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**The Relationship between Premarital
Preparation and Marital Satisfaction: With
reference to the Mothers of Students of Nisir
New Generation School in Addis Ababa**

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Abstract

The aim of this study is to examine the differences, between married women with and without premarital preparation, with regard to the issues of marital satisfaction, communication, conflict resolution, intimacy and commitment in their respective family lives. For the purpose of this study 100 married women were selected of whom half had premarital orientation and the other half had none. Lottery technique was used in selecting the participants. For data collection questionnaires with 64 items were used. For data analysis the researcher employed t-test to examine the two groups. Furthermore, one way ANOVA was used to determine whether or not marital satisfaction, communication, conflict resolution, intimacy and commitment are in anyway affected by socio demographic characteristics such as age, monthly income, level of education and number of children. The study results indicated that (1) those with premarital preparations were generally effective in creating and managing more stable and peaceful family lives than those without premarital preparation, and (2) none of the other socio demographic characteristics had any different on the five issues mention the analyzed. Based on the results some of the finding are forward

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CHAPTER ONE: Introduction

1.1. Background of the Study

Family is the basis of a society. It is the closest possible bond between two people brought about through marriage. But very few of the couple actually prepare for the demands of married life. The result is marriage breakup, occurring so frequently now that it appears to be the order of the day in our society. (Wright, 1992).

Research shows that effects of broken marriages due to factors such as intimacy problems, finances and anxiety are far reaching and extend to society as a whole. The institution of marriage has many challenges. (Gichinga, 2003). The solution lies in organizing premarital preparation based on research finding to all couples planning to marry. In the interest of continuation of the family and society making premarital preparation may even have to be made moderately. (Busby, Ivey, & Harris, 2007).

In Ethiopia the rate of divorce has highly increased according to The Reporter, a weekly Amharic newspaper published on Sunday, May 21, 2006. In Addis Ababa alone, within a year (from January 9, 2005 to January 8, 2006) 6,023 couples were married and of this 1,105 couples were divorced

.Johnson (1973) stated that good premarital training helps couples adjust to marriage such training has shown to be an effective means to reduce divorce and help. Popular media suggests that happy marriages are rooted in gorgeous weddings, but research findings do not back it up. If the intended purpose of any wedding is the formation of a happy family, its realization can be achieved through undergoing premarital training.

Stahmann and Hiebert (1997) suggested that , premarital education is important for marring couples for. First, it creates shared meaning which comes from the symbolic interaction theory. Individuals respond differently to things. Exploring shared meaning helps them to pinpoint their similarities. Such understanding is basic to a healthy relationship as it allows for the individuals to work their actions into agreement and participating in premarital education makes it possible through frank discussions of many marriage issues. Their actions are in agreement with their intentions as they set to improve their relationship. Secondly it is important for the couple because the education focuses on giving them the knowledge of what makes a relationship successful and the skills needed to improve in all different areas. (Giblin, 1985)

Thirdly, it is important because it promotes healthy relationships within the entire family. Individual's meanings are not inherent but emerge from social interaction. Thus, when a couple has a shared meaning of the importance of marriage, the concept can easily spread to the rest of the family. This process promotes healthy relationships by giving knowledge, skills, and resources to the extended family members of the family too. Fourthly premarital education is important because it promotes a society of healthy relationships. The programs are generally effective especially in communication and , conflict management skills as well as overall relationship quality. (Giblin, 1985).

Osion and DeFrain (2003) assert that an effective premarital program should start 12 months before the marriage day. According to Gichinga (2003), premarital counseling should not be done in the last two weeks before the wedding since few couples can pay attention at that time. Wright (1992) investigated that at least 6 sessions plus 60-70 hours of homework should be planned for in order to cover premarital issues adequately

Another study done by Stanley (2001) provides four reasons why premarital education can be beneficial for couples. The first reason states premarital education encourages couples to slow down and deliberate about their impending marriage. Second, premarital education helps send the message that “marriage is crucial in life ” and should not be subjected to hasty decision .Third, Stanley expresses that premarital education suggest to couples options for help later in their lives should they ever need to seek counseling services, in the event of cropping . Lastly, premarital education lowers up challenges.

Professionally, the researcher has been a teacher and director for over 15 years. During those years he observed, almost daily, people with troubled marriages. Marital satisfaction is thought to be important in the preservation of marriage as well as increased personal well-being. Many factors contribute to marital satisfaction. However the researcher believes that the assumptions made and conclusions reached in international research may not be assumed to be applicable in the Ethiopian context and need to be locally investigated further to make it applicable to it the Ethiopian population.

1.2. Statement of the Problem

Divorce is becoming a chronic problem and a burning issue in our society. The few studies on the subject at the local level are very limited in scope and coverage. The scarcity of researches was a motivation for undertaking this study. Why do families break up? Why does divorce take place? What can be done to restrict it if not to eliminate it? Does premarital training matter? This study is intended to throw some light on the problem as it affects married women and serve as a motivating factor for conducting more research on the subject. In addition to that, the researcher's observation and experience of hundreds of parents of students having family problems was the cause of planning to work on ways of helping families to solve the problem.

In Ethiopia the rate of divorce has highly increased. The Addis Ababa City Government Acts and Documentation Office have a data of the number of certified marriages and divorces at Lideta its K.Ketema office. It also has the data of the number of the certified marriage from 2000-2006 E.C. If we see the statistics at Lideta Sub City, for example, in 2005, there was 16,000 marriages and among this 420 divorces.

The idea of this research emanates from the researcher's experiences. It is his hope that gives the the future children and adults will be spared from experiencing the pain of divorce.

The extent, magnitude and effects of marital problems are also recognized not to be the same for men and women. Many women in developing countries, like Ethiopia, have fewer choices in life outside marriage and bearing children. (Kumulachew, 2001). According to Daniel (1994), the great majority of Ethiopian women are predominantly engaged in domestic chores such as food preparation, child bearing and child rearing. Due to this fact the researcher decided to study married women separately.

Very little is known about problems of women in general and the potential causes that lead them to marital dissatisfaction in particular. There is a felt need to expand our knowledge of the determinants of marital dissolution. This study is motivated by scarcity of research. Few researches have been done locally on marital satisfaction. Among these BerhanWondimu (2006) did research on communication between couples and marital satisfaction. A related research was done by Tsegaye Emanu (2005) on the cause and impacts of divorce. As far as the explanation of this research goes no research has been done locally on the relation between married couple's

satisfaction and premarital preparation among married women. . Hence, this study intends to contribute to fill the gap in our knowledge about the marital satisfaction of women in Ethiopia .

The researcher intended to examine the relationship between premarital preparation and marital satisfaction taking Nisir New Generation School as its base. Selected numbers of the children's mother were used as participants in the study. Accordingly, this study tries to answer the following basic questions.

1. Is there a difference in marital satisfaction among married women who received premarital preparation and those who did not have it? .
2. Is there a difference in marital communication between married women who received premarital preparation and those who did not have it? .
3. Is there a difference in marital intimacy between married women who had premarital preparation and those who did not have it?
4. Is there a significant difference in marital commitment between married women who had premarital preparation and those who did not have it?
5. Is there a significant difference in marital conflict resolution skills between married women who had premarital preparation and those who did not have it?
6. Do marital commitment, satisfaction, communication, solving conflict skill and intimacy vary as a function of such socio-demographic characteristics as age, educational level, monthly income, number years of marriage and number of children?

1.3. Objective of the study

1.3.1. General Objective of the study

The general objective of the study is to examine the difference in marital satisfaction between married women who had premarital preparation and those who did not have it.

1.3.2. Specific Objective

- To see if there is a difference in marital satisfaction among couples who received premarital training and those who did not have it.
- To identify if there is a difference in marital communication between married women who had marital preparation and those did not.
- To examine whether there is a difference in marital intimacy between married women who had premarital training and those who did not have it.
- To point out whether there is a difference in marital commitment between women who had premarital training and those who did not have it.
- To examine whether there is a significant difference in solving marital conflict between married women who had premarital training and those who did not have it.
- To analyze whether marital satisfaction, communication, conflict, intimacy and commitment vary as a function of such socio-demographic characteristics such as age, monthly income, level of education and number of children.

1.4. Significance of the Study

The result of this study is expected to examine the relationship between premarital preparation and marital satisfaction. Thus, the findings of this study would have the following significance.

- Local religious organization (Orthodox, catholic, protestant, Islamic and others) which engaged in premarital training services to unmarried women who are adherents of their respective faiths can make use of the research findings.
- The relatively few marriage counselors, psychologist and few researchers on marriage in Ethiopia can also use the finding of this study to promote their activities for the good of society.
- The premarital preparation for unmarried women is believed to have resulted in a 30% drop in divorce in other countries. (Stanley, Amato, Johnson & Markman, 2006) Conducting similarly research in Ethiopia can possibly contribute to reduction in divorce rate, a significant drop in marriage related litigation time and expense in courts (Directly or indirectly court also benefit from this study).
- The Ethiopian Ministry of Women, Children's and youths, Affairs can also benefit from the finding of this study by promoting its welfare activities for the good of those under its charge. It might go even further and undertake its own researches and end up with interesting findings.

1.5. Delimitation and Limitations of the Study

Because of budget and time constraints, the study was limited in its scope to examine the relationship between premarital preparation and marital satisfaction on selected married women from among the mothers of the student of Nisir New Generation School. But, researcher hopes that the findings of this assessment will encourage others to undertake more studies on the theme of this study.

The study is not without limitation. The questionnaires were not standardized, though carefully prepared. The concentration of the study on the population of the mothers of the students of a single school also makes the sample limited. Furthermore the study not include qualitative study.

1.6. Operational Definitions

Premarital preparation: *Receiving* marriage training, reading marriage book or taking marital advice from right person before getting married each other.

Marital communications: It is a process of transmitting as well as exchanging feelings, attitudes, facts, beliefs and ideas between married spouses on their life related issue.

Marital satisfaction : In this study, the term "marital satisfaction" will refer to an individual's subjective evaluation of the marital relationship. Satisfaction' may be used interchangeably with happiness, lack of distress, quality.

Marital conflict resolution: Negotiation towards a creative solution for conflicts in marriage

Marital commitments: The intention of being committed to one's marriage and spouse

Marital intimacy: Deep and rewarding connections between spouses that include four areas: emotional, social, spiritual and physical

Marriage: Marriage may be defined as a culturally approved relationship of one man and one woman (Monogamy) in which there is cultural endorsement of sexual relation between the marital partners of the opposite sex and generally the expectation that children will be born of the relationship.

CHAPTER TWO: Review of Related Literature

2.1. Premarital preparation

This chapter reviews the literature concerning the help of using premarital education.

The primary goal of premarital education is to advance the welfare of family life. Family involvement not only the couple but the part of society it interacts with. When every family unit is healthy, its impacts on the society it exist in has a positive effect on the couples' entire social network (Oslo 2003).

According to a definition by Senedik (1990) premarital training is “ knowledge and skills-based training that provides couples with ways to sustain and improve their relationship once they are married”. (Senediak, 1990). Effective premarital training helps to bring about personal and interpersonal changes in the participants and equip them with the necessary knowledge and skill to address a variety of challenges in their married lives.

What is the purpose of marital training? Why does a person seek out the guidance of a psychologist or related as marriage mentor ?

For married couple, premarital education is essential for several reasons. First, it gives shared meaning within a married couple. As individuals, people respond to things in their environment on the basis of their meanings, or the understanding they have made of them. They respond differently to different situations. Exploring shared meaning helps them to minimize the difference and build on . This understanding is provide for a sound relationship to allows for the individual to work their actions into agreements. (Oslo, 2003).

Secondly, It helps appreciate marriage as a vital bond in social life. Their actions are in agreement with their intentions to set a precedent of work and dedication to sustain a desirable relationship the ought the marriage lives.

Premarital preparation is important because it also helps to create a strong relationships within the entire family. Individuals understanding of meanings of different events are not inherent but emerge from social interaction.. When married couples have shared meaning and understanding of the importance of marriage, it result in its adaption by the rest of their respective families and extended families.(Senediak L.c,1990)

Another usefulness of premarital education is in its important to because it promote a society of healthy relationships. The same message that is passed through to a couple's extended families is passed through the parts of society they interact with. As a human being person interacts with oneothers sothat meanings and understanding of became common in everyday life.

Experiencing gained from education also creates opportunities for further to keep the qualities of marriage to be in step with social and technological changes. It also creates careers in family studies like premarital educators, family therapists, couple therapists, or even healthy relationship educators be in married life or the large social life. (Senediak L.c 1990)

A considerable amount of researched works have been published on this subject.All them strongly show that premarital training is effective and useful in marriage relationships. One example includes s researches, carried out by like Giblin, Sprenkle and Sheehan (1985) suggested early evidence of th effectiveness of premarital training. . When the premarital area alone was measured, the effect size was .53. Finally, the authors concluded that the average person participating in enrichment is better off than67% of persons who did not.

2.1.1. Premarital Preparation in Ethiopia

In Ethiopia marriages formally carried out officially, religiously and traditionally. All of them are considered legal. Official formations are performed in government offices setup for the purpose.

Religious formalities in churches or mosques depending up on the faith of the partners. Traditional formalities are carried out in period hopes under the supervision of selected community elders usually related to the engaged Christians (coptics, Catholics, Protestants) are married in their respective churches and Muslims in mosques practiced for the relevant rules and discipline set in their respective religions. In the Ethiopian Coptic Orthodox churches the engaged partners are briefed about the meaning of marriage and the rules and discipline they should adhere to with questions from the Holy Bible as well as attend church service prior to the performance of the

formality. In the catholic and protestant churches it is a requirement that the engaged attend premarital training for a fixed time 6-10 days for protestants) to be eligible for church performance of the marriage formality. (Daniel: 2012)

2.1.2. Stages of Marriage

According to pieery (cited Daniel 20013) there are are five stage in marriage

The Honeymoon stage

It can last anywhere from a few months to two years. It is time when the couple comes face to face with the realities of married life. The house chore, the fa It is all a rosy life with litter care about comes afterwards.

The reality stage

It lasts for two to five years. It is the time when the couple comes face to face with the realities of married life. The house chore, the finance, the reflections of the tensions and further action at work places, the core of children, the relationship with relatives and neighbors are all challenges and problems which have to be tackled. Love, tolerance makes way to dislike and intolerance and worries about the future.

The Power Struggle

The tendency to find fault with the other; to blame each other for petty things and to try to boss the other to do all the dirty work is high. Arrangements and criticism about rather than discussions and compromises. Each tries to be the dominant figure rather than share responsibilities. Each tires to impose oneself on the other and hardly notice the deterioration in their relationship never think of seering advice from experienced and persons or families. The threat of separation is very great at this level but neither is bold enough to take the first step and be balanced for it.

The transformation stage

This period can last from 12 to 20 years. It is the period when they become more matter, responsibly balance the advantages of living together against separation, listen to advices from experienced families, reliabilities and fiends, and reconsider the advantages of living together and

start frank discussion about their marital life and ways of improving the family relationship. They reach the decision to be tolerant of each other and realize the need to take mutual interest and mutual to solve their home problems.

The Success stage

The stage is in which the couples are middle aged with grown children. Their future is a concern they cannot ignore and decide to be self supporting and forward to the day when themselves and grow old and seeking their support .their interdependence rises and separation does motivate it used to. They will be more engaged in their earnings and saving for rainy days.

2.2. Effect of Premarital for Healthy Marriage

2.2.1. Marital Satisfaction

Many married individual consider the success or failure of their marriage as dependent upon the amount of satisfaction they receive.. The evaluator of the relationship with regard to the specific issues within the couples marital relationship considers the likes of discussion about divorce, leaving the house after fight or regretting the incidents.

Marital satisfaction is defined as the subjective evaluation of married couple relationship on a number of dimensions .High marital quality is associated with good adjustment, adequate communications and high degree of satisfaction with the relationship (Berhan: 2006).

Alford-Cooper (1998) worked on collected data on 576 couples whose marriages were intact after 50 years or more. . From questionnaires, information pertaining to a range of marital dimensions was gathered, including the factors they thought contributed to their marital longevity, and a subset of 60 couples were also interviewed extensively.

At the times of the interviews took places, Alford-Cooper gathered the couples' life stories - how they met and married, how they dealt with domestic problems , how their relationships had

survived. She also asked the interviewees their views on the younger generation and the advice they would give to young marrying couples.

Significantly, although 21 per cent of the all couples had at some time contemplated the failure of the marriage, divorce simply 'wasn't an option', either because of their deeply held beliefs that divorce was unacceptable, or because they had no resources or support networks on which to rely. For many married people, little or no support for a decision to divorce was likely to be found among their own family. Some reported incidents where they had returned to their parents' home only to be immediately sent back to their spouse.

When the 576 couples were asked which of eight relationship characteristics had helped them stay together, three groups of characteristics emerged. The first comprised the three most frequently endorsed characteristics: trust (82 per cent), loving relationship (81 per cent), and willingness to compromise (80 per cent). The second group comprised mutual respect (72 per cent), need for each other (70 per cent), and compatibility (66 per cent). The third group comprised children (57 per cent), and good communication (53 per cent).

In another major study Snyder (cited Berhan, 2006) listed some area of marital satisfaction:

(1) Overall degree of satisfaction with the marriage, (2) An individual general satisfaction with the amount of affection and understanding expression by the spouse. (3) Effectiveness of the problem solving communications and ability to resolving disagreement (4) Availability of common interests and satisfaction with the quality and quantity leisure time together (5) Satisfaction with frequency and quality of sexual activities.

2.2.2. Marital Communications Pattern

Gottman(1994) uses the term "marital communication" to refer to constant exchange of information of messages between the two married couple by speech, letter writing, talking on the telephone, the exhibition of bodily or facial expression, and other methods as well. While a variety of definitions of the term communication have been suggested, Gottman(1994) adds a further quality by defining communication as the capacity to express the feelings, beliefs, and desires of one person to another through verbal and nonverbal clues which are understood, acknowledged, and

responded to by the recipient. This definition draws out the role of the receiver of the spoken message as important in understanding the meaning of communication.

One more definition of communication considers the negative aspect of the process when it defines it as a meeting of meanings, a flow of meetings meanings, values, attitudes and understandings between husband and wife in spite of the many challenge which would normally obstacle a relationship. In view of all of those interpersonal aspects, it would appear that authentic communication in marriage may be defined as the process whereby a husband and wife seek to build relationship through use of both verbal and nonverbal messages in an effort to overcome the numerous barriers that hinder successful interaction. The primary purpose of this communication within marriage is to enable the husband and wife to establish the intimacy needed to become one.

Most of premarital training sessions focus on the five C's: communication, commitment, conflict resolution, children, and church (Decker,1996). While each of these concepts is important, communication plays a more important role in framing how partners relate to one another and have the marriage survive.

Detailed examination of married couples communication skill by Gottman, J.M. & Gottman, J. (1999). showed that the top two indicators of happy couples are good communication and conflict management skills. Communication and conflict are closely tied together. Communication is the means by which conflict is analyzed, navigated, and resolved. Although it is true that effective communication and conflict management require some skill, they are more fundamentally a matter of willingness and commitment; of ethical obligation to and interest in each other.

2.2.3. Marital Conflict Resolution

It is important here to clarify exactly what is meant by marital conflict .Giblin P, (1985) defines marital conflict as the existence of high levels of disagreement, stressful and hostile interactions between couples, disrespect towards each other and verbal abuse . Gottman(1994) explain it as “any major or minor interpersonal interaction that involved a difference of opinion, whether it was mostly negative or even mostly positive”. He states that everyday marital conflict refers to daily

interactions, whether major or minor, in which couples have a difference of opinion in a range of tactical and emotional expressions, both positive and negative.

Recent research findings suggest that destructive marital conflicts are among the leading risk factor for distress and divorce. Stahmann begins looking for the cause of marital distress and focused on conflict management as a main cause. Married couples within a nuclear family in society mainly emphasize affection between husband and wife. The majority of family contemporary therapists appeared to believe that marital problems stem from absence of affection and difficulty with interpersonal relations (Stahmann 1997).

According to researcher Gottman, marital conflicts fall into just two categories: solvable and perpetual. Perpetual conflicts show up over and over again. They probably will never disappear from your relationship because they come from fundamental differences in personality: She wants to have a baby but he doesn't want children; he hates clutter but she is a pack-rat; By way of illustration, Gottman shows this point clearly: she wants a religious home but he is an atheist. Every marriage has conflicts like these.

John Gottman (1994), reports that an unsatisfactory marriage can increase your chances of becoming ill by 35% and take four years off personal life! He believes "working on your marriage every day will do more for your health and longevity than working out at a health club". Although many of us believe that anger is the root cause of unhappy relationships, Gottman implies that it is not conflict itself that is the problem, but how we handle it. Venting anger constructively can actually do wonders to clear the air and get a relationship back in balance. However, conflict does become a problem when it is characterized by the presence of what he calls the "Four Horsemen of the Apocalypse": criticism, contempt, defensiveness, and stonewalling.

A recent research by Linda Roberts from the University of Wisconsin-Madison, has indicated that physically or emotionally withdrawing from your partner during an argument can be just as hurtful as flying off the handle. Conflicts and disagreements are inevitable in every close relationship, including marital relationship. While every marriage relationship is as unique as the individuals it contains, some degree of conflict is actually necessary to keep a marriage dynamic rather than static (Ashford, LeCroy, & Lortie, 2006). Perceptions of marital quality between spouses in conflict

vary. Similarly, the approaches which partners take towards handling differences vary but are crucial in determining marital satisfaction. According to Gottman's research, 96% of arguments end on the same note they begin. So if you start an argument with harsh accusations and verbal attacks, you're likely to end it that way. But if you have a softened startup—you begin the discussion without criticizing or attacking your spouse—you're more likely to end the discussion productively.

According to Gottman (1994) There are five levels of marital conflict: (1) hidden conflict—in which feelings are “kept under wraps”; (2) open conflict—out in the open with no attempt to deny the problem; (3) chronic conflict—difficulties become recurrent because unresolved; (4) progressive conflict—continued deterioration with new problems added to old ones; and (5) habitual conflict—in which the couple no longer can or will agree and a high degree of tension results in damage to mental health.

The work by Dale and Carrie (1978) suggests three ways to settle conflict: Firstly, win-lose (one dominates). Secondly, lose-lose (bad compromises). Thirdly win-win (a quiet discussion in which there is sharing of feelings and ideas).

There are several obstacles to resolving conflict. John Gottman (1994) identifies five main obstacles. (1) not admitting that a problem exists, (2) the lack of communication, (3) dealing with the symptoms of the problem rather than the causes, (4) avoiding responsibility for the problem, (5) over-intellectualization. as the major causes of conflict. If spouses wish to achieve a win-win settlement to conflict, they should find the following guidelines useful: 1. “Focus on the problem at hand when arguing.” 2. “Seek to clarify causes of dissatisfaction which underlie behavioral symptoms of stress.” 3. “Be willing to personally change behavior which antagonizes one's mate.” 4. “Intensify areas of satisfaction in the marriage.” 5. “Rely on the resources of your Christian faith.” 6. “Seek counseling help if necessary.”

2.2.4. Marital Commitment

One of the most indicators of a lifelong marriage is the commitment to a lifelong marriage. Adam and Jones (1997) defined marital commitment as an intention to continue a marital relationship.

Another researcher Johnson (1973) stated that marital commitment involves personal desire. He describes a conceptual framework for commitment that identifies three distinct dimensions. The first is personal commitment, which describes the positive aspects of commitment felt by a person to their partner or to the relationship they have with that person. The second, moral commitment, arises from values and beliefs held by the individual about the sanctity or seriousness of the relationship. The third is structural commitment, which describes constraints against leaving a relationship (such as emotional or financial costs, and the disapproval of friends or society). Structural and moral commitment are seen as restraining factors stopping people from leaving relationships whereas personal commitment describes the positive aspects of the desire or intent to sustain the relationship.

Another way of examining the concept of commitment is to ask why people stay in their relationships, and what the barriers are to leaving they might be examined for. Leaving might be examined the reasons that married people give for staying married.

2.2.5. Intimacy

Marriage and family researchers Schaefer and Olson (1981) describe attaining intimacy as "a process that occurs over time and is never completed or fully accomplished" (p. 50). As the partners both grow and develop, each of them changes. If intimacy is neglected in marriage, they will grow apart.

Studies show that marriage offers many benefits. According to Olson and Olson (2000), "Married people tend to be healthier, live longer, have more wealth and economic assets, and have more satisfying sexual relationships than single or cohabiting individuals. In addition, children generally do better emotionally and academically when they are raised in two-parent families.

Intimacy can have different meanings for men and women. However, Stahmann, Hiebert (1997) indicate that "all human beings have the basic need to be intimate and close with another person" (p 13).

Women are often portrayed as having the desire for emotional intimacy while men are portrayed as only having a desire for sexual intimacy. Intimacy is an important part of a loving marriage.

Intimacy can be experienced at many levels, including physical, emotional, spiritual, mental, financial and recreational. Intimacy is nurtured through mutual trust, tenderness, acceptance, open communication, caring, apologies, forgiveness and respecting boundaries. Couples can work together to increase their intimacy in each area as they build their marriage through the years.

Mackey and O'Brien viewed intimacy as a composite of mutual understanding, acceptance, trust, and respect based on being open and honest about one's feelings and reflected both physically and psychologically. Of the two, the psychological intimacy that grew during the post-parenting years contributed more to the overall levels of satisfaction in the later years than physical intimacy.

foundations and forward valid and reliable information to the recipients, the following research design, instruments and procedures are employed throughout the endeavor.

In order to secure the required information from participant's quantitative research design was employed.

CHAPTER THREE: Research Design and Methodology

3.1. Research Design

A number of design options are available given the research problems and the results aspired to be attained at the end of the day. Hence, so as to base the research in a convincing methodological

3.2. Sources of Data

Both primary and secondary sources of data are employed to fully answer the research questions. Mothers of student of Nisir school primary sources of information. Moreover, documents with enormous valuable information regarding the relationship between premarital preparation and marital satisfaction on the married life of married women are consulted as a secondary sources

3.3. Participants of the Study

The study has aimed at evaluating and examining the relationship between premarital preparation and marital satisfaction. To do this, the researcher tried to select Nisir New Generation elementary School which is found in bola a Woreda 9.

The guiding principle the researcher decided on maximum of 50 with premarital training 50 without training is decided in compliance with the recommendations of Yalew (2009)(as cited as on McMillan and Schumacher) suggested using 20-50 sampled in each group for comparison which is based on McMillan and Schumacher(1997)

After leaving out those mothers who have more than one child and divorced in the school, the 191 mothers were selected from among the remaining mothers on the basis of parents list secured from the school using lottery method .The probability was that the number of married women with and without premarital preparation may turn out to be unequal and that some of the participants may not hand back the questionnaires.

The considered number of people in the sample was reduced from 191 to 118. The 118 married women were selected using the lottery method. The Questionnaires were distributed to the 118 individuals.

56 married women with premarital preparation returned the questionnaires filled out satisfactorily. Two of them do not return. And one of filled them out wrongly and were discarded.

While on the other hand, those who were not prepared women, 50% then returned and four of them filled wrongly, and five of them not returned. Therefore, the researcher discarded six of them to make the number of the two groups equalize 50 of the married women with premarital training and 50 of those with out the training returned.

3.4. Sampling Techniques

To make the research manageable and achieve the desired result, the researcher the first method used convenient purposeful sampling to select the school. The purposive sampling techniques was selected because is a staff member of the Nisir New Generation School and the management was willing to allow use of requested facilities and access to relevant document of the school.

3.5. Data Gathering Tools

This study used a questionnaire. The questionnaire mainly contains close-ended questions and some open ended ones. The Questionnaire was prepared and modified after extensive review of literatures in this field, Those items in the questionnaire focused on the research problems, objectives and questions raised in the statement of the problem.

The questionnaire has two parts Part I contains the background of the respondents, age, education levels and marital duration. Part II contains questions requesting the respondents to state their agreement or disagreement on the issues of knowledge creation and sharing among themselves. In this study, the 5 point (5=Strongly Agree, 4 = Agree, 3 = Undecided, 2 = Disagree, 1 = Strongly Disagree) The participants rated the five dimension using the above rating guide.

Pilot study

In order to check feasibility of the study and quality of questionnaire pilot study was conducted on randomly selected 20 participants from mothers of parents of Nisir school. Following this questionnaires are distributed to couples. Every response is given a point value. The respondent's score is determined by adding the point value of every question in such a way that valid and reliable differences among individuals can be represented using SPSS version 20.0. Following the statistical computation results depicted the following.

Table 1:- Reliability Test Result from the Pilot

No	Items	No of Item	Crobach alpha value
1	Commitment Skills	10	0.890
2	Marital Satisfaction	9	0.764
3	Communication Skills.	5	0.791
4	Marital conflict resolution Skills.	6	0.753
5	Marita Intimacy	9	0.781

To confirm the validity of the instrument participants of the pilot test were oriented about the objectives of the pilot study, i.e. how to fill, evaluate and give feedback regarding the relevance of the question items. Based on the suggestion forwarded and information obtained the necessary corrections and modifications were made before the questionnaires administered to the participant of the study.

In general the pilot test helped the research reduce the questionnaires avoids errors related to clarity of language and contents and to include two important concepts which were not included in the questionnaires. After the necessary improvements were made the questionnaires were duplicated and distributed with the necessary instructions and orientations to be filled by the respondents.

content validity was assured through discussing with three expert areas of developmental psychology.

3.6. Procedure of data gathering

Before distributing the questionnaire, adequate orientations on how to respond to the questionnaire were given to participants. Participants filled the questionnaire in the presence of researcher and his assistant. No time limitation was imposed on participants to fill the questionnaire. The cooperation of school teachers was great. After data collection, the researcher checked for completeness of the data and following this, the collected data were coded and computed using the SPSS version 20 computer software.

3.7. Method of Data Analysis

The researcher used quantitative mechanisms of data analysis. The analysis was done after collecting all the data from questionnaires completed by the respondents. First responses of participants coded and interpreted using descriptive statistical methods, using Frequency, percentage, means and standard deviation using SPSS software version 20.

- An independent t test was utilized to calculate the difference in marital satisfaction among married women who received premarital preparation and those who did not, the difference in marital communication between married women who have premarital prepared for marriage and those who did not, the difference in marital intimacy between married

women who had premarital preparation and those who did not, the difference in marital commitment between married women who had premarital preparation and those who did not, the difference in marital conflict resolution skills between married women who had premarital preparation and those who did not.

- One way ANOVA was used to analyze the difference in marital commitment, satisfaction, communication, solving conflict skill and intimacy as a function of such socio-demographic characteristics as age, educational level, monthly income, number years of marriage and
- number of children among premarital prepared and those who did not.?

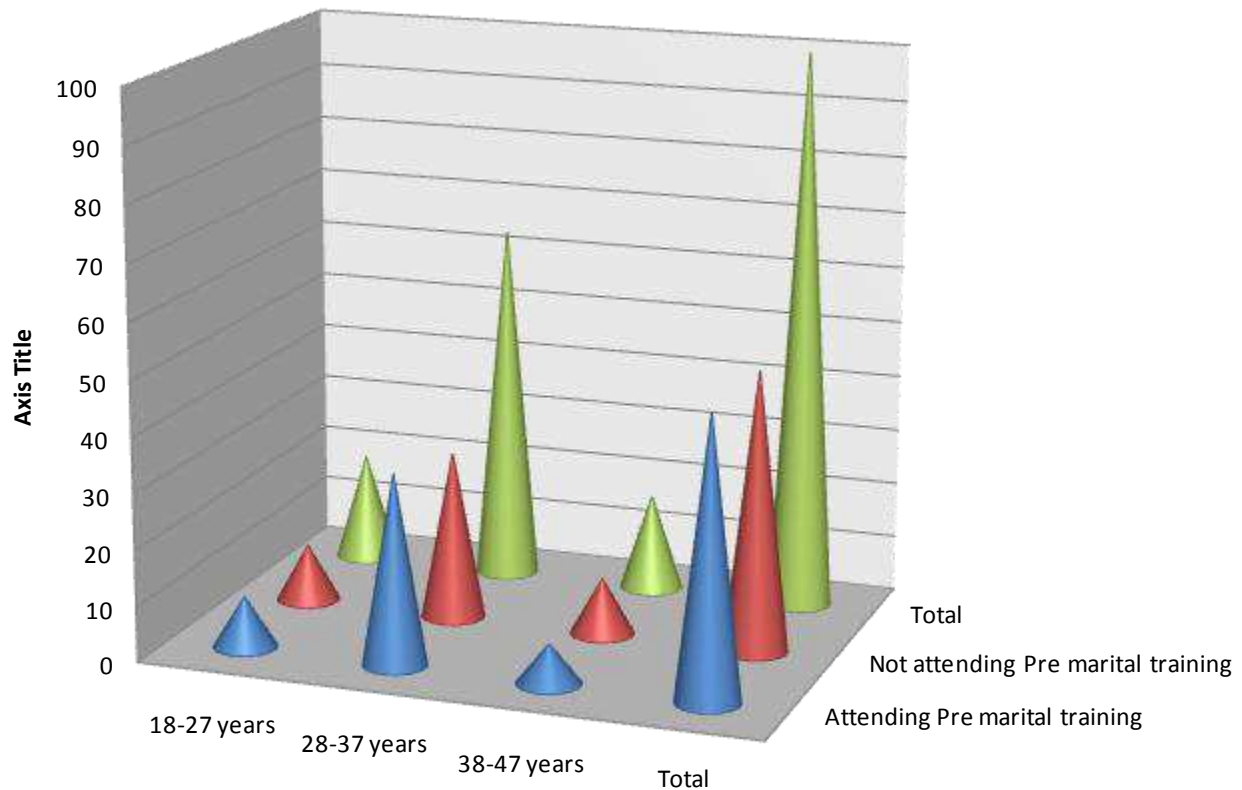
CHAPTER FOUR: Data Analysis and Interpretation

This chapter presents the data gathered process . The data is categorized into two sections. The first part treats the characteristics (demographic) of and the second part deals with the analysis of the data obtained. Regarding the questionnaires 118 copies were distributed. 59 (50%) were given out to those who attended pre marital training and the remaining copies 59 (50%) were given out those who didn't attended the premarital training. Nevertheless filled and submitted the questionnaires. 9 (15.3 %) of those who attended the pre marital training and 9 (15.3%) are those who didn't attended the premarital training in total of 18(15.5%) questionnaires were not returned. Thus, the data submitted is organized, tabulated, transcribed and analyzed by SPSS program to get findings.

4.1. Characteristics of the Respondents

The following section of this unit will present the data obtained through questionnaires, quantitative methods are used to analyze the responses of the subjects. To accomplish this, first, the responses were organized and tabulated Then, they were described as percentage,. based on the tabular frequency distribution.

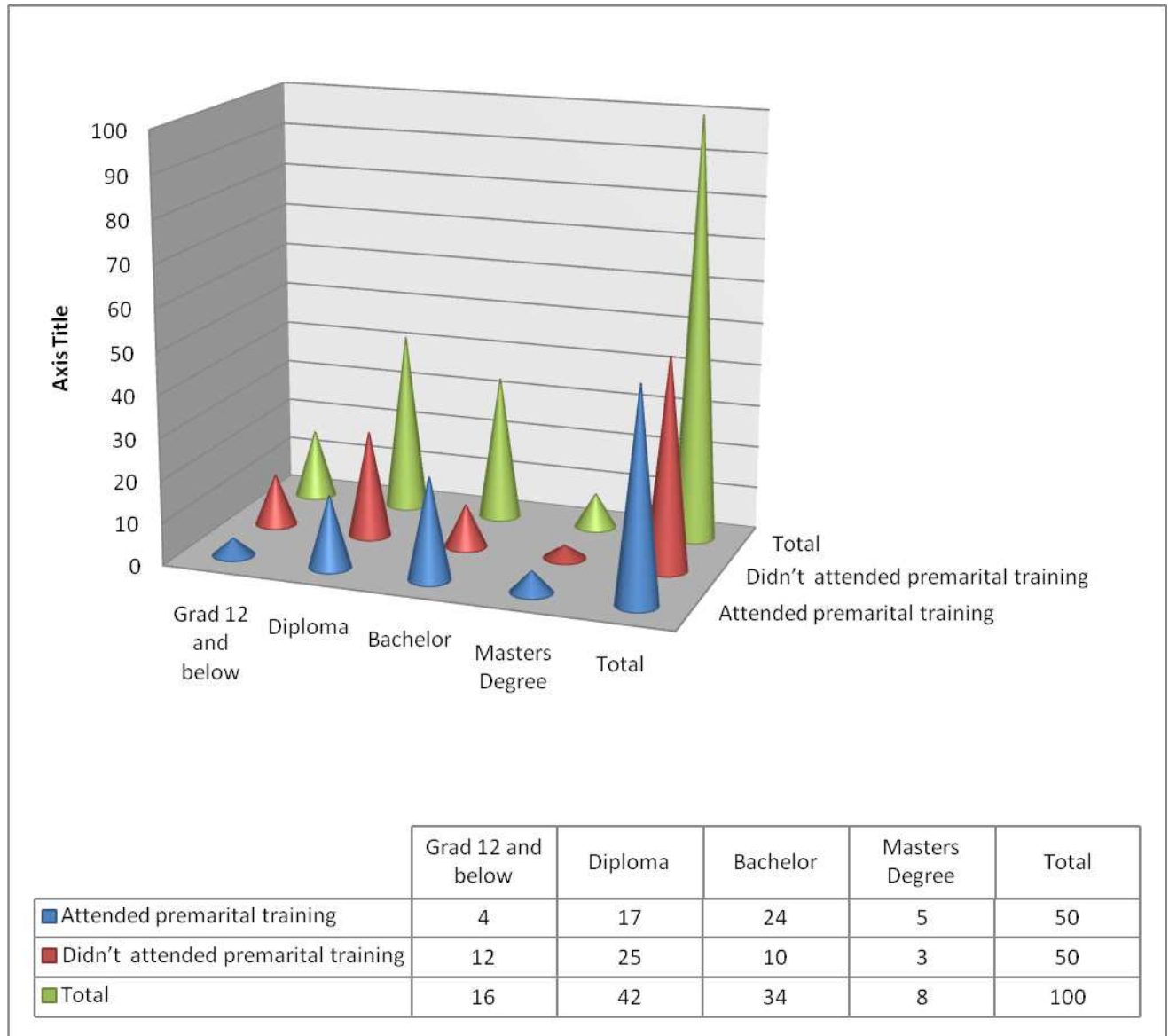
Figure 1: The distributions of age difference between those with premarital training



	18-27 years	28-37 years	38-47 years	Total
Attending Pre marital training	9	34	7	50
Not attending Pre marital training	10	30	10	50
Total	19	64	17	100

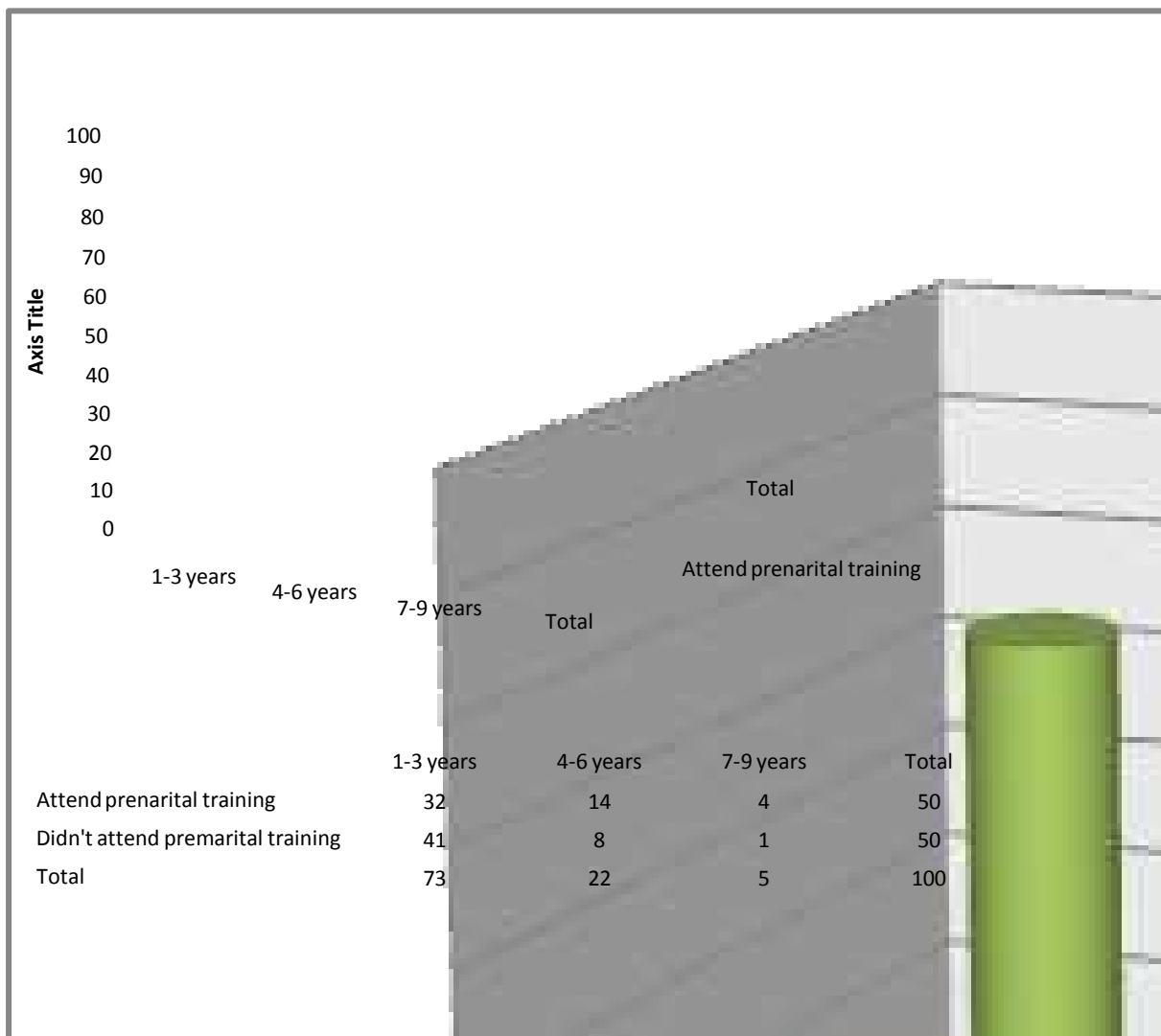
Observing the age distribution from figure 1, the majority of the respondents 64(64%) were found to be between 28 and 37 years old. The highest age category 17(17%) was found to be between 38 and 47 years .The age difference between the two married women especially, those who didn't attend premarital training were more than twenty years older than their those who didn't take the training .

Figure 2: The Respondent Educational Back Ground



As indicated by figure 2 , from these who attended premarital training 24 (48%) had bachelor degree from those did not attend premarital training 25 (50%) had diploma. Therefore the data may indicate that higher level of educational background influences to take premarital preparation for marriage.

Figure 3: The duration of engagement period.



The duration period of engagement time for those with premarital training and those without engagement are close to each other. However, it is indicative of the fact that those who had no premarital training had a shorter period of engagement than those who had the training.

Figure 4: Choice of Husband

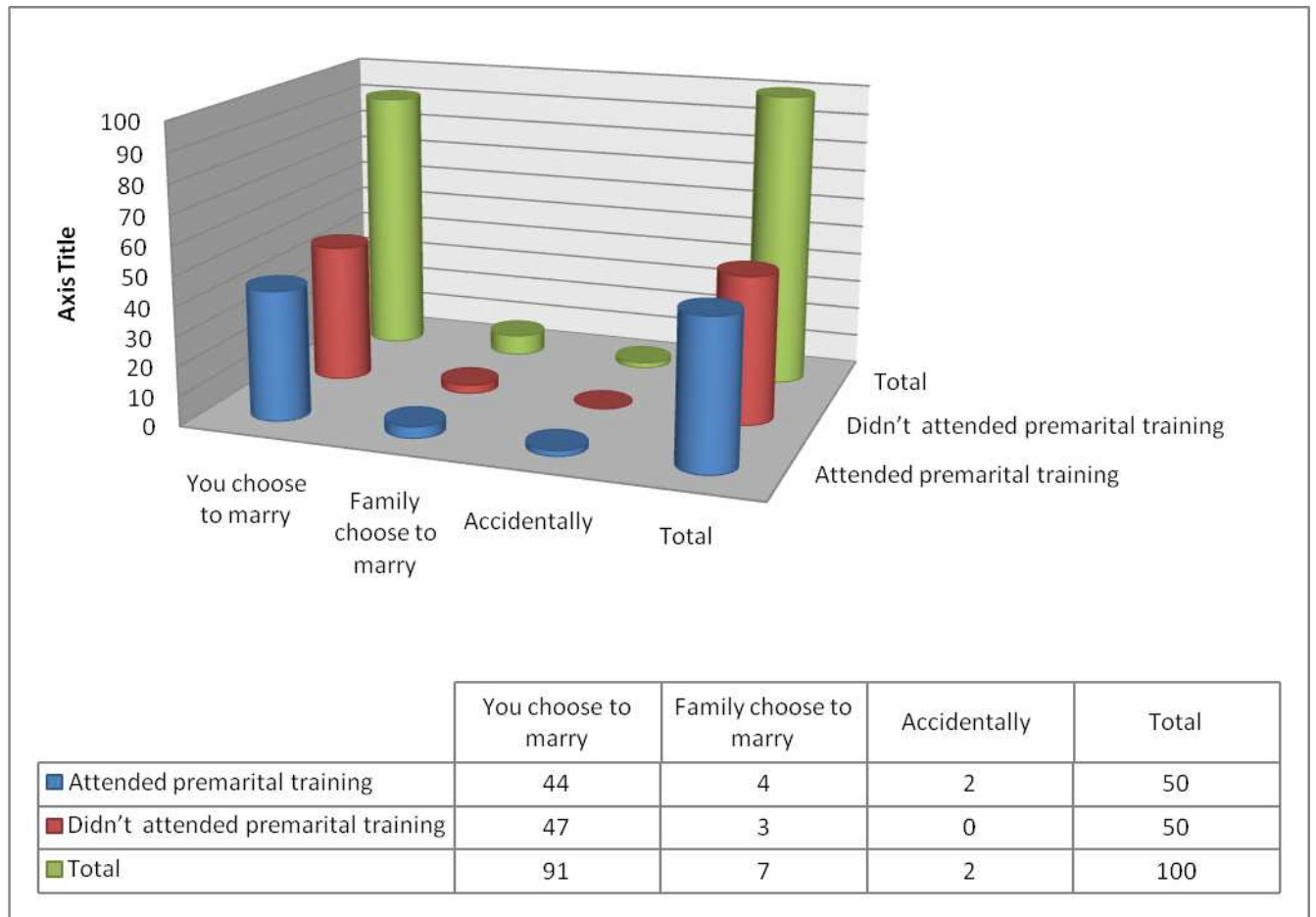
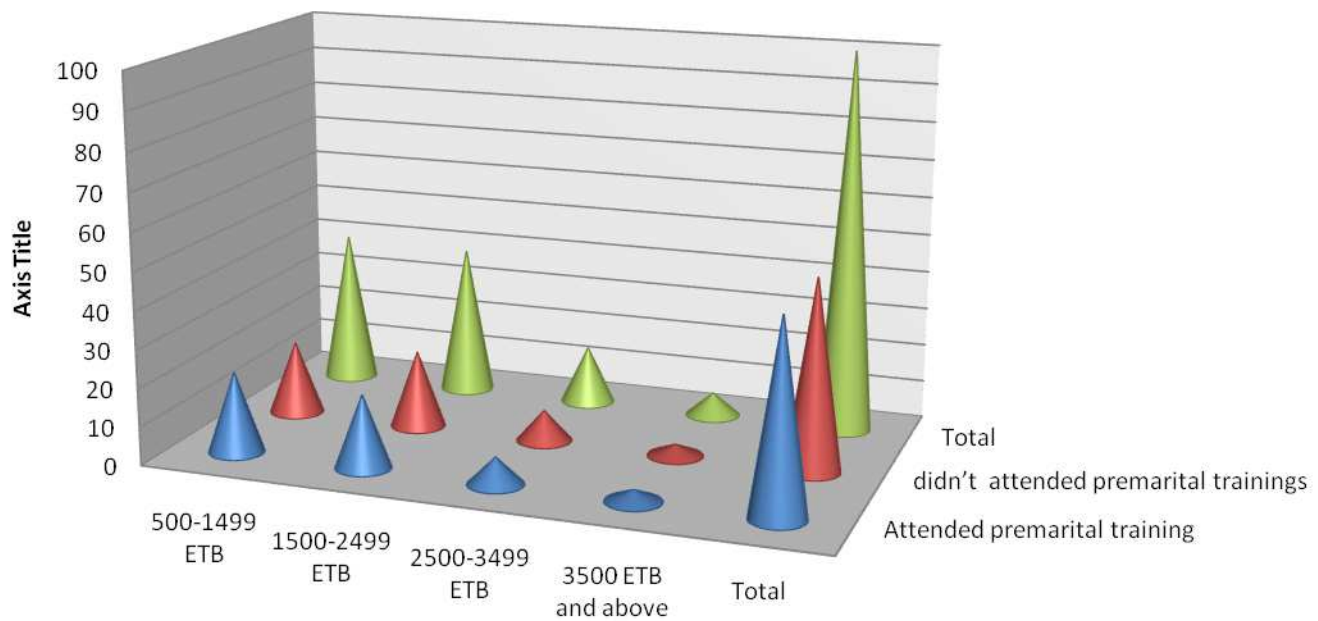


Figure 4, shows that 44 married women with prior marriage training and 47 without training chose their respective husbands. Though the sample was very small and sweeping generalization could not be taken, it was an indication of a trend in cities for women to freely choose their husbands without family interference.

Figure 5 Incomes in Birr



	500-1499 ETB	1500-2499 ETB	2500-3499 ETB	3500 ETB and above	Total
Attended premarital training	21	19	7	3	50
didn't attended premarital trainings	19	20	8	3	50
Total	40	39	15	6	100

Figure 5 shows the respondent monthly income. A total of 40 respondents have their income in the range 500-1400Birr, and 39 have their monthly income in the range of 1500-2499 birr. Considering the fact that daily laborers are being paid in the range of 500-1499 Birr in a month is too small for in engage regular work. The inadequacy of monthly may to cover even basic family needs can be one cause for unsatisfied family life ending to break up.

Table 2: Different Response Vs Premarital Training

No	Item		Prior to marriage, did you receive premarital training				Total
			Yes	%	No	%	
1	How many times have been married	One times	41	82	42	82	83
		Two times	9	18	8	16	17
		More than two times	0	0	0	0	0
		Total	50	100	50	100	100
2	who give you the training service	Religious	32	64	0	0	32
		Professional	7	14	0	0	7
		Others	11	22	0	0	11
		Total	50	100	50	100	100
3	Did you have your own house built when you married?	Yes	14	28	18	36	32
		No	36	72	32	64	68
		Total	50	100	50	100	100
4	Have you receive premarital advice service	Yes	41	82	0	0	41
		No	9	18	50	100	59
		Total	50	100	50	100	100
5	Have you read books related to marriage book.	Yes	26	52	0	0	26

In item 1, 2 and 3 in Table 2, gives I information regarding the number of times respondents were married ,who gave them training and whether they had their own house when they got married. . 41(82%) of those who attended were married once. 32 (64%) got marital training service from Religious organizations; 36(72%) didn't have their own house when they got married. In the same way majority of the respondents who didn't attend premarital training 42 (84%) married once and 36(72%) of them didn't have their own house when they married. This implies that the majority of respondents married only once and they got marital training service from Religious organization. Most of them didn't have their own house when married.

In the similar way item 4, 5 and 6 in table 3, inquired if they received premarital training service prior to marriage, if they have read marriage books and if they had a wedding, when they got married. Majority of respondents as the rating indicate by table 3 the response from those attending in premarital training, 41(82%) of them have not receive premarital training service, 26(52%) of them are not prior to marriage, did you read marriage books, and 23(46%) of them have not prepared a wedding, when you married. On the other hand majority of respondents those didn't attended premarital training was rated that 37(74%) they have not receive premarital counseling service, 30(60%) of them they try to read marriage book and 26(52%) of them are not prepared a wedding, when getting married.

4.2. Analysis of Difference

Table 3 Analysis of marital satisfaction of those who were prepared for marriage and those who were not:

Premarital preparation	No	Mean	Std deviation	t	Sig
prepared	50	39.54	5.54	2.26	.026

As can be seen from table 3, the result indicate that there is a significant difference between the marital satisfaction of those who had premarital preparation and those who did not. ($t = 2.26$, $P < .05$) (the calculated t-ratio (2.26) greater than the t critical i.e. 0.026 at 0.05 level of significance. Another important finding was that the mean of premarital preparation (39.54) greater than the mean of those who do not prepared. (36.56). It can therefore be interpreted that the spouse who have premarital prepared more marital satisfaction than those who do not prepared.

Table 4: Analysis on Marital Commitment between Spouses who were prepared for Marriage and those who were not

Premarital preparation	No	Mean	Std deviation	t	sig
Prepared	50	36	7.11	4.83	0.00
Not prepared	50	27.94	9.54		

Table 4 shows that there is a significant difference between the marital commitments of married women who had who premarital preparation and those who did not. ($t = 4.83$, $P < .05$). The t-test was done to reveal if there was significant difference in the responses of two groups or not. The result attained revealed that the calculated t-ratio (4.83) was larger than the t-critical (0.00) at 0.05 level of significance. In addition the mean score for premarital prepared women 18, (36) is larger than the mean of those who were not prepared (27.94). It is possible, suggest that premarital preparation have better commitment than those who did not.

Table 5: Analysis of communication for the married women who were prepared for marriage and those who were not.

Premarital preparation	No	Mean	Std deviation	t	sig
prepared	50	20	5.54	1.187	.238
Not prepared	50	18.7	7.34		

As can be seen from table 5, surprisingly, no differences were found between the marital communication of couple of married women who had premarital preparation and those who did not ($t = 1.187$, $P < .05$). From this we can understand that married women with and without premarital training have almost similar with communication skill.

Table 6: Analysis of skill in conflict resolution of married women who were prepared for marriage and those who were not.

Premarital preparation	No	Mean	Std deviation	t	sig
Prepared	50	23.56	4.98	3.86	.000
Not prepared	50	18.7	7.34		

Table 6, shows that there is a significant difference in the marital conflict resolutions skill of between those had premarital preparation and those who had none. ($t = 3.86$, $P < .05$). In addition the mean score for premarital prepared (23.56) is larger than the mean of those who had

do not prepared (18.7).It is possible, therefore, that it can be interpreted that spouse who have premarital preparation are better conflict resolutions skill than those who did not.

Table 7. Analysis on marital intimacy between spouse who were prepared for marriage and those who didn't

Premarital preparation	No	Mean	Std deviation	t	sig
Prepared	50	35.9	6.12	3.94	.000
Not prepared	50	30.2	7.34		

The results as shown in table 7, indicate that there is a significant difference between the marital intimacy of married women who had premarital preparation and those who had training . (t = 3.94, P <.05) the calculated t-ratio (3.94) larger than the t-critical (0.00) at 0.05 level of significance. In addition to this, the mean score for those premarital prepared (35.9) is larger than the mean of those who were do not prepare (30.2). It is possible, therefore, that it can be interpreted that spouse who have premarital preparation are in better commitment than those who did not.

4.3. ANOVA (one way)

Table 8: ANOVA (one way) Analysis of variance difference between groups on marital commitment groups as a function of socio-demographic characteristic.

Socio demographic Character	Sum of square	Df	Mean Square	t	Sig
Age	916.808	32	28.650	.806	.745
Educational status	26.938	32	.842	1.174	.286
How much is your monthly income	46.284	32	1.446	.994	.493
How many years have passed since you were married?	915.355	32	28.605	1.073	.394
How many children do you have?	38.046	32	1.189	1.213	.254

The ANOVA (one way) result displayed in table 8, show that these results were not statistically significant among the five categories (,age, educational level ,monthly income , number of years and number of years in marriage) with regard to the marital Commitment. In any of other socio–demographic characteristics age($F=0.806, P>0.05$), educational level($F=0.1.174, P>0.05$), monthly income ($F=0.994, P>0.05$), number of years($F=0.1.073, P>0.05$), and number children ($F=0.806, P>0.05$) did not experience any significant difference.

Table 9: ANOVA (one way) Analysis of variance difference between groups on marital Satisfaction groups as a function of socio- demographic characteristic

As illustrated in the above table 9, there is no statistically significant difference among different age groups in marital satisfaction ($F=1.88$, $P>0.05$). Similarly contrary to expectations, this study did not find a significant difference between other categories, i.e . Educational status ($F=1.363$, $P>0.05$), monthly income (1.098 , $P>0.05$), number of years in marriage ($F=0.659$, $P>0.05$) and number of children ($F=0.832$, $P>0.05$)

Table 10: ANOVA (one way) Analysis of variance difference between groups on marital communication skill groups as a function of socio-demographic characteristic

Socio demographic Character	Sum of square	Df	Mean Square	f	Sig
Age	590.142	19	31.060	.918	.563
Educational status	17.101	19	.900	1.244	.246
monthly income	29.793	19	1.568	1.101	.366
How many years have passed since you were married?	831.812	19	43.780	1.874	.228
Number of children	22.927	19	1.207	1.192	.288

Looking at the result that the one way analysis of variance for the effect of the marital skill of the five categories, (table 10); it can be seen that socio demographic characteristics (age($F=0.563, P>0.05$), educational level($F=0.246, P>0.05$), monthly income ($F=366, P>0.05$), number of years ($F=0.1073, P>0.05$), and number children ($F=0.806, P>0.05$)) did not show any significant difference .

Table: 11 ANOVA (one way) differences between groups of marital Conflict resolution as function of socio-demographic characteristic

Socio demographic Character	Sum of square	Df	Mean Square	f	Sig
Age	673.448	21	32.069	.954	.527
Educational status	16.473	21	.784	1.045	.423
monthly income	23.006	21	1.096	.708	.813
How many years have passed since you were married?	451.983	21	21.523	.747	.772
Number of children	13.112	21	.624	.531	.948

P > 0.05

Table 11, shows that there is no significant difference among the five categories,(age, educational level ,monthly income , number of years and number of children) in terms of marital conflict resolution . The ANOVA (one way) result displayed in table 12 showed that these results were not statistically significant among the five categories. None of the socio –demographic characteristics, (age($F=0.527, P>0.05$), educational level ($F=0.423, P>0.05$), monthly income($F=0.813, P>0.05$),

number of years($F=0.772, P>0.05$), and number children ($F=0.948, P>0.05$) did not experience any significant difference .

Table 12: ANOVA (One way) Analysis of variance difference between groups on marital intimacy groups as a function off socio-demographic characteristics.

Socio demographic Character	Sum of square	Df	Mean Square	f	Sig
Age	853.132	28	30.469	.885	.631
Educational status	23.731	28	.848	1.174	.289
How much is your monthly income	33.589	28	1.200	.773	.773
How many years have passed since you were married?	816.898	28	29.175	1.100	.364
How many children do you have?	27.085	28	.967	.889	.626

As indicated in the above table 12, no group was found to have significance effect on marital intimacy. Different groups of individual within all socio none of the demographic characteristics. Age ($F=0.631, P>0.05$), educational level ($F=0.289, P>0.05$), ,monthly income($F=.773, P>0.05$), number of years($F=0.364, P>0.05$), and number children of ($F=0.626, P>0.05$)) had any significant effect on marital intimacy. From data interpretation part we can observe that it can help to the reliability of the research and interpreted in chapter five.

CHAPTER FIVE: Discussion

The purpose of this study was to examine the relationship between premarital preparation and marital satisfaction on the married life of women.

These data are categorized into two parts. The first part treats the demographic characteristics of respondents and the second part deals with the analysis of the data obtained from the questionnaires. With regard to the 100 questionnaires 50 copies were distributed to those who attended premarital preparation and 50 to those who did not have it were properly filled and returned totally.

The majority of the respondents 64(64%) were in the 28 - 37 age range and the highest age category of 17(17%) were in the 38 -47 age range. This shows that under normal circumstance, they can express ideas related to the study consistently and with good understanding. Thus, their response were taken as valuable to the study. .

The educational background of the respondents, 24 (48%) of those who have attained premarital training had bachelor degree but those who didn't attend premarital training 25(50%) had college diploma.

As indicated by Giblin, (1985) by participating in premarital education married women recognized that the marriage is important to them to improve their commitment. Their actions are in agreement with their intentions as they set a precedent of working and dedicating themselves to their relationship. Beyond these facts, it is dually important for the couple because the education focuses on giving them the knowledge of what makes a relationship successful and has them practice the skills to improve in all different areas of their commitments.

Difference Between those who were Premaritally Prepared for Marriage and those who were not Prepared.

The findings suggest that there is a significant difference between the marital commitment of married women who had premarital preparation and those who had none. The mean score for premarital prepared (36) is larger than the mean of those who were not prepared (27.94). Therefore, it can be interpreted to mean those who have premarital preparation have better commitment than those who had none. (See Table 4).

The result is also consistent with existing literature. The findings of the current study are consistent with Stanley and colleagues (2006) who reported that premarital education programs reduced the likelihood of divorce by 30% in a major survey of over 3,300 adults. This shows that any form of premarital education is helpful in increasing marital commitment.

Similarly, the results of this study indicate that there is a significant difference between the marital satisfaction of married women who have premarital preparation and those who do not. It can therefore be interpreted to mean that the married women who have premarital preparation have better marital satisfaction than those who had none. It implies that with premarital trainings it is possible to develop skill in exploring interesting ways to express affection openly better than those without pre marital training.

This study produced results which corroborate the findings of a great deal of previous works in this field. Parker (2007) says that marriage and relationship education programs' goal is to prevent distress and breakages in relations by giving information about noticing difficulties in couples' relationships and about developing the skills needed for married couples to solve their problem and avoid divorce no matter what the culture is. In a major studies on premarital programs, Carroll and Doherty (2003) found the mean effect size of premarital programs was .80. It means the couples who participated in the improved about 30% in communication, conflict resolution and couple satisfaction.

One unanticipated finding was that no differences were found between the marital communication of the two groups on married women. (See table 11). Causes of divorce can often be traced back to communication problems between the married couple, making poor communication a common thread among divorced couples (Christensen & Shenk, 1991; Stanley, Markman & Whitton, 2002). As qualitative results indicated one of the benefits of premarital training was the knowledge participating couples gained about communication and problem solving skills (Valiente et al., 2002).

However, some of the findings of the current study do not support the previous result. The reason for this is not clear but it may have something to do with the content of the training program. Further studies, which take these factors into account, will need to be undertaken. This difference was analyzed using one way ANOVA whether these results were not statistically significant among the five categories (age, educational level, monthly income, number of years and number of years in marriage) with regard to the marital communication. However, different groups of individual within all socio demographic show a significant difference between those married and those without any of year's marriage.

One of the important findings to emerge from this study is that the difference between the marital conflict resolutions individual skill of married women who have premarital prepared and those who do not (see table 7), therefore, that it can be interpreted that married women who have premarital preparation are better conflict resolutions skill than those who did not.

The findings of the current study are consistent with those of (Stanley 2006) he indicated that couples who received premarital education showed, on average, higher levels of satisfaction with their marriage, less conflict with their spouses, and more commitment to their marriages than peers who did not receive premarital education ..

Another important finding was that there is a significant difference between the marital intimacy of couple of spouse who have premarital preparation and those who did not. It is possible, therefore, that it can be interpreted that married women who have premarital preparation are better satisfaction than those who did not.

The present findings seem to be consistent with other research which found Several studies have demonstrated the effectiveness premarital preparation , as an intervention program, in impacting communication patterns and attitudes connected with positive outcomes as well as showing direct evidence of long-term impact on divorce rates and marital satisfaction (Markman et al. 1988). A study of the predictive validity of Williams found that 93 % of couples who were eligible for the study reported still being married after an average of 4.3 years. This study reported that 68.6 % of the final sample of married couples were in high quality marriages as evidenced by both partners having a Dyadic Adjustment Scale.

CHAPTER SIX : Summary, Conclusion and Recommendation of the Study

The final chapter of the study deals with the summary of the study findings interims of commitment skills, marital satisfaction, communication skills, marital conflict resolution skills, marital intimacy, Conclusions are drawn from the findings and the recommendations are forwarded.

6.1. Summary

The purpose of this study was to examine the relationship between premarital preparation on marital satisfaction. This study had the following specific objectives.

- 1.To find out the difference in marital satisfaction among married women who received premarital preparation and those who did not received.
2. To show whether there is a difference communication between married women who had premarital preparation and those who did not.
3. To examine whether there is a significance difference in marital intimacy between spouses who have premarital preparation and those who do not have.
4. To point out whether there is a difference in marital commitment between married women who had premarital preparation and those who did not.
5. To examine whether there is a significant difference in solving conflict between those who had premarital preparation and those who did not.
6. To analyze whether marital satisfaction, communication, conflict resolution, intimacy and commitment vary as a function of such socio demographic characteristics as age, monthly income, level of education and number of children
7. To make recommendations for a standard premarital training program to be used in the country

The study was conducted in the Addis Ababa Nisir New Generation school using lottery method in selecting sample members and one way ANOVA .. Therefore, the subjects of the study were 100 married women were taken as a sample from 191 population size of as per their proportion in the sampling frame, 50% who attended Pre marital training 50% and who have been included in the study. Based on these domains information was obtained from the 100 married women using questionnaire . The data obtained were computed in SPSS and analyzed using frequency, mean score, and independent t-test. As a result of the analysis , the following major findings were obta

The major finding are organized to examine relationship between premarital preparation and marital satisfaction on the commitment skills, marital satisfaction, communication skills, marital conflict resolution skills and marital intimacy, as a result of the analysis made, the following findings were obtained.

Characteristics of the Respondents

1. 50 (50.0%) of the female respondents have attended pre marital training and reaming as 50(50.0%) did have not attended Pre marital training
2. The majority of the respondents 64(64.0%) and 19(19%) fell in the range of 28-37 and 18-27 years of age respectively.
3. 42(42%) had college diploma, 34(34%) of them had Bachelor degree and the remaining 8(8%) Masters degree.The remaining 16 had up to 12th grade education .
4. The majority of the respondents 73(73%) had 1 to 3 years engagement and 5(5%) had out of duration of engagement period had no premarital training. .
5. A total 47 respondent from both groups (oriented and not oriented) choose their husband and only 44 (88%) had premarital training 47 (94%) both the respondents select the husband by themselves.
6. From among those who had no premarital training 40(40%) had monthly income in the range of 500-1499 Birr and 39 (39%) in the range of between the range of 1500-2499 Birr .From this we can infer that the respondents income was somewhat was low. Considering the fact that daily laborious have pays in the range of 1400-2400 Birr per month.

7. 41(82%) respondents married once time, 32(64%) of them gets marital training service from Religious organization and 36(72%) of did not have their own house when they married. On the other hand the majority of those respondent who didn't attend premarital training was 42(84%) they married only once and 36(72%) of them did not have their own house when they married.

Main finding of the study

- A significant difference was found in marital commitment between those who had premarital preparation and those who had none..
- A significant difference was noted in marital satisfaction between those who had premarital preparation and those who had none.
- Contrary to expectations, this study did not find a significant difference in marital communication between those who had premarital preparation and those who had none.
- A significant difference was noted in conflict resolution skill between who have premarital preparation and those who had none..
- There was a significant difference in marital intimacy between those who had premarital preparation and those who had none.
- There is no statically significant difference among the different groups of individual within all socio demographic characteristic. (Age, educational level, monthly income, number of years and number of children) in relation with marital satisfaction, commitment, communication, conflict resolution and intimacy.

6.2. Conclusion

The study has led to the following inference

- ❖ Premarital preparation contribute to successful married life. Premarital education has been effective and is an important part of relationships that can help to have a successful marriage
- ❖ These findings suggest that the direct relationship between attending premarital training and not attending premarital training to marital satisfaction. Marital preparation is thought to be important in the preservation of a marriage as well as increased personal well-being
- ❖ The evidence from this study suggests that Premarital training is significantly related to higher marital satisfaction for married women. Therefore; it is possible to increase the Commitment skills, marital conflict resolution skills, marital intimacy and marital satisfaction by giving premarital training. It also helps to have sustainable family, society and the country at large.

6.3. Recommendations

Based on the findings of the study and the conclusions made, the following recommendations are forwarded as possible solutions to study

- ✚ Awareness creation among young people by developmental psychology students of the importance of the positive effect of premarital preparation before marriage need be promoted in order to prolong married lives of couples and avoid family breakup.
- ✚ Religious institutions and public organizations need be encouraged to teach their faithful adherents about the importance of premarital training marriage and the mechanism to foster and safeguard it.
- ✚ Higher educational institutions and high schools having guidance officers can devote few hours of their academic time to initiate discussions among students about the importance of marriage, family life and the methods of saving them from breakup.
- ✚ A good marriage is not happened by default. Young people who plan to marry should be encouraged to seek advice from their respective guidance officers, religions teachers and available books on marriage.
- ✚ Developmental psychology department and student need to encourage in implementing premarital training to university student
- ✚ Institutions legalizing marriages will greatly help to minimize divorce and family breakup if they can decide to make it mandatory that couples applying for licenses produce evidences of having successfully attended premarital training or orientations.
- ✚ Every possible effort should also be exerted to carry out further studies in the field so as to have documented results which can standardize premarital training programs with provision to help married couples too without any premarital trainings

✚ Finally, it is recommended that further studies should be conducted by the concerned body on other related factors, such as standardizing the premarital training programs and setting the criteria, qualification as a in the program to bring for better society.

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Appendices

Addis Ababa University

School of Graduate studies

School of psychology questionnaires

Dear Respondents;

This questionnaire is prepared to study about the premarital preparation of married women and their satisfaction with their married lives as well as the state of marriage. The response you give will be used the sole purpose of the study and any information you gave kept confidential. Your sincere and honest responses will make the study based on truthful facts and reliable. I humbly request your sincere and caring cooperation in the filling out of the questionnaires

Part I. Background Information

Respond to following items carefully.

1. Sex Female _____ Age _____ Husband ☐
2. your age now ? ☐
3. How old were you when you married?
4. How long did you engagement last? _____
5. How long have you been married? _____
6. How many children do you have ? _____
7. Who choose your husband for you ? _____
 - a. Myself
 - b. Family
 - c. We met Accidentally and decided to marry
 - d. Others
8. How much is your monthly income? _____

9. Your Educational status _____
10. How many times have you been married _____
11. Have you taken premarital training? Yes ☐ No ☐
12. If your answer is 'yes' for Question no 11 who gave to you the training service?
- A. Religious person
- B. Professional persons
- C. other
13. If your answer is 'yes' for Question number 11, for how long you took the training service?
- _____

Part II. The following questionnaires are about premarital preparation .please respond to the question how your marriage was arranged.

14. Have you receive premarital advice service? Yes ☐ No ☐
15. If your answer is 'yes' for Question number 13, for how long did you took the advice service? _____
16. Have you read related with marriage book? Yes ☐ No ☐
17. If your answer is 'yes' for Question number 15, how many books you read? _____
18. Did you prepare a wedding festival when you married? Yes ☐ No ☐
19. If your answer is 'yes' will you please indicate the amount of money your spent .
- _____
20. If your answer is 'yes' and if you borrowed the money to cover wedding expense, would you indicate how much you borrowed? the money? _____
21. If your answer is 'yes how many month or year prepare to your cost of your wedding? _____

III. Information on premarital preparation

22. Did you have your own house built when you married? Yes ☐ No ☐
23. If your answer is 'yes' the house is your own _____woreda _____government _____ if others, specify here please
24. Did you have your you prepared a house furniture when your married? _____

25. Did you borrow money to furniture your home ? _____

26. If your answer is 'yes' kindly ask you to specify the amount of money? _____

IV. Direction

The following statement are indicative of commitment skills. Please go through the item carefully and put it (V) mark on box, that you think well describes your commitment patterns.

No	Items	Very poor	Poor	Undecided	Good	Very good
27	Your commitment to the way you save money and handle unnecessary expenses					
28	Your commitment to express your affection to one another.					
29	Regarding all relations with your husband					
30	Regarding achieving marital satisfaction					
31	Regarding discharging family obligations and responsibility					
32	Regarding your commitment to manage children and their development.					
33	Your dedication to handle conflicts					
34	Your decision about whom you should when conflicts arise in your marriage					
35	Your joint commitment to agree on a way giving support to your family and relatives					
36	Your moral commitment to your marriage by taking joint stand on what and should not be done					

V. Part: Information

Direction the following statement are indicative of the degree of satisfaction in your marriage.
Please go through the items carefully and put the (✓) mark on the Box that you think well describes your degree of marital satisfaction.

No	Items	Very poor	Poor	Undecided	Good	Very good
37	Your satisfaction with your marriage					
38	Your sexual satisfaction with your husband					
39	Your satisfaction with the loving way you and your husband					
40	Your satisfaction with the way you manage your home					
41	Your satisfaction with the joint decisions on and your husband share in home activities					
42	Your satisfaction with the way you make decisions in home management.					
43	Your satisfaction with the happiness you got from married life					
44	Your tendency to be upset and initialed about your married life					
45	Your fears about lo your marriage through divorce					

VII. Information on marital communication:-

Direction:- The following statement are indicatine of communication skills.

No	Items	Very poor	Poor	Undecided	Good	Very good
46	Expression of your true sexual feelings freely to your husband					
47	Your understanding of the feelings of your husband					
48	Your ability to give clear explanation to and your hhusband.					
49	The chance your husband gives you to express your feelings					

VII. Information on Marital conflict resolutions

Directions:-

The following statements are indicative of marital conflict resolution skills. Please go through the items carefully put it in the (✓) in the Box you think well describes your conflict resolution skills.

No	Items	Very poor	Poor	Undecided	Good	Very good
50	The ability to resolve conflicts with your husband					
51	Your mechanism to handle conflict resulting from unnecessary expenses					
52	The way you handle disagreement b/n you and your husband not result from managing children					
53	Your mechanism to solve conflicts arranging out having too many friends					
54	Your ability to resolve conflict arising out of coming home late at night at					
55	The way you make decisions to settle marriage conflicts					

VII. Information on marital intimacy:-

Directions:- The following statements are Indicator of marital intimacy. Place go through the Item carefully put it in the (✓) make on the Box you think well describes your conflict resolutions skills.

No	Items	Very poor	Poor	Undecided	Good	Very good
56	Spending most of your time on a religious matters with your husband.					
57	Your joint recreational activities					
58	The way you share sexual feelings with your husband					
59	Your closeness to your husband in sharing ideas					
60	Your closeness with your husband in sharing home activities					
61	Your closeness with your husband in coping with problems					
62	Your emotional intimacy with your husband					
63	Your mutual trust with your husband					
64	The way you socialize with your husband.					

በአዲስ አበባ ዩኒቨርሲቲ

የሳይኮሎጂ ት/ቤት

የድኅረ ምረቃ መርሃ ግብር

መጠይቅ

የተከበራችሁ የጥናቱ ተሳታፊዎች የዚህ መጠይቅ ዋና ዓላማ የትዳር አጋሮችን ቅድመ ዝግጅትና ድኅረ ጋብቻ እርካታን ለመለካት እንዲሁም አጠቃላይ የጋብቻ ሁኔታን ለማጥናት የተዘጋጀ ነው። ስለሆነም የምትሰጡት መረጃ ሙሉ በሙሉ ለጥናቱ ዓላማ ብቻ የሚውል እንጂ የእናንተን ማንነት ለማንም የማሳወቅ ጽንሰ ሐሳብ የሌለው በመሆኑ የግል ሚስጥርነቱ የተጠበቀ ነው። በመሆኑም መልሶችን በግልጽ መስጠቱ ጥናቱን በትክክለኛ መረጃ ላይ የተመሠረተ ስለሚያደርገው የግል ትብብራችሁን እንድታደርጉ በትህትና እጠይቃለሁ። ስለ ቀና ትብብራችሁም በቅድሚያ አመሰግናለሁ።

I. አጠቃላይ መረጃ

1 ከዚህ በታች ለቀረቡት ጥያቄዎች ተገቢውን መልስ ይስጡ።

1. ጾታ _____
2. ዕድሜ የእርስዎ _____ የባለቤትዎ _____
3. ባለቤትዎን ሲያገቡ እድሜዎ/ው ስንት ነው? _____
4. ከትዳር በፊት በጓደኝነት ወይም በእጩኝነት ምን ያህል ዓመታት ወይም ወራት ቆይታችሁ ነበር? _____
5. በትዳር ምን ያህል ጊዜ ቆይተዋል? _____
6. ስንት ልጆችን አፈራችሁ? _____
7. የትዳር አጋርዎን ሲያገቡ የመረጠልዎት ማን ነው? _____
 - ሀ. እርስ በርሳችን ተመራርጠን ተዋደን ተጋባን፤
 - ለ. ቤተሰቦቼ ወይም ሽማግሌዎቼ መርጠውልኝ ተጋባን፤
 - ሐ በአጋጣሚ ተገናኝተን ተጋባን፤
 - መ ሌላ ካለ የግለጽ
8. የወር ገቢዎ ምን ያህል ይሆናል? _____

9 አሁን ያለዎት ጋብቻ ስንተኛዎ ነው? _____

II. የሚከተሉት ጥያቄዎች ቅድመ ጋብቻ ዝግጅትን የሚጠይቁ ናቸው። በመሆኑም ቅድመ ዝግጅትም እንዴት እንደነበረ በመመለስ ይተባበሩን።

10. የጋብቻ ትምህርት ሥልጠና ወስደዋል? አዎን ☐ አይደለም ☐

11. ከላይ በተራ ቁጥር 10 ላለው ጥያቄ መልስዎ አዎን ከሆነ ሥልጠና የወሰዱት በማን ነበር?
ሀ የሃይማኖት ሰው
ለ በባለሙያ
ሐ ሌላ ካለ ይግለጹ

12. ከላይ በተራ ቁጥር 11 ላለው ጥያቄ መልስዎ አዎን ከሆነ ሥልጠና የወሰዱት ለምን ያህል ጊዜ ነበር? _____

13. የጋብቻ ምክር አግኝተዋል? አዎን ☐ አይደለም ☐

14. ከላይ በተራ ቁጥር 13 ላለው ጥያቄ መልስዎ አዎን ከሆነ የጋብቻ ምክር የወሰዱት ለምን ያህል ጊዜ ነበር? _____

15. ከጋብቻ ጋር የተገናኘ መጽሐፍ አንብበዋል? አዎን ☐ አይደለም ☐

16. ከላይ በተራ ቁጥር 15 ላለው ጥያቄ መልስዎ አዎን ከሆነ የመጽሐፍ የመጽሐፍቱ ብዛት _____ ነበር?

17. ጋብቻዎን የፈጸሙት በሠርግ ነበር? _____ አዎን ☐ አይደለም ☐

18. ከላይ በተራ ቁጥር 18 ላለው ጥያቄ መልስዎ አዎን ከሆነ በአማካይ ለሠርግ ያወጡት ወጪ በግምት ምን ያህል ብር ይሆናል? _____

19. ከላይ በተራ ቁጥር 19 ላለው ጥያቄ መልስዎ አዎን ከሆነ ለሠርግ ብድር ወስደው ከሆነ በግምት ስንት ብር ይሆናል?

20. ከላይ በተራ ቁጥር 20 ላለው ጥያቄ መልስዎ አዎን ከሆነ ለሠርግ የሚያስፈልግ ወጪ ለማድረግ ምን ያህል ጊዜ ዓመት/ወር ዝግጅት አድርገው ነበር?

III. የሚከተሉት ጥያቄዎች ለጋብቻ የማቴሪያልና የቁሳቁስ ዝግጅትን ይመለከታል። እርስዎም የራስዎን በተመለከተ የግል መልስዎን እንዲሰጡ በአክብሮት ይጠየቃሉ።

21. ጋብቻችሁ ሲፈጸም የራሳችሁን የመኖሪያ ቤት አዘጋጅታችሁ ነበር?

አዎን ☐ አይደለም ☐

22 ከላይ በተራ ቁጥር22 ላለው ጥያቄ መልስዎ አዎን ከሆነ ቤቱ የግል ሠርታችሁ _____ የቀበሌ _____
/የመንግሥት _____ ሌላ ካለ ይግለጹ _____

23 የሚያስፈልጉ የቤት ቁሳቁሶችን አዘጋጅታችሁ ነበር? _____

24 ቤትና የተለያዩ ቁሳቁሶችን ለማሟላት ብድሮችን ወስደዋል? _____

25 ከላይ ለተገለጹት ጥያቄዎች መልስዎ አዎን ከሆነ የገንዘቡን መጠን ቢገልጹ? _____

IV. የሚከተሉት ጥያቄዎች ግንኙነትን የሚመለከቱ ናቸው? እርስዎም ይመለከተኛል የሚሉትን ምልክት በማድረግ ይመልሱ።

ተቁ	ጥያቄዎች	የስምምነት መረጃዎች				
		ብዙ ጊዜ ተነጋግረናል	ተነጋግረናል	ለመወሰን እቸገራለሁ	አልፎ አልፎ ተነጋግረናል	አልተነጋገርንም
26	የገንዘብ አጠቃቀምን በተመለከተ መቆጠብን፣ የባንክ ሒሳብ አያያዝን በሚመለከት					
27	እንዳችሁ ለእንዳችሁ እንዴት ፍቅር መግለጽ እንደሚገባችሁ					
28	ከንደኛ ጋር ስለሚኖር ግንኙነት፣ ማንነትና ብዛት በተመለከተ					
29	ለሁለታችሁም አስደሳችና አርኪ የግብረ ሥጋ ግንኙነት ማድረግን በተመለከተ፣					
30	በትዳር ውስጥ ግዴታዎችንና ኃላፊነቶችን ከመወጣት አንጻር					
31	የምትወልዷቸውን ልጆችን ብዛትና መቼ መውለድ እንዳለባችሁ ለመወሰንና እንዴት ማሰደግ እንዳለባችሁ ለመወሰን፣					
32	አለመግባባት ሲፈጠር እንዴት እንደምትፈቱ፣					
33	ችግሮች ሲፈጠሩ ለማን ማካፈል እንዳለብንና እንደሌለብን					
34	ቤተሰቦቻችንን የቅርብ ዘመዶቻችንን እንዴት መርዳትና መጠየቅ እንዳለብን የጋራ ውሳኔ በመውሰድ፣					
35	በፍጹም መደረግ ስለሌለበትና የግድ መደረግ ስላለባቸው ጉዳዮች የያዛችሁት አቋም፣					

V. የሚከተሉት ዓረፍተ ነገሮች የትዳሩን አስደሳችና አርኪነት በእርስዎ እይታ ምን እንደሚመስል ለመለካት የተዘጋጁ ናቸው። የትዳሩን አስደሳችነትና አርኪነት በትክክል ይገልጽልኛል ብለው የሚያስቡትን በሳጥን ውስጥ "X" ምልክት ያድርጉ።

ተቁ	ዓረፍተ ነገር	በጣም ደካማ	ደካማ	ለመወሰን እቸገራለ ሁ	ጥሩ	በጣም ጥሩ
36	በትዳርዎ ያለዎት እርካታ					
37	ከባለቤትዎ ጋር ያለዎት ወሲባዊ እርካታ					
38	እርስዎና ባለቤትዎ በሚያደርጉት የፍቅር ቃላት ልውውጥ					
40	ቤትን ከመምራትና ከማስተዳደር ጋር በተያያዘ ያለዎት እርካታ					
41	በሚያደርጉት የቤት ውስጥ ኃላፊነትን መጋራት ያለዎት እርካታ					
42	የትዳር ውሳኔዎችን በመወሰን ያለዎትን እርካታ					
43	በትዳርዎ ደስታን በማግኘት ረገድ ያለዎት እርካታ					
44	በትዳርዎ ያለዎት ቁጡነትና ተነጫናጭነት					
45	ትዳርዎን በፍች አጣዋለሁ ብለው በመስጋት ሁኔታ					

VI. የሚከተሉት ዓረፍተ ነገሮች የባለትዳሮችን ውይይትና መግባባት መለኪያ ጥያቄዎች ናቸው። እርስዎም በትክክል ይገልጽልኛል ብለው የሚያስቡትን በሳጥን ውስጥ "X" ምልክት ያድርጉ።

ተቁ	ዓርፍተ ነገር	በጣም ደካማ	ደካማ	ለመወሰን እቸገራለሁ	ጥሩ	በጣም ጥሩ
46	በእርስዎና በባለቤትዎ መካከል ያለ መግባባት ወሲባዊ ፍላጎቶችን በነጻነት ለቤለቤትዎ የመግለጽ ሁኔታ የባለቤትዎን ስሜቶችን ፍላጎቶችን የመረዳት ሁኔታ					
47	በእርስዎና በባለቤትዎ መካከል ያለ መደማመጥ					
48	ሃሳብዎን ለባለቤትዎ በግልጽ የማስረዳት ችሎታዎ					
49	ባለቤትዎ ሐሳብዎን ለመግለጽ የሚሰጡዎ እድል					

VII. የሚከተሉት ዓረፍተ ነገሮች የባለትዳሮች ያለመግባባት መለኪያ ጥያቄዎች ናቸው። እርስዎም በትክክል ይገልጽልኛል ብለው የሚያስቡትን በሳጥን ውስጥ "X" ምልክት ያድርጉ።

ተቁ	ዓርፍተ ነገር	በጣም ደካማ	ደካማ	ለመወሰን እቸገራለሁ	ጥሩ	በጣም ጥሩ
50	በእርስዎና በባለቤትዎ መካከል የሚፈጠሩ ግጭቶችና የመፍታት ችሎታዎ					
51	በትዳርዎ አላስፈላጊ ወጪን በማድረግ የሚፈጠሩ አለግባባቶችን የመፍታት ሁኔታ					
52	ልጆችን በማሳደግ በሚፈጠሩ ግጭቶችና ለመፍታት በሚወሰዱ ውሳኔዎች					
53	ጓደኛ በማብዛት በሚፈጠሩ ችግሮችና ለመፍታት የሚወሰዱ እርምጃዎች					
54	አምሽቶ በመግባት በሚፈጠሩ ግጭቶች ለመፍታት የሚወሰኑ ውሳኔዎች					
55	በትዳረ የሚፈጠሩ አለመግባባቶችን ለመፍታት በሚሰጥ ውሳኔ					

VIII. የሚከተሉት ዓረፍተ ነገሮች የባለትዳሮች የትዳር ቅርርቦሽ መለኪያ ጥያቄዎች ናቸው።
እርስዎም በትክክል ይገልጽልኛል ብለው የሚያስቡትን በሳጥን ውስጥ "X" ምልክት
 ያድርጉ።

ተቁ	ዓረፍተ ነገር	በጣም ደካማ	ደካማ	ለመወሰን እቸገራለሁ	ጥሩ	በጣም ጥሩ
56	በሃይማኖት አብሮ ብዙ ጊዜ የማሳለፍ ሁኔታ					
57	በመዝናናት ያላቸው አብሮነት					
58	እርስዎና ባለቤትዎ በሚያደርጉት ወሲባዊ ግንኙነት					
59	ከባለቤትዎ ጋር ያለዎት ሐሳብ መጋራት					
60	ከባለቤትዎ ጋር የቤት ውስጥ ሥራን የመጋራት ሁኔታ					
61	በችግር ጊዜ ያላችሁ አብሮነት					
62	የግል ስሜትዎን ለባለቤትዎ በመግለጽ ያለዎት ቅርርብ					
63	በእርስዎና በባለቤትዎ መካከል ያለ መተማመን					
64	ከባለቤትዎ ጋር በመሆን ያለዎት ማኅበረሰባዊ ቅርርብ					