

# Examining the Factors Influencing Marital Stability Among Couples in the Kwabre East District, Ashanti Region - Ghana

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## Abstract

The basis of marriage is mutual consent between a man and woman to share their life in a good or bad situation and this mutual consent is based on the love and affection between them. In recent times, the marriage which is believed to be the most sacred institution has been under serious attack with high separation and divorce rates leading to marital instability across the globe. Interestingly, some communities in Ghana have recorded marital stability over the past few years. This study aimed to examine the factors that influence marital stability in communities using Kwabre East District in the Ashanti Region as a case. The study employed a mixed-method research design to collect data from 380 married respondents (those currently married) purposely selected from Kwabre East District. A structured questionnaire and interview schedule were administered to seek respondents' views on marriage stability and data were analyzed using thematic content analysis. The study revealed that love dominated the range of factors influencing marital stability among gender, age group, religion, occupation, and educational levels. The study also showed communication, sexual satisfaction, the stigma of divorce, and children among others as factors influencing marital stability in the Kwabre District. The study has demonstrated the importance of five key factors – love, communication, sexual satisfaction, the stigma of divorce, and children on marital stability and how each factor is dependent on the other to provide a strong bond in ensuring marital stability among couples. The study recommends counseling services, seminars, and workshops on periodically sharing best practices in marriages and not only when problems arise in marriages.

**Keywords:** Marital Stability, Marriage, Divorce

**DOI:** 10.7176/JEP/13-36-03

**Publication date:** December 31<sup>st</sup> 2022

## 1. Introduction

Everyone loves to be surrounded by other people, whether family or friends. We love sharing our feelings and emotions with someone close to us. We believe that a family consists of a man and woman, bound together by marriage, along with the children they may have. According to Waite and Gallagher (2001), Marriage, also called matrimony or wedlock, is a socially or ritually recognized union or legal contract between spouses that establishes rights and obligations between them, and their children and between them and their in-laws. From this, marriage is defined as the special and monogamous union between a man and a woman grounded in a vow to mutual love and support, with the intent to remain so committed until death. According to the scriptures, marriage is a sacred vow between a man and woman to "become one flesh". Genesis Chapter 2:24 KJV- says; Therefore shall a man leave his father and his mother and shall cleave unto his wife: and they shall be one flesh (King James Bible, 1769/2017). One of Islam's recognized and fundamental commandments is marriage-the sacred union only between a man and a woman. In the Quran, God encourages marriage to discourage immorality. The Qur'an 24:32 says, " And marry those among you who are single. They may marry the righteous among their male and female servants if they are poor. Allah (God) will develop them by His grace" (Khan et al., 2011). Islam recognizes the value of sex and companionship and promotes marriage as the foundation for families and channeling the accomplishment of a base need. ". From a societal opinion, Marriage, however, is an institution that has its place in society. It provides the foundation for another important institution called family.

Marriage is mutual consent between a man and woman to share their life, good or bad. Marriage, however, is an institution that has its place in society. It provides the foundation for another important institution called family. Everyone needs to understand the concept and importance of marriage (Crossman, 2020). Different people look at marriage differently. For some, it is a necessary, joyful, warm, and new beginning of life; for others, it could be the worst, least important thing in their lives. Marriage is beneficial to society because it is the family's foundation and the basic building block of society. It brings significant stability and remains ideal for raising children. It plays a vital role in transferring culture and civilization to future generations. (Omeonu, 2004). Marriage gives legitimacy to sexual relationships and reproduction for legitimate children. Marriage creates companionship. It provides an avenue for sharing ideas and comfort, especially in times of crisis. It is a means by which a person obtains free assistance in terms of labor. For example, spouses help each other on farms, markets, shops, and offices (Waite and Gallagher, 2001).

Kwabre East Municipal District is one of the forty-three districts in the Ashanti Region, Ghana. In the

Kwabre East District in the Ashanti Region of Ghana, marriage is seen as an obligation on the part of all adults for mutual affection and control of sexual needs. Without the family regulating life as stated above, there would be chaos in social life, and as such, men's and women's sexual and other libidinal excesses would be left unrestrained (Fatima & Ajmal, 2012). People in Kwabre attach immense importance to marriage, not only because it is the sole means to the most eagerly desired of all ends, the procreation of children, but also because no man or woman can adequately satisfy all his or her wants or lead a normal social life after reaching maturity without a spouse.

In recent times, the marriage which is one of the most sacred institutions (Genesis 2:24) has been under severe attack, with high separation and divorce rates leading to marital instability across the globe (Maciver and Dimkpa, 2012). Statistics from 2019 show that for every 16 seconds, there is a marriage in the U.S.; that equates to 230 marriages per hour, 38,762 marriages per week, and 2,015,603 per year (Wilkinson and Finkbeiner Solicitors, 2022). There was a drop in the marriage rate from the year 2000 i.e. 8.2 per 1000 people as compared to 6.1 in 2019 with the reason being that marriage has become unattractive to millennials due to its rate of failure. Divorce statistics compiled by Wilkinson and Finkbeiner Solicitors (2022) indicate that divorce rates in the US have more than doubled since 1960 with divorces happening as frequently as every 42 seconds. Every 42 seconds, there is one divorce in America. That equates to 86 divorces per hour, 2,046 divorces per day, 14,364 divorces per week, and 746,971 divorces per year. Almost 45% of first marriages in the US divorce. The average divorce rate in the world is estimated to be 4.08 divorces per 1,000 married persons. The Philippines and the Vatican are the only two countries where divorce is illegal (Cvetkovska, 2020).

Also, The Office of National Statistics UK (2020) indicates a divorce figure of 102,438 opposite-sex divorces in 2020, which is 4.8% less than 2019's 107,599 (Ghosh, 2022). The decrease was due to the Covid 19 pandemic with courts suspending operations. African Americans tend to be very skeptical about the institution of marriage for obvious reasons (Dixon, 2008). The value of marriage in recent years has been highly underestimated. According to Yamin (2012), marriage is a foundation for a successful society with every citizen having the civil right to engage in any legal union or partnership. In Ghana, the Weekly Spectator on May 24, 1999, presented divorce, violence, and even stories on murder arising from marital conflicts. To Ghana Living Standards Survey Round 6 (GLSS6, p. 8), divorced and separated persons accounted for 5.6% of Ghana's total marriages from 2008 to 2013. Statistics from the Greater Accra Head office of Legal Aid Ghana say at least 40% of marriages registered annually break up within a space of 14 months (Asante-Antwi, 2011). Accra Metropolitan Assembly, in 2021, registered a total number of 345 customary marriages, 79 of which dissolved, indicating that 1 out of 4 of the marriages registered collapsed (GNA. January 18, 2022). The 2021 population and housing census data revealed that 958,155 (11.4%) persons out of a total marriage population of 8,366,466 in Ghana have had their marriages dissolved or separated (Flatprofile, 2021). Interestingly, some communities in Ghana, like Kassenanankana, Builsa, Afigya -Kwabre districts, have recorded marital stability with as low as below 1% of divorce rate over the past ten years (2010-2020), which Kwabre happens to be among such communities (Judiciary Annual Statistical Report, 2010-2020). Therefore, one may ask: What factors influence marital stability among couples in the Kwabre East district in the Ashanti Region of Ghana? This, coupled with a lack of detailed research into this line of study and the increasing rate of divorce, gives rise to the need for more education on marriage and the factors that influence its stability.

## 2. Marriage

The first union known to man was that which was made by God in the garden of Eden, with Adam and Eve forming the bond of oneness that we know today as marriage. According to Lewis (1996), marriage is a contract for the production and maintenance of children. Considering the increment in knowledge and technological advancement, marriage has taken different forms in terms of its approach and livelihood. To Abubakar (2016) as cited by Hussani (2021), Marriage is a culturally approved association of one man and one woman (monogamy), one man and two or more women (polygamy), or one woman and two or more men (polyandry) in which there is the cultural endorsement of sexual intercourse between the marital partners of the opposite sex and with the expectation that children would be born of the relationship. Marriage has evolved over the years. Considering the increment in knowledge and technological advancement, marriage has taken different forms in terms of its approach and livelihood. Some unions are based on mere understanding, others on love, with others, are formed with unrelated ulterior motives. Notwithstanding, Humans are difficult and complex creatures compared to other forms of life (Wu, 2020). Therefore, forming a long-lasting partnership with one can tend to be very challenging. Dessislav (2005) wrote thus: the family is the most basic unit of society and a building block for national development. Just as there cannot exist any society without families or homes, there cannot be sustainable development without stable families or homes.

### 2.1. Marital Stability

Marital stability refers to a firm, steady, well-balanced, and healthy marital relationship between couples. Marital

stability and happiness are largely reflected in the ratio of positive to negative behavior in the relationship (Echebe, 2010). Katherine and Plauche (2019), stated that factors that are associated with decreases in marital stability include financial stress, low income, low educational attainment, unemployment, young age at marriage, parental divorce, dissimilarity to spouse, religiosity, and serial premarital living together. Marital stability is normally linked with positive outcomes for adults and children. When marriages are stable and fulfilling, spouses are healthier (Robles et al., 2014), happier, and live longer (Whisman et al., 2018).

### 2.1.2 Factors Associated with Marital Stability

Upon reviewing several pieces of literature review on factors that lead to successful long-lasting marriages, these factors were recurrent among researchers based on structured interviews of married couples and questionnaires; Religion, Sexual intimacy, Attitude, Good communication, and financial factors (Timothy-Springer & Johnson, 2016; Mullins, 2016; Maciver & Dimkpa, 2012; Hatami et al., 2016; Phillips et al., 2012; Koraei et al., 2017; Elliott & Umberson, 2008). From Karimi et al. (2019), The extracted protective factors associated with marital stability in long-term marriage are classified into interpersonal and interpersonal categories. Outstanding extracted factors consist of spirituality and religion, commitment, sexual relationship, communication, children, love and attachment, intimacy, and conflict resolution method. The study by (Melgosa, 2018; Omeonu, 2004; Van Pelt, 2002), proposed that in-laws, conflict resolution, premarital counseling, shared religious beliefs, appreciation, sexual satisfaction, and time shared, commitment, children, finances, and love were significant for marital stability. According to Wilcox and Nock (2007), other factors that tend to influence marital stability include the following: Attitudes, In-Laws, Common interests, Children, communication, Personality Traits, Religious Participation, Parenthood, Leisure Time, Pre-marital Education, and Family Background. The need for literacy cannot be overemphasized because education is a vital tool in influencing marital stability. To this end, Yahaya (2018), opined that factors that threaten marital stability include the age of marriage, educational level of the spouse, religion, income, type of marriage, fertility status, kind of family background of spouses, communication, culture, etc. A study by Van Pelt (2000) proposed that social, behavioral, sexual, religious, and financial factors foster stability in marriage.

According to Omeonu (2004), Love stabilizes marriage. He further proposed that love in marriage is an intense feeling of two people for each other that involves bodily, emotional, and intellectual identification which is of such a nature as to cause each willingly to forgo his or her personality demands and appreciation in favor of the other, which gains satisfaction through creating a personal and social identity in those involved. To Van Pelt (2002), love is necessary for all human survival and one of the bases of marital stability. The woman's capacity to love draws the very best from a man and can spark hope and renew trust in him, making him feel wanted, worthwhile, important, and almost great. From Melgosa (2018), when love operates in a marriage, the marriage is complete. A picture of a complete marriage is a husband and wife who lays down their life for each other no matter how many times the other offends them or causes them to have ill feelings.

Researchers regularly hypothesize a durable relationship between religiosity and marital stability (Timothy-Springer et al., 2016). According to Van Pelt (2002), couples who wish to experience oneness in marriage will worship together. Collins and Perry (2015), however, downplay the importance of this as the research shows that religion or differences in religion are no longer as vital to marital stability as good communication is. Divorce studies have generally found that married couples who agree about their religious involvement and believe religion is important are significantly less likely to divorce (Bramlett and Moser, 2002). On the other hand, Phillip et al. (2012) concluded, based on data drawn from black American couples, that faith, constant prayer, and regularly attending church together as a couple proved to be their marital durability. According to Omeonu (2004), a family that worships and prays together will stay together. Fatima and Ajmal (2012), elaborate further by stating that differences in religion cause conflict in marriage and for religion to be a factor, it needs to be within similar religions. Wilcox and Nock (2007), said religiosity and marital success are related regardless of denomination.

In any relationship with normal individuals, some measure of conflict is inevitable. Marital conflict simply shows that the couples are not similar in some fundamental areas of their lives. Many psychologists regard occasional conflict as a sign of a healthy, fulfilling relationship which they think shows care and warmth (Omeonu, 2004). How conflicts are handled may lead to a greater understanding, closeness or distance, and better communication or silence (Lampthey and Lampthey, 2000).

In the research by Phillips et al. (2012), communication doubled as a key factor in marital stability as well as a form of disagreement concerning communication and decision-making. Studies have placed good communication as paramount to all other factors and classify good communication as inevitable in every sustainable marriage (Collins and Perry, 2015). According to Abubakar (2016), a stable marriage would enjoy communication. The happiness of a couple can be measured to a larger extent by the effectiveness of their communication. Everyday conversation, as one of the positive communication tools, is an important factor in marital stability (Lauer & Lauer, 1997). Effective patterns of communication allow couples to negotiate problems, fulfill needs and avoid misunderstanding (Melgosa, 2018). Communication is the cement that holds a

relationship together. If it breaks down, the relationship will crumble. When spouses no longer communicate, it is no longer a marriage (Bellows, 2007).

Sexual intimacy unlike the other factors is a powerful interpersonal way of showing love to the significant other and is labeled as such by some researchers (Elliot et al., 2008; Nourani et al., 2009). Van Pelt (2002) also emphasized that one of the first things a couple should be fully aware of is that sex is a powerful weapon in marriage. Good sex, then, comes as the result of a satisfying relationship. Research by Maciver and Dimkpa, (2012) showed that, among other factors, sexual satisfaction was perceived as one of the factors that influence marital stability and there was no significant difference in the perception of factors influencing marital stability among the other factors. Omeonu (2004), gave the view that failure to have a satisfactory sexual relationship is often a major cause of divorce. This act unifies and reiterates a couple's love for each other.

Appreciation is identified as one of the factors that influence marital stability. Appreciation of a spouse's good behavior promotes marital stability and motivates one to repeat the same behavior that was appreciated (Olson and DeFrain, 2014). To Van Pelt (2000), when a woman does not feel appreciated she may deliberately try to provoke attention. Many tearful tantrums and staged scenes may as well be desperate attempts to cope with situations that provide no rewards.

Hatami et al. (2016), address the need for financial stability as a meta-personal factor and that having job stability in a marriage will contribute to marital stability. According to Omeonu (2004), the major causative factor for marital problems in homes involves the use of money. Couples mostly quarrel over money more than anything else and economic factors are closely related to marital stability and adjustment. Many couples spend much of their time arguing over their income and expenditure. He continued to say that family income has a close relationship to marital stability. Lewis (2020), conducted extensive research on the relationship between family income and marital satisfaction. One of his findings was that couples seemed happier just before payday than at any time. According to Omeonu (2004), the major causative factor for marital problems in homes involves the use of money. Couples mostly quarrel over money more than anything else and economic factors are closely related to marital stability and adjustment.

According to Wilcox and Nock (2007), children in the family will strengthen an already strong marriage and may only hold together a poor one. To Chan et al. (2001), children are stabilizing factors in marriage. They observed the association between children and marital stability is likely partly due to selection, in that couples anticipating divorce will delay or avoid having children. Morgan et al. (1988), also point out that children create a web of obligations and attachments between parents and children, between the parents themselves, and also between the nuclear family and the wider kinship group. The inability to produce offspring is considered one of the greatest misfortunes in African societies. Children are therefore highly valued by West Africans (Opoku, 2018). To Oppong et al. (1978), the primary purpose of marriage is procreation, impotence on the part of the husband, and the sterility of either partner almost invariably leads to divorce.

Teller and Teller (2014) said " We stigmatize divorce because we hope that the specter of guilt and shame will keep married couples together. We worry that allowing people to divorce without condemnation and self-hatred will lead to the annihilation of the nuclear family ". Khan (2020) also agreed that the social stigma of divorce makes couples stay in the marriage.

Abubakar (2016), specified that spouses who received pre-marital education services before marriage are reported to have stronger marriages. A random sampling of couples who received pre-marital education had, on average, higher levels of satisfaction with their marriages, less conflict with their spouses, more commitment to their marriages, and lower odds of divorce than peers who did not receive pre-marital education. Varzaneh et al. (2016), identified that acquiring a satisfactory understanding of the meaning and expectations of marriage brings marital stability. In the study of Stanley et al. (2006), using a large random survey of 4 middle-American states, the authors found that participation in premarital education was associated with higher levels of satisfaction and commitment in marriage and lower levels of conflict and also reduced odds of divorce. These estimated effects were robust across race, income, and education levels, which suggests that participation in premarital education is generally beneficial for a wide range of couples.

According to Olson and DeFrain (2014), commitment entails attachment to one another and it plays a vital role in satisfaction and stability. A passionate and intimate relationship leads to the decision to commit to marriage. Lauer (1997), posits that marital stability is not the absence of marital problems but the presence of passion, intimacy, and commitment that keeps the marriage intact until its dissolution through natural causes like the death of one of the spouses. According to Olson and DeFrain (2014), commitment builds strong intimate relationships and security in marriages; it brings about trust, honesty, faithfulness, and dependability.

If you fail to invest time in your marriage, you can never reap the dividend of peace, love, and joy. According to Wilcox and Nock (2007), when a couple spends more time together at the early stage of their marriage, it encourages a healthy and cordial relationship. Strong families recognize that there are benefits and pleasures to be gained from time and activities together. When spouses share time and plan their activities together, it brings them closer to each other and this helps build commitment to their marriage. Family unity

encourages families to create daily routines and special traditions and celebrations that affirm members, connect them to family roots and add creativity and fun to ordinary events (Thames, 2008). According to Sasse (1994), time together is the basis on which families develop traits that keep them strong. Shared activities build commitment.

According to Wilcox and Nock (2007), In-Laws are important if couples live close to them and get along with them. Spouses are expected to form relationships with their in-laws, even if they are not very similar to them. This expected interaction can place stress on couples or offer important benefits (Bryant et al. 2001). When parents or friends disapprove of or are at odds with one's romantic partner or spouse, it may reduce one's assurance about the relationship or choice of partner and place strain on the relationship (Laurie, 1998).

In summary, the related literature review stressed the concept of marriage as a legal union between a man and a woman, which gives legitimacy to sexual relationships and the reproduction of legitimate children. Africans place a higher value on the marriage because it solidifies relationships and it enriches communities and nations by bringing forth new life and hope.

Previous studies have identified and reported various factors influencing marital instability and issues about marital dissolution however, based on the broader literature review, no in-depth study has been done on the factors influencing marital stability, and a framework developed to guide marriage counselors/educators. This current study attempts to overcome this gap by examining the factors that influence marital stability among couples in the Kwabre East District in the Ashanti Region and the information gathered will be used to design a framework for a premarital educational program to serve as a guide in marriage education courses for the church, mosque, the community, adult educators and family life educators.

### 3. Methodology

The study employed a mixed-method research design to collect data from 380 married respondents (those currently married) purposely selected from Kwabre East District. Mixed methods allow the researcher to put findings in context and add richer detail to the conclusions (George, 2021; Tegan, 2022). Purposive sampling allowed the respondents to be selected according to their characteristics related to the study area to provide in-depth information about the research (Dudovskiy, 2022). The samples were picked based on the previous information that they were experienced married individuals who seemed to have stable marriages in the Kwabre East District. Structured questionnaires and interview schedules were administered to seek respondents' views on marital stability, and data were analyzed using thematic content analysis. Data entry and analysis were done using the Statistical Product and Services Solution software (SPSS). To determine the instrument's validity, the questionnaires were scrutinized by three (3) experts in the Department of Adult Education, University of Ghana-Legon. The experts assessed the instrument for content and face validity. To ensure that items on the questionnaire and the interview schedule are not ambiguous and that the level of language is not above the understanding of respondents, the items were given to colleagues to read through for corrections. Validation of instruments helped the researcher to reframe some of the items on the questionnaire and the interview schedule. The instrument's reliability was determined using the test re-test method to assess the instrument's consistency after two weeks.

### 4. Results and Discussion

Table 1. The responses to the factors influencing marital stability, their frequencies, and percentages

FACTORS	FREQUENCY	PERCENTAGE (%)
Love	370	97.3
Communication	358	94.2
Sexual Satisfaction	357	93.9
Stigma of Divorce	320	84.2
Children	300	78.9
Pre-marital Counseling	250	65.7
Shared Religious Belief	240	63.1
Finance	220	57.8
Commitment	180	47.3
Appreciation	170	44.7

Description for the above table.

The study revealed five main thematic areas that influence Marital stability. Love (97.3%) dominated the range of factors among gender, age group, religion, occupation, and educational levels. Apart from love, the study also showed communication (94.2%), sexual satisfaction (93.9%), the stigma of divorce (84.2%), and children (78.9%) among others influence marital stability in the Kwabre District. During the study, one respondent said, "when you build your marriage on love, there is understanding, and problems are solved

amicably." This declaration confirms what Dada and Idowu (2006); Omeonu (2004); Van Pelt (2002); and Melgosa (2018) said, that love stabilizes marriage and when love operates in a marriage, the marriage is complete. A picture of a complete marriage is a husband and wife who lay down their life for each other no matter how many times the other offends them or causes them to have ill feelings. Another respondent claimed that "effective communication bridges the relationship gap and helps spouses relate well with each other". When spouses no longer communicate, it is no longer a marriage. Communication is the cement that holds a relationship together (Bellows, 2007). The evidence here supports that couples relate well when there is effective communication. Effective communication patterns allow couples to negotiate problems, fulfill needs and avoid misunderstandings (Melgosa, 2018). It also supports Abubakar's (2016), assertion that a stable marriage would enjoy communication. Happily married couples tend to (i) talk to each other more often, (ii) be more sensitive to each other's feelings, and (iii) use non-verbal communication more effectively. For sexual satisfaction. One female said, "Sex fulfills my womanhood, and it reassures me of my husband's love." One man responded, "Sex makes me happier, and more effective at work," others said it creates a great bond in their marriage. These statements support Omeonu's (2004) observation that Sex is a powerful weapon in marriage, and failure to attain sexual satisfaction is often a significant cause of divorce. Sexual intimacy unlike the other factors is a powerful interpersonal way of showing love to the significant other and is labeled as such by some researchers (Elliot et al., 2008; Nourani et al., 2009).

84.2 % of respondents attest that they stay in marriage due to the community's social stigma attached to divorce. One woman opined, "The stigma involving the need for women to be in a relationship is used against them, forcing them into survival mode as they do their best to maintain their marriage. Even when marriages are at their unhappiest end, many individuals prefer that prospect to face the social stigma of being considered a divorcee". Another said, "Most women find themselves blamed for the end of their marriage. They face difficulty starting their new life, and society does not make it any easier for them by giving destructive rumors". This supports Teller and Teller's (2014) statement, "As a society, we feel threatened by divorce. We stigmatize divorce because we hope that the specter of guilt and shame will keep married couples together. We worry that allowing people to divorce without condemnation and self-hatred will lead to the extinction of the nuclear family". Every stigma has a negative connotation. Although the stigma isolates the divorcees from society, in this instance, it proved as a contributory factor for them to remain in the marriage. Respondents agreed that children in marriage contribute to marital stability. This supports Wilcox and Nock's (2007), assertion that children in the family strengthen an already strong marriage and may only hold together a poor one. Surprisingly, finance, which has been widely claimed to influence marital stability, was low in this study as Omeonu (2004) and Lewis (2020) declared that economic factors significantly influence marital stability. A possible reason could be attributed to one of their traditional beliefs (A person should not marry for money).

## 5. Conclusion

Finally, the study has demonstrated the importance of five key factors in marriage— love, communication, sexual satisfaction, the stigma attached to divorce and children, and how each factor depends on the other to provide a solid bond for ensuring marital stability among couples. The study recommends regular counseling services, seminars, and workshops on best practices in marriages by churches, mosques, and traditional Leaders to update married couples on their marriage vows and commitment to their marriages. Premarital counseling by churches, mosques, and traditional leaders should be encouraged to prepare couples to deal with unforeseen challenges and prepare sufficiently for married life and childbearing issues.

A framework for premarital and post-marital counseling workshops for couples has been designed by the author. This framework can be further tested to serve as a guideline for premarital counseling in the district assembly, churches, and mosques where marriages are contracted.

**A FRAMEWORK FOR PRE-MARITAL AND POST-MARITAL COUNSELING**

ARRIVAL						
Date	Activity 1 Opening	Activity 2 Workshop Setting ▪ Expectations ▪ Norms ▪ Logistics ▪ Objectives ▪ Pre-test	Activity 3 Marriage Success & Challenges Factors	Activity 4 Marriage Success & Challenges Factors (cont.)	Activity 5 Group Discussions on Marriage Success & Challenges	
Date	Recap	Effective Communication	Conflict Resolution	SNACK BREAK	Group Work on Conflict Resolution	LUNCH
Date	Recap	Bonding and Intimacy Styles	Bonding and Intimacy Styles (cont.)	SNACK BREAK	Group Work on Bonding and Intimacy Styles	Family of Origin & In-laws in Marriage
Date	CLOSING CEREMONY			DEPARTURE		

The following areas could be explored for further research.

- The study on the effect of economic challenges on marriages in the Kwabre East District.
- An assessment of traditional norms and practices on marriages in the Kwabre East District.

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