appropriate marriage enrichment programme.

Information given in this study will be kept confidential and identifying information will not be directly associated with any information obtained from me. A master listing of persons participation in the study and their identifying information will be kept in a secure location under lock and key except when being used by selected staff. When results of this study are published, my name or other identifying information will not be used.

I do not have to take part in this study, and my refusal to participate will involve no penalty or loss of rights to which I am entitled. I may withdraw from the study at any time without fear of losing any services or benefits to which I am entitled.

I have read the entire consent form and completely understand my rights as a potential research subject. I voluntarily consent to participate in this research. I will receive a copy of this consent should questions arise and I wish to

contact the Social Work Department of North-West University to discuss my rights as a research subject.

Signature of Research Subject

Signature of Researcher

Date

APPENDIX 2: INTERVIEW SCHEDULE

INTERVIEW SCHEDULE

1. What is your understanding of Marriage Enrichment?
2. How can it empower you to improve your marital relationship?
3. What should the content of such Enrichment Programme be in order to encourage your attendance and participation?

<p>1. <u>Expectations of Marriage.</u></p> <ul style="list-style-type: none">➤ What are your expectations of marriage? How does it differ from your partner's?➤ What are you doing when your partner does not meet your expectations of marriage?
<p>2. <u>Influence of family of origin on my marriage.</u></p> <ul style="list-style-type: none">➤ How does your upbringing differ from your partner's upbringing within the marriage relationship?➤ How do you deal with the differences?
<p>3. <u>Past experiences influence my thinking, emotions and behaviour in my marriage.</u></p> <ul style="list-style-type: none">➤ Who determines your happiness in your marital relationship?➤ Can you recall incidents where you reacted in a certain way which was not how you would like to react?➤ Can you mention incidents where you became defensive when your partner approached you about a specific incident?➤ How do you communicate your emotional needs to your partner?➤ Can you mention some emotional needs of your partner?➤ How does your partner fulfil your emotional need? Does that satisfy you?
<p>4. <u>Communication/Conflict</u></p> <ul style="list-style-type: none">➤ How do you deal with a situation where your partner has a different opinion?➤ How do you deal with conflict in your relationship?➤ What are you doing when you are continuously fighting over the same issue?➤ Can you recall a situation where you experienced personality differences which caused unhappiness or frustration?

5. Sexual Relationship

- How do you communicate sexual frustrations to your partner?
- What were the biggest challenges you had to overcome?

6. Role Clarification

- How do you determine the different roles in your relationship between you and your partner?
- What challenges do you experience currently regarding role clarification?

4. Would you like to add any additional topics or ideas that were not discussed?
5. What would be the ideal situation for you to consider joining a marriage enrichment group?

-----oooo0000oooo-----

SECTION E: CONSOLIDATED BIBLIOGRAPHY

REFERENCES

Alpaslan, AH 1994. Hoop en Hulp vir die Huwelik: 'n Werkboek vir Huweliksvoorbereiding en Huweliksbegeleiding. Pretoria: Kagiso.

Alpaslan, AH 2006. Marriage Guidance: A Workshop for Practitioners. 2006.

Babbie, E 2011. Introduction to social research. Belmont: Washington.

Balswick, J & Balswick, J 2004. Family Ministry: Empowerment through Faith – Marriage Enrichment Programme Evaluation. (Web)

http://www.fmef.org/pages/printable_page.cfm?PAGE_ID+86. (Date of access: 2 July 2007.)

Barker, RL 2003. The social work dictionary. 5th ed. Washington DC: NASW Press.

Brown, JH & Brown, CS 2002. Marital Therapy. Concepts of Skills for Effective Practice. Canada. Brooks/Cole.

Clinebell, HJ Jr. 1977. Growth Counselling for Marriage Enrichment. Making good marriages better. (Web) <http://www.religion-online.org/showchapter.sa?title+496&C+461> (Date of access: 15 Dec 2011.)

Cronje, F 2010. SAIRR Today. The South African family in crisis. [Web:] <http://p10.opennetworks.co.za/sairr.org.za/sairr-today/sairr-today-the-south-african-family-in-crisis-26th-march-2010>. (Date of access: 20 April 2010.)

Dimirsky, M 2011. Guidance, Counselling and Psychotherapy tutorial. Psychology 388. *Centre of Psychology, Faculty of Humanities & Social Sciences*. Athabasca University.

Groenewald, Y 2010. So lyk die Afrikaner. De Kat: [//www.dekat.co.za/?p=637&lang=af](http://www.dekat.co.za/?p=637&lang=af). (Date of access: 20 April 2012.)

De Maria, R 2009. The Seven Stages of Marriage. *Council of Relationships. Session 210. Orlando Florida: 9 July 2009. pp 1-31.*

DEPARTMENT OF STATISTICS. See South Africa.

Everett, L, Worthington, JR, Beverley, GB, Buston, L & Hammonds, TM 1989. A component analysis of marriage enrichment: information and treatment modality. *Journal of Counselling and Development* 67(1) 555 – 560.

FAMSA 1999. <http://www.familyandmarriage.co.za>. (Date of access: 23 Nov 2012.)

Family Life Centre 2002. Prepare/Enrich Programme. Building a strong marriage workbook. Johannesburg. 24 p.

Fisher, H 2000. Lust, Attraction, Attachment and Evolution of the three Primary Emotions Systems. *Journal of Sex Education and Therapy*, 259(1) p 96.

Fouche, CB & De Vos, AS 2011. Qualitative research designs. (In De Vos, AS (ed). Research at Grass Roots for the social sciences and human service professions. Pretoria: Van Schaik Publishers. 316-381.)

Gottman, JM & Silver, N 1999. The Seven Principles for Making Marriage Work. New York: Three Rivers Press.

Gottman, J 2009. Research on Relationships. (Web) <http://www.soc.ucsb.edu/sexinfo/article/gottman> .: Created May 2005. (Date of access: 14 Dec 2011.)

Govender, V 2006. A description of the content for a Marriage Enrichment programme. University of Johannesburg. (Thesis MA - Social Work.)

Greeff, M 2011. Information collection; interviewing. (In De Vos, AS, Strydom, H, Fouché, CB, Delport, CSL (ed). Research at Grass Roots. Pretoria: Van Schaik Publishers.)

Harris, TA 1995. I'm OK - You're OK. Arrow Books Limited.

Hendrix, H 2001. Getting the love you want. A Guide for Couples. New York: Henry Holt & company. 298 p.

Hendrix, H 1995. Keeping the love you find. A Single Person's Guide to Achieving Lasting Love. Simon & Schuster UK Ltd. 326 p.

Hendrix, H & Hunt, HL 2004. Receiving Love. Transform your relationship by letting yourself be loved. Simon & Schuster UK Ltd. 304 p.

Herkov, M 2013. About Behaviour Therapy. PsychCentral. (Web) <http://psychcentral.com/lib/about-behaviour-therapy>. (Date of access: 29 Oct 2013.)

- Hunt, RA, Hof, L & De Maria, R 1998. Marriage enrichment -- preparation, mentoring, and outreach. Philadelphia: Brunner/Mazel.
- Jakubowski, SF, Milne, EP, Brunner, H & Miller, RB 2004: A review of Empirically Supported Marital Enrichment Programmes. *Family relations* (53). pp 528-536.
- Kalkan, M & Ersanli, E 2008. The effects of the marriage enrichment programme based on the cognitive-behavioural approach on the marital adjustment of couples. *Educational Sciences: Theory & Practice* 8 (3): pp 977-986.
- Kanaan Ministries 2011. Marriage Enrichment Weekend. <http://www.kanaanministries.org/event/marriage-enrichment-weekend>. (Date of access: 29 Nov 2012.)
- Kuhlman, PS & Kuhlman, GA 2003. Marriage Success Training. Stages of Marriage. (Web) <http://www.stayhitched.cpm/stages.htm>. (Date of access: 6 June 2011.)
- Kuhlman, PS & Kuhlman, GA 2004. Marriage Success Training. Seven Keys to Success. (Web) <http://www.stayhitched.cpm/stages.htm>. (Date of access: 12 Nov 2011.)
- Lapoorta, PJ 2003. Huweliksvoorbereiding en -verryking in gemeentes van die Apostoliese Geloofsending in die Wes-Kaap. UNISA. (Thesis PhD - Praktiese Teologie.)
- Langner, D 2011. Solidariteit Helpende Hand: Nuusbrief. Junie 9 (1) nr 20.
- Lawson, WA 2008. Improving Couple Communication Through The Imago Getting The Love You Want Workshop for Couples. Stellenbosch University. (Thesis MA – Psychology.)
- Luquet, W 1998. The relational paradigm. (In W Luet & MT Hannah (Eds). *Healing in the relational paradigm: the Imago Relationship Therapy casebook* (pp 1-10). San Francisco: Jossey – Bass.)
- Markey, B 2005. Promoting and Sustaining Marriage as a Community of Life and Love. The Lifecycles for a Marriage. *A Colloquium of Social Scientists and Theologians*. Oct 2005. pp 24 – 25.

- Miles, MB & Huberman, AM 1994. *Qualitative Data Analysis* (2nd Ed). Thousand Oaks, CA: Sage Publications, Inc.
- Neuman, L & Kreuger, LW 2003. *Social work research methods: qualitative and quantitative applications*. Boston: Allyn Bacon.
- Neuman, L & Kreuger, LW 2003. *Social work research methods: qualitative and quantitative applications*. Boston: Allyn Bacon.
- Olson, DH & Blaine, JF 1993. Five Types of Marriage: An Empirical Typology Based on Enrich. *The Family Journal*. Vol 1 (No 3) pp 196-207.
- Prinsloo, JD 1999. A discourse in narrative pastoral marriage enrichment. University of the Orange Free State. (Thesis PhD – Religion.)
- Prinsloo, CE 2006. Ontwikkeling, toepassing en evaluering van huweliksverrykingsprogramme in die vroeë middeljare deur middel van 'n groei-georiënteerde maatskaplike groepwerkproses. Universiteit van Pretoria. (Thesis PhD - Maatskaplike Werk.)
- Rubin, A & Babbie, E 2011. *Essential research methods for social work*. (2nd ed.) Belmont: Brooks/Cole.
- Statistics South Africa 2010. *Marriage and Divorces: Statistical release*. P0307 (Web)
http://www.statssa.gov.za/PublicationsHTML/P03072010/html/P03072010_1html?gl (Date of access: 15 Dec 2011.)
- Solidariteit. Helpende Hand. Afrikaanse gesinne (Web):
<http://cdn.24.co.za/files/Cms/General/d/1354/2d314293d7d54b35aba41ac01c1e1b3b.j> (Date of access: 3 Nov 2011.)
- Strydom, H 2011. Sampling and sampling methods. (In De Vos, AS, Strydom, H, Fouché, CB & Delport, CSL. *Research at grassroots for the social sciences and human service professions*. 4th ed. pp 222-234.)
- Stuart, J 2011. Interview. Family and Marriage Society of South Africa, Johannesburg, Parktown. (In possession of the interview notes and statistics provided.)

Terminology Committee for Social Work 1995. New dictionary of Social Work: Revised and comprehensive edition. CTP Book Printers (Pty) Ltd. Caxton. Parow.

Viljoen, C 2008. Marriage renewal among farm workers. Stellenbosch University. (Thesis MA - Social Work.)

Weigle, JB 2005. The Effect of Participating in an Imago Workshop on Marital Satisfaction. Walden University. (Thesis PhD – Philosophy.)