

The Effect of Pre-marriage Training on Changing Bandarabbas Azad University Students' View toward Marriage

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ABSTRACT

In today's complicated life's, in many instances marriages are faced with serious challenges like, marital dissatisfaction, addicted partner, out of or extra marital relationships, financial problems and so on. In some cases unresolvable problems leaves no choice but divorce. Hence, in order to prevent said problems, it is crucial to find solutions. The purpose of this study is to evaluate the effectiveness of premarital education on single students of Bandar Abbas Azad University and to measure the amount of changing attitudes toward love, engagement, wedding and first year of common life. After the piloted questionnaire on 30 students, its validity and reliability based on Cronbach Alpha was obtained 0.93. The pretest and posttest design with a control group used as research design. For this study, 60 students that selected by simple random sampling divided into two experimental and control groups. (In each group were 15 male and 15 females' students). After performing pretest in two groups, 30 test group members (15 girls and 15 boys) attended eight 2.5h pre-marriage training sessions. Covariance analysis used for data analysis. The results showed that pre-marriage training has a significant effect on changing attitudes towards love ($p<0.05$), changing attitudes toward premarital engagement ($p<0.05$), changing attitudes toward marriage ($p<0.05$), and changing attitudes toward first year of common life ($p<0.05$).

KEYWORDS: Pre-marriage training, Changing Attitudes, Students

1. INTRODUCTION

Marriage preparation is a relatively new trend for preventing discontent and failure in marriage. This is based on view that spouses can learn how to have successful and stable marriages [1]. Some respective problems are emanated from improper option which puts serious challenges during marriage [2].

To put it another way, it can be said that pre-marriage training is in fact considered to be a sort of prevention. It has affected individual, social, and economic aspects of marriage. Hence, it is expected that spouses do not put their marriage in jeopardy and consequently suffer less from divorce traumas [3].

Results reported by Jones and Nelson [4] on "students' expectation of marriage" showed that both groups were the same in marriage expectations classifications (pessimistic, realistic, unrealistic). Besides, students with idealistic expectations were more likely to believe in mythological love styles. It was more probable that their show high levels of being romantic. Carroll and Doherty [5] realized that pre-marriage training plans are generally effective in gaining useful, quick, and short term achievements in interpersonal skills and quality of relationships.

Francisca [6] carried out a study regarding pre-marriage training for individuals who intended to remarry. She concluded that it is possible to have successful and adaptable families which are suitable spaces for parents and children's growth by pre-marriage training. This way, children can live in a family like the one formed from the first marriage. Stanley et al. [7] realized that attending pre-marriage training plans is related to higher levels of content and commitment to marriage and lower levels of conflict and also reduction of divorce rate. Among studies done in Iran, a research by Bulhari et al. [8], as "studying Iran Medical University single students' view toward marriage", can be implied. Results indicated that students had generally positive view. They had significant difference regarding age, economic and social status, residence, education, and spouse option. In addition, based on results, familial, social, and economic support and removal of obstacles play a key role in youth's tendency to marriage. Ghasemi Tudeshkchui et al. [9] carried out a comparative study on marriage candidates' spouse selection criteria at the commencement and in the first year after marriage. They intended to compare boys' and girls' spouse option criteria at the commencement and in the first year after marriage in Isfahan Thalassemia Center. They conducted the study in two stages. Results showed that, before marriage, boys (as compared top girls) paid further attention to girl's beauty, color of skin and hair, wealth and *mahr*, while girls paid more attention to love between two partners, how boy behaves inside family and socially, cultural similarities, common language, higher educational degree, high income, and fixed income. After a year from marriage, spouses had common view in most criteria except that girls (as compared to boys) paid more attention to fitness (being fat, slim).

Aghajan beglu et al. [10] examined the relationship between pre-marriage training and family strength from spouses' view in Boushehr. These participants had attended pre-marriage training courses and married.

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Based on participants, it was determined that learning these variables can be effective in family strength. Yet, descriptive statistics showed that no particular attention was paid to these variables training.

Accordingly, the present study examines the efficacy of pre-marriage training on Bandar Abbas Azad University single students. It also measures the extent of changes in their view toward love, engagement, premarital, and a year after marriage.

2. MATERIALS AND METHODS

This quasi-experimental study was conducted by pretest-posttest of test and control groups and validated questionnaire. Cronbach's alpha was calculated as %936 for questionnaire. Hence, validity and reliability of the questionnaire were approved. Sample was randomly selected and placed in test and control groups (30 girls and 30 boys).

All sixty participants were asked to simultaneously fill out questionnaire. Then, 30 test group members (15 girls and 15 boys) attended eight 2.5h pre-marriage training sessions, as follow. A week after training, posttest was administered.

Session one: introduction and familiarity with the necessity and significance of pre-marriage training (field work)

Session two: how individuals get to know each other for marriage, individuals' appeal sources, engagement definition, and its functions (field work)

Session three: proposal and how to do it based on communication model and its elements, respective questions and points (practicing proposal)

Session four: getting to know love and its varieties, the effect of unconscious in love

Session five: premarital, its characteristics and requirements, issues regarding the relationships between spouses (collective discussion and field work)

Session six: spouse selection criteria (collective discussion and field work)

Session seven: spouse selection criteria (collective discussion and field work)

Session eight: the first year of marriage, issues appearing during marriage, and suitable time for pregnancy

Using the Analysis of Covariance (ANCOVA), the effect of pretest and training was independently measured. Then, keeping the effect of pretest constant (participants consistency regarding trait under study), the effect of training was assessed. Data analysis was done by SPSS19.

3. RESULTS

Results of H1 ANCOVA – pre-marriage training has an impact on changing students' view toward love – are listed in Table 1.

Table 1. H1 ANCOVA results

Sources	sum squares	FD	Mean squares	F-value	Sig. level
Love posttest variable	19783.521	1	19783.521	55.750	0.001
Error	20227.224	57	354.864		
Total	1135630	60			

Regarding F value gained and P-value<0.05, research hypothesis is approved. Results of H2 ANCOVA – pre-marriage training has an impact on changing students' view toward engagement – are listed in Table 2.

Table 2. H2 ANCOVA results

Sources	sum squares	FD	Mean squares	F-value	Sig. level
Engagement posttest variable	3025.072	1	3025.072	40.933	0.001
Error	4212.516	57	73.904		
Total	189407	60			

Regarding F value gained and P-value<0.05, research hypothesis is approved. Results of H3 ANCOVA – pre-marriage training has an impact on changing students' view toward premarital – are listed in Table 3.

Table 3. H3 ANCOVA results

Sources	sum squares	FD	Mean squares	F-value	Sig. level
Premarital posttest variable	2612.681	1	2612.681	22.416	0.001
Error	6643.686	57	116.556		
Total	469174	60			

Regarding F value gained and P-value<0.05, research hypothesis is approved. Results of H4 ANCOVA – pre-marriage training has an impact on changing students' view toward the first year of marriage – are listed in Table 4.

Table 4. H4 ANCOVA results

Sources	sum squares	FD	Mean squares	F-value	Sig. level
Marriage posttest variable	105701.653	1	105701.653	3183.294	0.001
Error	1892.692	57	33.205		
Total	29878	60			

Regarding F value gained and P-value<0.05, research hypothesis is approved.

DISCUSSION

Regarding H1, pre-marriage training affected students' view toward love. There was significant difference between two groups in posttest results. Pre-marriage training has changed test group view. These results are in accordance with results reported by Jones and Nelson [4].

Pre-marriage training enables individual to have knowledge and insight for selecting spouse. Regarding the second hypothesis, the effect of training is significant $P < 0.05$ after controlling pretest effects by ANCOVA. That is, pre-marriage training has been effective in changing students' view toward engagement. The difference between two groups is also significant based on posttest results. Hence, pre-marriage training changes test group. No correlation was observed between these results and results of other studies.

Regarding H3, the effect of training is significant $P < 0.05$ after controlling pretest effects by ANCOVA. That is, pre-marriage training has been effective in changing students' view toward *Aqd*. The difference between two groups is also significant based on posttest results. Hence, pre-marriage training has led to changes in test group. Results correlate with results reported by Aghajanbeglou et al. [10] as well as Stanley et al [7].

Regarding H4, the effect of training is significant $P < 0.05$ after controlling pretest effects by ANCOVA. That is, pre-marriage training has been effective in changing students' view toward the first year of marriage. The difference between two groups is also significant. Hence, pre-marriage training has led to changes in test group. Results correlate with results reported by Ghasemi Tudeshkchuii et al. [9].

Limitations of this study included: students' lack of knowledge regarding the effect of carrying out these research has decreased their accurate and serious cooperation in filling out questionnaires. It must also be noted that this study is the only research conducted on Bandarabbas Azad University students. Hence, cares must be taken in generalizing the results.

Followings are suggested for further research:

- a) Pre-marriage training impact on changing views toward familiarity and attractions
- b) Examining the difference in marriage views between different cultures

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